

Nutrition Month

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SPINACH LASAGNA

2 cups frozen, chopped spinach, thawed and squeezed dry
 2 cups nonfat ricotta cheese
 1 large egg, beaten
 2 tablespoons chopped fresh parsley
 1/2 teaspoon garlic powder
 4 cups low-sodium tomato sauce
 12 no-boil lasagna noodles, uncooked
 6 ounces part-skim mozzarella cheese, shredded
 1 tablespoon plus 1 teaspoon grated Parmesan cheese
 Preheat oven to 350 degrees. In small bowl, combine spinach, ricotta, egg, parsley, and garlic powder.

Spread 1 cup tomato sauce in 13x9-inch baking dish. Top with 4 lasagna noodles, overlapping if necessary. (Be careful that noodles do not touch outside edges of dish). Spread 1 cup sauce over noodles. Layer with one-third ricotta mixture; sprinkle with one-third mozzarella. Repeat layers twice with remaining ingredients. Sprinkle evenly with Parmesan cheese.

Cover with foil; bake 25 minutes. Remove foil and bake 5 to 10 minutes longer, until browned. Let stand 5 minutes.

Makes 8 servings. Per serving: 256 calories, 20 g protein, 5 g fat, 30 g carbohydrate, 493 mg calcium, 245 mg sodium, 40 mg cholesterol, 2 g dietary fiber.

Anonymous

HIGH-PROTEIN HEALTH BREAD

2 packages dry yeast
 1/4 cup 110-degree water
 1/2 cup brown sugar
 1/4 cup shortening
 2 teaspoons salt
 2 cups low-fat milk
 1 cup rolled oats
 2 eggs, beaten
 1/2 cup plain, untoasted wheat germ
 1 cup soy flour
 1 1/2 cups whole-wheat flour
 3/4 - 4/4 cups unbleached all-purpose flour

Dissolve yeast in water. Combine brown sugar, shortening, and salt in a mixing bowl. Scald 1 1/2 cups milk in a saucepan; stir into the mixing bowl ingredients and stir to dissolve; stir in remaining 1/2 cup milk. Cool to lukewarm. Stir in yeast, oats, eggs, wheat germ, soy flour, and whole wheat flour. Gradually add enough unbleached all-purpose flour to make a stiff dough. Knead 12 minutes, let rise. Punch down, shape, and place in two 9x5x3-inch loaf pans. Let rise again. Bake at 350 degrees for about 1 hour.

Anonymous

NUT CRUST

1 cup flour
 1/2 cup Promise margarine
 1/2 cup finely chopped pecans
 1/2 cup confectioner's sugar
 Mix together all ingredients to soft dough. Press into 9-inch pie pan firmly and evenly against bottom and sides. Bake at 400 degrees for 12 to 15 minutes. Cool, fill with favorite filling.

Nancy Kramer
 Newmanstown

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Have You Heard?

By Doris Thomas
 Lancaster Extension Home Economist

What's New In Frozen Breakfasts

It is estimated that one out of every four people eat breakfast while driving to work. No wonder the food industry is introducing frozen and hand-held breakfast entrees at an unprecedented speed. Several companies offer English muffin, bagel or croissant sandwiches that can be zapped in the microwave and ready for the road in five minutes or less.

No one can argue about their convenience, but the numerous frozen breakfasts on the market today vary in how they fit into the reduced-fat diet recommended for good health. In the sandwich category, Healthy Choice's English Muffin Sandwich contains 200 calories, 13 percent from fat. In comparison, Sara Lee's Ham and Swiss Cheese Croissant boasts 320 calories with nearly 50 percent from fat. In the biscuit arena, Jimmy Dean's Sausage Biscuits supply only 110 calories per biscuit, but 62 percent are fat calories. If sausage biscuits are your taste treat, consider trying the light version. Made with pork and turkey, they contain 110 calories

with 30 percent from fat per biscuit.

Generally speaking, sandwiches made with English muffins and bagels are lower in fat calories than those made with croissants and biscuits. However, the amount and type of spread and filling used make a difference too. Sausage and bacon are particularly high in fat calories.

Pancakes, French toast, eggs and sausage also come in handy pre-made frozen form, ready to be microwaved in little more time than it takes to pour cereal and milk into a bowl. Some of these items, however, may be high in fat, so it is important to consider how they fit into your daily diet before you put your cereal bowl away. Check the nutrition information on the package for this information.

Along with fat, all breakfast items surveyed supply a good deal of sodium, 15 to 50 percent of the daily value now recommended by the Food and Drug Administration. Sodium conscious or not, those who opt for frozen breakfast items may want to think about having some low- or non-fat milk,

as well as an orange, banana, or some other fruit, with their meal. These additions help supply the calcium, vitamin C and fiber most frozen breakfasts lack.

An Ounce Of Prevention

Food poisoning from eating undercooked hamburgers grabbed headlines recently. The culprit is a strain of coliform bacteria. Consumers can avoid problems by eating ground meats cooked well-done-in-the-middle. Other steps you can take include:

* When shopping buy meat patties and other perishables last.

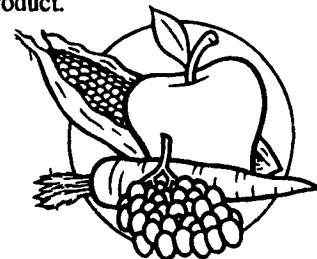
* Freeze ground meat immediately at 0 degrees or below and use within three or four months. Or refrigerate immediately at 40 degrees F or below and use within two days.

* Defrost meat in your refrigerator or microwave; never defrost on your kitchen counter.

* Cook ground meat patties to an internal temperature of 160 degrees F. When done, the patty should be very hot, the center gray or brown and juices clear with no traces of pink.

* When microwaving patties, rotate food for even cooking. Depending on oven wattage, you may need to cook longer at higher settings.

* Let patties stand a few minutes after cooking so the temperature equalizes throughout the product.



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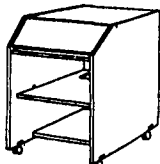
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