

Dietz Prepares Food With Deception

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Lancaster Farming Staff

LEBANON (Lebanon Co.) — By popular demand Frances Dietz returned to the annual Lebanon County Holiday program conducted last week.

The freelance home economist is well-known for her novel cooking methods of shortcuts — a dump of this and a dash of that — which she intersperses with humorous anecdotes. Her unique combination results in a laughing audience and spectacular cooking results.

This year, Dietz's formal title for the workshop was "The Mystery of the Hidden Gift," which she translated to mean "something weird inside of each one (recipe)."

The hidden or "weird" ingredients served a purpose — "to give the gift of better health," Dietz said. "The hidden ingredients contain health giving qualities that have been proven over time."

Nonetheless, Dietz admitted that what is considered healthful today may be disclaimed in tomorrow's news.

A hidden danger accompanies these unique recipes. If the recipient of the dish is aware of the "weird" ingredient contained therein, they won't eat it.

"Don't let anyone see you prepare these (dishes). Hide any evidence (cans and containers) in the garbage," Dietz said of preparing brownies with Great Northern beans and meatloaf with lentils.

Here are some of her recipes, which may sound "weird" but according to taste testers are absolutely tops. Tasters never suspected deceptive ingredients were hidden within the foods.

UNBELIEVABLE BROWNIES

Drain and mash 14-ounce can Great Northern beans. Reserve ¼ cup for icing

Stir together in bowl: 15-ounce brownie mix, water, oil, and egg as specified on package label

¼ cup Great Northern beans

Pour mixture into greased 8-inch square pan. Bake at 350 degrees for 30-35 minutes, until brownies bounce back when touched. It's wise to begin to check doneness after 20 minutes, because of variations among different brands.

Cool brownies, then frost with icing made by stirring together:

½ cup semi-sweet chocolate morsels, melted

½ teaspoon butter, melted

Remainder of Great Northern beans

½ teaspoon vanilla

1½ teaspoon milk

Blend in: ¼ cup plus 2 tablespoons confectioners' sugar.

Add additional milk, if necessary, to achieve spreading consistency.

Dietz said that lumps add interest to the brownies. People think the lumps are nuts. Brownies keep in refrigerator for three months.

MEATBALLS WITH A PLUS

Thaw, drain, squeeze dry, chop 10-ounce package frozen spinach

Combine spinach with:

1 pound lean ground beef

1 slice bread, crumbled

2 eggs

¼ cup shredded parmesan cheese

Salt and pepper

¼ teaspoon nutmeg

¼ cup finely chopped onion

1 large clove garlic, minced



"Deception is at work in these foods that are not quite what they seem to be," said Frances Dietz, freelance home economist.

Shape into 14-16-inch meatballs. Cook by favorite method. Serve as is or use in meatball sandwich, in tomato sauce or shape into small hors d' oeuvres.

FRANCIE'S FRUIT SMOOTHIE

Put into blender:

8-ounces vanilla yogurt

8-ounces tofu

3 cups cantaloupe chunks or other fruit

¼-1 cup skim milk

6 tablespoons oatmeal

6 tablespoons honey

½ teaspoon cinnamon

2-3 teaspoons vanilla

¼ teaspoon nutmeg

Chill for 30 minutes, then whirl until smooth and creamy. Makes about 8 cups.

MIDDLE EASTERN MYSTERY PIE

Line a 9-inch pie pan with pastry; chill.

Puree 14-ounce can Great Northern beans

Add and process only until smooth:

2 tablespoons flour

2 eggs

¾ cup evaporated milk

1 tablespoon butter, softened

1 teaspoon cinnamon

¼ teaspoon nutmeg

¾ cup sugar

½ cup coconut

Pour mixture into pastry-lined pan. Bake at 400 degrees for 10 minutes, then at 350 degrees for 20-25 minutes until firm when shaken and knife inserted near center comes out clean.

CRANBERRY ONION RELISH

Make a relish combining:

16-ounce can whole berry cranberry sauce

½ cup dried cranberries

½ cup onion

½ teaspoon ground coriander

3 cloves garlic

Refrigerate at least one hour. Makes about 3 cups relish.

Wonderful served with ham or on bagels.

ENRICHED MEATLOAF

Cook in covered pan, until tender, about 20 minutes:

¼ cup lentils

1 cup water

Drain lentils and combine with approximately

3-ounces tofu

¼ cup garden salsa

Blend in:

½ pound ground beef

Salt and pepper to taste

1 slice bread, crumbled

Shape into a loaf; bake in ungreased pan at 350 degrees about 45 minutes to internal temperature of 160 degrees. Makes 4-5 servings.

CARAMELIZED APPLE OMELET

Melt together in skillet:

2 tablespoons butter

2 tablespoons brown sugar

Add:

1 large apple

Dash each of nutmeg and cinnamon

1 tablespoon raisins

Cook slowly for 5-10 minutes, stirring occasionally, until tender. Keep warm.

Prepare 2 or 3 two-egg omelets; fill each with apple mixture. Sprinkle each with a dusting of confectioners' sugar. Serve with a dab of sour cream and slices of apple.

TOFU TWICE-BAKED POTATOES

Cut in half:

1 large baked potato

Scoop out center of potato, leaving a wall about ¼-inch thick. Combine potato pulp with:

4-ounces tofu

1 tablespoon grated parmesan cheese

1 green onion, chopped

½ teaspoon horseradish

Salt and pepper to taste

Milk, if necessary for consistency

Beat with electric mixer until smooth. Fill potato shells with mixture; brush with melted butter.

Bake at 400 degrees in upper third of oven for 10-15 minutes or until top is lightly browned. Makes 1-4 servings.

Leading New York Times Health Reporter Helps Debunk Anti-Milk Myths

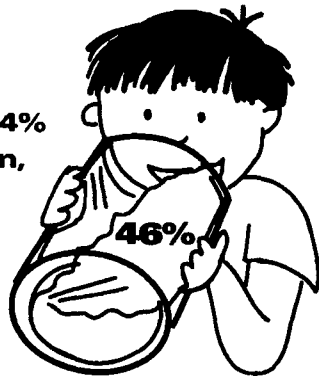
HARRISBURG (Dauphin Co.) — A recent article in The New York Times by Jane Brody, recognized as the nation's most influential food and health writer, defended milk against headline-grabbing gimmicks by anti-dairy activists.

Brody's article discredited the Physicians Committee for Responsible Medicine (PCRM) claims against milk's health benefits by quoting sound, third-party nutrition research — much of which was supplied by the dairy farmer-funded National Dairy Council® (NDC). The article outlined current myths regarding milk, including its role in relationship to heart disease, cancer and diabetes, and provided scientific evidence that firmly reinforced milk's position as the beverage for good health.

The impact of The New York Times article cannot be overstated, according to Cindy Weimer, spokesperson for the Pennsylvania Dairy Promotion Program. "Through the checkoff promotion programs, we've worked hard to serve as a major dairy and nutrition resource by providing nutrition and health writers such as Jane Brody with sound, science-based nutrition information."

KIDS GULP MORE MILK

While youths (18 & under) represent only 24% of the population, they drink 46% of all milk consumed in the U.S.



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