

# Vegetables needn't be boring

Vegetables don't have to be boring, even if you're on a diet and concerned about your calorie and cholesterol intake.

Baked potatoes dripping with butter and sour cream, sugar-glazed carrots and salads loaded with rich, creamy dressing may be out of the question. But now there are other ways to make your old vegetable favorites exciting and still watch your waistline.

Consider these recipes for Low Calorie Stuffed Baked Potatoes, Apple-Orange Carrots and Lively Low-Cal Herb Salad Dressing. All are kept nutritious and acceptable to the diet-conscious with an unexpected special ingredient of Natural Applesauce.

Natural Applesauce adds just a touch of sweetness, without adding the calories of sugar. And its unique consistency is perfect for creating a salad dressing that stays on the greens without lots of calorie- and cholesterol-rich oil.

## LOW CALORIE STUFFED BAKED POTATO

Here's a moist and tasty baked potato with little fat and low cholesterol.

- 4 large baking potatoes
- 1 cup fresh mushrooms, chopped
- 1 teaspoon butter or margarine
- 1 1/2 teaspoons salt
- Dash of pepper
- 1/4 cup Natural Applesauce
- 1/4 cup plain yogurt
- 4 1-inch cubes of Monterey Jack Cheese

Wash potatoes and pierce with fork. Do not grease or wrap in foil. Bake in a conventional oven for one hour at 400 degrees. When potatoes are nearly done, wash and chop mushrooms and saute in butter. Remove potatoes from oven and cut across tops. Remove potato pulp, being careful to keep the skin whole. Combine potato pulp with salt, pepper, Natural Applesauce and yogurt and mash until fluffy with no lumps. Stir in sauteed mushrooms, then spoon mixture back into potato skins. Fill the skins and mound on top of the potatoes. Press the cheese cubes into the center of the mounded mixture. Bake 20 minutes longer at 300 deg., to heat through. Makes four servings, approximately 206 calories each.

**APPLE-ORANGE CARROTS**  
Carrots are economical and nutritious. This recipe makes them a gourmet treat.

- 6 medium carrots
- 3 tablespoons diet margarine
- 2 tablespoons frozen orange juice concentrate
- 1/2 cup Natural Applesauce
- 1/4 teaspoon salt
- 1/4 teaspoon cloves

Peel and cut carrots into 1/2-inch slices. Cook in a small amount of

water until almost tender. Add margarine, juice concentrate, Natural Applesauce and cloves. Heat until carrots are cooked through. Makes four servings, approximately 116 calories each.

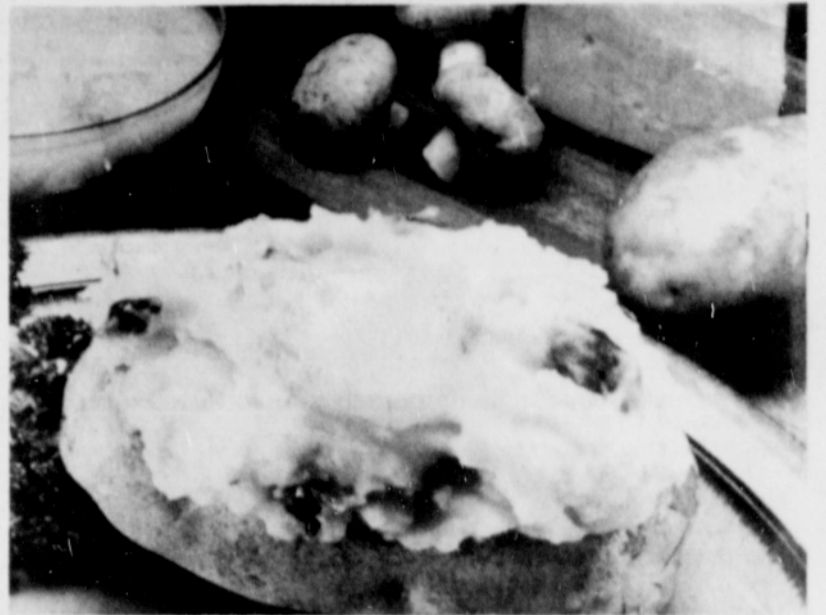
## LOW-CAL HERB SALAD DRESSING

Applesauce serves as a thickener and adds a surprising new taste to this diet dressing.

- 1/2 cup Natural Applesauce
- 1/2 cup water
- 1/2 cup cider vinegar

- 1/4 cup vegetable oil
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 2 tablespoons pectin
- 1/2 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1 or 2 cloves garlic, minced
- 2 tablespoons dried parsley

Combine all ingredients in a jar and shake well. Store in the refrigerator. Shake before serving on your favorite greens or salad vegetables. Makes about 2 1/4 cups of dressing with approximately 14 calories per tablespoon.



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## Philippine improvements

*(Continued from Page 1, Column 6)*  
contribute millions to the Philippine economy and provide an umbrella for for the Philippine military, creating an atmosphere where certain members of the military have developed an "urge to rule," according to Bacho. The opposition wants an end to U.S. military presence, but Marcos doesn't want the bases to go, "because the money is too good," said Bacho. Bacho said the movement for democracy would be aided by a gradual U.S. withdrawal and reduction of military aid.  
He described bombings in the capital and people so poor they have been reduced to eating chicken feet. An insurrection has spread throughout the country, led by the Marxist New People's Army. "The real action is in the countryside," he said. "That's where the NPA is and that's where the future of the country will be decided."

## Peace group birthday party

The Portland Branch of Women's International League for Peace and Freedom celebrates "Seventy Years of Struggle" with a birthday party, Monday, March 11, 7:15 p.m. at the Campus Ministries Building of Portland State University, 633 SW Montgomery. The evening will include music, refreshments, exhibits, silent auction of a Jane Addams letter, slide show of WILPF history and address by National Executive Director, Libby Frank. The public is cordially invited. Donation of \$5.00 will be accepted at the door.

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