

# Low-Fat Foods

(Continued from Page B2)

## CHOCOLATE MERINGUES

- 2 egg whites
- 1/4 teaspoon salt
- 1/4 teaspoon vinegar
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- 1 tablespoon unsweetened cocoa

Heat oven to 275 degrees. Line baking sheet with parchment paper. In a small bowl, beat egg whites, salt, and vinegar until foamy. Gradually add sugar and vanilla, beating until stiff peaks form. Sift cocoa over beaten egg whites and fold into mixture.

Using a heaping tablespoonful of egg white mixture, drop six individual mounds of mixture onto parchment sheet. Make a deep well in the center, spreading egg white mixture to form a 3-inch circle.

Bake at 275 degrees for 45 minutes or until crisp. Turn off oven. Keep door closed for 1 1/2 hours. Remove from oven and cool completely. Remove from parchment.

Just before serving, fill with fresh fruit and drizzle with fat-free fudge sauce. Yield: 6 servings, 150 calories each, no fat.

May freeze in tightly-closed container.

## CINNAMON APPLE CROSTATA

- 1 refrigerated pie crust, flat
- 1/2 cup sugar
- 4 teaspoons cornstarch
- 2 teaspoons cinnamon
- 4 cups thinly sliced peeled apples

- 1 teaspoon sugar
- 2 tablespoons chopped walnuts or pecans

Bring pie crust to room temperature. Heat oven to 450 degrees.

In medium bowl, combine 1/2 cup sugar, cornstarch, and cinnamon. Add apples and toss. Place crust on ungreased baking sheet. Spoon apple mixture onto center of crust, leaving a 2-inch border. Fold edge of crust over apples; crimp slightly. Brush edge with water; sprinkle with 1 teaspoon sugar.

Bake at 450 degrees for 15 minutes or until crust is golden brown. Sprinkle pecans over mixture. If necessary, cover crust with aluminum foil to prevent excessive browning. Bake an additional 5-15 minutes or until apples are tender. Cool 30 minutes before serving. If desired, serve with vanilla frozen yogurt.

Yield: 8 servings, 220 calories, 9 g. fat.

## RASPBERRY FILLED JELLY ROLL

- 1/4 cup flour
- 1/4 teaspoons baking powder
- Pinch salt
- 3 eggs
- 1/4 cup sugar
- 3 tablespoons water
- 1/2 teaspoon vanilla
- Confectioner's sugar
- 1 cup raspberry preserves or softened ice cream

Heat oven to 375 degrees. Line jelly-roll pan with parchment paper or greased waxed paper.

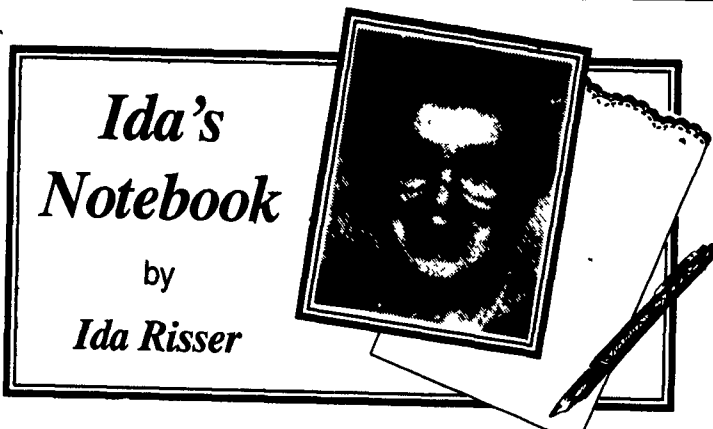
Sift flour several times with baking powder and salt.

Beat eggs until thick, gradually beat in sugar, and continue beating until the mixture is light and makes a ribbon trail.

Stir in water and vanilla, sprinkle the flour on the mixture all at once and beat until smooth. Pour into prepared pan and spread evenly to corners.

Bake in oven for 12-15 minutes, or until lightly browned around edges but still pale, though firm to touch in center. Avoid overbaking.

Loosen edges. Turn out onto clean towel that has been sprinkled with confectioners' sugar. Remove parchment carefully. Trim sides to make a neat edge and remove crust. Spread with preserves and roll up gently by tilting towel. Allow to cool. Sprinkle generously with confectioners' sugar before serving.



Time marches on and tomorrow is March 1. Time to think of outside work if we don't get a late winter.

In the meantime, I'll spend my time finishing the red and blue braided rug and cooking. I still make some of the dishes that my mother made for her family. Last week we had "schnitz and knepp" or dried apples cooked with ham and dumplings on top.

When some of our children come home, I make pig stomach as it is usually much more than two people can eat in two meals. Another dish that I make when we have extra people here is kidney creole. Stuffed beef heart is a special treat too. And, when Easter arrives there is always some of our own smoked tongue. These organ meats are different from the regu-

lar run of food but maybe that is why they are special.

At one time we smoked all of our own ham, sausage, bacon and bolognas. My parents did too until their wooden smokehouse caught on fire and burned. Our brick smokehouse stands in the middle of our garden and has seen 185 years of use.

Another item that not everyone eats is dried vegetables. There are tins and more tins of dried string beans in our basement. They were always soaked and then cooked with slabs of bacon. My dried corn is a special treat, if only because there is not as much of it as of frozen corn. We also dry soybeans and asparagus beans. These foods can be stored for years and still be tasty.

## Keep an Eye On Your Weight

WESTCHESTER (Chester Co.) - Penn State Cooperative Extension announces the start of My New Weigh of Life, a 12-week nutrition-based weight management course beginning March 10 and ending May 26 at the Penn State Extension office,

Government Service Center, Suite 370, West Chester. Participants may choose either the 10:00 a.m.-noon session or the 7:00-9:00 p.m. session.

My New Weigh of Life, developed through research at Penn State University and trials

throughout the state, incorporates the latest concepts of increased physical activity, lifestyle changes, and reduction of dietary fat.

## Super Nutrition For Women

FLEMINGTON, N.J. - Many of the chronic diseases women face are considered inevitable consequences of aging. They don't have to be. As women age, they have unique nutritional needs

Nutrition for Women will be

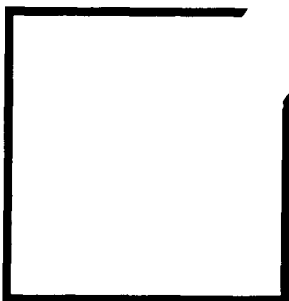
held on March 25, Hunterdon County Library, Route 12, and on March 31, North County Library, Annandale. All programs begin at 6:45-9 p.m. and are free of charge. For registration or information, call (908)788-1342.



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