

MICROWAVE MINUTES

By **JOYCE BATTCHER**

Fresh peaches are wonderful to eat out of hand, but they also make luscious microwaved desserts.

In Fresh Peach Pudding one peach is cooked with the pudding mixture to give a peachy taste. After cooking the pudding, more diced fresh peaches are added, uncooked, along with almond extract to give a fresh peach taste. The combination is rich tasting, but not too high in calories and fat.

Cooking is easy. Stirring the pudding about halfway through cooking and once towards the end are all that's needed to make a smooth creamy mixture. Notice that skim milk works well in this recipe.

In Fresh Peach Dessert Squares, buttermilk baking mix -- like Bisquick -- and a few other ingredients are stirred together to make a thin crust. The crust is topped with fresh peach slices arranged in rows. And finally, peaches are topped with a crumbly mixture of oatmeal, brown sugar, cinnamon and butter. The crumbly topping gives a baked-like look and texture to this homey dessert.

Cooking here too is fast and

easy: about 12 minutes of microwaving time is all it takes. Medium Power (50% power, 325-350 watts) is used to slow cooking so that the center gets done better. A special technique using aluminum foil helps the center get done without getting the corners overdone and dried out. Because metal reflects microwaves, foil -- if used correctly -- can be a useful tool to prevent overcooking on corners of this and other desserts, bars and cakes.

Cover only the corners or other undone edges. Mold the foil around the dish so edges of foil are smooth against the dessert and dish. Keep foil at least one inch from microwave walls or ceiling. Before using foil be sure to check your microwave cookbook or Use and Care Guide and follow your manufacturer's recommendations.

Fresh Peach Pudding
 2 cups granulated sugar
 2 tablespoons cornstarch
 1/4 cup skim, low-fat or regular milk
 3 or 4 peaches, diced (peel, if desired)
 Teaspoon almond extract

In microwave-safe 4- to 6-cup measure stir together sugar and cornstarch; gradually stir in milk until smooth. Stir in only 1 diced peach; reserve remaining peaches for later. Microwave (High) 4 to 5 minutes, stirring after each 1/2 minute, or until pudding is thick. Stir in remaining diced peaches and almond extract. Pour into 4 or 5 individual serving dishes. Serve warm or cold. Makes 4 to 5 servings.

(Each serving- One fourth of recipe: 160 calories, 2 mg. protein, 0 fat, 39 mg. carbohydrate, 25 mg. sodium, 2 mg. cholesterol.)

Fresh Peach Dessert Squares
 1 egg
 2 tablespoons packed brown sugar
 2 tablespoons oil
 2 tablespoons milk

1/2 cup buttermilk baking mix
 2 large peaches, sliced (peel, if desired)

1/2 cup quick oatmeal (not instant)

1/2 cup granulated sugar

1/2 teaspoon cinnamon

2 tablespoons soft butter

In a small mixing bowl, using a fork, mix egg until white and yolk are combined. Mix in brown sugar, oil and milk until smooth. Stir in baking mix until well combined. Spread mixture in an ungreased microwave-safe 8-inch square dish, spreading slightly thicker in dish corners and slightly thinner in dish center. Arrange peach slices close together in a single layer in about 3 rows to cover dough. Combine remaining ingredients and sprinkle evenly over peaches. Microwave on Medium (50%

power, 325-350 watts) 10 minutes, rotating dish once. Then cover corners of dessert with 4-inch wide triangles of aluminum foil, molding foil around dish corners. Microwave (High) 2 to 4 minutes or until center is no longer doughy. Let dish stand on flat surface for at least 10 minutes. Cut into square and serve warm or cold. Refrigerate leftovers. Makes 9 dessert servings.

(Each serving: 152 calories, 2 mg. protein, 8 mg. fat, 19 mg. carbohydrate, 214 mg. sodium, 35 mg. cholesterol.)

Questions and Answers:

Q. Do you have to cover everything in the microwave?

A. No. Some foods are best if left uncovered. Examples are pud-

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Blindness Doesn't Stop Becky

(Continued from Page B2)

special school for the blind. "It helps her grow up knowing how to fit into society. Sure, she is less sheltered, some things are tough for her, but she finds that the community is fun." Elaine spoke of visiting schools for the blind where the students held hands when they walked to a different area. "It's impractical," Elaine exclaimed. "In society, you don't hold hands with people whenever you want to walk to a different area."

While blind people often do see with their hands, touching people is not acceptable to society. Since Becky attends a regular classroom, society's norms are built into her naturally. She knows that people do not enjoy having her run her fingers over their faces so she does

not attempt it.

Elaine believes everyone belongs in the mainstream to the point where it is enjoyable. If pressured too much, a person will withdraw. It's a challenge for the Hendricks to encourage Becky to do as much as possible without pushing her to the point of frustration. "Sure," Elaine remarks, "it is quicker and easier to do things for her. But in the long run we would only be hurting her."

Around home, both inside and outside, Becky does not use a cane, but she does rely on it sometimes in the mall and at school.

Classmates have accepted Becky. Some children, when first exposed to a blind person are more sensitive and shy, and are uncomfortable in knowing how to relate to someone who cannot see; others have no reservations and with inquisitive enthusiasm question Becky about her blindness. One sighted nine-year-old learned how to use the braille writer so she could write letters to Becky.

"She's my friend," said Becky. "I call her everyday. I dial her telephone number myself."

Is it hard to write in braille? Becky answers, "It's easy when you know how."

Blindness does not hinder sibling squabbling. Said Becky, "Sometimes I fight my brother Ben. He's seven. When I get angry at him, I don't let him use my brail-

le writer. I lock him out of my room. I like to tease him."

Ben and Becky spend many hours swimming in the pool. They ride their ponies; Becky named hers Fancy Lady.

"It's hard work on the farm," Becky said. "When I grow up I want to be the secretary for our orchard." The Hendricks planted 1,200 trees on 20 acres of land that was formerly part of Elaine's parents' dairy farm homestead. They sell peaches, corn, tomatoes and apples, which they grow on the land.

"The orchard is Elaine's forte," said her husband. Elaine explained, "I wanted to establish work here so I could be home with the kids."

The Hendricks are adamant supporters of the 4-H program. "It teaches kids independence and responsibility." Since Elaine grew up showing 4-H cattle all her life, she especially is pleased that her daughter can now be part of the program. "The leaders and the extension agent have been super in helping Becky become part of the program."

Becky looks forward to continued 4-H competition. She said, "My dream is to go to state competition with Pride. I want to show Roger Campbell how much she has grown."

The Hendricks live at 207 Merlin Road in Phoenixville.

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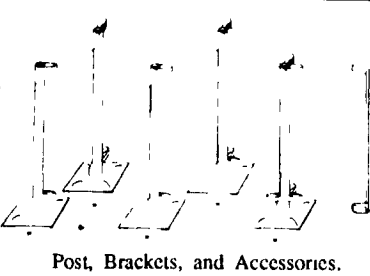


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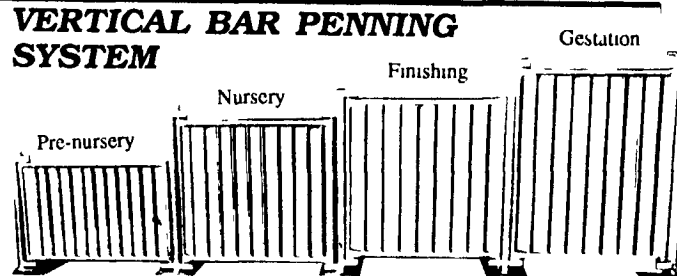
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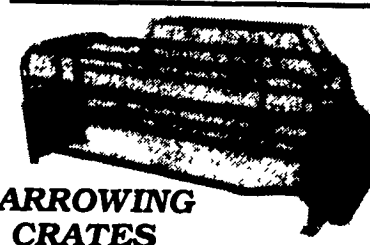
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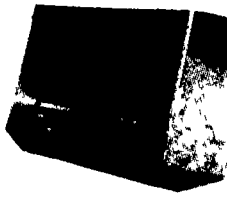


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