

Barbecue Bake-Up

Don't let your summer menus overlook good nutrition and a well balanced diet! Good eating habits should never take a vacation, especially during the active summer months.

Barbecue Bake-up is a hearty main dish that offers nutrition, taste and best of all is easy to prepare. The ground beef provides protein and the enriched corn meal topping has some protein and carbohydrates for energy, plus B vitamins (thiamine, riboflavin and niacin) and iron.

This delicious main dish is a seasoned and sauced ground beef base covered with a cheesy-rich corn meal topping. Sound delicious? It is and will be especially welcome after a day of tennis, swimming or cycling.

Serve Barbecue Bake-Up with fresh vegetables from the garden or avocado slices for vitamin C. Summertime is fun-time and the fun should be carried over into menu planning so you won't forget the importance of good nutrition and Barbecue Bake-Up!

BARBECUE BAKE-UP GROUND BEEF BASE

- 1 lb. ground beef
- 1/2 cup chopped onion
- 1/2 medium green pepper, cut into thin strips

- one 6-oz. can tomato paste
 - 1 teaspoon salt
 - 1 teaspoon chili powder
- TAMALE TOPPING:**
- 2 cups of water
 - 1 cup enriched corn meal
 - 1 tablespoon butter or margarine
 - 1/2 teaspoon salt
 - 1 cup (4 oz.) shredded sharp cheddar cheese
 - 1 egg beaten

For ground beef base, brown meat, onion and green pepper in 10-inch skillet; drain. Add tomato paste, salt and chili powder; mix well. Spoon mixture onto bottom of 8-inch square baking dish.

For tamale topping, heat oven to 350 F. Combine water, corn meal, butter and salt in 2-qt. saucepan. Bring to a boil, stirring constantly. Reduce heat. Cook over medium heat, stirring constantly, 4 to 5 minutes or until mixture thickens. Remove from heat; stir in 1/2 cup cheese. Stir small amount of corn meal mixture into egg; return to corn meal mixture. Mix well; spread evenly over ground beef base. Bake about 20 minutes. Sprinkle with remaining cheese; continue baking about 5 minutes or until cheese is melted. Makes 4 to 6 servings.



Columbia Park, St. Johns and University Park Centers were three of 31 Portland area Loves & Fishes Centers who received a \$3,100 contribution from Lynden Farms as proceeds from the "Lynden Downtown Classic" benefit run held in late April. Rev. Randy Briggs, president of Loves & Fishes, is shown holding 31 \$100 checks, along with

representatives of each center who received the separate \$100 contributions. Loves & Fishes is a private, non-profit nutrition and social service organization for senior citizens, operating centers in Washington, Clackamas and Multnomah counties.

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