

Look, Mom,
No Calories...

...well, relatively few!

■ Keep the calorie count down and the flavor rating up with these dishes which will add variety to your low-calorie menus. A balanced diet is important, especially to weight-watchers. These recipes will create interest in low-calorie fare and help you on the road to a new trim figure. One caution: personal diet problems should always be discussed with your physician.

SUKIYAKI

249 cal./serving

Low-calorie version of a famed Japanese dish.

TO PREPARE: 25 MIN. TO COOK: 30 MIN.

- 1 lb. round steak
- 1 tablespoon butter or margarine
- 1 8-oz. can sliced mushrooms, drained
- 1 5-oz. can bamboo shoots, drained and thinly sliced
- 1 medium-size onion, thinly sliced
- 2 stalks celery, cut in 1-in. pieces
- 5 green onions, cut in 1/4-in. pieces
- 1 cup quick chicken broth (use 1 chicken bouillon cube to 1 cup hot water)
- 1/4 teaspoon non-caloric sweetening solution or 2 non-caloric sweetening tablets, crushed
- 1/4 cup soy sauce
- 1/2 teaspoon salt
- 1 lb. fresh spinach

1. Cut round steak into very thin strips about 2 in. long.
2. Heat butter in a large heavy skillet over low heat. Add meat and brown on all sides.
3. When meat strips are well browned, add vegetables, broth, sweetener, soy sauce, and salt to skillet. Cover, bring to boiling, and simmer about 20 min., or until vegetables are partially tender. Occasionally move and turn mixture with a spoon.
4. Cut spinach leaves into large shreds. Add to the meat-vegetable mixture, partially cover skillet and continue cooking, 5 to 10 min., or until spinach is just tender. Occasionally move and turn mixture with a spoon.

4 servings

Note: Cooked beef may be used in place of the round steak; add with spinach.

APPLESAUCE TEACAKES

60 cal./teacake

TO PREPARE: 25 MIN. TO BAKE: 15-20 MIN.

- 1 1/4 cups sifted cake flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 1/2 cup butter or margarine
- 2 teaspoons vanilla extract
- 1 egg
- 2 1/2 teaspoons granulated-sugar substitute
- 1 cup unsweetened applesauce*
- 1/2 cup dark seedless raisins
- 1/2 cup chopped walnuts

1. Line with small paper baking cups or lightly grease bottoms of 2 doz. 2 1/4x1-in. muffin-pan wells.
2. Sift first 8 ingredients together.
3. Cream butter and vanilla extract together until butter is softened.

4. Combine egg and sugar substitute; beat until mixture is thick and piled softly. Add beaten egg in thirds to creamed mixture, beating thoroughly after each addition. Mixing until blended after each addition, alternately add dry ingredients in fourths and applesauce in thirds to creamed mixture. Stir in the raisins and walnuts. Spoon into prepared muffin-pan wells, filling wells one-half to two-thirds full.

5. Bake at 375°F 15 to 20 min., or until a wooden pick inserted in center of cake comes out clean.

2 doz. teacakes

*For Applesauce—Wash, quarter, core, and pare 3 medium-size apples. Put into a saucepan with 3 tablespoons water. Cover and simmer 10 to 15 min., or until apples are tender; stir occasionally. Press through a sieve or food mill. Cool.



Dainty Applesauce Teacakes—tempting low-calorie sweets.

CHERRY DESSERT MOLD

66 cal./serving

TO PREPARE: 25 MIN. TO CHILL: 3-4 HRS.

- 1 1-lb. can dietetic-packed light, sweet cherries, drained (reserve liquid)
- 4 teaspoons low-calorie cherry-flavored gelatin
- 1/4 cup water
- 1/4 cup lemon juice
- 1 teaspoon non-caloric sweetening solution or 8 non-caloric sweetening tablets, crushed

1. Add enough water to the reserved cherry liquid to make 1 cup liquid. Heat until very hot.
2. Put gelatin into a bowl. Pour hot liquid over gelatin, stirring until gelatin is completely dissolved. Stir in the water, lemon juice, and sweetener.
3. Chill in refrigerator or over ice and water until gelatin mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.
4. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.
5. Cut the drained cherries into halves and remove the pits. When gelatin mixture is of desired consistency, blend in the cherries. Turn into prepared mold and chill until firm, 3 to 4 hrs.
6. Unmold onto chilled serving plate. Garnish with galax or grape leaves.

4 servings

Note: Other flavored gelatin such as raspberry, strawberry, or lemon may be substituted for the cherry-flavored gelatin.

CHICKEN MOLD

138 cal./serving

TO PREPARE: 25 MIN. TO CHILL: 2-3 HRS.

- 1/4 cup cold water
- 1 tablespoon (1 env.) unflavored gelatin
- 1 cup quick chicken broth (use 1 chicken bouillon cube to 1 cup hot water)
- 2 teaspoons lemon juice
- 1 teaspoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon celery salt
- 2 cups ground cooked chicken
- 1/2 cup Low-Calorie Salad Dressing
- 1/4 cup finely chopped celery
- 2 tablespoons minced parsley
- 2 tablespoons minced pimiento

1. Pour cold water into a small cup or custard cup. Sprinkle gelatin evenly over water. Let stand about 5 min. to soften.
2. Heat chicken broth until very hot. Immediately add softened gelatin, stirring until gelatin is completely dissolved. Blend in the lemon juice, onion, salt, and celery salt.
3. Chill in refrigerator or over ice and water until gelatin mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.
4. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.
5. When gelatin mixture is of desired consistency, blend in the chicken and remaining ingredients. Turn mixture into prepared mold. Chill until firm, 2 to 3 hrs.
6. Unmold onto chilled serving plate. Garnish with tomato wedges and parsley.

8 servings

LOW-CALORIE SALAD DRESSING

305 cal.; 19 cal./tablespoon

Much too good to be classed as a "substitute"!

TO PREPARE: 20 MIN.

- 2 eggs
- 1/2 cup reconstituted nonfat dry milk (use double amount of milk solids)
- 1 teaspoon Accent
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 2 drops Tabasco
- 1/4 cup cider vinegar

1. Beat eggs slightly in top of a double boiler. Blend in nonfat dry milk, Accent, paprika, mustard, and Tabasco. Place over simmering water. Add vinegar gradually, stirring constantly. Cook over simmering water and continue stirring until mixture thickens, about 10 min.

2. Remove from heat. Cool. Store salad dressing in tightly covered jar in refrigerator.

About 1 cup dressing

Note: For a less sharp dressing, decrease vinegar to 2 tablespoons and increase milk to 1/2 cup plus 2 tablespoons.