

FOOD & NUTRITION

COUPON COOKBOOK CORNER

Marion Joyce



New spring growth is everywhere. What a perfect time for soft, moist oatmeal cookies rich with oats, walnuts, and raisins! The CHEWY OATMEAL COOKIE recipe below was formulated specifically to produce cookies that bake up high with a soft texture when prepared with artificially-flavored Butter Flavor Crisco® Shortening.

Butter Flavor Crisco is designed specifically for baking. Many cookie recipes call for butter or margarine, but since these fats are designed primarily for use as spreads they must melt readily and completely in the mouth. When butter or margarine are used for cookie baking, flat cookies can result because the fat quickly melts and allows the cookie dough to spread soon after the baking sheet is placed in a hot oven. In contrast, Butter Flavor Crisco retains its consistency for a longer period of time in the oven, so it contributes structure to the dough until the cookies set up during baking. The result is cookies that bake up high.

Butter Flavor Crisco has a firm but smooth and creamy consistency. Since it is stored in your pantry rather than in your refrigerator, it is always easy to blend. And Crisco is all-vegetable shortening, with 50% less saturated fat than butter-Crisco and butter each have 12g total fat per tablespoon, but Crisco has 3g saturated fat while butter has 6g saturated fat.

The cookie monsters in your family will adore the texture of these oatmeal cookies. These soft special treats are sure to bring big smiles since they are chock full of oats, raisins, and walnuts. They'll get gobbled up quickly!

CHEWY OATMEAL COOKIES

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|--|--------------------------------|
| 3/4 cup Butter Flavor Crisco Shortening | 1 cup all-purpose flour |
| 1 1/4 cups firmly packed lt. brown sugar | 1/2 teaspoon baking soda |
| 1 egg | 1/2 teaspoon salt |
| 1/3 cup milk | 1/4 teaspoon cinnamon |
| 1 1/2 teaspoons vanilla | 1 cup raisins |
| 3 cups oats (quick or old fashioned, uncooked) | 1 cup coarsely chopped walnuts |

- Heat oven to 375°F. Grease baking sheet with Butter Flavor Crisco.
- Combine Butter Flavor Crisco, light brown sugar, egg, milk, and vanilla in large bowl. Beat at medium speed of electric mixer until well blended.
- Combine oats, flour, baking soda, salt, and cinnamon. Mix into creamed mixture at low speed just until blended. Stir in raisins and nuts.
- Drop rounded tablespoonfuls of dough 2 inches apart onto baking sheet.
- Bake at 375°F. for 10 to 12 minutes, or until lightly browned. Cool 2 minutes on baking sheet. Remove to foil. Makes about 2 1/2 Dozen Cookies.

For week of April 26, 1993

total nutrition

New labels will report "Daily Value"

If you have questions about the nutritional contributions of the foods you eat, the "Daily Values," a new feature of the nutrition labels on food packages, may help answer them, says Karen Wilder, registered dietitian and staff nutritionist for Total cereal.

The new food labeling regulations from the Food and Drug Administration and the United States Department of Agriculture call for Daily Values to show you how key nutrients in a serving of food contribute to a balanced diet. At the bottom of the new label, you will see Daily Values for specific nutrients: total fat, saturated fat, cholesterol, sodium, total carbohydrate and dietary fiber. All are based on 2,000- and 2,500-calorie diets. You should adjust the values to fit your calorie intake.

The upper part of the new label will list the Percent Daily Value (%DV) for these same nutrients as well as some other nutrients. These %DVs tell you what share of the recommended nutrient amounts that one serving of the food provides, explains Wilder. All of the %DVs are based on a 2,000-calorie diet.

Percent Daily Values have replaced percentage of U.S. Recommended Daily Allowances (RDA) for vitamin A, vitamin C, calcium and iron. As with the U.S. RDAs, the vitamins and minerals are shown as a percent of the daily requirement to aid you in evaluating the contribution of a particular food to your diet.

A Daily Value for protein has been set at 50 grams, or 10 percent of calorie intake for a 2,000-calorie diet. However, since most Americans get plenty of protein in their diets, the FDA considers the %DV for protein to be optional.

Daily Values and %DVs should help you select foods that contribute to a balanced and varied diet, concludes Wilder.

cooking

QUICK BREADS

the microwave way



(DM)—Microcooked breads and muffins are moist, light and ready to enjoy in a fraction of the usual baking time. Cheesy Double-Corn Bread is an excellent choice for microwave "baking" because of its appetizing yellow color and cheese topping. The hearty corn flavor makes this bread a delicious companion to beef or poultry main dishes. Whirlpool Corporation home economists suggest preparing the bread in advance. Cut and reheat individual wedges in the microwave oven when the rest of the meal is ready to serve.

CHEESY DOUBLE-CORN BREAD (8 servings)

- 1 cup all purpose flour
- 1/2 cup yellow cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup cream style corn
- 1/4 cup margarine or butter, melted
- 1/4 cup milk
- 1/4 cup shredded Co-Jack or American cheese, divided

- Stir together flour, cornmeal, sugar, baking powder and salt. Set aside.
- In medium-size bowl, beat egg slightly. Stir in corn, margarine and milk. Add flour mixture, stirring to combine. Stir in 1/2 cup of the cheese. Spread batter evenly in ungreased 8-inch round glass baking dish.

3. Microwave at MEDIUM (50%) for 6 minutes, rotating dish a half turn after 3 minutes. Then microwave at HIGH (100%) for 3 to 3 1/2 minutes longer or until wooden pick inserted in several places comes out dry. Sprinkle with remaining cheese. Let stand at least 10 minutes before cutting into wedges.

Whirlpool Micro-Tip

MELTING OR SOFTENING MARGARINE OR BUTTER: A low cook power (20%) is recommended for melting or softening margarine or butter. To melt 1/4 cup margarine, heat in a small microwavable bowl at LOW (20%) for 45 seconds. To soften, warm 1 stick of chilled margarine, uncovered, at LOW (20%) for 1 minute 15 seconds. Warm 2 minutes 45 seconds, if frozen.

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