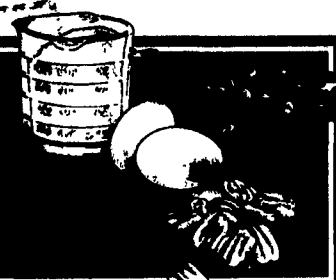




Home on the Range



Heart Smart Cooking

February is Heart Month. Eating to have a healthier heart means cutting down on fat, especially saturated fat. Eating more low-fat vegetables, fruits, and dried beans can help to keep your saturated fat intake low. Winter soups and stews can feature vegetables and dried beans, with added variety of color and flavor in the bowl, as well as fiber and other important nutrients. Use dried herbs instead of fats for seasoning.

Even low-fat foods can become high-fat dishes if prepared with sauces, creams, and butter. For example, a plain potato has no fat, but when topped with butter or sauces, the potato ends up having far more calories than the potato itself.

You can continue to make most of your family's recipes by learning to substitute lower-fat ingredients for higher ones. Substitute two egg whites for an egg, plain low-fat yogurt or no-fat sour cream for sour cream, sherbert or low-fat frozen yogurt for ice cream, skim milk for whole milk, lean ground turkey for sausage, part-skim mozzarella for mozzarella cheese, and raisins for chocolate chips.

Use cooking methods that require little or no added fat such as steaming, broiling, stir-frying and baking.

If you do fry, use liquid vegetable or olive oil.

For soups and stews, remove most of the fat by cooling the dish, then skimming the fat from the top and reheating.

Use salt and sodium in moderation as high blood pressure is less common in diets low in salt and sodium.

BEAN AND POTATO SOUP

3 pounds mixed beans
16-ounce can chicken broth
3-5 stalks celery, diced
1 onion, chopped
1 carrot, grated
1 bay leaf
5-7 new potatoes, diced
4 cups water
8 ounces tomato sauce

Prepare beans according to directions, soaking if needed. Combine all ingredients except tomato sauce in a dutch oven or large soup kettle. Simmer 2-6 hours. After 2 hours, add tomato sauce and heat through. Remove bay leaf before serving.

If desired, add more water during last half hour to dilute soup to desired consistency.

LIGHT CARROT CAKE

4 carrots, about 2 cups grated
1½ cups all-purpose flour
1 cup whole wheat flour
1½ teaspoon baking powder
1½ teaspoon baking soda
¾ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 eggs
2 egg whites
1½ cups light-brown sugar
¼ cup oil
1 cup applesauce
½ teaspoon vanilla extract
8-ounce can crushed pineapple, drained
½ cup raisins

Frosting:

3½ cups confectioners' sugar
8-ounce container light cream cheese, chilled

Heat oven to 350 degrees. Spray two 9-inch cake pans with nonstick cooking spray. Grate carrots. Combine both flours, baking powder, baking soda, salt, cinnamon, and nutmeg. With an electric mixer, beat eggs and egg whites until foamy. Beat in sugar. Gradually add oil. Beat in applesauce and vanilla. Reduce speed and beat in flour mixture. Stir in carrots, pineapple and raisins. Put batter in prepared pans. Bake until a toothpick inserted in center comes out clean, about 30 minutes. Cool in pans 10 minutes. Remove and cool completely.

Frosting: Sift confectioners' sugar. With a spoon, gradually beat the sifted sugar into the cream cheese. Do not use an electric mixer as it will soften cheese too much. Spread a cake layer with a third of the frosting on top. Put remaining cake layer on top. Frost top and sides with remaining frosting.

Per slice: 351 calories, 7 grams fat, 327 mg sodium, 32 mg cholesterol.

FAMOUS FUDGE BROWNIES

1 egg
½ cup applesauce
½ cup water
Any prepared brownie mix
Preheat oven to 350 degrees. Use vegetable spray for bottom of 13x9-inch pan. Mix brownie mix, water, applesauce, and egg in large bowl. Beat 50 strokes by hand. Don't undermix. Spread in grease pan. Bake at 350 degrees for 33 to 35 minutes. Don't overbake. Cool completely. Store covered.



Eat plenty of fresh fruit and vegetables for a healthy diet. Low-fat or no-fat substitutions should be made for the higher fat ingredients in your favorite recipes.

BLACK BEAN SOUP

3 cups dry black beans
6-8 cups water
1 tablespoon cooking oil
3 tablespoons honey
4 carrots, chopped
1 large onion, chopped
3 stalks celery, chopped
1 green bell pepper, chopped
Salt and pepper
1 whole orange
Soak washed beans 2-3 hours or overnight. Cook beans in water, oil, and honey until tender. To speed process, precook beans for 5 minutes in pressure cooker. Put through blender. Return blended beans to soup pot. Add vegetables and orange which has been cut in half. Simmer 45 minutes to one hour or until vegetables are tender. Gently squeeze out orange halves into soup and discard shells.

DANNON BROWNIES

Any prepared brownie mix
½ cup plain lowfat yogurt
Amount water shown on the package
Spray 13x9x2 pan with no stick cooking spray. Preheat oven to 350 degrees. Combine brownie mix, yogurt, water, and chocolate package (if included) in a bowl; mix well. Spread in pan. Bake 30 minutes or until brownie begins to pull away from edge. Cool.

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Featured Recipe

(NAPS) — "Eggs-actly" what the doctor ordered: That's how some would describe a product, now at local stores, that offers real egg taste and nutrition, without the high cholesterol or fat.

Ideal for egg-lovers who are committed to a healthy, active lifestyle, Second Nature is a refrigerated egg substitute with a fresh, non-frozen taste. It's ready to use — just pour from the container.

Available in cholesterol-free and fat-free versions, Second Nature is made from egg whites. Since the yolk has been removed nutrients are added back so that one serving is nutritionally equivalent to a whole egg.

Second Nature can be used in most recipes calling for whole eggs and can also be used in prepared mixes, in baking, as well as for French toast, omelettes, scrambled eggs, quiche, cookies and cakes. You use just one quarter cup to substitute for one large egg.

You can find pasteurized Second Nature in the fresh egg section of most grocery stores in a pint package and a no-fat version in a twin pack of two eight-ounce cartons. Both packages are 16 ounces and equivalent to eight large eggs. Here's a delicious recipe made with Second Nature that may tempt your sweet tooth.

You can get the great taste of eggs without all the fat and cholesterol.

BUTTERSCOTCH BROWNIES

Vegetable oil spray
1 cup firmly packed brown sugar
¼ cup margarine
¼ cup Second Nature
1/3 teaspoon butter flavoring
1/2 teaspoon vanilla extract
3/4 cup sifted all-purpose flour
1 teaspoon baking powder
1/2 cup chopped pecans

Preheat oven to 350 F°. Lightly spray an 8-inch square baking pan with vegetable oil. In large mixing bowl, cream sugar and margarine together. Add Second Nature, butter flavoring and extract. Blend well. In another bowl, sift flour and baking powder together. Add to margarine mixture and mix well. Stir in nuts. Spread evenly into prepared pan. Bake 20-25 minutes. Cool slightly and cut into 32 bars.

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.

February 11- Valentine Desserts
18- Cherry Recipes
25- Potato Lover's Month
March 4- Crock-Pot Recipes