

HEARTY MEALS RECIPES

CHICKEN CACCIATORE

2½ lbs. chicken thighs
¼ cup seasoned flour (salt and pepper added to flour)
¼ cup olive oil
8 small white onions (remove skins and leave whole)
1 medium green pepper (cut in strips)
1 4½ oz. can mushrooms whole or pieces (drained)
1 small clove of garlic (minced)
1 10 oz. can of tomato soup (condensed)
1 Oxo chicken cube
1 cup boiling water
2 tbsp. vinegar (cider vinegar)
1 tsp. Worcestershire Sauce
½ tsp. thyme

Method: Dust chicken with the seasoned flour, brown chicken in olive oil; remove from frying pan and place aside. Put onions, green pepper, mushrooms and garlic into fry pan and brown lightly. Dissolve chicken cube in boiling water, add soup to this, also vinegar, Worcestershire Sauce and thyme; stir in sauteed vegetables. Now add chicken, cover pan and simmer for about 1½ to 2½ hours. Stirring often to prevent sticking. Serve with rice and a tossed salad.

Phyllis Caughey,
Georgetown

BROILED OR BARBECUED BEEFBURGERS WITH RED-WINE MUSHROOM SAUCE

(Serves 2, 340 calories per serving)
¾ pound (12 ounces) lean ground beef
¾ tsp. seasoned salt
¼ tsp. coarse black pepper
¼ cup red table wine
Combine ingredients lightly with a

fork. Shape into 2 equal-sized patties, or 4 smaller ones. Broil, pan-broil in an ungreased Teflon skillet, or grill on the barbecue until done as you like them. Serve immediately with the following sauce:

RED-WINE

MUSHROOM SAUCE
½ cup water
1/3 cup red table wine
1 tsp. instant-blending flour
¾ tsp. beef stock base
1½ tsp. diet margarine
1 tsp. chopped chives or green onions
1 can sliced mushrooms
bit of chopped or pressed garlic
1 tsp. soy sauce
½ tsp. Worcestershire Sauce
dash of thyme
seasoned salt and pepper to taste

In a small saucepan, combine water, wine, flour, beef stock base and margarine. Stir over medium heat until mixture comes to a boil, turn heat low and simmer very gently for 4-5 minutes, stirring frequently. Add remaining ingredients, serve piping hot. Serve this with mashed potatoes.

Barbara Trleck,
Hornby

SPINACH-STUFFED FLANK STEAK

2 1-pound beef flank steaks
1 beaten egg
1 10-ounce package frozen chopped spinach, cooked and drained
½ cup shredded sharp American cheese (2 ounces)
½ tsp. ground sage
¼ tsp. salt
dash pepper

¾ cup soft bread crumbs
2 tbsp. cooking oil
1 8-ounce can tomato sauce
½ cup dry red wine
½ cup chopped onion
1 clove garlic, minced
2 tsp. all-purpose flour

Pound each steak with meat mallet to ¼-inch thickness; set aside. Combine egg, spinach, cheese, sage, salt and pepper; stir in soft bread crumbs. Spread spinach filling over steaks. Starting from narrow side, roll up each steak as for jelly roll; tie with string. In a large skillet, brown steak rolls on all sides in hot oil; transfer rolls to a 10x6x2-inch baking dish. Combine tomato sauce, wine, onion, and garlic; pour over meat. Cover with foil; bake at 350 F till tender, about 1½ hours. Transfer meat to serving platter; keep warm. Pour pan juices into measuring cup; add water to equal 1½ cups. Pour juice mixture into a 1-quart saucepan. Combine ¼ cup cold water and flour; stir into pan juices. Cook and stir over medium heat until thickened and bubbly. To serve, remove string from meat rolls; slice meat rolls. Pass sauce. Makes 8 servings.

Dianne Taylor,
Norval

¼ cup brown sugar
¼ cup vinegar
1 tsp. Worcestershire Sauce
1 large chopped onion (about 1 cup)
Simmer on stove about 45 minutes.
Add 3 carrots chopped and sim-

mer until carrots are cooked (approx. 40 min.)
Serve with rice.

Mrs. Kelly Clark,
Acton



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DIET RECIPES

CHOCOLATE RUM CAKE

4 apples chopped
8 eggs, well beaten
1 cup chocolate protein powder
¼ cup non-fat dry milk
2 tsp. soda
½ tsp. salt
1 cup bran
1 tsp. each of rum, butter and almond flavouring
2 tsp. sweetener
Mix apples with eggs. Combine dry ingredients, and fold into egg mixture. Add flavourings and sweetener. Pour into a 9x13 inch pan, sprayed with Pam. Bake 40-50 minutes at 375 F. Makes 8 servings. Each equals 1 oz. protein, ½ fruit, and bran for the day.

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BAKED APPLE

1 Rome apple, cut in half and cored
1 can black cherry, strawberry or cream soda diet pop
dash no-calorie sweetener,
dash cinnamon
Place apple in baking dish skin-side down. Pour soda over apple. Sprinkle with sweetener and cinnamon. Bake in preheated 350 F oven for 25-30 minutes (microwave alternative: 2¼ min. baking time). Yield - 1 serving.

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APPLE SPICE MUFFINS

2/3 cup skim milk powder
2/3 cup sugarfree applesauce plus 2 tsp.
1 cup natural unprocessed bran
2 eggs
sweetener
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. baking soda
¼ tsp. nutmeg
Mix all ingredients together. Spray muffin tins with Pam and fill ¾ full. Bake at 350 F for 15-20 minutes. Yield: 8 muffins.

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