

FOOD & NUTRITION

The Portland Observer

Frozen Pecan Creams With Frangelico Sweet Potato Sauce



FRANGELICO SWEET POTATO SAUCE

- 2 cups Reddi-wip
- 1/2 cup Frangelico liqueur
- 1/2 cup sweet potato puree
- 1/2 teaspoon cinnamon
- 1/4 cup super fine sugar

Whisk together the Reddi-wip, Frangelico, sweet potato puree, cinnamon and sugar. Cover and refrigerate until serving time.

PECAN CREAMS

- 1 can Reddi-wip
- 3 1/2 cups ground pecans
- 1/2 cup chopped pecans
- 1 jar (10 ounces) caramel sauce

Fold 3-1/2 cups pecans into Reddi-wip. Line cookie sheet with wax paper. Using a tablespoon, make 24 mounds. Freeze about 6 hours or overnight. Dip frozen pecan creams into caramel and sprinkle ground pecans on top. Refreeze cream clusters.

Transform leftover sweet potatoes into Frozen Pecan Creams with Frangelico Sweet Potato Sauce, created by chef Jerry Hull of Christian's at the Tutwiler in Birmingham, Ala., for the Reddi-wip® "Top Chefs Top it Off!" recipe contest.

KIDS' STUFF

HEY KIDS... TAKE A BREAKFAST QUIZ

(DM)—Take this breakfast quiz and score points for a cool mind and body. For each right answer give yourself 5 points. Add up your points and see how you score!

- 1. WHEN SHOULD YOU EAT BREAKFAST?**
A) every day, even if you feel like you don't have time
B) only if you are really, really hungry
C) never, breakfast is only for grownups
- 2. WHY SHOULD YOU EAT BREAKFAST?**
A) So you can get carbohydrates, vitamins and minerals in the morning
B) So you can be late for school
C) So you can please your mom
- 3. THE BEST PLACE TO EAT BREAKFAST IS**
A) on the school bus
B) at home or in the school cafeteria before classes
C) during math or English class
- 4. WHICH BREAKFAST WILL GIVE YOU A SERVING FROM 3 DIFFERENT FOOD GROUPS?**
A) an orange, banana and a glass of apple juice
B) a bowl of fat-free Post® Honeycomb® Cereal, a glass of low-fat milk and a glass of orange juice
C) a glass of chocolate milk and toast with butter
- 5. BREAKFAST CEREALS THAT ARE GOOD FOR YOUR BODY**
A) never taste good
B) usually have a lot of fat and calories
C) are loaded with vitamins, minerals and carbohydrates

SCORE

(25) points **BREAKFAST SUPERSTAR.** WAY TO GO!!! You understand why you need a good breakfast. Keep up the good work by eating a nutritious breakfast, like Post Honeycomb cereal with milk, fruit or juice. These foods have carbohydrates, vitamins and minerals, all essential for good health.

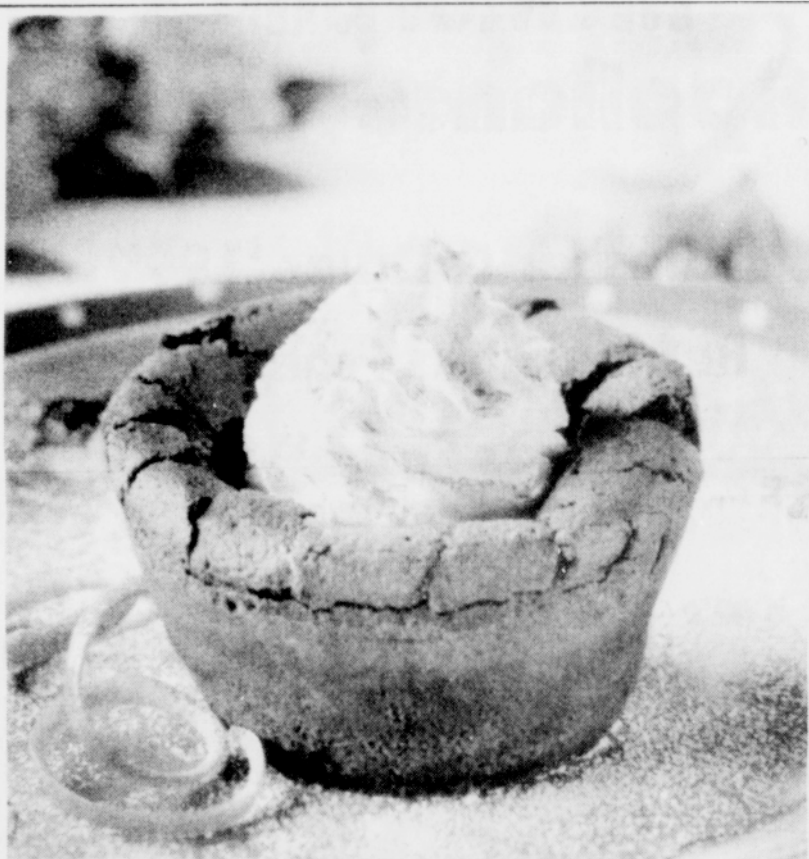
(20 or 15) points **BREAKFAST HOT SHOT.** Excellent! You are on the right track. You know breakfast can be the coolest meal of the day.

(10 points) **BREAKFAST BUDDY.** You get a silver star, but you can do more to give your body the vitamins, minerals and carbohydrates it needs. Make time for a good breakfast!

(5 or 0) points **BREAKFAST BUMMER.** Hold on! You need to do something about breakfast. Go for the cool carbs and vitamins and minerals found in cereals and fruits. Grab a bowl of Post Honeycomb cereal and milk, top it with bananas and you'll be on the right track.

ANSWERS: 1A, 2A, 3B, 4B, 5C

Hot Chocolate Cupcakes



HOT CHOCOLATE CUPCAKES

8 ounces semi-sweet chocolate, coarsely chopped
 1 stick (4 ounces) butter, cut into chunks
 4 eggs, separated
 3/4 cup sugar
 1 can Reddi-wip
 cocoa

Heat oven to 375

Melt chocolate and butter in small saucepan over low heat, stirring until smooth. Slowly blend into beaten egg yolks.

Beat egg whites until stiff, gradually adding sugar. Gently fold chocolate mixture into egg whites until thoroughly mixed. Divide mixture among 6 buttered and floured 3 1/2-inch jumbo muffin tins. Bake in preheated oven 20 minutes. Remove from oven; let cool 5 minutes. (Cakes will sink in center.) Gently loosen cakes from sides of pan. Invert gently onto a flat surface or baking sheet. Allow to cool 3 to 5 minutes. To serve, place upright on serving plate. Fill with Reddi-wip; dust lightly with cocoa. Makes 6 servings.

Try warming it up this winter with Hot Chocolate Cupcakes, a delicious and easy-to-prepare dessert created by Vincent Guerithault of Vincent Guerithault on Camelback in Phoenix, Ariz., for the Reddi-wip® "Top Chefs Top it Off!" recipe contest.

MEATLESS "MEAT" LOAF

1 cup lentils	1 4 oz. can mushrooms
4 cups chicken broth	1 8 oz. can tomato sauce
1 tbl. parsley flakes	2 egg whites
1/2 cup diced onion	3 Tbls. chili sauce
1/2 cup diced celery	1/2 tsp. each of garlic powder
1/4 cup chopped walnuts	paprika and sage
4 oz. bread crumbs	1/8 tsp black pepper

Preheat oven to 350°. Use non-fat cooking spray, grease a loaf pan. In a medium bowl, combine all the ingredients except the red onion, tomato sauce, and water. Place the mixture in the prepared pan. Arrange the sliced onion over the loaf. In a small bowl, mix the tomato sauce and water. Pour half the mixture over the veggie loaf and bake for 40 minutes. Let it sit for 10 minutes before serving. Remove the loaf from the pan. Heat the remaining half of the tomato sauce mixture and serve with the loaf.

Reddi-Wip Product Facts

- Original Reddi-wip contains real whipping cream
- Reddi-wip was introduced in the 1940s and has been an American classic for nearly 50 years
- Reddi-wip does not contain chloroflourocarbons
- Reddi-wip is available in a variety of flavors, including:
- The Original Reddi-wip Real Whipped Cream
- Reddi-wip Deluxe Real Whipped Heavy Cream
- Reddi-wip Lite Whipped Topping
- Reddi-wip Amaretto Whipped Cream
- Reddi-wip Chocolate Whipped Cream
- Reddi-wip Strawberry Whipped Cream
- Reddi-wip Non-dairy Topping
- Reddi-wip Non-dairy Topping
- Reddi-wip's unique design guarantees light-and-airy, fresh whipped

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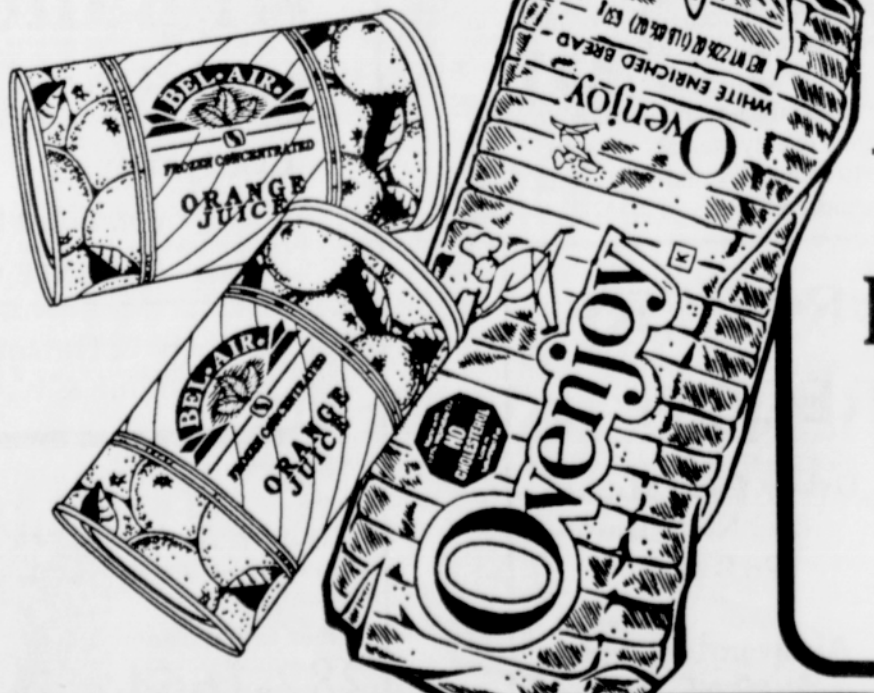
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