

# FOOD

## Easter menu cuts calories

Easter celebrates the coming of Spring when the earth revitalizes and the spirit of renewal abounds. To capture this sense of revitalization and growth at your holiday table, serve crisp Spring vegetables and freshly picked fruits. By keeping the accent on dishes that are lightly flavored and nutritious, Easter can mark the new season for your family, as well as the start of a whole new set of eating patterns. Developing new attitudes towards food can help a dieter on the way to a new figure.

"Getting back on the path to good nutrition is easy at Easter when a wide variety of nutritious foods are in abundant supply," says Dr. Reva T. Frankle, Director of Nutrition for Weight Watchers International.

She notes that though the holidays often inspire the desire to overeat, excessive consumption of holiday foods can lead to unwanted weight gain.

### CREAM OF ARTICHOKE SOUP

- 2 tablespoons plus 2 teaspoons margarine
- 1 cup chopped onions
- 2 garlic cloves, minced
- 1/2 cup less 1 teaspoon enriched all-purpose flour
- 1 quart water
- 4 packets instant chicken broth and seasoning mix
- 3 cups thawed and chopped frozen artichoke hearts
- 1 cup evaporated skimmed milk
- 1/2 teaspoon each salt and pepper
- 2 tablespoons chopped fresh parsley

In 3-quart nonstick saucepan heat margarine until bubbly and hot; add onions and garlic and saute, over medium-low heat, until onions are soft. Sprinkle with flour and stir to combine. Using a wire whisk, gradually stir in water and broth mix; continue to stir until margarine-flour mixture is thoroughly dissolved. Reduce heat to low and cook, stirring occasionally, until mixture is thickened, about 5 minutes; add artichokes and cook, stirring constantly, for 3 minutes longer. Add milk, salt, and pepper and cook until heated (do not boil). Serve sprinkled with chopped parsley. Makes 8 servings.

### BONELESS LEG OF LAMB ROSEMARY

- 1 garlic clove, chopped
- 1/2 teaspoon rosemary leaves, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3-pound rolled and tied boned leg of lamb

Preheat oven to 450°F. Mash garlic with rosemary, salt, and pepper to a paste. Using the point of a small knife, cut slits in lamb and fill slits with garlic mixture.

Transfer lamb to rack in roasting pan and insert meat thermometer in center of roast; roast for 15 minutes. Reduce oven temperature to 325°F., and roast meat until thermometer registers 140°F for rare, about 1 hour longer; 160°F. for medium, about 1 1/4 hours longer; or 170°F. for well done, about 1 1/2 hours longer. Let meat stand for about 10 minutes before slicing. Makes 8 servings.

### POTATO ROSETTES

- 1 pound sliced pared potatoes, cooked and drained
- 1/4 cup buttermilk
- 2 tablespoons plus 2 teaspoons grated Parmesan cheese, divided
- 2 tablespoons plus 2 teaspoons margarine
- 1 tablespoon each minced fresh parsley and frozen or chopped fresh chives
- 1/2 teaspoon salt
- Dash white pepper

Force potatoes through food mill or coarse sieve into a 2-quart mixing bowl; add milk, 2 tablespoons cheese, and the margarine and seasonings and combine thoroughly.

Spray a baking sheet with non-stick cooking spray. Fit a pastry bag with a large rosette tube and fill bag with potato mixture; pipe out mixture onto sheet, forming 16 spiral cones, each about 2 inches in diameter (if pastry bag is not available, spoon potato mixture onto sprayed

sheet, forming 16 mounds). Sprinkle each potato cone (or mound) with 1/4 teaspoon cheese and broil, about 6 inches from heat source, just until golden brown. Makes 8 servings.

### MINTED JULIENNE CARROTS

- 1 pound carrots, trimmed and scraped
- 1 cup water
- 1 packet instant chicken broth and seasoning mix
- 1 tablespoon plus 1 teaspoon margarine

1 teaspoon granulated sugar  
1/2 teaspoon mint flakes or 1 1/2 teaspoons chopped fresh mint.

Cut carrots into matchstick pieces (should yield about 4 cups); set aside.

In 10-inch skillet bring water to a boil; add broth mix and stir to dissolve. Add carrots, cover, and cook for 5 minutes; add margarine, sugar, and mint and cook, uncovered, until most of liquid has evaporated and carrots are glazed, about 5 minutes. Makes 8 servings.



Leg of Lamb Rosemary is centerpiece for Easter dinner that keeps calories under control.

## PLAY SAFEWAY BINGO

### Beef Rib Steaks

Safeway Quality Beef

# \$2.88

Lb.

Beef Rib Roast Safeway Quality Beef Lb. \$2.78

Sliced Liver Devised & Partially Skinned Lb. 79¢

Sliced Bacon Smok-A-Roma, 1-Lb. (2-Lb. Thick, \$2.78) Ea. \$1.38

Beef Short Ribs Plate Cut Lb. \$1.34

Fish Sticks Gorton's 10-Oz. Pkg. Ea. \$1.79

### Fresh Head Lettuce

Crisp Iceberg Great For Salads

# 29¢

Lb.

### Yarn

Marigold 3-Oz. Verigated Or 4-Oz. Solid

# 99¢

### Shampoo

& Finishing Rinse Vidal Sassoon 8-Oz., Size

# \$1.69

### Chicken Noodle Soup

Town House 10.5-Ounce

# 4 \$1

For

### Jeno's Pizza

Ass't'd Varieties 10.8 To 12-Oz.

# 98¢

### Baking Mix

Krusteaz 40-Oz. Box

# 99¢

### Chunk Tuna

Celebrity Chunk Light Water Pack 6.4-Oz.

# 59¢

### Beans Or Peas

Scotch Buy Cut Or Sliced, 16-Oz. Can

# 4 \$1

For

### Orange Juice

Vita Gold Frozen, 12-Oz. Can

# 69¢

### Clam Chowder

Mariner's Cover 15 Ounce Can

# 59¢

### Mandarin Oranges

Celebrity Brand 11 Oz. Can

# 2 \$1

For

**Sales Limited To Retail Quantities. Prices Effective 3/23 Thru 3/29/83 At Safeway In The Portland Area.**