

# Try this tempting Tamale Pie

## TEMPTING TAMALES PIE

1 1/2 cups cornmeal  
1/2 cup cold water  
1 teaspoon salt  
3 cups boiling water

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1-1/2 lbs. ground beef  
1 cup chopped onion  
1 8-oz. can tomato sauce  
1 4-oz. can chopped green chilies, drained  
1/4 cup water  
4 teaspoons chili powder  
1 teaspoon dried oregano leaves  
1 teaspoon salt  
3 cups (12 ozs.) shredded natural monterey jack cheese  
1/2 cup chopped pitted ripe olives

Gradually add combined cornmeal, cold water and salt to boiling water; cook, stirring constantly, over medium heat 3 minutes. Spread on bottom and 1/2-inch high around sides of 13 x 9-inch baking dish.

Brown meat; drain. Add onion, tomato sauce, chilies, water and seasonings; simmer 10 minutes. Layer half of meat mixture and half of cheese over cornmeal mixture; top with remaining meat mixture. Bake at 350°, 30 minutes. Sprinkle with remaining cheese and olives; continue baking 15 minutes. Let stand 10 minutes before serving.  
12 servings.



The Mexican influence on cooking in Los Angeles has created a number of variations on traditional south-of-the-border fare. Tempting Tamale Pie layers natural monterey jack cheese

and meat on top of a cornbread crust. For a great use of leftover cooked fish, prepare Fisherman's Tacos as a casual meal for a crowd.

## Low salt diet recommended for good health

Salt is second only to sugar as an additive in the American diet. As a consequence, medical scientists find, we ingest 10 to 20 times the sodium our bodies need or can eliminate.

A number of recent studies have indicated that over-consumption of sodium is linked to hypertension (high blood pressure) which is, in turn, cited as a major cause of heart and kidney disease, stroke and death.

It is generally agreed that desire for salt is acquired and can be con-

trolled with very little difficulty. Many baby food manufacturers have eliminated salt in their products without a discernable change in the eating habits of infants. In fact, newborn babies express a distaste for salt.

In spite of this, many baby foods are loaded with sodium. The average baby gets about 25,000 mg. per day.

The diet of babies and young children contains so much salt, that they become "hooked" and demand ever increasing amounts.

The introduction of excessive amounts of highly salted foods into the diet of our young has resulted in a population which averages two to four teaspoons (2,000 mg. per teaspoon) of salt per day in its diet, although the body needs only a fraction of that amount. The result is 50 million persons in the United States suffering from high blood pressure.

A nutrition task force of the non-profit Consumer Education Research Center has studied this situation and compiled a book to help break

the salt habit. It lists the salt content of over 800 foods, liquors and medicines. The book, *Salt and Your Health*, is available for \$4 plus \$1 for mailing from CERC-Salt Project, P.O. Box 336, South Orange, N.J. 07079.

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