Cookbook

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Tips on holiday eating

Holidays are often times of overindulgence and weight gain, but they don't have to be. You can still have a good time and stick to your diet if you follow a few basic guidelines. Dietitians at Geisinger Medical Center offer the following tips for a healthy holiday season:

A frozen or fresh plain turkey is a low-calorie choice. A frozen plain turkey is usually the least expen-sive. Buy ahead of time so it can defrost several days in the refrigerator. Defrosting at room temperature is not recommended because it encourages the growth of bacteria. A fresh, plain turkey usually costs a little more than a frozen one. Buy it close to the holiday and store it in the refrigerator no more than two

or three days. Frozen, self-basting turkeys contain a solution of butter or cooking oil (such as coconut or corn oil) under the skin. Check the ingredients on the label to find out what the basting fluid is. Butter and coconut oil are high in saturated fats. Corn oil is high in polyunsaturated fats -a healthier choice if you decide to buy a self-basting turkey. But remember, any basting fluid adds extra fat and calories.

Avoid basting with oil or butter since this will only add extra calories to the turkey. The following tips take the fat out of basting: Leave the drippings in the pan, and instead, baste with sherry, apple juice or cranberry juice. You may also baste with chicken or turkey broth. Remove the excess fat from the broth by refrigerating it overnight and skimming off the fat with a spoon. If you are in a hurry, soak up the fat by dipping either a paper towel or an ice cube wrapped in cheesecloth into the broth. If you must use fat, baste with oils high in polyunsaturated fats like safflower, corn, soy, or cottonseed oils.

Following these health tips will prevent the growth of bacteria in stuffing

a. Stuff the bird loosely-no more than two thirds full.

b. Stuff the bird just before cooking.

c. Remove the stuffing just as soon as the bird is done.

d. Cook the stuffing separately. The above tips help heat the stuffing quickly to avoid bacteria growth.

Gravy is a popular choice for the holidays. Here is a low-fat gravy recipe (approximately 18 calories



Dallas Post/Charlot M. Denmon

Where's our pie, Grandma? David and Forrest Cummings, grandsons of Aniela Cummings, wait patiently for a piece of their grandmother's pumpkin pie.

Aniela Cummings

She offers tasty, nutritious and economical family menus

By CHARLOT M. DENMON Staff Correspondent

Homemakers looking for tasty, nutritious but economical menus to serve their families are well advised to try some of Aniela Cummings recipes. For when it comes to serving filling but delicious food, she certainly has the experience.

Aniela Cummings and her hus-band, Philip, of Sutton Road, Shavertown, are the parents of 10 children, six boys and four girls, all of whom Aniela prepared meals for daily. Despite spending many hours preparing three meals daily, she enjoyed doing so and still does today although there are only three, Frank, Helen and Joann, living at home.

Although Aniela enjoys preparing different types of recipes, her favorite is baking bread, cakes or pies. She enjoys having her children and grandennuren come for usually prepares some of their favorite dishes.

easy to prepare. The Pumpkin Pie makes an ideal family dinner dessert or for serving to guests. It is a creamy custard and the crust can be made from a favorite recipe or purchased already prepared. Polish Cabbage is an economical but tasty dish and the sauce from it can be used to make a good soup. Aniela's recipe for Pepper Steak is probably one of the best one has ever tried.

TURKEY WITH STUFFING (Microwave Recipe)

1-8 oz. pkg. herb-seasoned stuffing mix

1 egg, beaten 2 c. cooked, cubed turkey or 4-6 slices cooked turkey 1 can cream of mushroom soup $\frac{1}{2}$ c. milk

T. diced onion $\frac{1}{2}$ t. salt (optional)

Prepare stuffing as directed on package. Stir in egg and spread half of stuffing on bottom of 12x8x8 glass

degrees and continue baking about 35 minutes or until custard is firm.

POLISH CABBAGE 1 sm. head cabbage 2-3 slices bacon or Small piece salt pork 1-2 T. flour 11/2 c. liquid (water or cabbage) Salt and pepper to taste Vinegar to taste

1 sliced onion (optional) Cut up head of cabbage, cook in water till tender crisp. Dice slices of bacon or small piece of salt pork and fry slowing until crisp, brown pieces (cracklings). Add one or two tablespoonfuls of flour and brown flour; add one and a half cups water or liquid that cabbage was cooked in. Stir and cook till thickened, then add to cabbage with salt, pepper and vinegar to taste. let simmer for about five minutes. If desired, one sliced onion may be mixed into sauce before adding it to cabbage. The sauce can also be used to make a good potato or lima bean soup but

School menus_

for area school districts for the following week)

WEST SIDE TECH

Dec. 11 - 17 WEDNESDAY - Grilled cheese, tomato soup-crackers, pickle spears, chips, Tandy cake, milk. THURSDAY - Wimpie on seeded

bun, buttered rice, mixed vegetables, blueberry muffin, milk.

FRIDAY - Fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, peanut jumbo, milk. MONDAY - Wafer steak on soft

bun, lettuce-tomato, chips, fresh fruit, snowball cookies, milk.

TUESDAY - Oval. spice hamcheese on seeded bun, vegetable soup-crackers, ice cream, milk.

GATE OF HEAVEN SCHOOL

Dec. 11 - 17 WEDNESDAY - Meatball hoagie, French fries, cole slaw, peaches, cookies, milk.

THURSDAY - Baked chickengravy, mashed potatoes, carrots, pears, cake, milk

FRIDAY - Shrimp shapes, green beans, potato puffs, fruit cocktail, tastykake, milk.

MONDAY - Chicken croquettes, monDAY - Chicken croquettes, mashed potatoes-gravy, green beans, pears, scooter pie, milk. TUESDAY - Chili, rice, saltines, celery, fruit cocktail, cookies, milk. DALLAS SCHOOLS

Dec. 11 - 17 WEDNESDAY - Juciy meatloaf wgravy or grilled cheese sandwich, fluffy rice pilaf, snappy green beans, choice of milk or juice. Bonus: Crisp apple wedge. THURSDAY - Ball park frankfurter, plain or w-cheese sauce or juice cheeseburger on roll, oven baked

French fries, choice of milk or juice. Bonus: Fluffy white cake wblueberry sauce. FRIDAY - Spaghetti w-meat sauce and freshly made Italian bread or

Be kind to your heart' recipes

Tis the season to attend and give parties. One favorite party food, pate, is traditionally high in animal fat. This tasty recipe offers an alternative. So remember-your snack doesn't have to be high-fat to be high-class. MUSHROOM AND NUT PATE

T. margarine lb. mushrooms, sliced sm. onion, chopped clove garlic, minced c. almonds, slivered 2 T. oil

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(Following our cafeteria menus Italian hoagie w-lettuce-cheese, carrot-celery sticks, choice of milk or juice. Bonus: Mixed fruit cup. **MÓNDAY** - Philadelphia cheese steak hoagie w-sauteed onions or plump hot dog on roll (onions avail-able too), Boston baked beans, choice of milk or juice. Bonus: Nachos w-cheese sauce.

TUESDAY - Cheesy macaroni cas-serole or peanut butter-jelly sandwich w-cheese cube, tossed salad wdressing, choice of milk or juice. Show us, homemade X-mas stocking receive a mini donut.

LAKE-LEHMAN SCHOOLS

Dec. 11 - 17 Junior High & Elementary WEDNESDAY - Western chili,

cheese squares, tossed green salad, Johnny cake, pears, milk. THURSDAY - Beef stew over buttered noodles, pickled beets, Parker House roll-butter, fruited jello, milk.

FRIDAY - Tuna or peanut butterjelly sandwich, French fries, oatmeal raisin cookie, milk

MONDAY - Hot dog on bun, minestrone soup-saltines, apple pie, milk.

TUESDAY - Orange juice, meatball hoagie, corn chips, green beans, pears, milk.

Senior High WEDNESDAY - Western chili, cheese squares, tossed green salad,

Johnny cake, pears, milk. THURSDAY - Beef stew over buttered noodles, pickled beets, Parker House roll-butter, fruited jello, milk.

FRIDAY - Tuna or peanut butter-jelly sandwich, French fries, applesauce, oatmeal raisin cookie, milk. MONDAY - Meatball hoagie, corn

chips, green beans, pineapple tidbits, milk.

TUESDAY - Hamburg or ham patti on bun, sliced cheese, potato puffs, baked beans, apple pie, milk.

1/4 t. oregano $\frac{1}{4}$ t. thyme

Dash of Tabasco Sauce

Melt margarine in a large skillet over medium heat. Add mushrooms, onion and garlic. Saute until the liquid has evaporated. Set aside.

Coursely chop almonds in food processor or blender. Remove and set aside 2 tablespoons; continue chopping remainder while slowly adding oil until mixture is well blended.

Add mushrooms and seasonings.

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per one-fourth cup): Pour pan drippings into glass measuring cup. After the fat rises to the top, skim off fat and save broth. Mix one tablespoon cornstarch with one tablespoon broth. Stir in one cup broth. Bring to simmer and stir until thickened.

Remember that alcohol does contain calories as do many of the mixers. Some calorie-wise drink choices include:

a. Light beer.

b. One jigger of liquor mixed with diet soda or club soda

c. A wine spritzer mixed with club soda or diet soda.

d. One jigger of liquor mixed with tomato juice.

When having a party, the cold cuts you select for your deli platter need not be high in fat and calories. Good choices include turkey and chicken, chipped or dried beef, turkey pastrami, turkey ham, roast beef, turkey bologna, boiled ham. Cold cuts made from turkey are low in fat content; however, they are high in sodium.

Many of your dip recipes will call for sour cream or mayonnaise. In order to reduce the fat and calories in these recipies, try the following recipe modifications.

a. Useon cup plain yogurt in place of one cup sour cream.

b. Try three fourths of a cup of plain yogurt mixed with one fourth of a cup of mayonnaise in place of one cup of mayonnaise.

Cream cheese is also a very populated ingredient during the holidays. Try this recipe modification: Blend four tablespoons of margarine with one cup dry, low-fat cottage cheese. Add a small amount of skim milk, if needed, in blending mixture. Vegetables such as chopped chives, pimiento, herbs, or other seasonings may be added for varietv.

The former Aniela Galka, she is a native of the Back Mountain where she and her husband have raised their family. During the summer months, Philip plants a vegetable garden while Aniela spends time raising beautiful flowers. She also has a variety of indoor plants which bloom year-round under her loving care. When not busy taking care of her home or one or more of her 25 grandchildren, Aniela spends her time bird-watching. The Cummings have numerous birdhouses placed around their home as well as a large bird bath which attracts a variety of birds.

The recipes she shares with this week's Dallas Post readers are favorites of the family as well as their many friends. Turkey with Stuffing which is done in the microwave, is a delicious entree made from leftover holiday turkey and is

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stuffing and spread remaining stuffing over turkey. Combine remaining ingredients and pour over the top. Cover with plastic wrap; micro-wave for 9-12 minutes. give dish $\frac{1}{4}$ turn during cooking if you do not have a microwave go-round. Let stand before serving.

baking dish. Place turkey over

PUMPKIN PIE (Makes one single crust pie) 1 c. granulated sugar

- 1/2 t. salt
- 1½ t. cinnamon
- $\frac{1}{2}$ t. nutmeg
- 1/2 t. ginger
- 1/2 t. allspice 1/2 t. cloves
- $1\frac{1}{2}$ c. canned pumpkin
- 1 2/3 c. undiluted evap. milk

2 eggs 1 9-inch single crust unbaked pie shell

Mix ingredients until smooth. Pour filling into unbaked pie shell. Bake in hot (425 degree) oven for 15 minutes. Lower temperature to 350

omit the vinegar PEPPER STEAK

1 lb. round or sirloin steak, cut into

1 inch strips 1/4 c. soy sauce 1 garlic clove, chopped 1/4 t. ground ginger 2 c. thinly sliced celery 1 c. thinly sliced green onions 1 c. green or red pepper cut into 1 inch pieces ¹/₄ c. oil 1¹/₂ T. cornstarch 1/2-1 c. water Mix soy sauce, chopped garlic and

ginger, pour over steak and marinate while preparing vegetables. Heat oil until very hot, add marinated steak and brown, quickly stirring often. If steak is not tender enough, lower heat and simmer for 30 minutes, then turn heat high and add vegetables. Cook until vegetables are tender crisp, stirring often. Mix together cornstarch and water. add to meat and vegetables cooking

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