

Holiday Gift Guide

Eat healthy at holidays and don't overeat

Holiday celebrations need not mean rich food - overeating - and all the usual consequences. You don't have to resist the temptation to sample "just a little" of everything on the table when your menu is made up of tempting recipes that are good for your heart.

The American Heart Association, Northeastern Pa. Region, suggests the following menu and recipes to enhance your holiday dining:

PUMPKIN SOUP

3 green onions, sliced
2 T. margarine
2 c. pureed canned pumpkin
2 T. flour
1/4 t. ground ginger
1/8 t. turmeric
2 c. skim milk
1 quart chicken broth
chopped chives or parsley

Saute the onion in margarine, and stir in pumpkin.

Blend flour and spices with one third cup of milk. Stir into the pumpkin mixture.

Add remaining milk, and cook, stirring constantly, 5 to 10 minutes until thickened. Do not allow to boil. Mix in the broth and heat to almost

boiling. (If the soup separates from overheating, while in a blender to restore consistency.) Serve hot, garnish with chives or parsley.

Yield: 2 quarts. Approx. Cal-Serv. 1 cup - 80

ROAST STUFFED CORNISH HEN

6 Cornish hens (about 14 oz. each)
1 pkg. wild rice mix or long grain and wild rice combination
1 med. onion, chopped
2 T. margarine
1 t. sage or thyme, savory or tarragon
1/4 c. brandy
1 c. orange sections

To make the stuffing, cook rice until it is still slightly firm. Drain. In a skillet, melt margarine and cook chopped onion until browned. Add rice and sage; toss gently.

Clean, wash and dry hens. Stuff lightly and skewer or sew the vents closed. Brush hens with 1/2 cup melted margarine and place breasts side up on a rack in a shallow pan. Roast at 360 degrees, uncovered about 1 hour basting occasionally with the melted margarine.

Make a sauce by adding 1/2 cup water to the drippings in the roasting pan, stirring to dislodge browned particles from the pan. Add 1/4 cup brandy and 1 cup orange sections. Cook 2 minutes.

Yield: 12 servings. Approx. Cal-Serv.: 250

CORN BREAD DRESSING

3 c. crumbled corn bread
1 c. bread crumbs
2 c. chicken broth
3 stalks celery, finely chopped
1 large onion, finely chopped
2 egg whites
Freshly ground black pepper
1/2 t. sage or poultry seasoning

Combine all ingredients in a mixing bowl. Mix well.

Turn into an oiled baking dish and bake at 350 degrees for 45 minutes. Or use as stuffing in a turkey.

Yield: Stuffing for 10-12 lb. turkey. Approx. Cal-Serv.: 115

BASIC GRAVY

2 T. browned flour
1 c. liquid (meat drippings or bouillon or both)

Use 2 tablespoons of flour for each cup of liquid. Put half of the liquid in a jar and add the flour. Cover

tightly and shake until mixture is smooth.

Pour into a pan, add the remaining liquid. Bring to a simmer and cook for a few minutes stirring. Add gravy coloring, if desired.

Yield: 1 cup. Approx. Cal-Serv.: 1 T.-5.

Browned flour adds color and flavor to the gravy. To brown, spread flour in a shallow pan and cook over very low heat, stirring occasionally, until lightly colored.

CRANBERRY CHUTNEY

1 c. light seedless raisins
1 8-oz. pkg. pitted dates, chopped
2 16-oz. cans whole cranberry sauce
3/4 c. sugar
1/8 t. salt
1/4 t. each ground ginger, cinnamon and all-spice
1/2 t. ground cloves
3/4 c. cider vinegar

Combine all ingredients and cook, stirring occasionally, for 30 minutes. Spoon into hot sterilized jars, seal. Excellent with turkey or chicken.

Yield: 6 half pints. Approx. Cal-Serv.: 1 c. - 570

SNACKS TOASTED PUMPKIN SEEDS

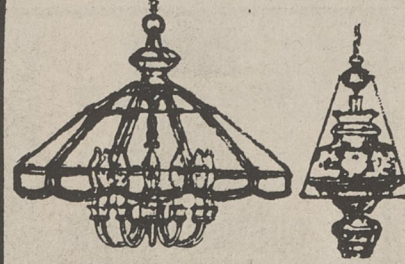
1 pumpkin

corn oil
Remove pumpkin seeds from pumpkin. Wash seeds, removing stringy pulp. Coat seeds with oil and place on a cookie sheet. Bake at 350 degrees until toasted.

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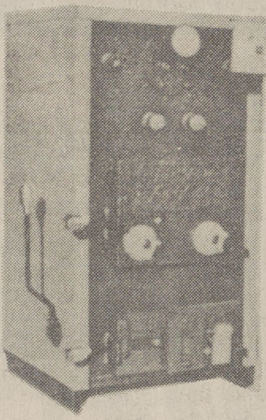
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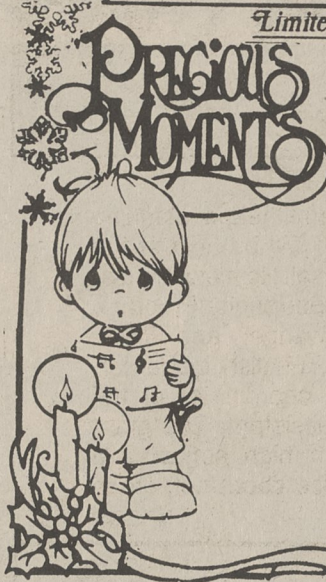
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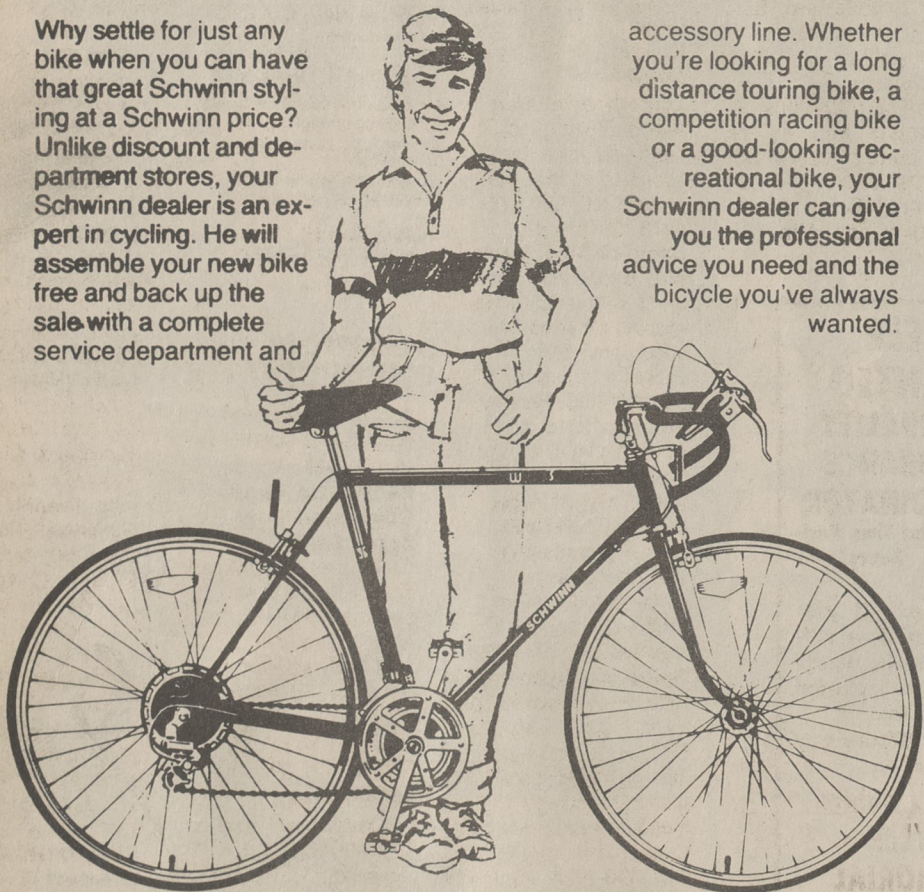
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Saturday, November 24th, 9:00 A.M. - 4:00 P.M.

Schedule of Events

Friday—
9:00 A.M. — Ribbon Cutting Ceremonies and Open House
10:00 A.M. — Aerobic - Calisthenics
11:30 A.M. and 1:30 P.M. — Slimnastics
5:30 P.M. and 7:00 P.M. — Aerobic - Calisthenics
(Exercise Classes — \$3.00, Bring Sneakers)

Saturday—
9:30 A.M. — Aerobic - Calisthenics
11:00 A.M. and 1:30 P.M. — Slimnastics

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