

"Microwave Magic"

By:
Carol Stark



The holidays are fast approaching us and it is now time to start getting out our recipes for planning those delicious meals. If you'd look now through magazines and begin to gather recipes you might use for your holiday meals, holiday cooking might become much easier. For that turkey meal why not try a low-calorie cranberry sauce? Or a cream sauce for over vegetables such as cauliflower or those little white onions.

CRANBERRY SAUCE

- 1 cup fresh or thawed frozen cranberries
- 1 cup chopped apples

- 1/4 cup raisins
- 1/2 cup apple juice
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon peel
- 6 packets sweetener (equal to 12 tsp. sugar)
- 1 baking dish - 1 1/2 -quart casserole.

Time bake at HIGH for 5 to 7 minutes.

In a casserole dish combine cranberries, apple, raisins, apple juice, cinnamon and lemon peel. Cover loosely with waxed paper. Microwave at full power (HIGH) for 5 to 7 minutes or until skins on cranberries pop, stirring once.

Add powdered sweetener and stir until dissolved. Cool. Cover and refrigerate. Each 1 tablespoon serving equals 14 calories and less than 1 mg. sodium.

CREAM SAUCE

- 4 teaspoons cornstarch
- 1 teaspoon no salt added chicken or beef bouillon cubes
- 1/2 teaspoon white pepper
- 1/2 teaspoon dry mustard
- 1/2 teaspoon dried leaf herb
- 1 1/2 cups skim milk
- Glass measuring cup - 4-cup
- Time bake at HIGH 4 to 4 1/2 minutes.

Spray top portion of a glass measuring cup to coat with a non-stick coating spray such as PAM. Combine cornstarch, bouillon cubes, white pepper and mustard in measuring cup. Add dried leaf herb. Mix well. Add a little milk and stir until mixture is smooth. Whisk in remaining milk. Microwave at full power (HIGH) for 4 to 4 1/2 minutes until thickened and bubbly, whisking 3 times. Watch carefully so sauce does not boil over toward end of cooking time.

Sauce should be thickened and smooth.

Each 1/2 cup serving equals 44 calories with only 45 mg. sodium.

HOLIDAY PARTY BEAN DIP

- 1 can condensed bean with bacon soup
- 1 5-oz. jar processed cheese spread with bacon
- 2 tablespoons brown sugar.
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon prepared mustard
- 2 teaspoons instant minced onion
- 1/2 teaspoon bottled hot pepper sauce
- 1 cup dairy sour cream
- Baking dish - 1 quart casserole
- Time bake at (HIGH) 4 to 5 minutes.
- Time bake at (LOW) 2 minutes.

In a deep 1 quart casserole, combine soup, cheese, brown sugar, Worcestershire sauce, mustard, onion and hot pepper sauce. Cover. Microwave at full power (HIGH) for 4 to 5 minutes or until cheese melts, stirring twice. Stir 1/2 cup bean mixture into sour

cream. Stir cream mixture into bean mixture in casserole. Cover. Microwave at (Medium Low heat) for 2 minutes or until heated through, stirring once. Serve hot with vegetable dippers and chips.

For the kids to make on a cool evening or after that soccer game.

HOT COCOA

- 1/2 cup unsweetened cocoa powder
- 1/2 cup sugar
- 1/2 cup hot water
- 7 cups milk
- 1 teaspoon vanilla extract
- 6 to 8 large marshmallows

In a casserole dish thoroughly blend together cocoa powder and sugar. Whisk in hot water until blended. Cover and microwave at full power (HIGH) for 3 minutes. Gradually whisk in milk. Cover. Microwave at full power (HIGH) for 13 to 15 minutes. Whisking 3 times. Whisk in vanilla. Ladle cocoa into mugs and top with marshmallows. Arrange mugs in a circle in microwave and use (HIGH) power for another two minutes or until marshmallows are puffed.

Horse Shoe Trail Supply

Everything for Horse, Rider & Barn

Your Perfect One Stop Shop For Christmas

- Full Line of English & Western Tack
- English Riding Apparel By Devon Aire
- Authentic Australian Saddlery
- Coats, Hats, Designer Blue Jeans & Shirts By Australian Collection
- Horse Care Items
- Pet Supplies Plus Much More

340 Main St. Denver, PA 17517
215-267-2199 M-F 9:30-8 Sat. 8-5 Closed Wed. & Sun.

COAL

Greenwood & Blaschak Hard Coal

Akron Nursery, Inc.

Rt. 272 859-1101

Delivery or Pickup

50 lb. Bags For Easy Handling

CONCEALED FASTENERS

WATER TIGHT DOUBLE LOCK APPLICATION

Strickler Metal Roofing

SPECIALIZING IN STANDING SEAM ROOFING

ROLL FORMED PANELS FOR CONTINUOUS UNIFORM SEAMS Galvanized, Aluminized and other materials available.

Work approx. 60 mile radius of Lebanon, PA

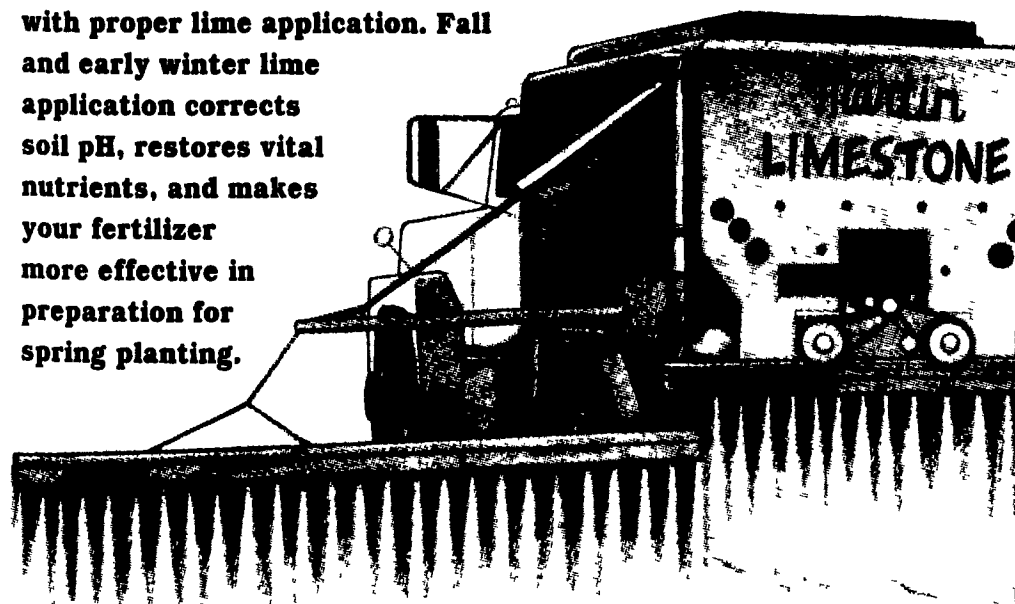
For Free Estimate

Route #2, Box 350-A Annville, PA 17003

Phone 717-865-3093

Proper lime application can increase your dry weather yield

You can't control the weather, but you can increase your dry weather yield by controlling soil fertility with proper lime application. Fall and early winter lime application corrects soil pH, restores vital nutrients, and makes your fertilizer more effective in preparation for spring planting.



Hi-Calcium Hi-Magnesium

Martin LIMESTONE

For prompt delivery contact your local Martin Limestone dealer or call Blue Ball, Pa.

(800) 233-0205

(717) 354-4125

HAVE A DAM OR SPILLWAY IN NEED OF REPAIR?

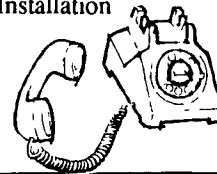
Let Us Come & Talk With You About PRESSURE POINTING



This Is YOUR ANSWER TO LOW COST REPAIR

- Stronger Than Repointing Methods
- Longer Life Span
- Fast & Economical Installation

So Please Give Us A



WE ARE THE REPAIR SPECIALISTS

- Stone Wall Repairs
- Installation & Maintenance of Concrete Bunker Silos
- PreCast Gunite Lined Water or Manure Storage Tanks
- Dam, Reservoir & Spillway Repair
- Slatted Floor Systems
- Silo Repairs

We're The "Concrete Specialists"

MAR-ALLEN CONCRETE PRODUCTS, INC.



Gunite Construction • Precast Concrete Products
Bridge Repair • Tank Repair • Holding Tanks • Installation • Pre Qualified by PennDot

RD #2 Ephrata, PA 17522 (717) 859-4921

Two Convenient Locations!

P.O. Box 337 Ebensburg, PA 15931 (814) 472-8690 Ask For Mike

Subsidiary of Seal-Crete Corp.