

Cookbook

Shake the salt habit

The past year, over 500 Luzerne County residents of all ages participated in either a one hour or two hour program on "Shake the Salt Shaker Habit".

Mrs. Josephine Kotch, Extension Home Economist for Luzerne County, discussed foods high in sodium content. Those foods prepared by manufacturers requiring little preparation at home, smoked meats, combination dishes. Example - 1 hot dog - 2 oz. size contains 675 mg of sodium - soup contains range of 1152 mg to 892 mg. Mrs. Kotch also compared the foods that contain sodium naturally - and those low in sodium content. 1 apple 2 mg - carrot and celery sticks 22-34 mg - plain popcorn 1 cup 1 mg.

Mrs. Kotch called attention to the fact many Americans consume up to 1-4 teaspoons of sodium a day or 6000 mg. The average American recommended intake should be 1100 to 330 mg. daily, approximately 1 teaspoon. Actually 500 milligrams a day is enough for most adults.

Mrs. Kotch stated sodium is a mineral needed by the body, but excessive consumption is associated with high blood pressure otherwise known as hypertension. Table salt contains 40 percent sodium and 60 percent chloride.

To help people change their heavy use of salt in their meal preparation, Mrs. Kotch demonstrated the various herb and spice combinations reducing the use of salt at the table or during cooking and still have a good tasting dish.

Mrs. Kotch stated that 71 percent of the participants learned more about controlling the sodium-salt in their diet by reading the label for ingredients, that all cured foods are high in sodium.

Throughout the year, residents called the Extension Service saying how they changed or controlled the salt in their daily meals - e.g. "I tried several of your recipes and salt substitutes - my family never missed the salt."

A pamphlet "Sodium Controlled Diet" is available by writing or calling the Luzerne County Cooperative Extension Service, 5 Water Street, Courthouse Annex, Wilkes-Barre, Pa. 18711 or call 825-1701 or 459-0736.

This program and all family living educational programs available in Luzerne County are conducted in cooperation with the Pennsylvania State University Cooperative Extension Service, USDA and Luzerne County Board of Commissioners.

Recipe correction

In the September 19 issue of The Dallas Post, a recipe for "Tandoori Chicken" appeared in the Cookbook section. Unfortunately, an ingredient was inadvertently omitted from the recipe.

The recipe should also include 1 T. Cumin.

Recipes in cookbook battle boredom

By JOAN KINGSBURY
Staff Correspondent

Every good cook gets to the point once in a while when you think "What am I going to prepare for dinner?" Favorite recipes can seem old hat, and it seems you are eating the same things all the time.

A good cookbook can get you out of your cooking doldrums. "Appealing Recipe Creations", a cookbook compiled by members of the Association for Retarded Citizens of Luzerne County (ARC) is full of tasty recipes for main dishes, meats, poultry and seafood, vegetables, breads, rolls, pies and pastry, low calorie dishes and desserts.

ARC was founded 32 years ago to serve the needs of retarded citizens throughout the country; to see that each person receives rights necessary to live as normal a life as possible. The organization also follows legislative action concerning the retarded citizen.

ARC also provides services to its members. To become a member, one must only contact their office and register.

ARC provides family and homemaker service, which will help with babysitting, light housekeeping, meal and emergency transportation. They provide companionship with a big brother/big sister-like program. These volunteers work with one person three hours twice per month, teaching crafts, going to libraries, on picnics, and just having fun. The third service is representative payeeship where ARC acts as guardian to the monies of 46 retarded people.

The organization pays bills, making sure these people have food and clothing money. This is done free of charge.

A parent support group "Parent to Parent" offers conversation support group self-help guidance to its members.

Although Luzerne County provides funds for the services, any type of advocacy must be paid for by ARC. To raise these funds, ARC has compiled "Appealing Recipe Creations." I have chosen recipes from Back Mountain residents to share with our readers.

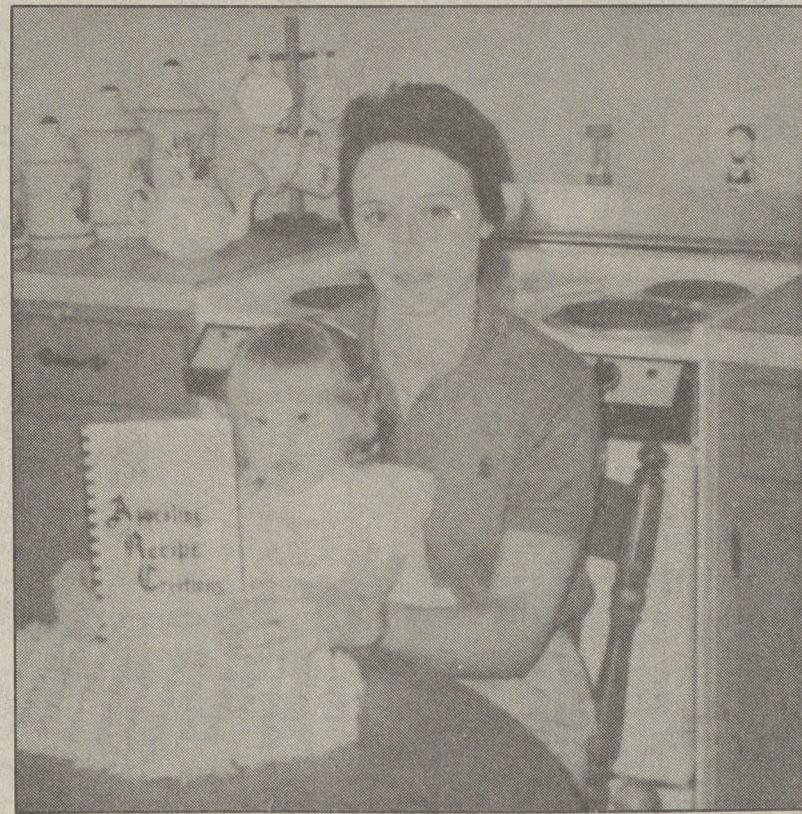
Herb Dip, a delicious dip made with cottage cheese and various spices, is a favorite of Ellen Campbell's. Sandy Kunkle's Hungarian Fried Chicken makes fried chicken in the oven. For a gourmet dinner, Joan Felty suggests Shrimp Elegante. Dessert is really special when you serve Mary Ann Clary's Chocolate Krinkles.

Anyone desiring to purchase a cookbook may do so by contacting Sandy Kunkle at 696-1971.

HERB DIP

Ellen Campbell
3/4 c. cottage cheese
1/2 c. mayonnaise
1/4 c. sour cream
2 T. chopped parsley
1 T. chopped chives
1 T. grated onion
1 sm. garlic clove, crushed
1 T. Worcestershire sauce
1/2 t. salt
Dash of hot pepper sauce
Assorted vegetables

In small bowl, combine all ingredients except vegetables. To serve, immediately spoon into serving bowl. Serve with assorted vegetables or chips. May be frozen up to 3 months. Makes about 2 cups.



Dallas Post/Joan Kingsbury

Studying recipes

Jennifer Kunkle and her mom, Sandy, show readers "Appealing Recipe Creations."

HUNGARIAN FRIED CHICKEN

Sandy Kunkle
1/4 c. butter or oleo
1.4 c. flour
1 chicken, cut up
2 eggs
1 1/2 t. salt
15. paprika
1 t. onion salt
2 t. lemon juice
1 c. dried bread crumbs

Heat oven to 350 degrees. Melt butter in baking dish in oven. Put flour in paper bag and shake chicken until pieces are coated. In a bowl, beat eggs with salt, paprika, onion, salt and lemon juice. Dip floured pieces of chicken into egg mixture, then in bread crumbs (turn to coat evenly). Arrange chicken in melted butter in baking dish skin

side down. Bake about 45 minutes, turning once.

CHOCOLATE KRINKLES

Mary Ann Clary
2 c. sugar
1/2 c. oil
4 2. semi-sweet chocolate
4 eggs
1 t. vanilla
2 c. flour
2 t. baking powder
1/2 t. salt
Mix sugar, oil and chocolate well; add one egg at a time. Add vanilla. Then put flour, baking powder and salt into liquid mixture. Refrigerate at least 7 hours.
Roll into balls, teaspoon size. Roll in powdered sugar. Grease cookie sheet. Bake at 350 degrees for 10 minutes.

SHRIMP ELEGANTE

Joan Felty
2 T. minced onion
2 T. butter
1 lb. cleaned shrimp
1/4 lb. sliced mushrooms
1 t. salt
1/8 t. pepper
3 T. chili sauce
1 2/3 c. water
1 1/3 c. Minute rice
1 c. sour cream
1 T. flour
1 T. chopped chives or parsley
Saute the onion in butter until it is golden. Add shrimp and mushrooms; saute and stir until shrimp are pink. Combine salt, pepper, chili sauce and water; add to shrimp mixture. Bring to a boil. Stir in Minute rice. Cover and simmer five minutes. Combine sour cream and flour. Add to rice mixture; heat gently. Sprinkle with chives. Superb eating for four.

Budget check program held

One hundred-two paycheck families participated in a national award program received by Josephine Kotch, Luzerne County Extension Home Economist.

The grant, sponsored by General Foods, made possible the development of five lessons for a home study program.

The program "Eating Better for Less-A Meal Management Program for 2-Pay Check Families" focused on five areas of meal management, "Matching Income to the Food Budget," "Planning Nutrient Density Foods for Family Members," "How to Buy, Prepare and Store Food," "Quick Meals for Busy People" and "Comparison of Home Cooked Meals, Fast Food Eateries and Convenience Foods."

The lessons mailed monthly provided information and worksheets for calculating the cost of food for one week for each family member, learn shopping skills to get the most of the food dollar, prepare low cost nutritious meals with a lot of "Pazzaz".

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