



"Even when I'm
counting calories..."

Taste is everything.

**HALF THE OIL.
HALF THE CALORIES.**

KRAFT Buttermilk Creamy Reduced Calorie Dressing has fresh sour cream. And fresh buttermilk. Just like KRAFT regular buttermilk dressing. But half the oil and half the calories. Only thirty in a tablespoon. What more could you ask for—besides seconds!



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YOU DON'T HAVE TO DIET TO LIKE IT.

POTATOES

continued

to make sure potatoes are not sticking to bottom. Place 4 pieces (1 tablespoon each) butter around edge. After butter melts and edge browns, place skillet in oven 20 minutes or until entire top starts to turn brown. Flip out onto plate or cookie sheet. Sprinkle with $\frac{1}{8}$ teaspoon salt and remaining pepper. Slide back into skillet. Bake 20 minutes longer. Cut into wedges to serve. Makes 6 servings, about 230 calories each.



POTATO BREAD

pictured on page 114

The baker's solution to what to do with leftover mashed potatoes. Great toasted.

- 2 medium all-purpose potatoes
- 1 $\frac{1}{2}$ cups water
- 2 tablespoons sugar, divided
- 2 packages active dry yeast
- 4 tablespoons butter or margarine, divided
- 1 $\frac{1}{2}$ cups warm milk (105°-115°F.)
- 1 tablespoon salt
- 6 $\frac{1}{2}$ to 7 $\frac{1}{2}$ cups all-purpose flour

Peel and dice potatoes. In medium saucepan over high heat bring potatoes and water to a boil; cover and cook 15 minutes. Drain potatoes; reserve liquid. If necessary, add hot tap water to potato liquid to make $\frac{1}{2}$ cup. Stir in 1 teaspoon sugar. Cool to warm (105°-115°F.). Sprinkle in yeast; let stand 5 minutes.

Mash potatoes with mixer in large bowl. Add 2 tablespoons butter, warm milk, salt and remaining sugar; mix until butter is melted. Add yeast mixture and 3 cups flour. Stir until well blended. Stir in enough additional flour to make a stiff dough, about 2 more cups. Turn out onto a lightly floured surface, kneading in more flour as necessary (about 1 cup). Knead until smooth and elastic, about 8 to 10 minutes. Place dough in bowl greased with remaining butter, turning to grease top. Cover; let rise in a warm place until doubled, about one hour.

Punch dough down. Turn out onto a lightly floured surface. Knead in $\frac{1}{2}$ to 1 cup flour until dough is smooth and elastic. Divide in half and shape. Place in 2 greased round 1 $\frac{1}{2}$ -quart oven-proof casseroles or 9x5-inch loaf pans. Cover; let rise in warm, draft-free place until doubled, about 50 minutes.

Sprinkle loaves with flour. Bake in preheated 350°F. oven 45 to 55 minutes until golden brown. Remove from pans; cool on wire racks. Makes 2 loaves, 100 calories per $\frac{1}{2}$ -inch slice. (continued)