

Cook's Question

(Continued from Page B8)

ANSWER — Nancy Price, Jarrettsville, Md., wanted recipes for non-fat or low-fat desserts and those using sugar substitutes. Thanks to Deb Troutman, Port Trevorton, for sending several. Please check Home On The Range on page B6 for more of these recipes.

Butter Sticks

- 8 large shredded wheat biscuits
- ½ cup crunchy peanut butter
- 3 tablespoons granulated sugar replacement
- 2 egg whites
- 1 tablespoon flour
- 1 tablespoon water
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 recipe dipping chocolate

Break biscuits into large bowl or food processor. Add peanut butter, sugar replacement, egg whites, flour, water, baking powder, and vanilla. Work until mixture is completely blended. Mixture will be sticky. Form into 16 sticks. Place on ungreased cookie sheet. Bake at 400 degrees for 10 minutes or until surface feels hard. Remove. Cool slightly. Dip in chocolate. Yield: 16 sticks; 115 calories per stick.

Semi Sweet Dipping Chocolate

Low calorie

- 1 cup nonfat dry milk powder
- ½ cup cocoa
- 2 tablespoons parafin wax
- ½ cup water
- 1 tablespoon vegetable oil
- 1 tablespoon liquid sugar replacement

Combine dry milk, cocoa, and wax in blender or food processor. Blend to soft powder. Pour into top of double boiler. Add water, stir to blend. Add vegetable oil. Place over hot (not boiling) water and cook and stir until pieces are completely dissolved and mixture is thick, smooth, and creamy. Remove from heat. Stir in sugar replacement. Let cool slightly. Dip candies according to recipe. Shake off excess chocolate. Place on very lightly greased waxed paper and allow to cool completely. (If candies won't come off paper easily, slightly warm waxed paper). Store in cool place. Yields: 1 cup with 427 calories.

MIRACLE WHIP CHOCOLATE CAKE

- Sift:
2 cups flour
4 tablespoons cocoa
2 teaspoons baking soda
- Soak:
1 cup dried apricots in hot water. Puree.
- Mix:
1 cup Kraft-free salad dressing
1 cup cold coffee
2 teaspoons vanilla

Add apricots and dry ingredients. Beat 3 minutes. Pour into 8x8-inch square pan sprayed with vegetable spray. Bake at 350 degrees about 30 minutes or until done.

Note: 1 cup prunes, soaked and pureed or 1 cup diced apples may be substituted for apricots. If you don't want to use fruit, substitute 1 cup artificial sweetener.

Orange Chiffon Cheesecake

- Crust:
2 cups graham cracker crumbs
1 stick diet margarine, melted
- Spray 9-inch springform pan or pie pan with vegetable spray. Blend crust ingredients thoroughly and press over bottom and halfway up sides of pan. Bake at 350 degrees for 8 to 10 minutes or until set. Cool.

- Filling:
1 cup orange juice
1 envelope unflavored gelatin
12 ounces low-cal cream cheese, soft
1 cup part-skim ricotta
12 packages sugar substitute
1 small container light whipped topping
2 medium oranges, peeled, seeded or chopped OR 1 can mandarin oranges, drained

Pour orange juice in small saucepan. Sprinkle gelatin over juice and let soften 1 minute. Heat, stirring constantly until gelatin dissolves (about 3 minutes). Blend cream cheese and ricotta in large bowl until smooth. Stir in sugar substitute; add gelatin mixture and beat until smooth. Fold thawed whipped topping into cheese mixture. Stir in oranges. Spoon into crust. Spread evenly. Chill 6 hours or overnight. Garnish with orange sections. Makes 16 servings with 149 calories each.

Hershey Helps Promote Ice Cream

ARLINGTON, Va. — The National Dairy Board has teamed up with Hershey again to promote ice cream and toppings. This is a new joint venture with Hershey's, aimed at the food service channel, commercial (for example, restaurant) and non-commercial (such as hospital cafeteria) operators. Last summer, Hershey was a partner with UDIA and the National Dairy Board in an ice cream and toppings promotion targeting retail consumers.

The objective of the promotion is to gain market visibility with brokers/distributors, restaurant operators and ultimately consumers to stimulate consumption of ice cream sundaes. To do this, the promotion will provide frozen dairy menu ideas and serving suggestions.

Hershey created a two-page print advertisement and a recipe brochure for this promotion. The company is sponsoring a recipe contest for food service personnel.

The National Dairy Board will pay up to \$52,000 to run the ad six times in trade magazines like *Restaurants & Institutions*. Hershey is funding the promotion at \$3 to each dairy farmer dollar contributed.



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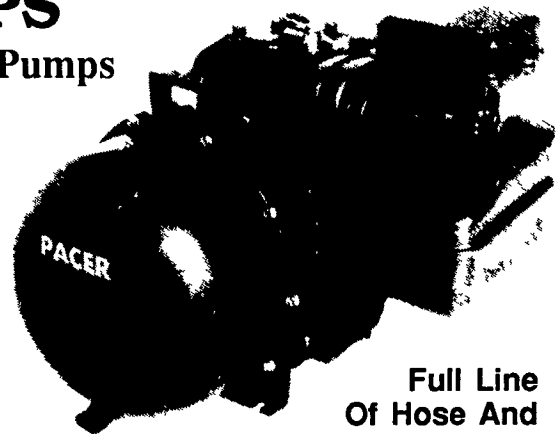
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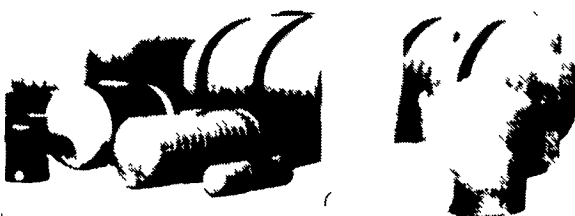
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