

# Cook's Question Corner

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**ANSWER** — Also in a previous issue, a reader wanted low-fat pasta recipes. Betty Light sends two.

## Italian Pasta Salad

- 3 ounces (1 cup) uncooked spiral macaroni
- 2 cups bite size pieces of salad greens
- ½ cup sliced cauliflowerets
- ½ cup broccoli flowerettes
- ¼ cup sliced zucchini
- ¼ cup sliced green onions
- 2 tablespoons sliced ripe olives, optional
- 1 large tomato, cut into bite size pieces
- ½ cup diced celery
- ¼ cup sliced carrots
- ½ cup low fat Parmesan dressing (below)

Cook macaroni as directed on package and rinse with cold water until cool. Drain. Toss macaroni with remaining ingredients.

## Parmesan Dressing

- 1 cup fat free plain yogurt
  - ¼ cup grated Parmesan cheese
  - ½ cup skim milk
  - ¼ teaspoon paprika
  - ½ teaspoon salt
  - 1 clove garlic, finely chopped
- Blend all ingredients together. Refrigerate.

## Low Fat Apple Lasagna

- 8 lasagna noodles
- 2 20-ounce cans apple pie filling
- 1 cup part skim ricotta cheese
- ¼ cup granulated sugar
- ¼ cup egg substitute
- 1 teaspoon almond extract
- ¾ cups packed brown sugar, divided
- 6 tablespoons all-purpose flour
- ¼ cup quick oats
- 3 tablespoons butter
- ½ teaspoon ground cinnamon
- Dash nutmeg
- 1 cup light sour cream

Prepare lasagne noodles as directed on package. Heat oven to 325 degrees.

Spray a 13X9-inch glass baking dish with non-stick spray. If a metal pan is used, increase oven temperature to 350 degrees. Spread ¾ can of apple pie filling on bottom of baking dish. Layer 4 noodles over apple filling.

Mix together ricotta cheese, granulated sugar, egg substitute and almond extract. Spread ½ can of filling over the lasagne noodles and spread ricotta mixture over top. Layer the last few noodles over cheese mixture. Top with remaining apple pie filling.

Mix together until crumbly ¾ cup brown sugar, flour, oats, butter, cinnamon, nutmeg. Sprinkle topping over the apple filling.

Bake 45 minutes. Let stand 15 minutes. Meanwhile cream together the light sour cream and ½ cup brown sugar. Refrigerate for 1 hour.

To serve: top each slice with a dollop of sour cream mixture.

Serves 12.

**ANSWER** — V. Novak wanted recipes for pickled green tomatoes. Betty J Light sent three recipes.

## Sweet Green Wheels

- 12-13 lbs. green tomatoes, cored and cut into ¼" slices
- 10 small onions, cut into ¼" slices
- 2 quarts of water
- ½ cup pickling salt
- 3 cups water
- 1 cup cider vinegar
- 2 cinnamon sticks
- 1 teaspoon whole cloves
- 2 tablespoons mixed pickling spices
- 1 quart cider vinegar
- 3 cups honey

In a large stainless steel or porcelain bowl, layer the tomatoes and onions. Combine the 2 quarts of water and salt. Pour over the tomatoes and onions. Let soak overnight covered loosely with a towel. Drain the tomatoes and rinse well in cold water.

In a large stainless steel or enameled pot, combine the tomato mixture with 3 cups water and the 1 cup vinegar. Simmer for 1 hour or until light in color.

In a muslin spice bag combine a cinnamon stick, cloves, and pickling spices. In a large saucepan combine the 1 quart of vinegar, honey and spice bag. Bring to a boil for 10 minutes. Remove spice bag.

Fill hot sterilized pint jars with the tomato mixture. Pour hot honey and vinegar mixture over tomato mixture, leaving ½-inch headspace. Seal and process in a boiling water bath for 10 minutes.

## French Pickles

- 11 lbs. green tomatoes, cored and cut into ¼" slices
- 3 large onions, thinly sliced
- ½ cup pickling salt
- 2 cups white vinegar
- 3 cups packed brown sugar
- ½ cup white mustard seeds
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- 1 teaspoon ground mustard
- ¼ teaspoon cayenne powder

In a large stainless steel or porcelain bowl, combine the tomatoes and onions. Sprinkle the salt and mix well. Cover loosely with a towel. Let stand for 12 hours. Drain well and discard liquid.

In a large stainless steel or enameled pot, add the remaining ingredients and simmer for 15 minutes. Then bring the mixture to a boil.

Fill hot sterilized pint jars with the tomatoes and onions. Pour the hot vinegar mixture over the slices, leaving ½-inch of headroom. Seal and process in a boiling water bath 10 minutes.

## Dilled Green Cherries

- 12 lbs. green cherry tomatoes
- 2 cups white vinegar
- ¾ cup pickling salt
- 4 tablespoons mixed pickling spices in muslin bag
- 2 quarts of water
- 12 grape leaves
- 6 cloves of garlic
- 24 black peppercorns
- 6 fresh dill heads

Stem all the tomatoes, but do not peel or core.

In a large stainless steel or enameled pot, heat the vinegar, salt, pickling spices, and water. Bring to a boil, reduce heat and simmer for 15 minutes. Remove spice bag.

In the bottom of each hot sterilized jar, place 2 grape leaves, 1 clove garlic, 4 peppercorns, and 1 dill head. Fill the jars with the tomatoes. Pour the vinegar mixture over tomatoes, leaving ½-inch of headspace. Seal and process in a boiling water bath for 10 minutes.

Allow six weeks to cure before serving.

# Breakfast

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## STRAWBERRY YOGURT SHAKE

- ½ cup unsweetened pineapple juice
- ¼ cup plain low-fat yogurt
- 1½ cups frozen, unsweetened strawberries
- 1 teaspoon sugar

Add ingredients in order listed to blender container. Puree at medium speed, until smooth and thick. Make two 1½ cup servings.

## CHEDDAR AND SWISS CHEESE STRATA

- 8 slices day-old white bread
- 1½ cups (6 ounces) shredded Swiss cheese
- 1½ cups (6 ounces) shredded Cheddar cheese
- 4 eggs, beaten
- 3 cups milk
- 1 teaspoon prepared mustard
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon nutmeg

Line bottom of buttered 2-quart shallow baking dish with half the bread slices. Top with Swiss cheese. Repeat layers using Cheddar cheese. Beat together eggs, milk, mustard and seasonings. Pour over bread and cheese. Cover and chill several hours or overnight. Bake in preheated 325 degree oven 55-60 minutes or until knife inserted in center comes out clean.

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