

# LIVING SECTION

Nutritious, satisfying snacks?

## Taste these treats for yourself

As defined by Webster, a snack is a taste, smack or bite. But by any name, snacking is obviously very appealing because it's on the rise all across the country. We've become a nation of at-home snackers, particularly in the morning and before bedtime. Also, indications are that snacks are frequently substituted for a main meal or a part of a meal, probably a consequence of our busy lifestyle.

All age groups indulge in snacking though, not surprisingly, teenagers are particularly prone to nibbling. Ever parent has probably wondered where their teenagers put all that food. But considering that the teens are the years of greatest growth, they really need all those calories.

The big question is how to keep snackers of all ages from loading up on empty-calorie foods. The answer is to have satisfying and wholesome snacks ready for the munchers. It's a good idea, too, to have the fixings for some simple nibbles on hand so teens, and others, can whip up a batch when they get that overwhelming urge to snack.

Here are some simple and intriguing snack recipes guaranteed to keep all dedicated nibblers happy.

For an anytime snack, Pepperoni Biscuits can't be beat. A combination of biscuit mix, cream of chicken soup and chopped pepperoni accented with green onions and caraway seeds, the crunchy biscuits are delicious with iced or hot drinks. The soup serves as a flavor-base while providing the right amount of moisture needed for the biscuit mix.

High on every snacker's list of favorites are dips for crackers. Hawaiian Bean Dip is a cinch to make. Canned barbecue beans, cheese spread and canned pineapple create a pleasingly sweet yet nutritious spread for crackers, cut up raw vegetables or tortilla chips.

Fresh vegetable lovers will be captivated by Sweet 'n' Sour Marinated Vegetables. The marinade — cocktail vegetable juice, honey, vinegar and Worcestershire sauce — is poured over such vegetables as sliced carrots, celery, cucumbers, cherry tomatoes and mushrooms.



Just the thing for all those snacking occasions, these Pepperoni Biscuits will satisfy munchers of all ages.

Serve well chilled. These vegetables make superb finger food before or after dinner.

### PEPPERONI BISCUITS

- 1 can (10 1/4 oz.) cream of chicken soup
- 1/4 cup melted shortening
- 3 cups biscuit mix
- 1/4 cup chopped pepperoni
- 2 tablespoons finely chopped green onions
- 1/2 teaspoon caraway seed

Preheat oven to 400°F. In large bowl, combine soup and shortening; stir in biscuit mix.

Mix well. Add pepperoni, onions and caraway.

Drop heaping tablespoons of the mixture onto ungreased cookie sheet. Bake 15 minutes or until golden. Makes 30 biscuits.

### HAWAIIAN BEAN DIP

- 1 can (15 1/4 oz.) barbecue beans
- 4 ounces pasteurized process cheese spread
- 1 can (about 8 oz.) crushed pineapple in its own juice, drained
- Crackers or tortilla chips

About 4 hours before serving: In large bowl with mixer at low speed, beat beans and cheese until smooth. Stir in pineapple. Cover; refrigerate. Serve with crackers or chips. Makes 2 1/2 cups.

### SWEET 'N' SOUR MARINATED VEGETABLES

- 1 can (12 oz.) cocktail vegetable juice
- 1 tablespoon honey

- 2 teaspoons vinegar
- 1 teaspoon Worcestershire
- 1 cup sliced carrots
- 1 cup diagonally sliced celery
- 1 cup sliced cucumber
- 1 cup cherry tomatoes, cut in half
- 1 cup cauliflowerets
- 1 cup quartered farm fresh mushrooms

About 6 hours before serving, to make marinade: In 2-quart saucepan over high heat, combine cocktail vegetable juice, honey, vinegar and Worcestershire.

Arrange vegetables in 13 by 9-inch dish; pour marinade over vegetables. Cover; refrigerate about 6 hours, stirring occasionally.

To serve: With slotted spoon, arrange vegetables on serving platter. Makes 5 cups or 10 servings.

## Stretching meal dollars

by Ethel Moore

Stretching meals means stretching food dollars and that takes planning — planning as you shop at the market, planning when you make one meal, how it can be stretched into another or two. I'm sure you already have some favorite ways to use up the meat from Sunday's roast; perhaps making sandwiches or combining with vegetables into hearty soups or stews, etc. But here's a Spanish Meat Loaf to try made from leftover lamb or beef. This Barbecue Ham Casserole starts with only one pound of cooked ham, adds mixed vegetables and flavorings and is topped with cheesy corn bread.

### BBQ HAM CASSEROLE

- Sauce*
- 1 lb. cooked ham, cut into 1/2-inch cubes
  - 1 1/2 cups cooked mixed vegetables
  - 1 1/2 cups catsup
  - 1/2 cup water
  - 2 tablespoons brown sugar
  - 2 tablespoons instant minced onion
  - 1 1/2 teaspoons Worcestershire sauce
  - 1/8 teaspoon pepper

### Corn Bread

- 1/2 cup enriched corn meal
- 1/2 cup all-purpose flour
- 1/2 cup (2 oz.) shredded cheddar cheese
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg
- 3 tablespoons margarine, melted

Heat oven to 425°F. Grease 8-inch square baking dish. For sauce, combine all ingredients in large saucepan. Heat thoroughly, stirring occasionally. For corn bread, com-

bine corn meal, flour, cheese, sugar, baking powder and salt; add milk, egg and margarine, mixing well. Pour hot sauce into prepared baking dish, spreading evenly. Pour corn bread mixture evenly over hot sauce. Bake for 30 to 35 minutes. Cut corn bread into 6 pieces; spoon sauce over corn bread. Makes 6 servings.

### SPANISH MEAT LOAF

- 2 cups leftover lamb or beef
- 1 slice bacon
- 3 stalks celery
- 1 onion
- Dash Worcestershire sauce
- Salt and pepper
- 1 1/2 cups cooked rice
- 1/2 can tomato soup, diluted with 1/2 can water

Grind meat with bacon, celery and onion. Put in greased casserole and season with salt, pepper and Worcestershire sauce. Cover with rice; add diluted tomato soup. Bake at 350°F. for 1/2 hour. Serves 4 to 6.

### HOT CHICKEN SALAD

- 2 cups cut up cooked chicken
- 2 cups celery, finely chopped
- 1/2 cup cashews
- 1/2 teaspoon salt
- 1 onion, grated
- 1 cup mayonnaise (not salad dressing)
- 2 tablespoons onion juice
- 2 hard boiled eggs, chopped
- 1/2 cup grated cheddar cheese
- 1 cup crushed potato chips

Combine all ingredients, except cheese and potato chips. Pile lightly into casserole or individual serving dishes. Sprinkle with cheese and potato chips. Bake in a 350°F. oven for about 20 minutes or until mixture is heated and cheese has melted.

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