

FOOD SECTION

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Section II



Healthy lifestyles include pasta

Light healthful meals suit today's lifestyles, and the good news is that pasta fits right into the scheme. Enriched pasta, made from durum and/or other high quality hard wheat, is an excellent source of complex carbohydrates. It supplies protein, niacin, thiamine, riboflavin and iron and it's a low fat, low sodium food. Did you know there are only 210 calories in two ounces of uncooked macaroni and spaghetti... 220 in egg noodles? So celebrate. Enjoy a casserole of egg noodles with eggplant and tomatoes mixed with Parmesan and mozzarella cheeses. It's great tasting, good for you, and an economical choice when entertaining. Serve with a green salad, and offer fresh fruit for dessert. Try, also, a new version of beef stew made with elbow macaroni, and discover the meat-stretching advantage of pasta. Enjoy!

NOODLE-EGGPLANT CASSEROLE (Makes 4 servings)

1 eggplant (1/4 lb.) pared and cut into 1/4-inch thick slices
2 eggs, slightly beaten
1/2 cup fine dry bread crumbs
Vegetable cooking spray
8 ounces medium egg noodles (about 4 cups)
1 tablespoon salt
3 quarts boiling water
1 can (16 oz.) tomatoes
1 can (8 oz.) tomato sauce
1/8 teaspoon pepper
1/2 teaspoon oregano
1/2 cup grated Parmesan cheese
1 package (8 oz.) part skim mozzarella cheese, thinly sliced

Pare eggplant. Cut into 1/4-inch thick slices. Dip each slice into beaten egg, then into crumbs to coat each side well. Spray a large skillet with vegetable cooking spray according to directions. Place over low heat. Sauté eggplant slices about 4 minutes on each side, or until lightly browned. While eggplant is cooking, gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Coat a 2-quart casserole with vegetable cooking spray. In a bowl combine tomatoes, tomato sauce, pepper and oregano. Stir to blend. Place a layer of eggplant in bottom of casserole. Cover with some noodles, tomato mixture, Parmesan and

mozzarella cheese. Continue layering until all ingredients are used, ending with mozzarella cheese. Cover. Bake in a preheated 375°F. oven about 30 minutes. Remove cover. Bake 15 minutes longer until cheese is melted and lightly browned.

MACARONI-BEEF STEW (Makes 4 servings)

2 tablespoons all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 pound lean beef stew meat, cut into 1-inch cubes
2 tablespoons vegetable oil
1 cup boiling water
2 tomatoes, chopped (2 cups)
1/2 teaspoon dried basil
2 cups cubed pared eggplant
2 cups elbow macaroni (8 ounces)

1 tablespoon salt
3 quarts boiling water

Combine flour, 1/2 teaspoon salt and pepper on wax paper; mix well. Lightly coat beef cubes with flour mixture. In a large saucepan heat oil. Add meat. Cook over medium heat, stirring frequently, until browned on all sides, 10 to 12 minutes. Add 1 cup water, tomatoes and basil. Cover and simmer about 1 hour, or until meat is fork-tender. Add eggplant. Simmer 10 minutes.

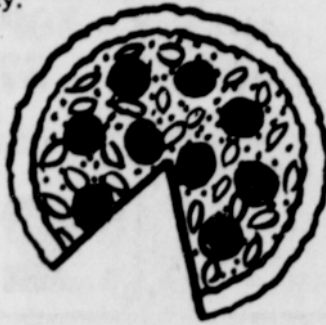
About 15 minutes before stew is done, gradually add macaroni and 1 tablespoon salt to rapidly boiling water, so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Add to stew and heat through. Season to taste with salt and pepper, as desired.

Pizza pizzazz

Enjoy barbecue flavor year-round. Barbecue Pizza brings that great taste indoors in a way that's fun for the whole family, including the cook!

There's no grill to mess with. This barbecue bakes right in your kitchen. With biscuit mix, it's quick and easy to prepare.

Mix biscuit mix and water until it forms a soft dough, and pat it on a cookie sheet. Spread the barbecue mixture over the dough and bake. In less than one-half hour, you'll have a zesty pizza perfect for a meal or party.



BARBECUE PIZZA

1 pound ground beef
1/2 cup chopped celery
1/2 cup chopped onion
2 cups biscuit mix
1/2 cup cold water
1/4 cup barbecue sauce
1/2 teaspoon salt
1/4 teaspoon pepper

Heat oven to 425°F. Cook and stir beef, celery and onion in 10-inch skillet until beef is light brown; drain. Mix baking mix and water until soft dough forms. Roll, or pat dough with hands dipped in baking mix, into 12-inch circle on ungreased cookie sheet; pinch edge of circle, forming 1/2-inch rim.

Mix ground beef mixture and the remaining ingredients; spread over dough. Bake until crust is golden brown, 20 to 25 minutes.

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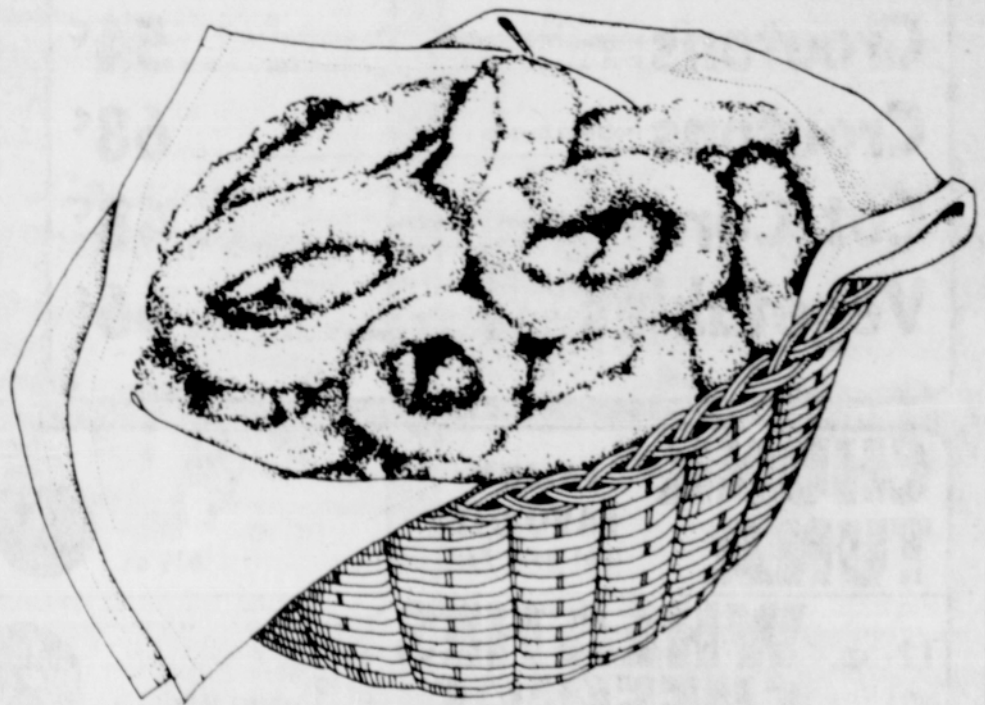
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