



Home on the Range



Eat To Your Health

After the holidays, people often make a conscious choice to try to lose weight. This often means eating less or eating differently.

The supermarket is full of products labeled low-fat or reduced-fat, but it is possible to choose these items and still not lose weight.

Many low-fat foods do not contain fewer calories, because more sugar is added to enhance taste and texture. It's true that it does help to cut down on fat because a gram of fat contains 9 calories compared with 4 calories in a gram of carbohydrates or protein.

Nonetheless eating too many carbohydrates won't help you much. Whenever you eat a carbohydrate, the body breaks it down into stuff it can use. Once the sugars are broken down, the excess is converted into fat and stored.

To lose weight, you need to eat fewer calories that you use for energy no matter if they come from carbohydrates, protein or fat.

Remember, too, some fat is important in a good diet program. People need fat for energy and for providing the vitamins that are soluble only in fat, including A, D, E, and K.

Make healthful choices in your diet. Follow the USDA Food Pyramid Guidelines. Eat plenty of fruits, vegetables, grains, and cereals — but careful not to add too much fat when preparing these foods.

Applesauce and apple juice are excellent fat substitutes in making cakes, cookies, muffins, and other baked goods. Substituting applesauce will dramatically reduce the fat and caloric levels, reduce the need for sugar and add flavor and natural sweetness.

Cakes made with butter and other solid shortening get their volume from the air that is incorporated into the batter when the fat is creamed with the sugar. Eliminating fat means that the cake will become more compact. To remedy this, beat egg whites and fold them into the cake batter.

In recipes that have totally eliminated fat, it is a good idea to substitute a whole grain flour for at least one-third to one-half of the refined flour used in the recipe. You may also use wheat bran, oat bran or oats to replace part of the flour. The fiber in these ingredients will help maintain a pleasing texture in your baked goods.

Here are some healthful choices to get you on the right track.

GARDEN VEGGIES ITALIAN STYLE

- 1 onion, chopped
- 1 squash, diced yellow or zucchini or eggplant, peeled
- 1 tomato, diced
- 1 green pepper, chopped
- Pinch of oregano or Italian seasoning

- 8-ounce can tomato sauce
- ½ cup skim mozzarella cheese, shredded

Combine vegetables in a baking dish. Sprinkle with oregano. Pour on the tomato sauce. Bake uncovered at 350 degrees for 20 to 30 minutes. Top with cheese and bake another 4 to 5 minutes until cheese is melted.

Cooperative Extension

TOTE-ALONG DRESSING

- 12-ounces low-sodium tomato juice
- 3 tablespoons fresh lemon juice
- 1 tablespoon finely chopped onion
- 1 tablespoon minced fresh parsley
- 1½ teaspoons arrowroot powder
- ¼ teaspoon granulated sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Combine all ingredients in screw-top jar; shake to blend. Pour into small saucepan and cook over medium heat, stirring. Bring to a boil and continue cooking, stirring, 1-2 minutes or until slightly thickened. Allow to cool. Return to jar and keep refrigerated. Makes 20 1-tablespoon servings.

Am. Cancer Society

EMU ESPECIAL

- 4 emu prime steaks
- 2 tablespoons butter
- 3-ounces sliced mushrooms
- ¼ cup thinly sliced green onion
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon dried basil, crushed
- 1 clove garlic minced

In skillet, cook emu steaks in butter over medium heat to desired doneness (be careful not to overcook, emu is very lean), turning once. Transfer to platter; keep warm. In same skillet, combine mushrooms, green onion, lemon juice, salt, basil, and garlic. Heat and stir until sauce is bubbly; serve with steaks. Makes 4.

Contributor writes that emu meat is a red meat that is very low in fat. Many health conscious people are seeking this alternative red meat.

Lisa Collura
Holtwood

Recipe Topics

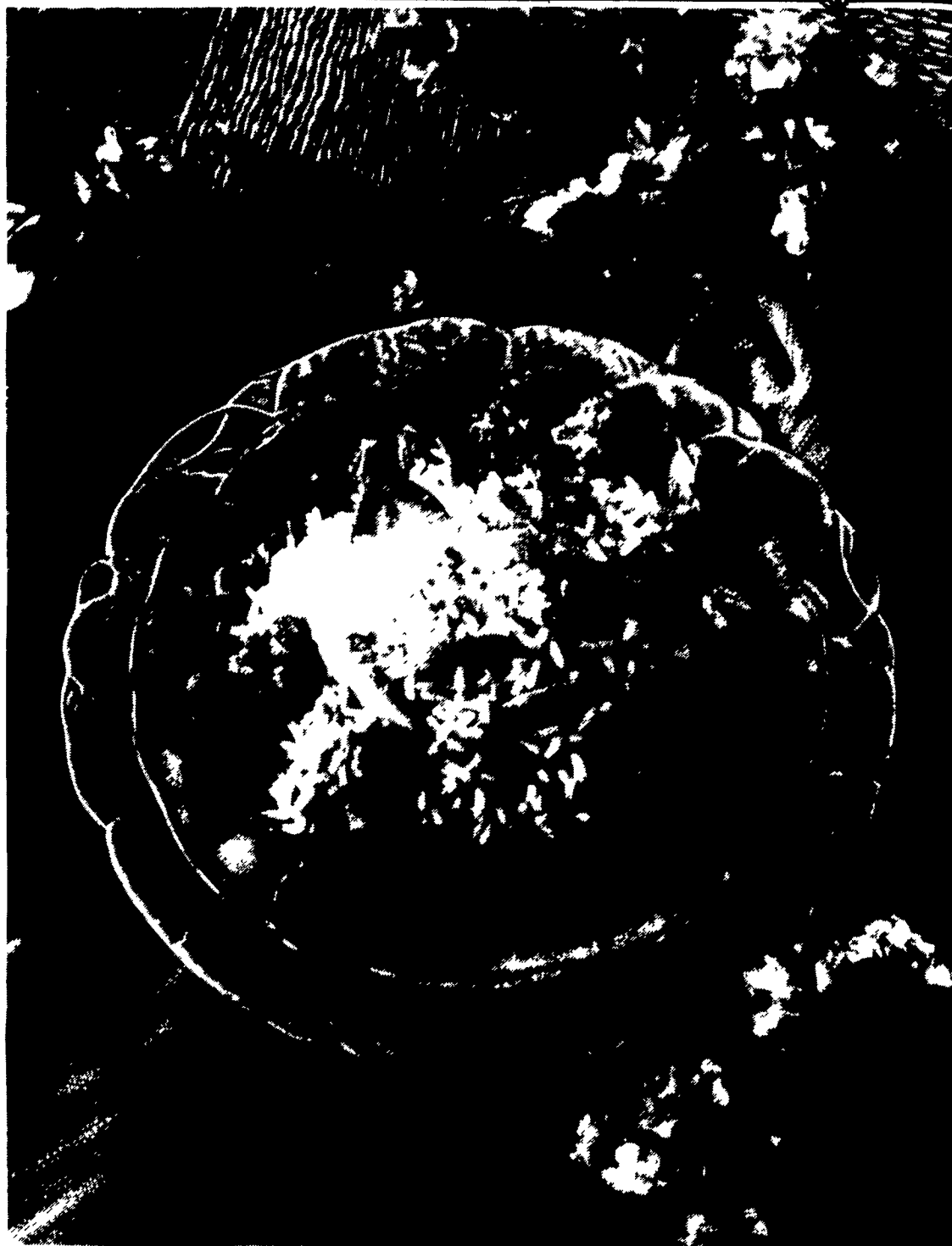
If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

January

- 20- Meatless Meals
- 27- Pizza Time

February

- 3- Whole Grain Recipes
- 10- Valentine's Day



Serve tossed rice salad over lettuce leaves for a well-balanced dish that includes rice, pork tenderloin, and fruit.

SPINACH AND ORANGE SALAD

- 4 cups fresh, trimmed, washed spinach
- 2 oranges, peeled and sectioned
- ½ cup sliced onions (optional)
- ¼ cup French dressing, reduced calorie

Wash and drain spinach thoroughly. Tear into small pieces and combine with the oranges and onion slices. Pour the French dressing over the ingredients and mix well. Chill for 1 to 2 hours.

NO-SALT HERB BLEND

Makes 1 cup

- 4 tablespoons dried oregano
- 4 tablespoons onion powder
- 4 teaspoons dried marjoram
- 4 teaspoons dried basil
- 4 teaspoons ground savory
- 4 teaspoons garlic powder
- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 1 teaspoon dried sage
- 1 teaspoon pepper

In a medium-sized bowl, combine all ingredients. Crush with the back of a spoon or transfer small amounts to a mortar and crush.

Store in a tightly covered container.

Good over fish, chicken, salad, or vegetables.

Sarah Clark
Breezewood

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Featured Recipe

This featured recipe comes from a new cookbook, "Pork and Lamb," written by Joanne Weir.

Forty-four contemporary kitchen-tested recipes with beautiful full-page color photographs are accompanied by up-to-date information on cookware, a glossary featuring herbs and recipe ingredients, basics on selection and general preparation. The recipes for stock, homemade bread crumbs, and sauces are a plus. The lamb recipes include a lamb chili, pizza, burger, along with some more elegant dishes, including a rack of lamb.

The cookbook is available from Time-Life Books and sells for \$17.95. For more information, call 1-800-621-7026.

LAMB AND LENTIL SOUP

- 1½ pounds boneless lamb meat, trimmed of excess fat and cut into small cubes
 - 2 tablespoons olive oil
 - ½ teaspoon ground cumin
 - ½ teaspoon sweet paprika
 - 2 bay leaves
 - 1 piece lemon peel, about ¼-inch wide and 2 inches long
 - ¼ to ½ teaspoon crushed red pepper flakes
 - 8 cups water
 - 1½ cups dried lentils
 - 1 yellow onion, peeled and diced
 - 1 large carrot, peeled and cut, diced
 - ½ cup fresh cilantro
 - Salt and freshly ground pepper
- In a soup pot, combine lamb, olive oil, cumin, paprika, bay leaves, lemon peel, red pepper flakes, and 2 cups of the water. Bring to boil, reduce heat to low, cover and simmer gently until the lamb is tender, 1½ to 2 hours.
- Add remaining 6 cups water, the lentils, onion, and carrot, and simmer, uncovered, over low heat until the lentils are just tender, 20-30 minutes. Discard the bay leave and lemon peel. Stir in the cilantro, salt, and pepper to taste. Serve immediately.