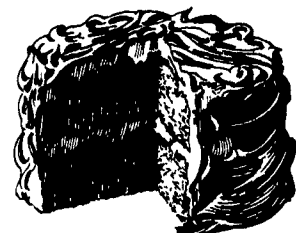


# Home On The Range



## Eat To Live

My mother often remarked that there are two types of people in this world: those who eat to live and those who live to eat.

Those who eat to live usually eat only enough to keep them alive, but today, "eat to live" refers to eating foods that help maintain good health.

Although there is no magic formula to prevent all diseases, studies do show that making simple changes in our diets can reduce the risk of heart disease, diabetes, and cancer.

If you follow the listed recipe topics that appear each week in the lower left hand box on this page, you will remember that veal had been listed as the topic for this week's Home On The Range. Since we did not receive any veal recipes and you have expressed a desire for low salt, low sugar, and low fat recipes, and in recognition of Nutrition Day on April 19, we changed the topic to "eat to live" recipes.

### VEGETABLE SOUP

1½ cups tomato juice  
2 cups water  
3 cups shredded cabbage  
½ cup diced celery  
½ cup onion flakes  
1 teaspoon dehydrated sweet peppers  
1 envelop beef bouillon  
1 can (4 ounces) sliced mushrooms with liquid  
1 can (16 ounces) French style wax beans with liquid  
Artificial sweetener equal to 1 teaspoon sugar  
Salt and pepper to taste  
Simmer until vegetables are soft.

Vera Dietz  
Port Treverton

### LO-CAL GRAVY

Better than real gravy  
10-ounce package frozen cauliflower  
1 tablespoons onion flakes  
1 tablespoon chicken bouillon  
1 tablespoon vegetable bouillon  
½ cup water  
Combine all ingredients in a saucepan and cook over medium heat for 6 minutes or until tender. Pour into blender and run at medium speed for 60 seconds or until pureed. Add more bouillon cubes if mixture is too thick. Makes about 2½ cups gravy. Can be refrigerated and reheated.

Vera Dietz  
Port Treverton

### RHUBARB STRAWBERRY DESSERT

2 cups frozen or fresh rhubarb, chopped  
2 to 3 tablespoons water  
Dash salt  
½ cup fresh or frozen strawberries  
10 packets sugar substitute  
Cook rhubarb, water, and salt in microwave on high power for 4 to 5 minutes or until tender. Add strawberries and continue cooking until warm, 1 minute. Stir in sugar substitute. Serve warm or cold.  
Yields 1½ cups, portion ½ cup, calories approximately 42, diabetic portion ¾ cups. Exchange 1 fruit or 2 cups frozen or fresh chopped rhubarb.

Alta Hoshour  
Bowmansville

### CELERY GRAVY

Low-Cal

3 cups water  
2 packets instant chicken broth  
2 tablespoons dehydrated onion flakes  
½ teaspoon poultry seasoning  
6 cups chopped celery  
Brown food coloring, optional  
Combine all ingredients in large non-stick saucepan. Cover and cook 30 minutes or until celery is tender. Transfer to blender and process until smooth. Return to saucepan and heat. Serve over sliced turkey, if desired. Serves 6.

Vera Dietz  
Port Treverton

### SOD-BUSTERS SOUP

1½ cups cooked shredded cabbage  
6 ounces cooked potatoes, about 2 medium diced  
1 tablespoon dehydrated onion flakes  
½ cup beef bouillon  
2 cups skimmed milk  
½ teaspoon bacon flavored salt  
¼ teaspoon pepper  
4 ounces shredded cheddar cheese  
2 tablespoons minced parsley  
In blender combine the cooked cabbage, potatoes, onion flakes and bouillon. Run at medium speed 45 seconds or until mixture is smooth. Transfer to saucepan.  
Add milk, bacon flavored salt, pepper, and cheese. Cook over low heat, stirring frequently for 15 minutes or until heated throughout and cheese melts. Add one half of parsley to each portion. Serves 2.

Vera Dietz  
Port Treverton

### APPLE SPICE CAKE

Low-cal & Low-fat

1½ cups flour  
1 cup sugar  
½ teaspoon salt  
½ teaspoon cloves  
½ teaspoon nutmeg  
1 teaspoon cinnamon  
1 teaspoon baking soda  
¾ cup raisins  
Stir together ingredients until well mixed. In a separate bowl, combine:  
5 tablespoons safflower oil  
2 tablespoons baking molasses  
1 teaspoon vinegar  
1 teaspoon vanilla  
¾ cup applesauce  
¼ cup warm water  
Pour over flour mixture. Stir until well mixed. Batter may be thin. Bake at 350 degrees about 25 to 30 minutes.

Broiled icing may be added after cake is baked, if desired.

Broiled icing:

½ cup brown sugar  
¼ cup soft margarine  
3 tablespoons cream (made from coffee creamer)  
½ cup coconut  
¾ to 1 cup rice crispy cereal  
Mix and spread over top of warm cake. Place about 3 inches from broiler until mixture browns slightly.

### DIABETIC FRENCH FUDGE

1 13-ounce can skim evaporated milk  
2 tablespoons cornstarch  
1 tablespoon liquid sugar replacement  
½ cup chocolate chips  
1½ teaspoon vanilla extract  
8-ounce cream cheese  
Combine milk, cornstarch, sugar replacement and chocolate chips in a saucepan. Cook and stir until mixture is thick and chips are melted. Whip the cream cheese until light and fluffy. Beat in the chocolate mixture. Stir in vanilla. Put into a buttered 8-inch square pan. Chill until firm. Cut into 1-inch squares. Store in refrigerator.

Vera Dietz  
Port Treverton

### LOW CHOLESTEROL TERRIFIC TURKEY MEATLOAF

1 pound ground turkey breast  
2 egg whites  
½ cup oat bran  
3 tablespoons catsup  
1 tablespoon Worcestershire sauce  
½ teaspoon Dijon mustard  
½ green pepper, minced  
3 slices onion, minced  
¼ teaspoon sage  
¼ teaspoon black pepper  
¼ teaspoon majoram  
¼ teaspoon celery salt  
Mix together all ingredients and form into loaf. Bake for 1¼ hours at 350 degrees. Use a meat thermometer (170 degrees). Don't overcook. Serve with mashed potatoes and gravy made the low cholesterol way.

Tip: double the recipe and freeze for a quick meal later.

Vera Dietz  
Port Treverton



Leafy green vegetables and edible plants are gaining in popularity among the calorie and nutritious conscious.

### FRESH APPLE DESSERT

1 tablespoon lemon juice  
1 packet sugar substitute  
2 tablespoons flour  
½ teaspoon cinnamon  
12 packets sugar substitute  
5 to 6 cups apples, peeled and sliced

Topping:

½ cup flour  
6 packets sugar substitute  
½ teaspoon maple flavoring, optional  
½ teaspoon cinnamon  
¼ cup diet margarine

In a large bowl, combine lemon juice and 1 packet sugar substitute. Add other dessert ingredients including 12 packets of sugar substitute and stir. Pile high in a 9-inch

glass pie pan.

In a separate bowl, combine flour, 6 packets sugar substitute, maple flavoring, and cinnamon. Cut margarine into mixture until crumbly. Sprinkle evenly over filling.

Place wax paper under plate while microwaving. Microwave at medium high for 8 minutes. Turn dish and microwave 6 to 10 minutes longer or until apples are tender.

Yields 8 servings, one serving portion, calories are approximately 145. Diabetic exchange ¼ fruit, 1 starch, 1 fat.

Alta Hoshour,  
Bowmansville

It may be surprising to learn that sour cream contains only 25 calories per tablespoon while

mayonnaise contains 101 calories per tablespoon.

## Featured Recipe

Naturally lean, delicious and easy to prepare, veal fits the healthful, uncomplicated way we're cooking and eating today. Depending upon the cut and cooking method, veal can be elegant enough for the most special occasion or just right for a budget-wise weeknight meal.

A colorful booklet "Facts about Versatile Veal" will help you gain the most value from every veal purchase. There are selection and storage tips, step-by-step descriptions of basic cooking methods, timetables, nutrition information and recipes.

For this booklet and additional information, write to Veal Committee/Beef Industry Council National LiveStock and Meat Board, 444 North Michigan Ave., Chicago, IL 60611. Include 50 cents and your name and address.

While waiting for your booklet, enjoy this recipe from the Veal committee.

### BRAISED VEAL STEAK WITH VEGETABLES

2 teaspoons vegetable oil  
1 (about 1 pound) veal shoulder arm or blade steak, cut ¾ to 1-inch thick  
¼ teaspoon salt  
¼ teaspoon coarse grind black pepper  
1 small onion, thinly sliced  
¼ cup water  
2 medium unpeeled red potatoes, halved  
¼ pound snow peas, strings removed

Heat 1 teaspoon of the oil in 12-inch nonstick skillet. Add veal shoulder arm or blade steak and brown, turning once. Remove veal from skillet. Sprinkle with salt and pepper; reserve. Cook onion in skillet in remaining oil over medium heat until crisp-tender, about 3 minutes. Return veal to skillet. Add water. Cover and simmer over low heat 25 minutes. Arrange potatoes in skillet. Cover and continue cooking until veal and potatoes are tender, 25 to 40 minutes. Add snow peas to skillet. Continue cooking, covered, until peas are crisp-tender, about 5 minutes. Arrange veal, potatoes and snow peas on platter. If desired, cook pan liquid over high heat until slightly thickened; spoon over veal steak. Serves 2.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April

28-

Corn Meal

May

5-

Favorite Sandwiches

12-

Mother's Favorite Recipe