

Low sodium diet—how sweet it is!

High blood pressure may well be the number one health problem in the black community. Of the 20-25 million Americans with hypertension, 5 million are blacks. And of those 60,000 Americans whom hypertension will kill this year, 13,500 will be black. (Sickle Cell Anemia will claim just 340 lives.)

Thousands of people with high blood pressure are placed on low-sodium diets by their doctors. While the exact cause of high blood pressure is unknown, it is recognized that there is a relationship between it and high sodium intake. It is important to follow your doctor's advice, but here are a few key rules to remember.

1. Eliminate salt in cooking and table use.
2. Check labels of canned and processed foods; many contain sodium compounds.
3. Canned soups, canned vegetables and commercial salad dressing are generally high in sodium.
4. Avoid ham, bacon, sausage, frankfurter and luncheon meats.
5. Use an unsalted margarine which does not contain sodium benzoate.
6. The salt-restricted dieter should consume milk and milk products in moderation as they are high in sodium. However, follow your doctor's instructions as these are very nutritious foods.

Fresh fruit, packed with vitamins and minerals, is a safe bet on any diet because they are low in calories, cholesterol and sodium. However, when you long for a special treat, these cookie recipes will allow you to indulge your sweet tooth without breaking your diet.

For more information on low-sodium diets and over 50 recipes, send for a free color booklet. Just write to: "Delicious Low-Sodium Diets," P.O. Box 2695, Grand Central Station, New York, New York 10017.

BRANDY SNAPS

- 1/2 cup unsalted margarine, softened
- 1/4 cup sugar
- 1/4 cup honey
- 2 teaspoons water
- 1 teaspoon imitation brandy extract
- 1/2 teaspoon ground ginger
- 1/4 cup unsifted flour

Cream margarine and sugar together. Add honey, water, brandy extract, and ginger. Blend well. Stir in flour.

Drop mixture by rounded half teaspoonfuls onto ungreased baking sheets, about 5 inches apart.

Bake at 375°F. for 7 to 8 minutes, or until browned and bubbly. Let cookies stand 1 minute; remove from baking sheet with pancake turner and immediately roll around wooden spoon handle. Allow to cool slightly; carefully remove from spoon handle. Cool completely on wire racks. Store in air-tight container. Makes 30 cookies.

Nutrition information per serving (1 cookie):

Calories	55
Sodium (mg)	1
Saturated fat (gm)	0.4
Polyunsaturated fat (gm)	0.7
Cholesterol (mg)	0

CLOVE NUT HONEYS

- 1/2 cup (1 stick) unsalted margarine
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 cup finely chopped walnuts
- 1 1/2 cups unsifted flour
- Whole cloves (about 30)
- Confectioners' sugar

Cream margarine with honey and vanilla; mix in walnuts. Gradually add flour; mix until thoroughly blended. Gather into a ball; cover and refrigerate at least 20 minutes.

Shape dough into 1-inch balls; place on ungreased baking sheets. Insert a whole clove in the center of each.

Bake at 325° for 20 to 25 minutes; or until done. Remove from baking sheets and cool on wire racks. Sprinkle with confectioners' sugar.

Makes 2 1/2-dozen cookies.

Nutrition information per serving (1 cookie):

Calories	90
Sodium (mg)	1
Saturated fat (gm)	0.7
Polyunsaturated fat (gm)	2.7
Cholesterol (mg)	0



Vanilla is actually the dried fruit of an orchid.



Brandy Snaps and Clove Nut Honeys are low-sodium treats.

Beef recipes create tasty main dishes

ORANGE POT ROAST

- 2 1/2- to 3-lb. 7-bone roast*
- 1 package tenderizing beef marinade, prepared according to package directions
- 2 tablespoons vegetable oil
- 1/2 cup water
- 1 medium onion, quartered
- 2 large oranges, sliced in rings
- 1 teaspoon basil leaves
- 1/4 teaspoon coriander
- 1/4 teaspoon Lemon Pepper Marinade
- 1/4 teaspoon paprika
- Seasoned Salt
- Parsley, to garnish

Marinate roast according to package directions for 15 minutes. Sear in large skillet or Dutch oven with oil on high heat. Lower heat and add water. Sprinkle basil, coriander, Lemon Pepper Marinade, paprika and Seasoned Salt on meat; then spoon juice over meat to moisten. Add onions to skillet. Place half the orange slices over and around roast. Cover and simmer 1 to 1 1/2 hours. Remove cooked orange slices. Serve meat garnished with

pan sauce, remaining orange slices and parsley. Sprinkle lightly with paprika. Makes 4 to 6 servings.

*2 1/2 to 3 1/2 pounds beef chuck or rump roast may be used.

MEATBALL SUKIYAKI

- 1 pound ground beef
- 1/2 cup milk
- 1/2 cup fine dry bread crumbs
- 1 egg
- 1 teaspoon Seasoned Salt
- 1 package Brown Gravy Mix
- 1 tablespoon and 1 teaspoon sugar
- 1 1/2 cups water
- 1/4 cup soy sauce
- 1 cup diagonally cut celery
- 1 1/2 cups diagonally cut green onions
- 1/4 pound mushrooms, sliced
- 1 can (5 oz.) water chestnuts, sliced
- 1 quart (approximately 1 bunch) spinach leaves, torn in 2-inch pieces, stems removed

Combine ground beef, milk, bread crumbs, egg and Seasoned Salt. Form into meatballs about 1-inch in diameter (makes about 30). Set aside. Combine Brown Gravy

Mix, sugar, water and soy sauce. Bring to a boil, stirring constantly. Reduce heat, add uncooked meatballs to gravy and simmer, uncovered, 10 minutes, stirring occasionally, to turn meatballs. Add celery, green onions, mushrooms and water chestnuts and simmer, covered, 5 minutes. Add spinach and simmer, covered, 2 minutes longer until spinach wilts. Serve immediately with fluffy rice. Makes 6 servings.



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