

"Microwave Magic"

By: Carol Stark



Fruit baskets are a practical gift to buy for others and to receive. But sometimes a large amount of raw fruit can be tiresome and might be difficult to consume in a short period of time. Of course, sharing this delectable and costly wintertime treat is always an option. Another idea is to use it in creative dishes. Tuna stuffed oranges would make a fancy lunch or side dish to a more extensive meal.

1/2 cup mayonnaise
4 teaspoons dry white wine or milk
1/4 teaspoon ground cinnamon
Parsley sprigs to garnish
Peel oranges and place stem side up. Carefully cut each orange in quarters, cutting to but not through bottom of orange. Hold the orange back in its original shape and cut in quarters again, forming 8 wedges in all. Place the orange on saucers and gently press down in center so that wedges open to form "petals" with a cup of salad in the center. The tuna filling gets a flavor boost from pecans, dried apricots, wine and a hint of cinnamon. Lightly pack some tuna mixture in a 1/2 cup

measure. Invert the cup in the center of the orange. Microwave the oranges covered individually with vented plastic wrap. Garnish tuna mixture with parsley sprigs.

Honey Glazed Carrots
1 lb. carrots
1/4 cup water
1 tablespoon butter
Dash of ground cinnamon
1 tablespoon honey
2 tablespoons chopped pecans
Baking dish - 1 quart casserole
Time at High - 10 to 12 minutes
Standing time - 2 minutes
Time at high with glaze - 30 seconds

Wash, trim and pare carrots. Slice carrots 1/2 inch thick. In a casserole, combine carrots and water. Cover. Microwave at full power (high) for 10 to 12 minutes. Let stand covered for 2 minutes. Drain carrots and return to casserole. Stir in butter or margarine and cinnamon. Drizzle with honey. Mix gently. Cover and microwave at full power (high) for 30 seconds. Sprinkle with pecans.

Twice Baked Sweet Potatoes
4 hot baked sweet potatoes or yams
1/2 cup caramel or butterscotch ice cream topping
1/4 cup butter
1/4 teaspoon cinnamon

1/4 teaspoon ground nutmeg
1/4 cup caramel or butterscotch ice cream topping
4 teaspoons toasted chopped pecans, if desired
Cut top off hot baked sweet potatoes. Quickly scoop out hot potato pulp with a spoon, being careful to keep shells intact. Set shells aside. In a mixing bowl, combine hot potato pulp, first

amount of ice cream topping, butter, cinnamon and nutmeg. Beat with electric mixer on high speed until fluffy. Spoon mixture into potato shells. Place on a serving plate. Cover with vented plastic. Microwave at full power (high) for 5 to 7 minutes. Top with additional topping and sprinkle with chopped pecans.


Give Safe Toys

NEWARK, Del. — When buying toys this holiday season, give attention to the safety of the toy and its age-appropriateness. According to the Consumer Product Safety Commission, last year children suffered 182,000 toy-related injuries.

"Most of these injuries were preventable," says Ron Jester, University of Delaware Cooperative Extension safety specialist. "But too often, parents, believing that a child is old enough or that the toy will serve as a challenge, give children items that are too advanced. The toy then becomes a potential hazard."

For choosing the safest toy for the age group, Jester offers the following guidelines from the Dela-

- ware Safe Kids Coalition:
- * Do not give toys that have small removable parts to children under age 3.
 - * Do not give stuffed animals with plastic noses and eyes to infants and toddlers.
 - * Do not give children under 8 toys with sharp points and edges.
 - * Check tape recordings and battery-operated toys regularly for loose or exposed wires.
 - * Do not give children under 8 electrical plug-in toys.
 - * Make sure toy darts and projectiles have soft, non-removable rubber or cork ends to prevent eye injury.
 - * Look for recommended ages on toy packaging and follow the recommendation.

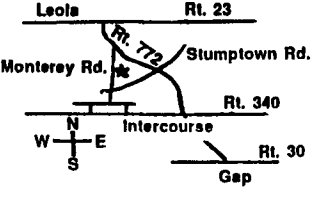


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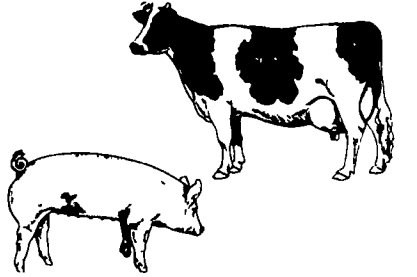


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