

Offers popular alternative

Quiche ideal for counting calories

Counting calories this summer? Remember to keep a close watch on the nutritional values of food as well.

Choose from a variety of foods to make certain that the nutrient needs of the body are being met. Dairy products have been popular with dieters—they offer variety and good taste to a diet that's often bland and unexciting.

Remove quiche from your list of "forbidden foods" with one simple change, bake your pie without the crust.

Low Calorie Quiche cooks in individual casseroles or bakers so there's no need to add extra calories with a crust. Water chestnuts and chopped green onion blend with the simple milk and egg custard and bake until set in the microwave or conventional oven.

At 256 calories per serving, this main dish pie is sure to make dieting a whole lot easier.

Sensible dieting means following this simple rule: everything in moderation. Choose a variety of foods from each of the four food groups in order to main-

tain the proper balance of nutrients. Milk, cottage cheese, yogurt, sour cream and natural cheese are members of the dairy group—any combination of these will help fulfill the daily recommendation for dairy foods.

Low-Calorie Quiche

- 1 (8 1/2 ounce) can water chestnuts
- 1 1/2 cups milk
- 5 eggs
- 1/4 cup chopped green onion
- 1/4 cup minced parsley
- 2 tablespoons flour
- three-fourths teaspoon salt
- 1/2 teaspoon tarragon, crumbled
- 1/2 teaspoon basil, crumbled
- one-eighth teaspoon pepper
- 1/4 cup grated Parmesan cheese

Drain and chop water chestnuts. Divide evenly into four (10-ounce) individual ovenproof casseroles or bakers. Combine milk, eggs, green

onion, parsley, flour, salt, tarragon, basil and pepper. Pour into casseroles. Sprinkle each with 1 tablespoon cheese. Bake in 375 degrees oven 30 to 35 minutes or until set in centers. Makes four servings.

Microwave method: All ingredients remain the same except for flour, which is increase to 2 1/2 tablespoons. Drain and chop water chestnuts. Divide evenly between four (10-ounce) individual casseroles approved for use in microwave oven.

Heat milk in one-quart glass measure for three minutes on Full Power, or until scalded. Gradually beat in eggs. Stir in onion, parsley, 2 1/2 tablespoons flour, salt, tarragon, basil and pepper. Pour into casseroles. Sprinkle each with one tablespoon cheese. Cook, uncovered, seven minutes on Full Power or until almost set in center. Let stand five minutes to finish cooking. Makes four servings.



Low-calorie quiche is an easy way to enjoy dieting and rich-tasting foods at the same time.

Cooking for kids

Kitchen is great for teaching kids

Part 1 in a series

When adults cook, it can be a creative experience. Often, however, it is merely another chore.

But to children, cooking is more. It's magic.

A toddler's favorite play area is usually the kitchen; pots and pans his favorite toys. As they grow, youngsters remain entranced by the putting together of meals... the way gelatin gels and puddings go from liquid to semi-solid, the way crisp pasta softens in boiling water, and dough becomes bread after baking. It's entertainment, and it can be educational.

Experts in the field of child development indicate that there is a great deal to be gained by having children participate in the meal-planning and producing process. It can enrich the family relationships and encourage creativity, boost self-confidence and improve coordination. In the kitchen, a child can learn to develop organizational abilities and a cooperative spirit.

Menu planning can be an early introduction to the science of nutrition and the importance of eating well-balanced meals. Grappling with measuring cups and spoons can lead to a better understanding of the formidable fractions that plague most fifth graders.

The study of recipes and labels can help improve reading skills. And even the tiniest of tots find learning how to tell time easier when they're watching the clock's big hand for the moment that the cookies can come from the oven. Nourish minds as well as bodies.

Of course, there are negatives, too. It is generally faster, neater and less demanding of one's patience to do it oneself. The rewards, however, are there and supervision of initial efforts can reap them.

Getting Started With Young Chefs

"Yes, I know it would be good for my child to learn to cook, but I don't think he can handle things carefully." You may ask, as do many parents, "How do I begin to teach him to cook?"

Kids can do much more than their parents think, report children's cooking school teachers. Unfortunately, most parents underestimate the abilities of their children. With patient instruction and encouragement, kids can learn to cook at a relatively early age.

The time to start is before the magic fades. The experts advise parents to start encouraging children to do simple things when they are very young and eager. But how do you know what your child is ready to do?

Of course, your child's age and skill level are the keys. Even a two-year-old is able to try a hand at stirring and adding lightweight ingredients to a bowl. A three-year-old should be able to pour liquids and to stir a cheese sauce mixture into macaroni which you have cooked, for example.

Also, starting children out with nutritious food, rather than their typical cookie projects, sets an excellent example at the beginning and encourages an appreciation for a variety of wholesome foods. And cooking is a valuable experience for both boys and girls.

By four or five, children can peel oranges and eggs, tear lettuce for salads, wash vegetables, shape hamburgers and cookies, and even stir mixtures on the range. Their hand coordination and attention span is improving at this age and they can accomplish more advanced tasks.

At about age seven a nationally-known children's cooking school begins accepting youngsters for its classes. By this age, children should be able to cut and chop ingredients, with adult supervision of course. They can also learn to measure and can follow instructions with several steps.

After They Can Read

Learning to read opens up a whole new world to a child—and is a big step toward cooking independently. When a child can read simply-written steps of recipes, he is on his way to preparing a whole dish on his own.

By age 12, or sometimes younger, a child should be able to prepare a simple meal completely on his own, if you have cooked along with him since childhood. He has learned many techniques from you, enjoyed the experience, and now has the confidence to strike out on his own.

As your child moves into the teen years, the rewards of your efforts can begin to be measured in terms of the easing of your own time in the kitchen. Many teens make a valuable contribution to the family work load by having dinner started when parents get home from work and by dooking some weekend meals.

This series on cooking with children includes a lesson on measuring, kitchen safety and four specially designed recipes for family cooking projects. The tasks handled by children will naturally depend upon the age of the particular child and is level of cooking skills. But the idea is to have fun, be creative, and they enjoy eating a nutritious meal.

Sign-up early at CCC

Students planning to attend Clackamas Community College this fall are advised to pick up their registration appointment cards early, according to college officials. Admissions Director Chuck Adams explained that recent budget cuts have

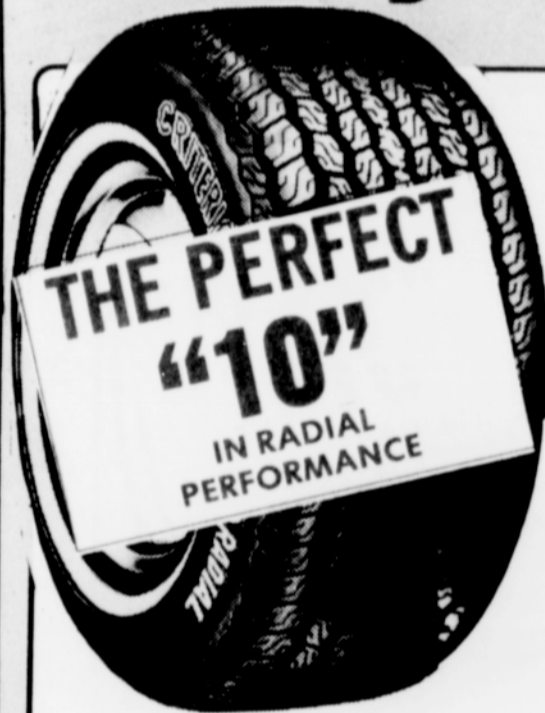
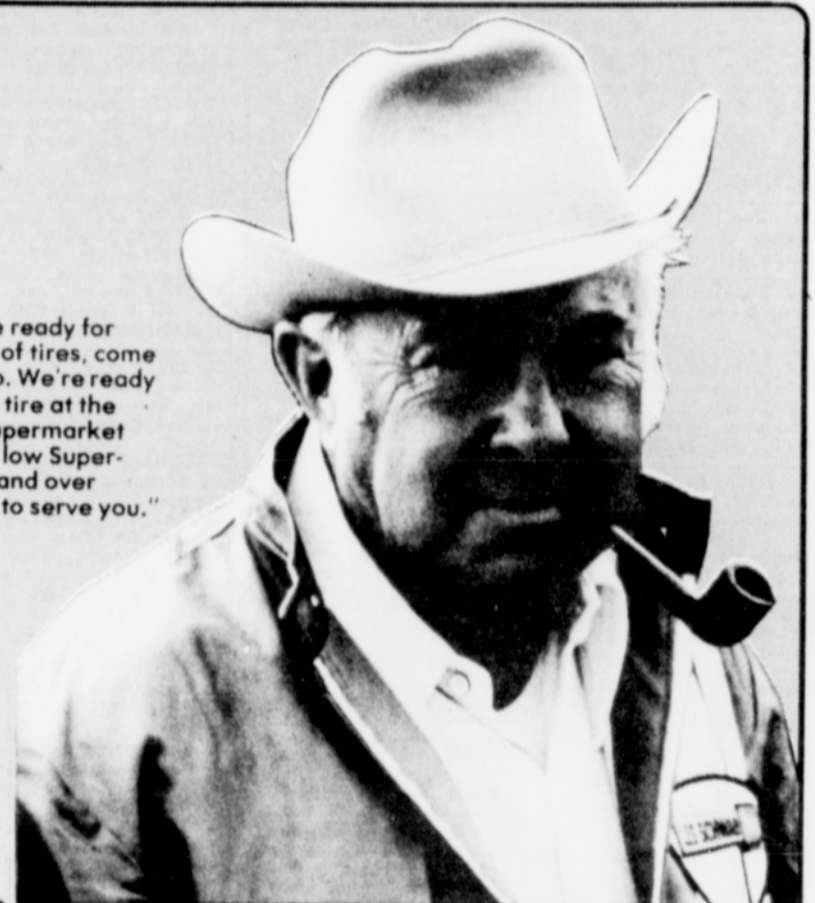
limited the number of class sections offered this fall. "Because the classes are filled on a first-come, first-serve basis, getting registration appointments early could make a difference in getting preferred classes," he said.

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