

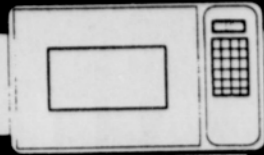
FOOD & NUTRITION

The Portland Observer

cooking

FAVORITE DISHES ALL YEAR LONG

the microwave way



1. In glass pie plate, microwave margarine until melted. Add pecans, stirring to coat. Microwave at HIGH (100%) for 3 minutes, stirring after every minute.
2. Sprinkle with sugar, salt and cinnamon. Stir. Microwave at HIGH for 1 minute. Use hot pads to remove from oven. Cool.

Nutrition Information (per serving)		
Sweet Potatoes	Topping	
Calories	199	95
Protein	2g	1g
Fat	8g	9g
Cholesterol	0	0
Carbohydrates	31g	4g
Sodium	318 mg	34 mg

Whirlpool Micro-Tip
STANDING TIME: Standing time, or holding time, is one of the most important of microwave cooking techniques, but it takes place after microwaving. By allowing foods to stand, you can make sure that they are fully cooked but not overcooked. A few minutes standing time for a casserole also allows the heat to be evenly distributed for a proper serving temperature throughout.

(DM)—Sweet potatoes deserve more than seasonal recognition as a delicious side dish. Easy-to-prepare Mallow-Whipped Sweet Potatoes combine complementary orange-sweet potato flavors with mini-marshmallows and a cinnamon-crisp pecan topping. According to Whirlpool Corporation home economists, it takes less than 15 minutes total preparation time to have this microwave recipe ready for dinner. Sweet potatoes are a good source of vitamin A and minerals, an added incentive to plug this recipe into the family meal plan anytime of the year.

MALLOW-WHIPPED SWEET POTATOES
(6 servings)

- 1 can (40 oz.) cut sweet potatoes, drained
- 1/4 cup orange juice
- 1/4 cup margarine melted
- 1/2 teaspoon salt
- 1 cup miniature marshmallows
- Sugared Pecans

1. In mixing bowl, mash drained potatoes. Add orange juice, melted margarine and salt. Beat until smooth. Stir in marshmallows. Spoon into 1 1/2-quart round, microwaveable casserole.
2. Microwave at HIGH (100%) for 8 minutes, or until thoroughly heated, rotating casserole a half turn once during cooking. Top with pecans.

SUGARED PECANS
(1/2 cup)

- 2 teaspoons margarine
- 1/2 cup pecan halves
- 2 teaspoons sugar
- Dash salt
- Dash ground cinnamon

Cold Weather Makes Rhododendron Leaves Droop

Cold weather often makes leaves on rhododendron shrubs curl and droop, but this is no cause for worry, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent.

"This is a normal reaction to cold weather for many rhododendron varieties," McNeilan says. "The leaves will return to normal once the weather warms up."

However, extreme cold temperatures may damage some landscape plants. Prune back broken limbs to get rid of stubs that could otherwise be a source of infection and insect problems. When pruning, cut back broken limbs so they are flush with the next main branch or trunk.

Plants are also killed by freezing and cracking of the bark and cambium cells around the base of the trunk. This often happens when severe weather comes before the plant has had a chance to go completely dormant and is caught with too much moisture in the trunk and limbs.

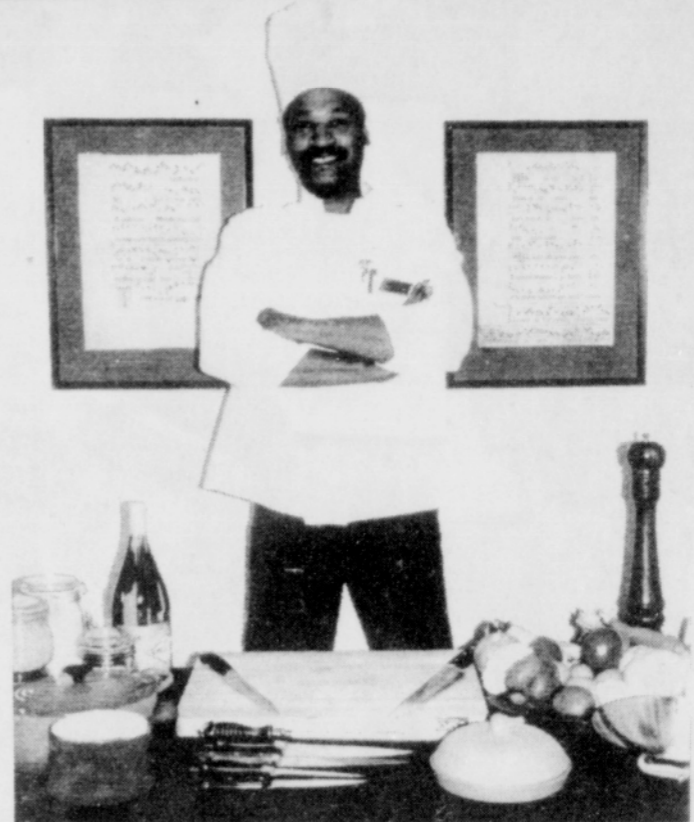
"Azaleas and the smaller types of rhododendrons are the most common victims," says McNeilan.

Protect them by mounding barkdust or sawdust around the lower trunk and limbs.

If the bark is split on one side only, cut away the loose bark until green, healthy tissue is reached. Then apply a wound dressing to prevent rot. If the bark is split all the way around the base of the plant, chances are it may not survive.

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EASY GLAZED HAM

Grandma's Molasses is the secret ingredient that creates an incredibly wonderful glaze for baked ham. Makes 8-10 servings.

- 1/2 cup GRANDMA'S MILD FLAVOR MOLASSES (unsulphured)
- 1 (6 oz.) can frozen orange juice concentrate, thawed
- 4-5-lb. cooked boneless ham

Heat oven to 325°F. In small bowl, combine molasses and orange juice; set aside. With sharp knife score top of ham in crisscross pattern. Place in shallow roasting pan. Bake at 325°F. for 1 1/2 hours or until fully heated. During last 30 minutes of baking, brush ham with glaze.

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