

# FOOD & NUTRITION

The Portland Observer

## Christmas Cranberry Cheesecake

"God Rest Ye Merry Gentlemen" --and Ladies, too! This familiar carol bears no resemblance to the busy lifestyle we all experience during the holidays. After the holidays is the time we might expect to rest, but right now we're building on the time honored memories that we carry from our own childhood--baking, decorating, wrapping....

Homestyle cooks and nationally recognized chefs all agree that good food doesn't mean long hours in the kitchen or exotic ingredients. Good recipes, using quality ingredients, are the key along with the creativity that stamps each special dish with your own signature. So enjoy the shortcuts of convenience products and make your holiday a joyful experience for all.

Combine cranberries, sugar and orange juice in a medium heavy saucepan. Bring to boil over medium high heat, stir until sugar dissolves. Reduce heat and simmer until berries pop and mixture thickens, stirring frequently, about 10 minutes. Cool completely.

Mix cream cheese and sugar together (electric mixer or by hand), until well blended. Add eggs, 1 egg at a time, beating after each.

Pour cheese filling into pie crust. Spoon 1/2 cup of cranberry sauce over

### CHRISTMAS CRANBERRY CHEESECAKE

- 1 Keebler Butter-Flavored Ready Crust Pie Crust
- 1 1/2 Cups fresh or frozen cranberries
- 1/2 Cups sugar
- 5 Tablespoons orange juice (reserve 2 Tbls.)
- 1, 8 oz. package cream cheese, softened
- 1/3 Cup sugar
- 2 Large eggs



cheese filling. Use table knife and swirl to form a marble pattern. Place on cookie sheet in pre-heated oven at 325. Bake 25-30 minutes or until cheesecake is set.

Cool, then place in refrigerator.

Peel and section 1 large navel orange, cutting section in half. Stir along with 2 tablespoon of orange juice into remaining cranberries. Serve small spoonful of mixture on the plate next to the cheesecake.



503/281-8696

### TROPICANA RESTAURANT



Serving Breakfast, Lunch & Dinner  
Specializing in Barbeque  
Ribs & Beef

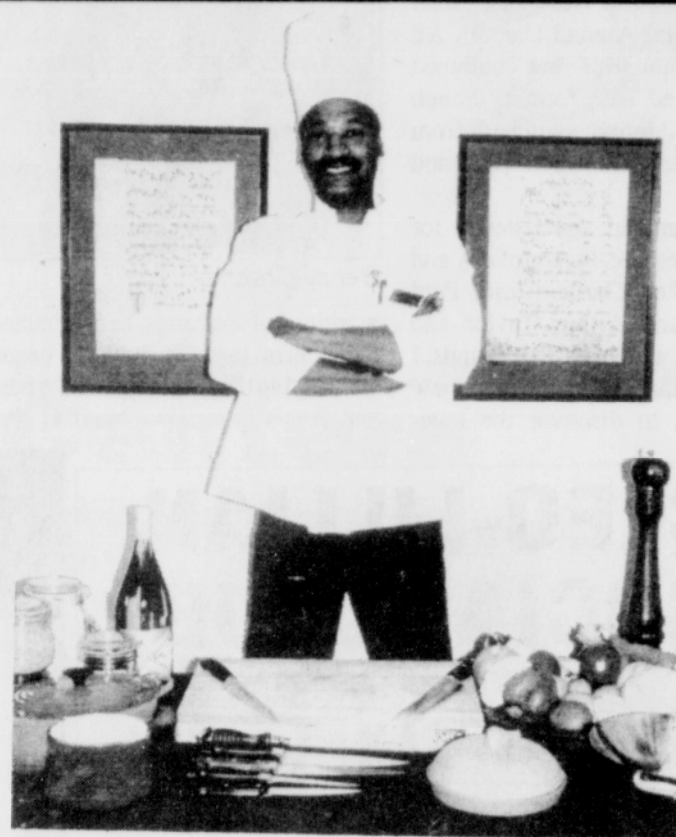
Tues.-Thurs.  
10:00 AM - 6:00 PM

Fri. & Sat.  
10:00 AM - 7:00 PM

3217 N. Williams Avenue

## Movable Feasts

Catering By Eugene



- Function Planning
- Intimate Dining
- Business Catering
- On-Site Service
- Special Events Service
- Cooking Classes
- On-Site/Off-Site Preparation

From the fields, streams and ocean of the Northwest come platters of abundance. Feasts for the senses—richly textured, temptingly presented, infused with innate *freshness* and *flavor*. Prepared personally by Eugene to ensure the success of your catered in-home or business function. While you relax with your guests or guide your meeting, Eugene caters to you.

1101 SW Washington, Ste. #336, Portland OR 97205  
Phone: 503 492 4814; Fax: 503 224 9207

### HEALTHIER HOLIDAY EATING & SNACKING

Americans are becoming increasingly aware of the importance of changing their diets to eat foods that are healthier. The focus of the nineties is to manage our intake of fat by eating foods low or free of fat. One of the best products on the market that does that is Borden's Fat Free Processed Cheese Product.

It is an extremely versatile product. You can substitute Borden Fat Free Processed Cheese Product when a recipe calls for any other processed cheese. It can also be used in the microwave oven. Borden Fat Free is lower in calories than regular cheese singles, since it has only 30 calories per slice, 0 grams of fat, and most importantly tastes better than the leading fat free brand.

It comes in a wide variety of flavors; American, Cheddar, and Swiss. It is an excellent tasting product used alone or in any of your favorite recipes.



### LIGHT 'N' CRUNCHY CHICKEN SALAD

(Makes 2 servings; 150 calories per serving)

- 1 cup cubed cooked chicken or turkey (white meat)
- 1/4 cup unpared diced apple
- 1 tablespoon chopped green bell pepper
- 1 tablespoon sliced celery
- 1 1/2 teaspoons finely chopped onion
- 2 tablespoons bottled fat free Italian salad dressing
- 3 slices Borden's Fat Free Processed Cheese Product, any flavor, cut into pieces
- Lettuce leaves
- Apple wedges, optional

In small bowl, combine chicken, apple, green pepper, celery, onion and dressing; mix well. Cover; chill to blend flavors. Just before serving, add Borden's Fat Free pieces. Serve on lettuce; garnish with apple if desired. Refrigerate leftovers.

Calories by product analyses and recipe calculation.

### TURKEY GUMBO SOUP

- 1/2 cup chopped green pepper
- 1/2 cup chopped onions
- 3/4 cup chopped celery
- 1 small can okra, drained (optional)
- 1 can (16 oz.) tomatoes
- 3 Tbsp. soft margarine
- 2 quarts water
- 1/2 Tbsp. parsley flakes
- 1/2 cup uncooked rice
- 3 Tbsp. L.B. Jamison's Chicken Flavored Soup Base
- 1 bay leaf
- Black pepper
- 1 cup diced cooked turkey

Directions:

Saute green pepper, onions and celery in soft margarine. Combine everything but the turkey, cover and bring to a boil. Add turkey. Simmer about 20 minutes or until rice is tender. Makes approximately 2 quarts. Recipe courtesy Holsum Foods.



## Dear Betty Crocker

Q. My husband has taken to baking cookies, but they always seem to be crumbly, yet greasy. What would help? Mrs. V.G., Sidney, OH

A. There are several things he can do that may help. Careful measuring is important to good cookies. Use nested-dry measuring cups for flour, sugar, raisins and nuts. When measuring flour, spoon flour into measuring cup and level with a straight-edged spatula. use a glass measuring cup for liquids and check measurement at eye level.

Q. Can I freeze pumpkin pie? K.J., Rolla, MO

A. Yes, standard pumpkin pie made with evaporated milk, pumpkin and eggs can be frozen either unbaked or baked. To freeze an unbaked pie, chill filling and pour into a cool, unbaked crust. Package in a moisture-vapor-proof wrap and label before freezing. Bake without thawing at 400 F. for 10 minutes, then lower temperature to 325 F. and bake about an hour or until knife inserted in center comes out clean.

**total nutrition**

Making the calcium connection

The average American woman over age 44 consumes about half the daily allowance of calcium that experts recommend for good health. For many older women, this lifelong calcium shortage can contribute to bone loss and the risk of osteoporosis, warns Karen Wilder, registered dietitian and staff nutritionist for Total cereal.

Osteoporosis, a condition that results in porous, fragile bones, can cause bone fractures, vertebrae damage and crippled joints. While bone mass cannot be replaced after it has been lost, many health experts believe that estrogen-replacement coupled with exercise and a diet rich in calcium may slow the process that weakens bones of post-menopausal women.

Because of the clear connection between osteoporosis and calcium, the National Institutes of Health Consensus Conference (1982) and the National Osteoporosis Foundation recommend that post-menopausal women consume 1,500 milligrams (mg) of calcium a day.

Vitamin D, which helps the body absorb calcium, also is an important defense against bone loss. Some health experts suggest that adults over age 50 consume 400 international units (IU) daily.

To make sure you get enough calcium and vitamin D each day, Wilder offers these tips: • Drink 2 to 3 servings of skim milk—it is one of the best sources of vitamin D and calcium.

## The Season's Best At Savings!

**SAFEWAY**

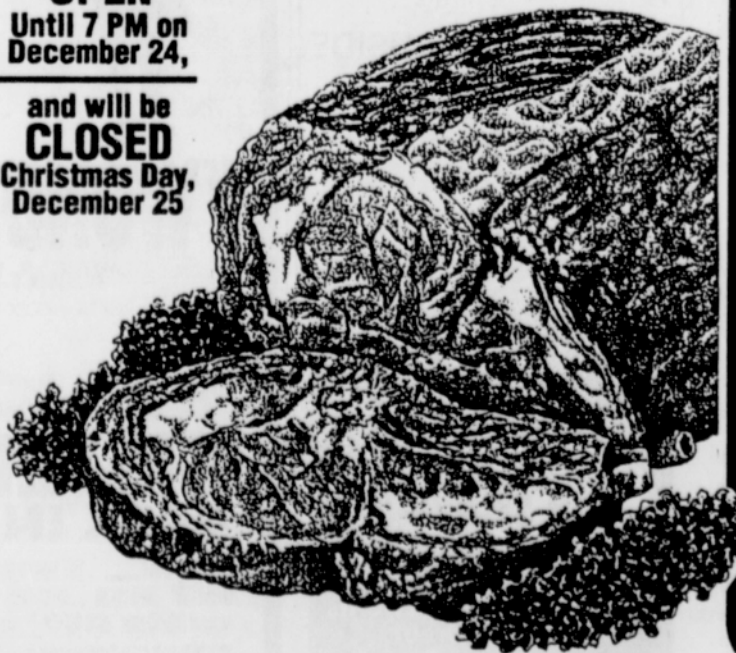


Safeway will be

**OPEN**

Until 7 PM on  
December 24,

and will be  
**CLOSED**  
Christmas Day,  
December 25



Prices effective December 22 through December 28, 1993 at Safeway.

### Tender Beef 'Prime' Rib Roast

- Bone-in rib eye roast
- 1/4 inch trimmed

- SAVE UP TO 1.51 lb.

**2.98** lb.

### SunKist Seedless Navel Oranges

- Large sweet, juicy oranges

**25¢** lb.

Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

**This Week**  
MAGAZINE

Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.