

Shaking The Salt Habit

LOW-SODIUM ORIENTAL CUISINE



The popularity of Oriental cuisine has prompted many American cooks to experiment with Eastern methods of food preparation. This easy-to-fix Stir Fry Chicken is a healthy addition to your diet because it's seasoned with NoSalt® salt alternative. NoSalt provides flavor without the addition of sodium, a plus since many people have been advised to reduce their sodium intake by their doctors. This dish also combines a hint of garlic, ginger, and the subtle taste of sweet sherry to create a unique, yet distinctively Oriental meal.

STIR FRY CHICKEN

- 1-1/4 pounds chicken breasts, boned, skinned and cut into strips
- 1 bunch scallions, cut in 1-inch pieces
- 1 egg white
- 1 teaspoon cornstarch
- 1 tablespoon sweet sherry
- 1 clove garlic, minced
- 1/2 to 3/4 teaspoon ground ginger

- 1/4 teaspoon NoSalt® salt alternative
- Dash ground red pepper
- 2 tablespoons peanut oil

In non-metallic bowl, combine all ingredients except oil. Let stand 15 minutes. In wok or large skillet, heat oil on high until it ripples. Add chicken mixture all at once and stir fry over high heat until chicken is done, about 4 minutes. Garnish with pea pods, serve over rice.

Makes 4 servings.
Sodium: 74 mg per serving (without rice)
Calories: 178 per serving (without rice)

An American Tradition



Serve this warm, hearty stew on a chilly day.

Bavarian Sausage Cabbage Stew

(Makes about 2 quarts)

- 1 (1-pound) link smoked sausage
- 2 medium all-purpose apples,

- or kielbasa, cut diagonally into 1/4-inch slices
- 1 cup chopped onion
- 1/4 cup unsifted flour
- 2 cups apple juice
- 2 cups water
- 4 teaspoons Wyler's® Beef-Flavor Instant Bouillon or 4 Beef-Flavor Bouillon Cubes
- 1 small head cabbage, coarsely shredded (about 6 cups)
- cored and cubed (about 3 cups)
- 4 medium carrots, pared and sliced (about 2 cups)
- 2 medium potatoes, cubed (about 2 cups)
- 1-1/2 teaspoons caraway seeds
- 1/2 teaspoon thyme leaves
- 1/4 teaspoon pepper

In Dutch oven or large kettle, brown sausage. Remove and set aside. Cook onion in drippings until tender; stir in flour. Add remaining ingredients except sausage; bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Add sausage; heat through. Refrigerate leftovers.

Under New Management Special on Chicken

2 pc. chicken, 2 pc. JoJos potato chips, small drink

\$1.99

Pepsi 6pk/12 oz.

\$1.99 plus DEP



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French Impressionist Paul Cezanne was such a slow worker that he was forced to use wax fruit in his still-life painting since real fruit would often rot before he was finished.

SAVE \$5.75

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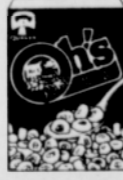
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