

443
9/62

Perfect Spaghetti Sauce

complete with
herbs · spices · cheese · tomato



*You add
only
water.*

*Glorious
Italian-style
sauce*

ANTIPASTO

(about 269 calories per serving)

- | | |
|---|--|
| 8 thin slices bologna or
8 tissue-thin slices
prosciutto ham,
trimmed of fat and
rolled | Marinated cucumbers
Parsley artichoke
hearts
1 carrot, scraped and
cut into julienne
strips
8 radishes
1 cup cauliflowerets
Curried French dip for
vegetables
Watercress
Tarragon beets |
|---|--|

Stuffed Eggs: (1) Cut 2 hard-cooked eggs in half lengthwise and remove yolks. (2) Sieve or mash yolks and mix with ¼ teaspoon seasoned salt, ⅛ teaspoon prepared horseradish, 1 teaspoon prepared mustard, ½ teaspoon Worcestershire sauce, dash paprika and 1 tablespoon skim milk. Mix well. (3) Fill whites with mixture, using a decorating tube if you like. (4) Sprinkle with paprika and chill.

Tuna Mayonnaise: (1) Drain and reserve liquid from 1 can (6½-oz.) dietetic-pack tuna. (2) Flake the tuna and add 3 tablespoons low-calorie whipped dressing, ¼ teaspoon seasoned pepper, 1 tablespoon chopped fresh tarragon (or 1½ teaspoons dried soaked in a little hot water), pinch salt and 1 tablespoon tuna liquid. Mix well. (3) Fill hot red peppers or pimiento cups with the mixture and chill.

Tarragon Beets: (1) Mix 1 cup canned baby beets with 1 tablespoon tarragon vinegar, 2 tablespoons orange juice and 1 tablespoon lemon juice. (2) Chill well.

Marinated Cucumbers: (1) Partially peel or score the skin of 1 medium cucumber. Slice thin. (2) Mix ¼ cup low-calorie Italian-style dressing, ¼ teaspoon dried dill weed, 1 small clove garlic, crushed, and 2 teaspoons red wine vinegar. (3) Add cucumbers. Mix well; chill, stirring occasionally.

Parsley Artichoke Hearts: (1) Mix 1 cup drained canned artichoke hearts with 1 tablespoon chopped parsley, ½ teaspoon bottled garlic juice, ½ teaspoon vinegar, salt and pepper to taste. (2) Chill well.

Curried French Dip for Vegetables: (1) Mix ¼ cup low-calorie French-style dressing with ⅛ teaspoon curry powder and ¼ teaspoon bottled onion juice. (2) Let stand 15 minutes for flavors to blend.

To assemble antipasto: arrange attractively on a platter. Makes 4 servings.

CLAM-AND-VEGETABLE CHOWDER

(about 94 calories per serving)

- | | |
|--|--|
| 2 (7 ½-oz.) cans
minced clams | 2 teaspoons chopped
parsley |
| 1 package (10-oz.)
frozen mixed
vegetables | Dash paprika
Dash cayenne |
| 1 cup skim milk | 4 scallions, sliced thin
(include green tops) |

(1) Empty contents of cans of minced clams into saucepan. (2) Add all remaining ingredients. Mix well. (3) Simmer over low heat until heated through and flavors are blended, about 10-15 minutes. (4) Serve with an extra dash of paprika over each serving. Makes 4 servings. Serve with crisp crackers, if you like.

SAVORY CHICKEN LIVERS

(about 161 calories per serving,
224 with toast)

- | | |
|------------------------------------|---------------------------|
| 1 pound chicken livers | ¼ teaspoon dry
mustard |
| 5 teaspoons butter or
margarine | ½-¾ teaspoon salt |
| ½ teaspoon summer
savory | ½ teaspoon pepper |
| ⅛ teaspoon garlic salt | Dash paprika |
| | 5 slices bread, toasted |

(1) Wash and trim chicken livers. Cut each liver into 2-3 pieces. (2) Heat butter or mar-

UTY

MBAY

g, 243 with rice)

spoon paprika

spoon salt

fat-free chicken

h

en pepper,

ed and slivered

pepper, seeded

slivered

ps hot cooked

(optional)

d of all fat. (2)

eat, a few pieces

sides. (3) Push

and sauté until

gs and stir for a

d chicken broth

until veal is al-

red peppers and

is tender; pep-

o thicken liquid

for a 5- min-

½ cup

c if