

LIVING SECTION

Dieting Dill-ights: Short on calories and good too

by Ethel Moore

Here's something for those of us who have a tough time balancing calories and good nutrition. The temptation of eating rich foods and sneaking snacks make it downright difficult. The *Dieter's Antipasto* we're featuring, is an array of low calorie foods seasoned with pickle dressing to add zesty flavor, which can be eaten together or separately when snacking, or served as a meal. The *Antipasto* is a satisfying dish with less than 33 calories. The *Chicken Adobo*, also flavored with pickle, is another "dieter's meal" when combined with rice. It's only 285 calories per serving. The *Sardine-Carrot Sandwich*, at 235 calories, makes a tasty lunch.

Ad zest to your dieting, get plenty of Vitamins A & C, protein and B Vitamins without skimping on good tasting foods. Try these "Dill-ights" during September Snack a Pickle time. Enjoy!



Chicken Adobo combines chicken and shrimps with a taste of dill.

DIETER'S ANTIPASTO

Dill Dressing: Combine 1 cup vegetable juice cocktail, ¼ cup dill pickle liquid, 1 tablespoon chopped onion, 1 clove garlic, crushed, ½ teaspoon basil leaves and dash pepper; chill. Approximately 214 calories per serving, including Dill Dressing.

CHICKEN ADOBO

- 2½ pound broiler chicken, cut up
- 3 tablespoons salad oil
- ½ cup dill pickle liquid
- ½ cup water
- 1 clove garlic
- ¼ teaspoon salt
- ¼ teaspoon monosodium glutamate
- ¼ teaspoon ground ginger
- ½ pound mushrooms, sliced
- Low calorie dill dressing
- 1 teaspoon salad oil
- 3 dill pickles, sliced
- Salt
- 1 pound cooked shrimp
- 6 ribs of celery
- 3 hard-cooked eggs, halved
- 1 can (5½ oz.) tuna, drained
- 3 medium tomatoes, cut in wedges
- 2 dill pickles, cut in strips
- Lettuce

Combine mushrooms, ½ cup dill dressing, oil, half the sliced pickles and salt to taste; chill. Combine remaining sliced pickles, shrimp and ¼ cup dressing; chill. Arrange celery, eggs, tuna, tomatoes and dill pickle strips on lettuce-lined platter. Serve with remaining dressing and marinated mushrooms and shrimp. Makes 6 luncheon servings.

- Dash pepper
- 1 medium dill pickle, diced
- 2 cups hot cooked rice (no butter)

In large skillet brown chicken in oil. Drain chicken on paper towels and discard fat. Combine pickle

liquid, water and seasonings in same skillet and add chicken. Cover and simmer 15 minutes. Add pickle and cook 5 minutes longer or until chicken is tender. Serve with rice. (Makes 4 servings, 285 calories each.)

SARDINE-CARROT SANDWICHES

- 12 medium carrots
- ½ cup pickle relish
- 1 teaspoon salt
- 12 whole-wheat bread slices, toasted
- 2 3-¼ oz. cans sardines

12 lemon wedges

In small bowl, finely shred carrots. Stir in relish and salt. Spread mixture over toast slices. Drain sardines. With handle of

wooden spoon, press 2 or 3 parallel lines into carrot spread. Lay a sardine in each impression. Serve with lemon wedges and knives and forks. Makes 6 servings, 235 calories each.

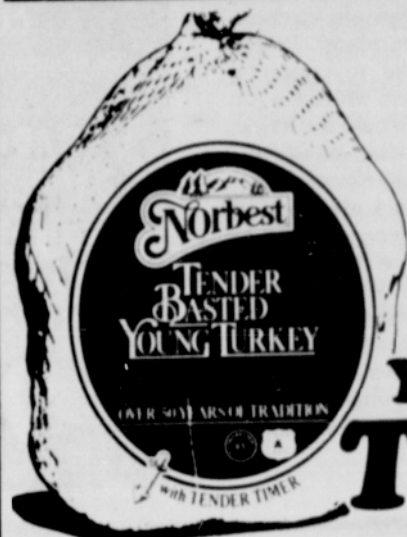
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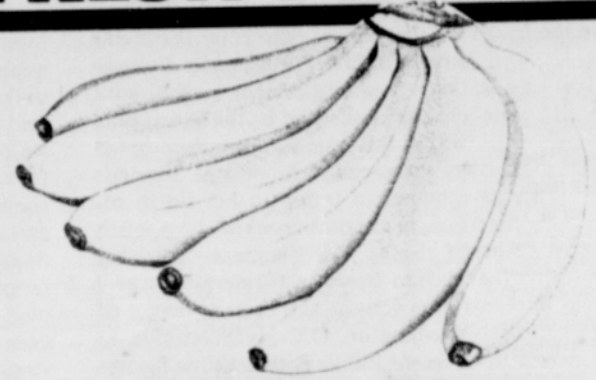


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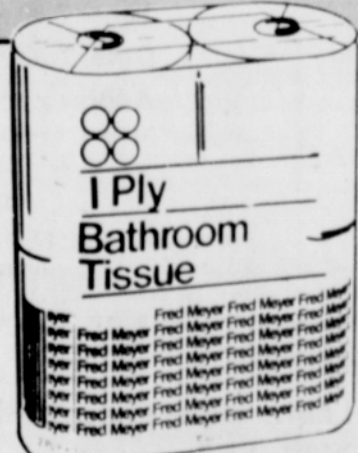
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