

FLAVOR

Continued from Page B1

- ½ cup (approximately) all-purpose flour
- 2 egg whites
- ½ cup (approximately) breadcrumbs
- 3 tablespoons vegetable oil
- 2 tablespoons capers, for garnish
- Lemon wedges, for garnish

1. Place each cutlet between two pieces of plastic wrap or waxed paper and pound with a meat pounder, the side of a cleaver or a cast-iron pan to ¼-inch thick. Season the cutlets on both sides with salt and pepper.

2. Place the flour, egg whites and breadcrumbs in three shallow bowls. Dip each cutlet first in the flour, shaking off any excess, then in the egg whites and then in the breadcrumbs.

3. In batches, heat the oil in a nonstick frying pan over high heat. Pan-fry one schnitzel for 3 minutes per side, or until golden brown. Drain on paper towels and repeat with other schnitzels. Sprinkle with capers and serve with lemon wedges on the side.

Per serving: 374 calories; 10 g fat; 6 g saturated fat; 98 mg

cholesterol; 46 g protein; 22 g carbohydrate; 1 g sugar; 1 g fiber; 1,011 mg sodium; 49 mg calcium

— Adapted from "High-Fat, Low-Fat Cooking," by Steven Raichlen

BOMBAY-STYLE POTATOES

Yield: 6 servings

- 2½ cups quartered Yukon gold potatoes, peeled
- 2 teaspoons vegetable oil
- 2 teaspoons minced onion
- ¾ cup diced Granny Smith apple, peeled and cored
- 1 tablespoon curry powder, see note
- 2 teaspoons all-purpose flour
- 2½ cups water
- ¼ teaspoon salt

Note: If you want to make your own curry spice blend, heat 2 teaspoons cumin seeds, 2 teaspoons coriander seeds, 2 teaspoons cardamom pods, a 1-inch piece of cinnamon stick and ½ teaspoon of black peppercorns in a small sauté pan over medium heat. Toast for 1 to 2 minutes, swirling the pan; pour onto a cold plate to stop them from over heating. Combine the toasted spices

with 2 teaspoons paprika, 1 teaspoon ground turmeric, 1 teaspoon dry mustard and ½ teaspoon cayenne in a spice grinder, or use a mortar and pestle to grind to a powder. Can be stored in a covered container for up to 3 weeks.

1. Place the potatoes in a pot with cold water to cover by 2 inches. Salt the water. Bring to a simmer over medium heat. Cover and continue to simmer until the potatoes are easily pierced with a fork, 10 to 12 minutes. Drain and transfer to a large bowl.

2. Heat the oil in a small saucepan over medium heat. Add the onions and apples and cook, stirring frequently, over low heat until the onions are translucent, 4 to 5 minutes.

3. Add curry powder and flour, and sauté until lightly toasted. Add the water and salt and simmer for 30 minutes.

4. Combine the curry mixture and the potatoes. Serve hot.

Per serving: 84 calories; 2 g fat; 1 g saturated fat; no cholesterol; 2 g protein; 16 g carbohydrate; 3 g sugar; 2 g fiber; 208 mg sodium; 21 mg calcium

— Recipe from "Healthy Cooking" by At Home and the Culinary Institute of America



Christian Gooden/St. Louis Post-Dispatch-TNS
Turkey Wienerschnitzel, sautéed in a pan and photographed at Dan Neman's home on Wednesday, Dec. 15, 2021, is a low-calorie dish worth considering following the holidays.

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CROSSWORD PUZZLER

- ACROSS**
- 1 Flower-to-be
 - 4 Lightweight wood
 - 9 Chest-beater
 - 12 Ball club VIP
 - 13 Socrates' forte
 - 14 Gift tag word
 - 15 Swat
 - 17 Support
 - 19 Paycheck interval
 - 21 Comic-book sound
 - 22 Extension
 - 25 Ocean predator
 - 29 Price wd.
 - 30 Bombay garments
 - 32 Costume
 - 33 Ryder Cup org.
 - 35 Pulls
 - 37 Fly catcher
 - 38 Taiga denizens
 - 40 Impart knowledge
- DOWN**
- 1 CEO transport
 - 2 Cry of distaste
 - 3 Sketched
 - 4 Park amenity
 - 5 MO neighbor
 - 6 Tennis return
 - 7 Uppity one
 - 8 "The Mammoth Hunters" heroine

Answer to Previous Puzzle

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- 9 Shipboard direction
- 10 "The Raven" poet
- 11 Bungle
- 16 High notes
- 18 Urban woe
- 20 Gold unit
- 22 Fend off
- 23 Raptor
- 24 Wrinkles
- 26 Windy and cold
- 27 Fish basket
- 28 Friar's home
- 31 Go to the rink
- 34 Alias inits.
- 36 Burned with liquid
- 39 Snowshoes alternative
- 41 Port near Mauna Loa
- 45 Papa
- 47 Director — Ephron
- 48 Surrounded by
- 50 Cheyenne's st.
- 51 Debt memo
- 52 Acorn
- 53 Call it quits
- 55 Himalayan gazelle
- 56 Mouse alert
- 59 Where Ga. is

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110 Announcements 110 Announcements 114 Self-Help Group Meetings

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110 Announcements

114 Self-Help Group Meetings

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