

BETTY CROCKER

continued from page 127

STIR-FRIED CHICKEN

pictured on page 124

You can give this mild Cantonese dish some Szechuan fire with the addition of 4 green onions, julienned, and ¼ teaspoon crushed red pepper.

- 2 whole chicken breasts (about 2 lbs.), skinned and boned
- 1 egg white
- 2 tablespoons plus 1 teaspoon cornstarch
- 1 teaspoon salt
- 1 teaspoon soy sauce

- Dash white pepper
- 2 tablespoons cold water
- 5 tablespoons salad oil, divided
- 4 ounces snow peas, trimmed
- 2 garlic cloves, chopped fine
- 1 teaspoon finely chopped fresh ginger
- 1 pound mushrooms, sliced (see note)
- ½ cup chicken broth
- 1 tablespoon oyster sauce
- Hot cooked rice

Cut chicken into ¼-inch slices. In medium bowl stir egg white, 1 teaspoon cornstarch, salt, soy sauce and white pepper until blended. Stir in chicken.

Cover and refrigerate 30 minutes. In small bowl mix remaining cornstarch with the water until smooth; set aside.

Heat wok or large skillet until very hot. Add 1 tablespoon oil; rotate to coat sides. Add snow peas and stir-fry 1 minute. Remove with a slotted spoon. Add 2 tablespoons oil to wok; rotate to coat sides. Add chicken, garlic and ginger; stir-fry until chicken loses its pink color. Remove with a slotted spoon. Add 2 tablespoons oil to wok. Add mushrooms and stir-fry 1 minute. Stir in broth and return chicken to wok; heat to boiling. Stir in cornstarch mixture; cook, stirring, until thickened, about 10 seconds. Add oyster sauce and return snow peas to wok, cook, stirring, 30 seconds. Serve immediately. Makes 6 servings, 245 calories each without rice. (Note: We found 1 pound of mushrooms to be sufficient

Lighten up with Sara Lee and Dole.

Scoop up some Dole Fruit Sorbet, a refreshing all-natural blend of real fruit and pure juice, over a moist slice of Sara Lee Original Pound Cake.

Together, a two-ounce scoop of sorbet and a one-ounce slice of pound cake have just 185 calories.

So, go ahead. Enjoy the lighter side of snacking this summer.


COLD POACHED SALMON

pictured on page 125

For a richer, creamier sauce, decrease cottage cheese to 1 cup and add ½ cup sour cream. (But add 30 calories per serving if you do so!)

- 2 cups water
- 1 cup dry white wine
- 1 teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon tarragon
- 5 peppercorns
- 4 parsley sprigs
- 1 small onion, sliced
- 1 celery rib with leaves, chopped
- 1 bay leaf
- 4 salmon steaks (2 lbs.), 1 inch thick

Thin lemon slices, for garnish

Green Sauce

- 1 cup parsley sprigs
- 1½ cups creamed cottage cheese
- 1 tablespoon lemon juice
- 1 tablespoon milk
- ½ teaspoon basil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 to 6 drops red pepper sauce

In large skillet bring water, wine, salt, thyme, tarragon, peppercorns, parsley, onion, celery and bay leaf to a boil. Reduce heat; cover and simmer 5 minutes. Add salmon steaks with additional water to cover, if necessary. Bring to a boil; reduce heat and simmer uncovered until fish is opaque throughout, about 12 to 15 minutes.

With a slotted spatula carefully transfer fish to a wire rack to drain. Carefully remove skin. Cover and refrigerate at least 4 hours. Garnish with lemon slices and serve with Green Sauce. Makes 4 (continued)