

# LIVING SECTION

*Easy, Light.... Just Right Meals!*  
for year 'round dining indoors and out

Casual entertaining has long been associated with patio and poolside parties. Foods served at such gatherings, however, have become so popular you're apt to find almost identical menus being served indoors these days.

Whatever the location, such meals must be hearty enough to satisfy yet light enough to fit the lower calorie trend in mealtime planning. And, above all, they must be easy to prepare. Canned gravy and rice work well into such planning.

The gravies range in calories from 10 to 50 per serving. Nicely seasoned and ready to use, canned gravy is the answer to the kinds of foods consumers request these days... products that taste fresh and don't take a lot of time to prepare.

Rice, too, is low in calories... only 82 in each half cup. Rice also is low in fat and sodium... therefore ideal for today's lifestyles.

There's no end to the number of recipes using these two staples. A meat, poultry or seafood nicely sauced with a canned gravy and served over rice will highlight any occasion. The following recipes show how... for inside or outside eating pleasure.

### BEEF AND FRUIT KABOBS

- 2 cans (10 1/4 ounces each) beef gravy
- 1/4 cup brown sugar
- 1/4 teaspoon ground cloves
- 12 carrot pieces, each 1 1/2 inches long
- 12 green pepper pieces, each 2 inches square
- 1 1/2 pounds boneless sirloin steak, cut in 1-inch cubes
- 1 can (about 16 ounces) chunk pineapple, drained
- 3 cups hot cooked rice

To make sauce: In 1-quart saucepan over medium heat, heat gravy, sugar and cloves to boiling, stirring occasionally.

Meanwhile, in 2-quart saucepan over medium heat in 1-inch boiling water, heat carrots to boiling. Reduce heat to low. Cover; simmer 5 minutes. Add green pepper; simmer 3 minutes more or until tender-crisp. Drain.

On six 18-inch skewers thread meat alternately with pineapple, green pepper and carrots.

Broil kabobs 10 minutes or until done, turning and basting frequently with sauce.

Heat remaining sauce; serve with kabobs and rice. Makes 6 servings.



Beef and Fruit Kabobs use boneless sirloin chunks, pineapple, and vegetables broiled and basted with a convenient gravy sauce. Serve with rice for a delightful patio supper.

### CALCUTTA CHICKEN & RICE

- 2 tablespoons butter or margarine
- 8 choice broiler-fryer pieces
- 1 medium onion, sliced
- 1 can (10 1/2 ounces) chicken gravy
- 3 tablespoons ketchup
- 3 tablespoons orange marmalade
- 1 to 1 1/2 tablespoons curry powder
- 3 cups hot cooked rice
- Fresh orange slices

In 10-inch skillet over medium heat in hot butter brown chicken on all sides; remove from skillet. Spoon fat from drippings remaining in skillet.

Add onions to drippings in skillet; cook over low heat until tender. Stir in gravy, ketchup, marmalade and curry, scraping any bits from bottom of pan. Bring to a boil.

Add chicken. Reduce heat to low, cover, and simmer 30 minutes or until chicken is fork-tender.

Serve chicken with rice; spoon gravy over chicken. Garnish with orange slices. Makes 4 to 6 servings.

### DILLED YOGURT PORK CHOPS

- 4 pork chops (about 1 1/2 pounds)
- Pepper, paprika
- 2 tablespoons vegetable oil
- 1 can (10 1/2 ounces) chicken gravy
- 1 cup diagonally sliced celery
- 1/4 cup chopped green onions, including tops
- 1/4 teaspoon dill weed, crushed
- 1/2 cup plain lowfat yogurt
- 2 cups hot cooked rice

Season chops with pepper and paprika. In 10-inch skillet over medium heat in hot oil slowly brown pork chops on both sides (about 15 minutes). Spoon off fat. Add gravy, celery, onions and dill.

Reduce heat to low. Cover; simmer 25 minutes, stirring occasionally. Blend a small amount of gravy into yogurt; stir into skillet, heat through.

Serve with rice. Makes 4 servings.

### BEEF ANTONIO WITH RICE

- 2 tablespoons vegetable oil
- 1 1/2 pounds beef for stew, cut into 3/4-inch chunks

- 1 medium clove garlic, minced
- 1 can (10 1/4 ounces) beef gravy
- 1 can (8 ounces) tomato sauce
- 1/4 cup dry red wine
- 1/2 cup cubed cheddar cheese
- 3 cups hot cooked rice

In 4- to 6-quart Dutch oven over medium heat in hot oil cook beef with garlic until well browned. Spoon off fat. Stir in gravy, tomato sauce and wine.

Reduce heat to low. Cover; simmer 35 minutes or until meat is fork-tender. Add cheese, stirring constantly until cheese is melted.

Serve beef with rice; spoon gravy over beef. Makes 6 servings.

### HAM WITH SPICED BANANAS

- 2 tablespoons butter or margarine
- 4 medium bananas, peeled and cut in half crosswise
- Ground cinnamon
- 1 can (10 1/2 ounces) chicken gravy
- 1/2 cup dry white wine
- 8 slices (1 to 1 1/2 ounces each) fully-cooked ham in 6x4" slices
- 2 cups hot cooked rice

In 10-inch skillet over medium heat in hot butter heat bananas through, turning to coat evenly. Remove bananas from skillet and sprinkle lightly with cinnamon.

Stir gravy and wine into same skillet. Remove from heat.

Meanwhile, to assemble ham roll, place banana at narrow end of ham. Roll up jelly-roll fashion. Repeat with remaining ham and bananas.

Cover; bring to a boil, reduce heat and simmer 5 minutes or until ham rolls are heated through. Serve over rice. Makes 4 servings.



Calcutta Chicken and Rice, a new twist on a classic chicken and rice dinner, has a tangy orange and curry flavor.

## ROUND STEAK



USDA CHOICE BEEF

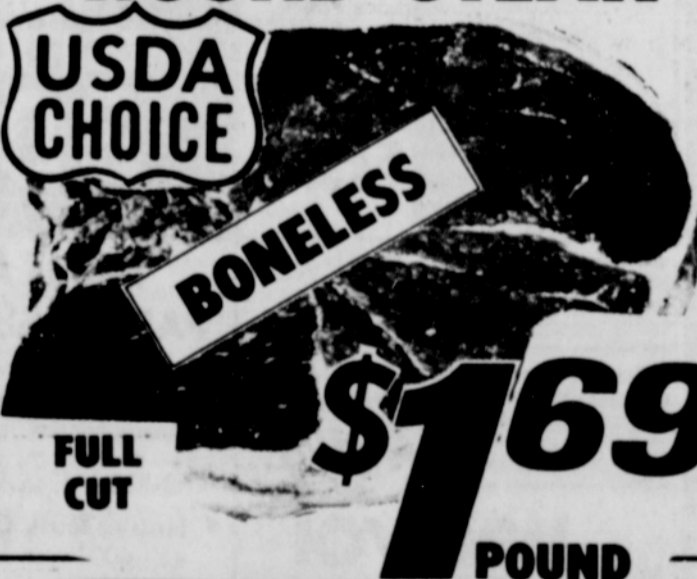
Full-Cut, Bone-In

\$1.58 lb.

SE 20th & DIVISION SE 72nd & FLAVEL NE 15th & FREMONT W BURNSIDE at 21st SAN RAFAEL - 1910 NE 122nd  
Forest Grove - 2329 PACIFIC Oregon City - 878 MOLALLA Canby - 1051 SW 1st LLOYD CENTER  
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TRADEWELL

## ROUND STEAK



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