

LIVING SECTION

Dieter's delight: Convenient low-calorie one dish meals

When you're trying to lose weight, what do you do? Go on a crash diet? Follow a well-known diet plan?

According to The Yankelovich Monitor, 1982, when participants were asked what weight control practices they used over the past year, 47 percent answered "just stay away from fattening foods." The next most frequent answer was eating fewer between-meal snacks; the third was avoiding pastries, cakes and rich desserts. The fact is, that diet plans and crash diets were way down on the list of methods that people actually followed to lose weight. People would rather eat sensibly than "go on a diet."

With 15 percent of the population affected by hypertension, and another 15 percent in danger of developing hypertension later in life, salt intake is a chief concern in diet plans. With these ideas in mind, three recipes have been designed that can become the bases for many satisfying meals. All the recipes have both calorie and sodium counts given.

For example, in Gingered Vegetable Stir-Fry, canned low sodium chicken with noodles soup is quickly heated with tender-crisp cooked broccoli, carrots and mushrooms. Garlic and ginger add flavor but not extra calories. Each serving has only 100 calories and 38 mg. sodium. Try serving this Oriental-style over plain rice.

Fish and Tomato Bake is a tempting dish made with whitefish fillets and canned low sodium tomato with tomato pieces soup. This one dish dinner incorporates potatoes, green beans, carrots and seasonings along with the fish and tomato sauce into a stew-like main dish you serve in a bowl. In a conventional oven it takes about one-half hour to bake. In a microwave oven that time can be shortened to less than 20 minutes and is a good alternative when you want to save time and reduce kitchen heat. The calorie count for Fish and Tomato Bake is 380 per serving with 232 mg. of sodium.

For the single eater who watches his diet alone, here's Chunky Beef and Zucchini over noodles that is quick and easy to prepare. While the water comes to a boil for the noodles, the onion, zucchini and tomato can be sliced. Once the chopping is done, it takes less than 10 minutes to heat the vegetables with garlic, basil and canned low sodium chunky beef and mushroom soup. Spoon Chunky Beef and Zucchini over cooked noodles and curl up with the evening paper or your favorite television show. This main dish, including the noodles, clocks in at 375 calories and 196 mg. sodium.

GINGERED VEGETABLE STIR-FRY

1 tablespoon salad oil
1 cup broccoli flowerets
1/2 cup diagonally sliced carrots
1/4 cup sliced green onions
1 medium clove garlic, minced
1/4 teaspoon ground ginger
1/2 cup sliced farm fresh mushrooms
1 can (10 1/2 ounces) low sodium chicken with noodles soup
1/2 teaspoon sugar

In 10-inch skillet over medium-high heat, in hot oil, cook broccoli, carrots and onions with garlic and ginger, stirring quickly and frequently (stir-frying) until vegetables are tender-crisp, about 2 minutes.

Add mushrooms. Stir-fry 1 minute more.

Add soup and sugar. Heat thoroughly, stirring occasionally. Makes 3 1/2 cups or 4 servings.

Per serving: 100 calories; 38 mg. sodium.

FISH AND TOMATO BAKE

1 can (10 1/2 ounces) low sodium tomato with tomato pieces soup
1 tablespoon cornstarch
1/2 cup frozen sliced carrots
1/2 cup frozen cut green beans



Gingered Vegetable Stir-Fry offers those of us who are watching our weight or sodium intake an attractive, easy-to-prepare main dish with the full-bodied flavor we crave.

1/2 cup diced potato
1 tablespoon chopped parsley
1/8 teaspoon dill weed, crushed
1/8 teaspoon pepper
1/2 pound whitefish fillets, cut into 2-inch pieces
4 unsalted crackers, crushed
1 teaspoon unsalted margarine, melted
1/2 teaspoon lemon juice

Add soup and tomato. Heat thoroughly, stirring occasionally. Serve over hot noodles. Makes 1 1/4 cups or 1 serving. Per serving: 375 calories; 196 mg. sodium.

In 1-quart casserole, gradually blend soup into cornstarch. Add carrots, green beans, potato, parsley, dill, pepper and fish. Stir gently to combine. Cover.

Bake in 375°F. oven for 30 to 35 minutes or until vegetables are tender and fish flakes easily when tested with fork; stir gently.

In small bowl, combine remaining ingredients. Sprinkle over fish mixture. Bake, uncovered, 5 minutes more. Makes 3 1/2 cups or 2 servings.

Per serving: 380 calories; 232 mg. sodium.

To microwave:

In 1-quart microwave-safe casserole, gradually blend soup into cornstarch. Add carrots, green beans, potato, parsley, dill and pepper. Cover.

Microwave on HIGH 6 to 8 minutes or until vegetables are tender and soup is thickened, stirring occasionally.

Add fish. Cover. Microwave on HIGH 3 to 4 minutes or until fish flakes easily when tested with a fork.

In small bowl, combine remaining ingredients. Ladle fish mixture into soup bowls, sprinkle with cracker crumb mixture.

CHUNKY BEEF AND ZUCCHINI

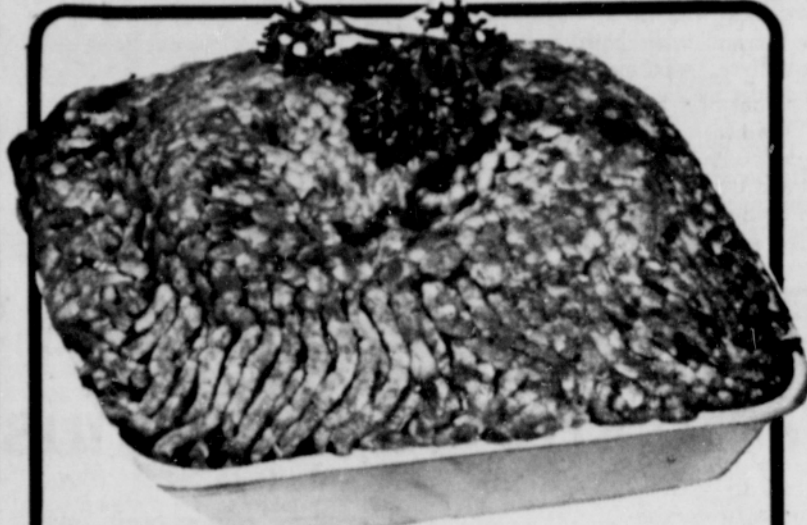
1 tablespoon unsalted margarine
1 small onion, sliced
1/4 cup sliced zucchini
1 medium clove garlic, minced
1/4 teaspoon basil leaves, crushed
1 can (10 1/2 ounces) low sodium chunky beef & mushroom soup
1 small tomato, cut into wedges
1 cup hot cooked unsalted

In 2-quart saucepan over medium heat, in hot margarine, cook onion and zucchini with garlic and basil until tender, about 5 minutes.

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