

**Family Living
Focus**

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Make Your Summer Meals Tasty And Healthy
Summer has finally arrived and with it our plans for barbecues and picnics. With Americans becoming more health conscious, the usual fare of hot dogs and hamburgers have often been replaced with lower-fat alternatives. People are selecting meatless burgers, poultry alternatives or extra lean ground beef and adding certain foods to "dilute" the fat and calories. Sometimes, though, the alternatives are not as lean as you might expect. It pays to read the food labels carefully when making comparisons.

To evaluate the summer picnic choices, let's first look at the nutritional analysis of hamburgers. A 3-ounce cooked, regular ground beef patty provides 245 calories, 18 grams of fat and 66 percent of calories from fat. A 3-ounce cooked patty made from extra lean ground beef has 215 calories, 14 grams of fat, and 58 percent of calories derived from fat.

By comparison, 4-ounce uncooked ground poultry provides anywhere from 120-210 calories, 0.5-15 grams of fat, and 4-64 percent of calories from fat. Pre-cooked, meatless alternatives, such as soy burgers, give 70-215 calories, 0-8 grams of fat, and 0-45 percent of calories from fat.

One all beef hot dog link provides 150 calories, 13.5 grams of fat, and 80 percent of calories from fat. Mixed beef, pork, and poultry gives 150 calories, 13 grams of fat and 78 percent of calories from fat.

By comparison, beef alternatives have a range of 40-120 calories, 0-10 grams of fat and 0 to 75 percent calories from fat in one link. Mixed beef, pork, poultry alternatives give 40-110 calories, 0-8 grams fat, and 0-65 percent calories from fat per link. All poultry alternatives have a range of 40-130 calories, 0-11 grams of fat and 0-83 percent calories from fat. Meatless alternatives such as

soybean dogs, yield 45-120 calories, 0-6 grams of fat, and 0-54 percent calories from fat.

If meatless alternatives do not sound appealing to you, there are other ways to make the burger or hot dog meal lower in overall calories and fat. The following list provides suggestions for your summer picnics:

- Make sure that you have plenty of fresh fruits and vegetables as side dishes.
- Keep the dips to a minimum or make them low fat by using non-fat yogurt.
- Load your plate with fresh fruits and vegetables.
- Top your burger or wiener with salsa, sprouts, sliced tomatoes, onions, and lettuce.
- Use sauces such as barbecue, hot pepper, soy, and Worcestershire. Watch the sodium levels, if you are hypertensive.
- Use portion control when forming patties. Stick with a 4-ounce raw patty that will cook down to a 3-ounce patty or the size of a deck of cards.

One other method to limit the fat and calories in burgers is to "dilute" the meat patty by using other foods as extenders. To each pound of uncooked ground beef, add one half cup of moistened bread crumbs. Or you may use a half cup of finely grated carrots, potatoes, or cooked and ground soy beans, or one cup of dry breakfast cereal. The following recipe demonstrates one way to dilute the fat and calories.

**EGGPLANT HAMBURGERS
Makes 8 Patties**

- 12 ounces extra lean ground beef
- 1 eggplant (¾ to 1 pound), baked, peeled and coarsely chopped
- 1 small onion, finely chopped
- 1 to 2 cloves garlic, minced

- 8 tablespoons whole-grain bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon tomato paste
- 2 teaspoons plain nonfat yogurt
- Salt and pepper to taste
- Pre-heat broiler to its highest temperature.
- Thoroughly mix together all

- ingredients, reserving half of the bread crumbs. Shape the mixture into eight patties and dredge them on both sides in the reserved crumbs. (At this point, you can freeze any patties you won't be cooking now.)
- Broil on rack (over a foil-lined tray) 4 inches from heat for about 3 minutes on each side, until crus-

ty on the outside and well done within. (To cook from frozen state, preheat broiler, then broil 2 inches from heat for about 5 minutes on each side.)

3½ -ounce burger provides 150 calories and 7 grams of fat. Recipe adapted from Consumer Reports on Health, June 1997



Dairy royalty in Beaver-Lawrence Counties include, from left, Heather Bauder, Crystal Bozlinski, Rachel Wright, Julie McConnell, Lori Harman, Deidra Brunton, Lane Whiting, Racheal Kenny, and Kristen Morgan.

Beaver-Lawrence Dairy Royalty

VOLANT (Lawrence Co.) — Julie McConnell, daughter of Jeff and Roberta McConnell of Volant, was crowned the Beaver-Lawrence County Dairy Princess at the Big Knob Grange on June 14.

Julie, who is a senior at New Wilmington High School, will be assisted in carrying out dairy promotions in two counties with dairy ambassadors Heather Bauder, daughter of Robert and Melanie Bauder of New Galilee; Crystal Bozlinski, daughter of Philip and Cindy Bozlinski of Wampum; and Rachel Wright, daughter of Scott and Debbie Wright of Harmony.

Dairy maids installed include Deidra Brunton, daughter of William and Mary Jo Brunton of Aliquippa; Lori Hartman, daughter of Gary and Diane Harman of New Castle; Rachel Kenny, daughter of Don and Wendy Kenny of Enon Valley; Kristen Morgan, daughter of Gary and Debbie Morgan of Beaver; and Lane Whiting, daughter of David and Denise Whiting of Edinburg.

Master of ceremonies for the pageant was Ed Fasnaught, Lawrence County commissioner.



Julie McConnell will promote the dairy industry in both Beaver and Lawrence Counties.

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