

Cookbook



Mrs. Mary Smith

She enjoys both nutrition and taste when cooking

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Dennis (Mary) Smith enjoys eating nutritious but tasty foods and, fortunately, she also enjoys preparing them for her and her husband. She especially likes creating original salads - salads with lots of color and of different texture. When in season, avocados and various kinds of squash are added to her salads.

A member of the Dallas Baptist Church, she is the church pianist, but is presently on leave of absence since she and her husband are expecting their first child. Dennis is choir director at the Dallas Church. The young couple met while in college when Mary was singing in the choir and Dennis was directing it.

Mary is originally from Middleburg in Central Pennsylvania and Dennis is from Muncie, Indiana. They moved to this area several years ago when Dennis was transferred by the company with which he was affiliated at the time.

Mary enjoys entertaining when she has the time but prefers small, informal dinner parties rather than a crowd. In her leisure time, she does needlepoint and crewel and also likes to read. This year Mary is looking forward to working in the yard of her home.

The recipes Mary shares with Post readers this week can be used when entertaining or for one's own family.

The Mexicana Dip is different than most but just as delicious as it is different. The recipe makes a lot so if desired, it can be cut in half. The Meatloaf Roll makes a different type of Covered Dish or is great for an informal dinner when entertaining.

Mary likes to have some kind of fruit with dinner and quite often serves the Cranberry Relish which has just enough tangy flavor to go with any kind of meat or poultry. Because she likes sweets as well as nutritious foods, Mary recommends the Coconut Cream Dessert as being



MRS. MARY SMITH

tasty, nutritious, and perhaps most important, quick and easy to make.

This week's readers should find Mary Smith's recipes different but easy to prepare and popular with their family or friends.

MEXICANA DIP

- 5 med. avocados
- 2 T. Lemon juice
- 1/2 t. salt
- 1/4 t. pepper
- 1 c. sour cream
- 1/2 c. mayonnaise
- 1 pkg. taco seasoning
- 1 lg. bh. green onions, chopped
- 3 med. tomatoes, chopped
- 1 lg. can pitted ripe olives
- 2 cans Frito Lay Bean Dip

- 1 8-oz. pkg. cheddar cheese
- Peel, pit and mash avocados, add lemon juice, salt, pepper and mayonnaise. In another bowl, mix sour cream and taco seasoning. Spread bean dip on bottom of large platter. Layer on avocado mix, then sour cream mixture, then top with remaining ingredients, reserving the cheese and olives for last layer. Bake in 325 degree oven for 15 minutes.

MEATLOAF ROLL

- 2 lbs. ground meat
- 1 pkg. onion soup mix
- 1 1/2 c. bread crumbs
- 3/4 c. ketchup
- 1/2 c. lukewarm water

- 1 t. season all
- 2 eggs, beaten
- 8 oz. deli-thin sliced ham
- 2 pkgs. grated mozzarella cheese
- Mix meat loaf using all ingredients but sliced ham and grated cheese. (If desired, use own meatloaf recipe). Pat mixed meat onto a 24x24 piece of wax paper shaping into a rectangle approximately 1/2 to 3/4 inch thick. Layer on single slices of deli-thin meat, then sprinkle grated cheese on sliced meat. Using the wax paper, roll meatloaf together as you would a jelly roll. Pinch ends together. Bake in 350 degree oven for 45 minutes to one hour.

FRESH CRANBERRY RELISH

- 4 c. (1-lb.) fresh cranberries
- 2 med. red apples, unpeeled and cored
- 1 lg. or 2 med. oranges, quartered and pitted
- 2/3 c. honey

Wash cranberries, drain and remove stems. Alternately put cranberries, apples and orange quarters in food processor. Blend in honey. (I also make this with "Equal" for my diabetic and calorie counting friends. Add to taste). Combine ingredients thoroughly. Refrigerate covered for several hours or overnight before serving. Makes one quart. If cranberries out of season, whole, canned berries may be substituted.

COCONUT CREAM DESSERT CRUST:

- 1 c. flour
- 1 c. nuts, chopped
- 1/2 c. soft margarine
- Mix and press together into ungreased 9x13 pan. Bake at 375 degrees for 15 minutes.

CREAM:
8 oz. cream cheese
1 c. powdered sugar
Add one cup cool whip to mixture reserving remainder for top layer. Spread cream mixture over crust. Mix two packages of instant coconut cream pudding with three cups milk. Layer on cream cheese mixture. Top with remainder of cool whip and sprinkle with toasted coconut. Refrigerate until ready to serve.

School menus

WEST SIDE VO TECH
April 8 - 12
MONDAY - No school.
TUESDAY - Hamburg on bun, onions-relish-chips, pickle spears, chilled pears, peanut jumbo, milk.
WEDNESDAY - Grilled cheese, tomato soup-crackers, tossed salad, blueberry shortcake, milk.
THURSDAY - Taco-trimmings, buttered corn, chilled fruit, peanut butter kisses, milk.
FRIDAY - Fish on a bun, tartar sauce, macaroni-cheese, stewed tomatoes, rice pudding-raisins, milk.

GATE OF HEAVEN SCHOOL
April 3 - 8
WEDNESDAY - Hamburg-bun, French fries, green beans, peaches, cookies, milk, jelly beans.
THURSDAY - Holy Thursday. No School.
FRIDAY - Good Friday. No School.
MONDAY - No School.
TUESDAY - Tacos, lettuce, tomato and cheese, Mexican beans, applesauce, cookies, milk.

LAKE-LEHMAN SCHOOLS
April 3 - 9
Senior High
WEDNESDAY - Pizza or egg salad sandwich, potato chips, carrot and celery sticks, peaches, Easter treat, milk.
THURSDAY - No school.
FRIDAY - No school.
MONDAY - No school.
TUESDAY - Cheeseburg or hamburger on bun, pickle chips, minestrone soup-saltines, peaches, milk.
Junior High & Elementary
WEDNESDAY - Pizza or peanut butter jelly sandwich, potato chips,

carrot and celery sticks, peaches, Easter treat, milk.
THURSDAY - No school.
FRIDAY - No school.
MONDAY - No school.
TUESDAY - Hamburg on bun, pickle chips, minestrone soup-saltines, peaches, milk.

Try cooking Mexican style

Cinco de Mayo, that favorite Mexican holiday, is right around the corner. Plan a special meal for family and friends by having your own fiesta.

Start your celebration with Appetizer Quesadillas. In a skillet, saute 1 medium onion in oil until tender. Place about 1 tablespoon grated Monterey Jack cheese and 1/2 teaspoon minced onion on one side of 4-inch fresh corn tortilla. Fold over and grill on a hot, lightly greased grill or skillet. For 24 appetizers use 1 medium onion, 1 pound Monterey Jack cheese and 2 dozen (4-inch) fresh corn tortillas. Serve with Lawry's Chunky Taco Sauce. Makes 24 appetizers.

Chile Relleno Casserole is a tasty Mexican dish everyone will enjoy. Rinse 1 can (7 oz.) whole green chiles, seeded and deveined. Cut into quarters and arrange in a 12x8x2-inch baking dish. Arrange 1/2 pound grated Monterey Jack cheese over chiles. Beat together 2 eggs, 1/2 cups milk, 1/2 cup flour, 1 teaspoon Lawry's Seasoned Salt and 1/2 teaspoon Lawry's Seasoned Pepper; pour over cheese. Bake in 350 degree oven for 50 minutes; let rest 10 minutes before serving.

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Test yourself on nutrition

In honor of National Nutrition Month, the American Heart Association presents "Tasty Trivia" questions.

1. How many meals does the average American eat out?
2. On a restaurant menu, which term signals low-fat preparation: roasted, steamed or stir-fried.
3. How much salt does the average American eat each day?
4. Which of these international dishes is a low-fat, low-sodium choice in a specialty restaurant: shish kabob, pasta or chicken tostadas?

ANSWERS:

1. One out of every three meals is eaten out. Eating out can be fun, even if you are watching your diet. Just study the menu for terms that signal low calorie and low-fat preparation. Choose poached, steamed, broiled, baked or garden-fresh dishes - not buttery, fried, braised, creamed or au gratin dishes. Remember also, control how much you eat.
2. All of the terms - roasted, steamed and stir fried - describe excellent low-fat ways to prepare foods. Chinese stir-frying involves rapid cooking in a very hot pan, barely coated with a little broth or oil, like cottonseed oil, and kept in motion to prevent burning.

The method of cooking is not the only clue to low-fat preparation. Choose a lean meat to start with - or fish, chicken or turkey. Check the menu description to avoid high-fat marinades, dressing, sprinkled garnishes, gravy or sauce. If you are not sure how your selection is prepared ask the waiter or waitress. Do not be discouraged. There are plenty of acceptable choices on almost any menu.

3. The average American consumes six to 18 grams of salt a day, an equivalent of one to two teaspoonsfuls. The body only requires

about a half a gram.

It is difficult to believe we eat that much salt without realizing how many sources of salt and sodium there are. Many foods of animal origins - meat, fish, poultry, eggs and milk - are rather high in natural sodium. Most sodium in our diet is added to food during commercial processing and home preparation. Some spices are high in salt. Some over-the-counter drugs contain large amounts of sodium. It even takes sodium to make bubbles in carbonated beverages.

When you eat away from home, you can order selectively, choosing low-salt foods. If food tastes too bland, reach for the pepper mill instead of the salt-shaker.

4. All of the dishes listed can be food low-fat, low-salt choices - proving you can diet and dine out exotically if you know what to order.

The shish kabob, Middle Eastern specialty, should be broiled on a spit and made with baby lamb, tomatoes, onions, and peppers. Eat it with rice or pita bread.

Pasta is an excellent choice if it is not filled with cheese or fatty meat or tossed with butter or cream sauce. Try linguine with clam sauce or pasta primavera. Other tasty sauces are marsala and marinara.

And Italian ices make perfect desserts.

Many dieters feel that Mexican foods are off-limits, but that is not always true. Try shrimp or chicken tostadas on a baked corn tortilla. Eat it with rice instead of fried beans. Tomato, onion and avocado salads with fresh lemon juice squeezed over the top is refreshing. Or try sevice, fish marinated for hours in lime juice, then drained and mixed with spices.

For more information about eating out and international cuisine, contact your local American Heart Association office.

Don't drink when pregnant

When a woman becomes pregnant, she must consider that most everything she puts in her body she puts in the developing baby's body also. It is believed the majority of birth defects occur early in pregnancy, many of them shortly after conception takes place. Therefore, any harmful habits the women engages in at the time she becomes pregnant, immediately puts the fetus at risk.

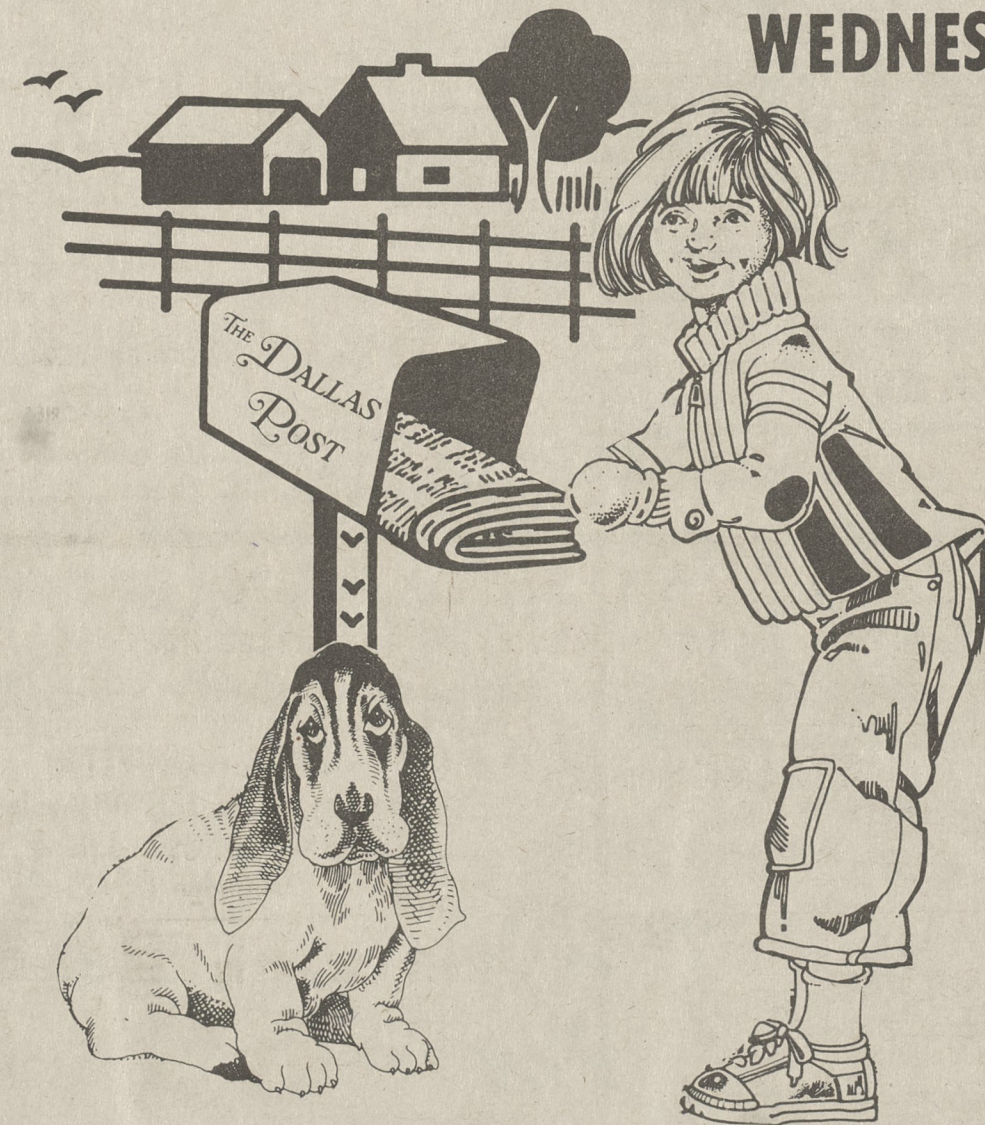
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