

Eating Light

Let's face it: eating light most often means cutting dietary fat. But everybody needs some fat, which is a vital nutrient that supplies the body with energy, essential fatty acids, and helps to absorb certain vitamins. In addition, dietary fat is important for proper growth in children and is required for maintaining healthy skin.

According to the Dietary Guidelines for Americans, 30 percent or less of daily calories should come from fat sources. Here is a quick and easy way to estimate your total fat gram intake for the day:

• Determine your ideal body weight, e.g. 150 pounds.

• Divide in half = 75 grams of fat.

Not all fats are created equally. Saturated fats are linked to elevated levels of LDL-cholesterol in the blood. These are most commonly found in foods of animal origin such as red meats, cheese, eggs, and coconut, and palm oils.

Polyunsaturated fat are often found in foods of plant origin such as corn, safflower oils, nuts, and seeds. Monounsaturates can lower "bad" LDL levels. These are also found in foods of plant origins. Sources include olives, olive oil, canola oil, nuts, and avocados.

Fat provides nine calories per gram compared with four calories per gram with either protein or carbohydrates.

This doesn't mean that you shouldn't eat meat and dairy products. The trick is to select your fat sources wisely. Select lean cuts of meat and use low-fat or non-fat dairy products if you want to cut your fat intake.

Here are some quick ideas to serve great-tasting foods while keeping the fat intake down.

•Turn a plain baked potato into a tasty meal by adding low-fat yogurt or shredded reduced fat cheese, and sliced ripe olives.

• To freshly cooked pasta with fresh or canned tomatoes, add chopped ripe olives, and minced garlic. Saute and add a sprinkle of parmesan cheese.

Flavor macaroni salad by mixing together drained, canned tuna, chopped celery, and chopped ripe olives, low-fat yogurt or fat-free

SOUTHERN SKILLET BBQ PORK

4 (4-ounce) boneless pork loin chops ³/₄ -inch thick (trim all visible

fat) % cup reduced-calorie Italian

dressing

% cup barbecue sauce 1 teapsoon chili powder

Blend dressing, barbecue sauce, and chili powder in shallow dish. Add pork; turn to coat chops. Cover; marinate 30 minutes to overnight in refrigerator. Heat nonstick skillet over medium-high heat until hot. Drain pork, reserving marinade. Brown both side of pork in skillet; add reserved marinade. Bring to a boil. Cover and reduce heat to low; simmer for 5 minutes. Servings: 4.

194 calories, 9 g fat, 312 mg sodium, 23 g protein, 3 g carbohydrate.

Nat. Pork Producers

FANTASTIC PORK FAJITAS

1 pound pork tenderloin, cut into ¼ -inch thick strips (trim all visible fat)

1 cup sliced green, red, and yellow bell peppers

¹/₂ medium onion, sliced

1 teaspoon crushed red pepper 4 flour tortillas, warmed

Spray a large nonstick skillet with vegetable spray. Heat skillet over medium-high heat until hot. Add pork stirps, bell peppers, onion, and crushed red pepper to skillet; stir-fry 5 minutes. Roll up ¹/₄ of the meat mixture in each

tortilla.

295 calories, 9 g fat, 194 mg sodium, 27 g protein, 22 g carbohydrate.

Nat. Pork Producers

GARLIC

MASHED POTATOES 3 pounds potatoes, peeled, quartered 4 cups water

5 teaspoons chicken-flavored bouillon granules

% cup skim milk

1¹/₂ teaspoons minced garlic In large saucepan, combine potatoes, water, and 3 teaspoons bouillon granules, bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until potatoes are tender. Drain. Heat milk and remaining 2 teaspoons bouillon granules. In mixer bowl, mash potatoes with garlic and milk mixture until potatoes are smooth and fluffy. Refrigerate leftovers. 180 calories; 5 g protein, 0 g fat; 39 g carbohydrate; 0 mg cholesterol, 770 mg sodium. COUSCOUS SALAD 5.6-ounce package pine nut couscous mix

1 teaspoon minced garlic 2 cups packed fresh basil leaves ½ cup red bell pepper strips 3 tablespoons red wine vinegar ½ to 1 teaspoon black pepper

1 tablespoon olive oil ½ pound sliced fresh mozzarella (optional)

Cherry tomatoes (optional)

Prepare couscous according to package directions using olive oil, except add minced garlic with contents of spice sack.

Coarsely chop half of basil leaves.

When couscous is done, lightly toss with chopped basil, red bell pepper, vinegar, pepper, and 1 tablespoon olive oil.

Spoon onto serving plate and surround with remaining whole basil leaves. If desired, arrange mozzarella and cherry tomatoes around edge.

4 servings. Calories 217, protein 7 g, total fat 8 g; carbohydrate 33 g, sodium 320 mg.

APPLE SAUCE MAPLE MUFFINS

2 cups whole wheat flour

1 tablespoon baking powder 1%cups unswectened

applesauce

1/2 cup maple syrup

2 egg whites

1/2 cup raisin or chopped walnuts

Combine flour and baking powder, and stir to mix well. Add applesauce, maple syrup, and egg whites, stir just until dry ingredients are moistened. Fold in raisins or walnuts.

Coat muffin cups with nonstick cooking spray, and fill ³/₄ cup full with batter. Bake at 350 degrees for 16 to 18 minutes, or just until wooden toothpick inserted in the center of a muffin comes out clean.

Remove muffin tin from oven and let sit 5 minutes before removing the muffins. Serve warm or at room temperature.

Yield: 12 muffins. Calories 130, fat .4 g; protein 3.6 g; sodium 94 g, fiber 3.3 g; calcium 26 mg. Knouse Foods

MIQUSE FOOD

APPLE BUTTER BUNDT CAKE

BUNDT CAKE % cup whole wheat flour

- 1½ cups unbleached flour
- 2 teaspoons baking soda 2 cups apple butter
- 2 cups apple
- 2 egg whites



If your eating light—eat pork. With an average of 31 percent less fat from 10 years ago, pork is leaner than ever. The American Heart Association gives its stamp of approval for the pork recipes included in this issue.

MEDITERRANEAN ROASTED VEGETABLES WITH PASTA

1 pound package fettuccine, cooked, drained

1/2 cup water

4 teaspoons chicken-flavor bouillon granules

- 1 teaspoon rosemary leaves
- 2 cloves garlic, finely chopped
- 2 each red or green bell peppers,

onions, tomatoes, zucchini, sliced ½ pound fresh mushrooms, sliced

Preheat oven to 400 degrees. In small saucepan, heat water, bouillon, rosemary, and garlic until bouillon dissolves. In 13x9-inch baking pan, pour bouillon mixture over vegetables; mix well. Bake 30 minutes or until vegetables are tender, stirring occasionally. Serve over fettuccine. Refrigerate leftovers.

190 calores, 8 g protein; 1 g fat; 38 g carbohydrate, 610 mg sodium.

CHICKEN VEGETABLE STIR-FRY

1 pound boneless skinned chicken breast

- 2 tablespoons apple juice
- 4 cups broccoli florets
- % cup water
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 5 cups spinach
- 1 cup sliced mushrooms

Cut chicken into bite-sized pieces. Marinate in apple juice for 30 minutes. Drain before cooking. Steam broccoli 1¹/₂ minutes and rinse under cold water. Mix together water, cornstarch, and soy sauce. Saute chicken in oil 2-3 minutes. Serve over hot rice.

Serves 4. 290 calores, 7 grams fiber, 8 grams fat per serving.

(Turn to Page B8)

Featured Recipe

Eating light means including pork in the diet. With an average of 31

sour cream, and low-fat mayonnaise. Season to taste.

• For easy ratatouille, combine canned stewed tomatoes, sliced zucchini, chopped garlic, and sliced ripe olives. Heat on stove top for 8-10 minutes.

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 listed below.

January

9 - Build a Better Breakfast

- 16 Make It With Beef
- 23 Using Quick Oats
- 30 Pizza Favorites

1/2 cup dark raisins 11/2 tablespoons confectioners' sugar

Combine the flours and baking soda, and stir well to mix. Add applebutter and egg whites, and stir to mix well. Stir in raisins. Coat a 12-cup bundt pan with nonstick cooking spray. Spread the batter evenly in pan, and bake at 350 degrees for 30 to 35 minutes, or until a wooden toothpick inserted in the center comes out clean.

Cool the cake in the pan for 20 minutes. Then invert onto a wire rack and cool to room temperature. Transfer to serving plate, sift the confectioners's sugar over the top, slice and serve. Yield: 16 servings.

Calories 146; fat .6g; protein 2.9 g; sodium 111 mg, fiber 2 g; and calcium 12 mg.

Knouse Foods

percent less fat from 10 years ago, pork is leaner than ever. A 3-ounce serving has less than 200 calories and 9 grams fat.

The leanest cuts have the word "loin" in the name, such as pork tenderloin, loin roast, loin chop, sirloin chop, top loin chop, and sirloin roast.

Here's a recipe with only 7 grams fat per serving.

Remember eating light means eating all foods in moderation. It doesn't mean gourging yourself at mealtime just because you're eating lower fat food.

CARIBBEAN ROAST PORK LOIN

1 pound boneless pork loin roast (trim all visible fat) ½ teaspoon olive oil ½ teaspoon ground black pepper ¼ teaspoon ground nutmeg ¼ teaspoon ground cinnamon Blend oil, pepper, nutmeg, and cinnamon in small bowl. Rub mixture onto pork; cover completely. Place pork in shallow pan; roast in 350 degrees oven for 45 minutes to one hour or until internal temperature is 155 degrees. Remove pork from oven; let stand 10 minutes before slicing. Servings 4. 167 calories, 7 g fat; 60 mg sodium, 24 g protein, 1 g carbohydrate.