



PROMISE. IT'S AT THE HEART OF EATING RIGHT.

Recent medical evidence has shown that your family's risk of heart disease can be reduced by lowering their serum cholesterol levels. And because both cholesterol and saturated fat can raise those levels, you should try to include foods that are low in both in your family's diet.

Like Promise® Spread. Made with sunflower oil, it's lower in saturated fat than any margarine and has absolutely no cholesterol.

Try Promise. It's so delicious, your whole family might just have a change of heart about eating right.

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GET HEART SMART.™

Preheat oven to 425°F. Grease 9-inch quiche dish or pie plate with 1 tablespoon oil. Peel potatoes; shred, rinse and squeeze dry in kitchen towel. Place potatoes in dish, sprinkle with half the salt and pepper and toss to blend. Spread in thin layer over bottom of dish. Bake 25 minutes, until lightly browned. Reduce heat to 375°F.

Heat remaining 1 tablespoon oil in large skillet over medium heat. Add carrots, onion and garlic; cook, stirring frequently, until softened, about 3 minutes. Whisk eggs, cottage cheese, milk, Gruyère, parsley and remaining salt and pepper in mixing bowl. Stir in carrot mixture. Pour over potato crust and sprinkle with Parmesan. Bake 30 minutes, until puffed and lightly browned. Serve hot. Makes 4 servings.

Nutrition info per serving: 355 calories, 20 gm protein, 21 gm fat, 23 gm carbohydrates, 827 mg sodium, 238 mg cholesterol.



SEATTLE SALMON CAKES WITH KALE

Both canned salmon and kale are loaded with calcium, and salmon has the cholesterol-lowering bonus of omega-3 fatty acid as well. Use it bones and all.

Prep time: 30 minutes

Cooking time: 40 minutes

- 2 cans (7½ oz. each) salmon, drained well
- 2 tablespoons butter or margarine, divided
- ½ cup finely chopped onion
- ½ cup finely chopped celery
- 1 large egg, lightly beaten
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1½ to 2 teaspoons dry mustard
- 1 to 1½ teaspoons dillweed
- Salt and freshly ground pepper
- ½ cup fresh whole wheat bread crumbs
- ¼ cup finely chopped fresh parsley
- 3 tablespoons all-purpose flour
- 2 pounds fresh kale, trimmed

Preheat oven to 375°F. Coat cookie sheet with vegetable cooking spray. Flake salmon in large pieces into mixing bowl; discard skin but keep bones.

Heat 1 tablespoon butter in medium skillet over medium heat. Add onion and celery; cook, stirring, until softened, 5 minutes. Cool slightly.

Whisk egg, mayonnaise, lemon juice, mustard, dillweed, and salt and pepper to taste in small bowl. Add to salmon with onion mixture, bread crumbs and parsley. Toss to combine; do not overmix. Refrigerate 1 hour.

Place flour on piece of wax paper. Lightly flour hands and shape salmon mixture into 8 patties (continued)

WHAT YOU EAT

continued

- Easy ● Challenging
● Moderate (M) Microwave



THREE-CHEESE AND CARROT TART

This rich-tasting tart is high in beta-carotene and calcium and surpris-

ingly low in fat. Cottage cheese adds creaminess without the fat.

Prep time: 35 minutes

Baking time: 30 minutes

- 2 tablespoons olive oil, divided
- 12 ounces all-purpose potatoes
- ¼ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 2 cups shredded carrots
- 1 medium onion, chopped
- 1 teaspoon minced garlic
- 3 large eggs, lightly beaten
- 1 cup cream-style cottage cheese
- ¼ cup milk
- ½ cup shredded Gruyère cheese
- 2 tablespoons chopped fresh parsley
- 2 tablespoons freshly grated Parmesan cheese