

# Outlook on Lifestyle

## Cheese tarts perk up party time

By Aileen Claire  
NEA Food Editor

As the steamy days of late summer continue, appetites need a boost. Small cheese tarts, which are easy to prepare, come to the rescue for a simple party or get-together. Serve with relishes and fresh lemonade or iced tea.

### PARTY CHEESE TARTS

- 2 packages (12) graham-cracker ready-crust tarts
- 1 egg yolk
- 1 tablespoon melted butter
- 1/2 small onion
- 1 green onion or small leek, finely chopped
- 3 eggs
- 1 cup milk
- 1 cup Cheddar cheese, grated
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 to 3 drops Tabasco pepper sauce

Brush bottoms and sides of tarts with egg yolk. Bake at 350 degrees for 3 minutes. Remove from oven.

Gently cook onion and green onion in melted butter until soft, but not brown. Beat the eggs and blend in milk, cheese, onions, salt, pepper and pepper sauce. Pour into tarts. Bake at 350 degrees for 18 to 20 minutes, or until set. This kitchen-tested recipe makes 12 tarts.

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CHEESE tarts with onion appeal to summer appetites.

### STATFACTS

1986 Census Data counts, Toronto, Montreal According to the final and Vancouver are the 1986 Census of Population largest centres in Canada.

## Health Tips

### PROTEIN

1. Protein is necessary to help control the proper rate of metabolism.
2. Protein renews and rebuilds tissues and cells.
3. Fish is high in protein and low in calories.
4. USRDA requirements for protein: 45 g. for women, 55g. for men.
5. Eat protein with 8 essential amino acids.
6. An extremely high-protein, low-carbohydrate diet is a fad diet and can be dangerous to your health.

## Rush Hour Favourites

"Beef — Rush Hour Favourites" is a new pamphlet with quick recipes designed to help you get dinner on the table in record time. All the recipes have a combined preparation and cooking time of 20 minutes or less.

For your copy of "Beef — Rush Hour Favourites", write to the Beef Information Centre, 590 Keele St., TORONTO (Ontario) M6N 3E3.

### ORIENT EXPRESS

- 1/2 cup (50 mL) soy sauce
- 1/4 cup (50 mL) rice wine or sherry
- 1 tsp (5 mL) sugar
- 2 cups (500 mL) rare roast beef strips
- 2 tbsp (25 mL) oil
- 2 medium carrots, thinly sliced on the diagonal
- 1 onion, sliced
- 1 cup (250 mL) sliced mushrooms
- 1 tbsp (15 mL) cornstarch
- 2 tbsp (25 mL) water (or beef stock)
- 1 cup (250 mL) snow peas
- 1 cup (250 mL) bean sprouts
- 1/2 cup (125 mL) water chestnuts, sliced
- Combine soy sauce, wine or sherry and sugar; pour over beef. Set aside.
- Heat oil in wok. Stir fry carrots, onion and mushrooms for 2 minutes.
- Mix cornstarch with water; stir into beef mixture. Add beef mixture, snow peas, bean

sprouts and water chestnuts to wok. Stir fry about 2 minutes or until sauce thickens. Serve immediately over rice. Makes 4 servings.

### ITALIAN STYLE ROUND STEAK AND NOODLES

- 1 1/2 lbs (750 g) lean boneless round steak
  - 1/2 cup (125 mL) dry white wine
  - 1/8-1/4 tsp. (0.5-1 mL) pepper
  - 7 1/2 oz. (213 mL) can tomato sauce
  - 1/2 cup (50 mL) chopped onion
  - 1/8 tsp. (.5 mL) garlic powder
- Pound steak. Place in shallow dish. Combine wine and pepper; pour over meat. Cover. Marinate in refrigerator overnight. Drain the meat, reserving marinade. Broil steak approx.

5 min. per side for medium-rare. Meanwhile, in saucepan, combine reserved marinade, tomato sauce, onion and garlic. Bring to a boil, reduce heat and simmer, uncovered, for 5 min. When steak is cooked to desired doneness, thinly slice across the grain. Arrange on a warm platter. Serve with sauce and green spinach noodles. Makes 6 servings.

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