

Low calorie Creole dish provides nutrition

How easy the doctor's job is in a diet! He tells you to eat more of this and less of that. Then off you go with great determination to succeed. What you don't always remember is that in changing a diet pattern you will be trying to eat more of the things that you aren't so wild about (or you would have been eating lots of them before!) and less of those yummy, scrumptious things that you have learned to believe make meals worthwhile.

If you find yourself on a fat-controlled, a low-calorie, or a weight-reduction diet, you've probably been told to eat more fish. Here's a recipe

that is so good that you can serve it for company and stay on your diet at the same time. Creole-Style Flounder, developed in the Rice Council test kitchen is baked in a delicious sauce and served over hot cooked rice. Rice fits right in with many diets, too. It contains only 82 calories per half-cup serving, is gluten free, low in sodium, and low in fat.

Rice adds a special flavor and heartiness to the meal without ruining the diet. Serve it plain, or add a low-calorie seasoning like saffron, onion, lemon or dill weed and you will add

appeal, interest, and flavor to diet meals.

CREOLE-STYLE FLOUNDER

- 1 large green pepper, sliced in thin strips
- 1 1/2 cups sliced green onions with tops
- 2 tablespoons butter or margarine
- 1 can (14 1/2 to 16 ounces) tomatoes, chopped (2 cups)
- 1 can (8 ounces) tomato sauce
- Salt, pepper to taste
- 1/2 teaspoon thyme
- 1 bay leaf

- 1 1/2 pounds fillets of flounder or other white fish
- 3 cups hot cooked rice

Saute green pepper and onions with tops in butter until tender. Stir in tomatoes, tomato sauce, 1 teaspoon salt, 1/4 teaspoon pepper, thyme, and bay leaf. Simmer gently for 20 minutes. Remove bay leaf. Arrange fish fillets in a lightly greased shallow baking pan. Season with salt and pepper. Spoon sauce over fillets. Bake at 375 deg. for 15 minutes or until fish flakes easily with a fork. Serve over beds of rice.

Makes 6 servings.



Home economist heads programs

by Linda Thompson

With the state of today's economy, one finds it increasingly difficult to balance one's finances — especially the grocery bill.

Our role model for this week is an expert in this area. Not only does she enjoy it but chose it as a career.

A native of Mexia, Texas, Cornetta Smith is proud to be a part of a large, loving family (seven girls and two boys). She graduated from Booker T. Washington High School and later received her B.S. in Home Economics education from Prairie View A&M University, Prairie, Texas. Soon after graduation, Cornetta went to work for the State Extension Service in Sequin, Texas.

In 1970, she made her debut into the City of Roses where she immediately went to work for the Portland Public School System as a home economics teacher for Boise's seventh and eighth grades. From Boise, Mrs. Smith went to Adam in the same capacity.

Cornetta left the school system in 1973 to work for the model city's 4-C as a nutritionist and home economist. As Portland underwent changes, Cornetta remained faithful to her position and the community she loved and served, and as the program merged with AMA Family Day/Night Care, she soon became director.

The Albina Ministerial Alliance organization recognized her talent, her skills and her knowledge and appointed her as coordinator of all their programs which include AMA Family Day/Night Programs, Headstart, Self Enhancement Program and the Emergency Food Program. Cornetta was instrumental in getting a grant from a local business to do an assessment of inner city child care needs.

With five girls (Althea 17, Andrea 15, Blanche 13, Contonia 12 and Yolonda 8) and one boy (Dayton Jr.) she and her husband still find time to be very active in the Northeast Lutheran Missionary Church where she teaches Sunday School and works with the Youth Department. In her spare time, she enjoys reading and cooking.

Cornetta is one of those rare gems from the country that has made America, especially Black America, what it is today and she has the following four steps to give for a successful life and career: "A really good, strong family background is No. 1. It sets the stage for positive thinking. A good family background helps put the pieces of life together. No. 2 is a strong belief in God. This means a realistic understanding of how the word applies to one's daily life. No. 3 is a good education, and No. 4 is strong community support from neighbors, friends and church, someone who will always give you moral support and the right advice."

Until next time, remember — Spring is the time to get rid of the old dead grass that prevents life.



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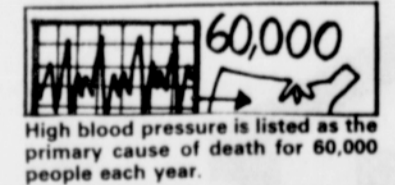
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