

Win big with Oriental stir-fry

Be a winner by improving your eating habits—it's easy.

In the last decade more and more people have jumped on the nutrition band wagon. If you are not sure how to go about turning some bad habits into good ones, start small. It will be easier and more manageable if you take it one step at a time.

First, identify the areas where you might need improvement. Eating a better breakfast? Limiting snacks? Restricting sodium or sugar? Then, whatever you decide to work on, consult with a physician or registered dietitian before making any sweeping dietary changes. The following recipes reflect some of the ways people are working to improve their nutritional status.

The popularity of preparing foreign and ethnic dishes at home becomes evident on a visit to the supermarket. Foreign food sections are expanding and a greater variety of fresh produce from around the world is available to meet consumer demand. One of the most popular cuisines prepared at home is Chinese. Oriental cooking has double appeal; it is economical and nutritious. A pound of meat and sliced fresh vegetables combine to generously serve four when served over rice in a typical Oriental main dish.

To prepare Oriental Garden Stir-Fry, first freeze the round steak for about 1 hour, to make slicing easier. A wok's sloping sides are designed so a small amount of oil remains in the base. As ingredients are cooked in oil to the desired degree of doneness, they are pushed up the sides of the wok, where they keep warm while excess oil from the food drains back down to the base of the wok. Sliced carrot, green onion, water chestnuts and fresh pea pods add color, texture and flavor.

No matter what part of your diet needs reworking, meet the challenge in a creative and delicious way. Be knowledgeable, but be adventuresome. Eating right doesn't have to be drudgery. Remember, you will end up a winner.

ORIENTAL GARDEN STIR-FRY

- 1 tablespoon salad oil
- 1 pound round steak (1-inch thick)
- ½ cup diagonally sliced carrot
- ½ cup diagonally sliced green onions
- 1 medium clove garlic, minced
- 1/8 teaspoon ground ginger
- 1 can (10½ ounces) condensed mushroom soup
- 1 cup fresh pea pods
- ½ cup sliced water chestnuts
- 2 tablespoons dry sherry
- 2 teaspoons soy sauce
- Hot cooked rice

Freeze meat 1 hour to firm (makes slicing easier); slice meat into very thin strips.

In wok or 10-inch skillet over medium-high heat, in hot oil, cook carrot and green onions with garlic and ginger until vegetables are tender; remove from wok.

Add meat; cook until color just changes, about 3 to 4 minutes. Add remaining ingredients except rice. Heat, stirring occasionally. Serve over rice. Makes 4 cups or 4 servings.

DRESSING ITALIANO

- 1 can (10½ ounces) condensed tomato soup
- ½ cup salad or olive oil
- ¼ cup vinegar
- ¼ cup grated Parmesan cheese
- 1 teaspoon basil leaves, crushed
- 1 teaspoon oregano leaves, crushed
- 1/8 teaspoon garlic powder

Into a small bowl or a covered jar, measure all ingredients; stir with fork or cover and shake until thoroughly mixed. Cover; refrigerate several hours or overnight.

Stir or shake dressing just before serving. Makes 2 cups.

SPICED ZUCCHINI LOAF

- 2 tablespoons shortening
- ¼ cup sugar

- 1 egg, slightly beaten
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 can (10½ ounces) condensed cream of asparagus soup
- 1 cup chopped walnuts
- 1 cup shredded zucchini

Preheat oven to 350°. Grease 9 by 5-inch loaf pan. In large bowl, com-

bine shortening and sugar until crumbly; stir in egg.

In medium bowl, sift together flours, baking powder, salt and spices. Add to egg mixture alternately with soup, stirring well after each addition.

Stir in walnuts and zucchini. Pour batter into pan; bake 1 hour 5 minutes. Remove from pan; cool. Makes 1 loaf.

FRUITED NOODLE PUDDING

- 4 cups cooked medium noodles
- ¼ cup melted butter or margarine

- 1 can (11 ounces) condensed Cheddar cheese soup

- 1 cup ricotta cheese
- 1 cup diced pears
- ½ cup plain yogurt
- ½ cup sugar
- 2 eggs, slightly beaten
- ½ teaspoon ground allspice

In medium bowl, combine noodles and butter. Blend in remaining ingredients.

Pour mixture into 2-quart shallow baking dish. Bake at 350°F. for 30 minutes or until done; cool. Chill if desired. Makes 8 servings.



ORIENTAL GARDEN STIR-FRY WITH RICE



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