

77D

## America's Favorite Foods

continued

- 2 teaspoons double-acting baking powder
- ½ teaspoon salt
- ½ cup milk
- 1 egg, beaten
- 5 tablespoons melted butter or margarine
- 1 cup blueberries, rinsed and well drained\*

Preheat oven to 425°F. Grease ten 2½-inch muffin pan cups; set aside.

In large bowl, combine all dry ingredients. In small bowl, combine milk, egg and melted butter or margarine. Add milk mixture, all at once, to dry ingredients. Mix just until moistened (the mixture will be lumpy). Fold in blueberries. Spoon mixture into muffin cups, filling each about ¾ full. (Fill any unfilled muffin cups with some water for even baking.) Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Makes 10 muffins. About 190 calories each.

\*If using frozen or canned blueberries, drain well on paper towels. Fold gently into batter.

### BRAN MUFFINS pictured on page 95

- ¾ cup whole bran cereal
- ¼ cup wheat germ
- 1 cup milk
- 1 egg, beaten
- ¼ cup butter or margarine, melted
- 1½ cups unsifted all-purpose flour
- ½ cup sugar
- 3½ teaspoons double-acting baking powder
- ½ teaspoon salt

Preheat oven to 400°F. Grease twelve 2½-inch muffin pan cups; set aside.

In small bowl, combine cereal and wheat germ, pour on milk and stir until well combined. Let stand 2 to 3 minutes.

To cereal mixture add egg and melted butter or margarine and stir until well mixed. In large bowl, combine remaining ingredients. Add bran mixture all at once and stir just until flour is moistened. Spoon into muffin pan cups, filling each ¾ full. Bake for 20 to 25 minutes until toothpick inserted into center comes out clean. Makes 1 dozen. About 170 calories each.

### CORN MUFFINS pictured on page 95

- 1 cup yellow cornmeal
- 1 cup unsifted all-purpose flour
- ½ cup sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1¼ cups buttermilk
- ¼ cup salad oil
- 1 egg, beaten

Preheat oven to 425°F. Grease twelve 2½-inch muffin pan cups; set aside.

In large bowl, combine cornmeal, flour, sugar, baking powder, salt and soda. Make a well in the (continued)

## You can take this ground beef and make a good dinner for two.



## For a great fiesta dinner for six.

### Meat Balls Español

- 1 pound lean ground beef
- 1 cup soft bread crumbs
- ¼ cup each finely chopped onion and celery
- 1½ teaspoons Worcestershire sauce
- 1 egg
- 1 tablespoon garlic salt
- ¼ teaspoon pepper
- 1 can (16 ounces) stewed tomatoes
- 12 ounces zucchini, thinly sliced (about 2½ cups)
- ½ teaspoon each crushed oregano, basil and sugar
- 1 tablespoon cornstarch
- 1 cup beef broth (canned or made with bouillon cube)
- 3 cups hot cooked rice

Combine beef, bread crumbs, onion, celery, Worcestershire sauce, egg, 1½ teaspoons garlic salt, and pepper; mix thoroughly. Form into

12 meat balls. Place in a greased shallow baking pan. Bake at 375° for 20 minutes. Meanwhile, combine tomatoes and zucchini with remaining seasonings and simmer 5 minutes. Blend cornstarch and broth; stir into tomato mixture. Pour over meat balls; continue baking 10 minutes longer. Serve over beds of fluffy rice. Makes 6 servings.

For other menu stretching recipes, write to:  
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## RICE.

## A great eating idea whose time has come.