

"HAVING CHICKEN TODAY? HAVE IT WITH OCEAN SPRAY!"

Ocean Spray Cranberry Sauce tastes just as good with everyday chicken dishes as it does with the Holiday Turkey.

So whether you're frying or broiling chicken parts, roasting a whole bird, or making your own special recipe—remember to serve Ocean Spray Cranberry Sauce on the side.

**DON'T WAIT FOR A HOLIDAY
TO HAVE CRANBERRY SAUCE.**



COTTAGE CHEESE DELIGHTS

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For batter: In a blender container, combine all ingredients. Cover and blend until well mixed and smooth. (Or, in medium bowl with wire whisk, beat milk, water and eggs; add dry ingredients and stir ingredients until smooth.) Batter should rest for 2 hours or refrigerate overnight before using.

For filling: In medium bowl, combine all ingredients until well blended. Cover and chill at least 1 hour. Makes about 4 cups.

In 8-inch crepe or omelet pan, melt

about ½ teaspoon butter or margarine. Pour about 2 tablespoons batter into pan. Tilt and rotate pan quickly to spread batter evenly. Cook over high heat until underside is lightly browned and top is set. Gently transfer each blintz onto plate; continue making and stacking blintzes, brown sides up, using all batter. (The butter in the batter helps prevent sticking.)

To fill, place about 3 tablespoons filling on lower half of the browned side of each blintz. Bring lower edge of blintz over filling. Fold two opposite sides to center. Carefully roll from bottom to enclose filling.

In large skillet, melt 2 tablespoons butter. Place 4 cheese blintzes, seam side down; sauté until golden, on both sides.

Keep warm. Continue frying remaining blintzes, adding more butter as needed. Serve hot, topped with sour cream or preserves. Makes 18 cheese blintzes. About 180 calories each.

HERB DIP picture on page 98

Dip vegetables into this low-caloric creation and carefully, without increasing girth, munch your way through the cocktail hour.

1 cup (8 oz.) large-curd cottage cheese
½ cup sour cream
2 tablespoons chopped chives
1 tablespoon chopped parsley
1 garlic clove, crushed
½ teaspoon salt
¼ teaspoon Worcestershire sauce
¼ teaspoon bottled red pepper sauce
Choice of raw vegetables

Combine all ingredients except vegetables in a small bowl. Cover and refrigerate at least 2 hours to let the flavors blend. *May be prepared in advance. Cover and refrigerate up to 3 days.* Serve with raw vegetables, potato chips or crackers. Makes about 1½ cups. About 20 calories per tablespoon.

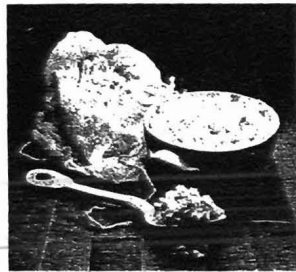
GREEN NOODLE CASSEROLE pictured on page 98

A prime candidate for your favorite casserole file. Wonderful side dish without the meat.

1½ pounds ground beef
1 tablespoon butter or margarine
2 cups chopped onions
2 garlic cloves, crushed
1 package (8 oz.) green (spinach) noodles, cooked and drained
3 cups large-curd cottage cheese
2 cups sour cream
2 tablespoons Worcestershire sauce
4 teaspoons prepared horseradish
1 tablespoon salt
¼ teaspoon pepper
½ cup grated Parmesan cheese

Preheat oven to 350°F. Grease 3-quart casserole; set aside. In large skillet, brown beef, stirring occasionally. Remove with slotted spoon to bowl. Pour off fat and wipe out skillet. In same skillet, melt butter or margarine. Add onions and garlic and sauté until tender. In large bowl, toss noodles and remain-

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Homemade Cottage Cheese.

A marshmallow a day makes your blue eyes bluer.



Kraft marshmallows are special. They toast up creamy on the inside, crunchy on the outside. They're the ones most people like best.

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