

Culinary Outlook

COOK'S CORNER

Current healthy eating trends have dealt a blow to those delicious sweet snacks and desserts we all enjoy. It seems ordinary desserts just have too much fat and sugar or too many calories with few, if any, redeeming "healthy" qualities.

Here's some good news to assuage your sweet tooth.

Sweets, such as the ideas shown in the recipes below, can provide the necessary enticement to increase the amount of fibre in your diet.

Health and Welfare Canada says that adults should at least double their intake of fibre-rich foods of various kinds. Yet, surveys show that despite a wide variety of fibre-rich foods, many Canadians are not eating enough.

One food manufacturer recently answered the fibre challenge by creating a new line of cookies and biscuits with added fibre. New Country Fibre cookies and crackers each provide 2.5 mg of fibre per serving with no sacrifice of the taste consumers have come to expect from Christie biscuits. One of these, Country Fibre Apple 'n Oatmeal Soft Cookies, is the ideal portable fibre-snack. Two cookies are hermetically sealed in individual packages — perfect for tucking away in your purse, desk or briefcase for a tasty tidbit.

Country Fibre Oatmeal and Digestive Cookies are great crumbled and served on sherbet, ice cream or yogurt mixed with fruit. Or use them to create these easy, delicious snacks and desserts. When you're looking for a gift to cheer up a friend, the attractive Country Confections are quick, easy and sure to please.

Snackwiches

1/2 cup pitted prunes or dried apricots or figs
2 tbsp low fat plain yogurt
16 to 20 Country Fibre Digestive

Cookies

Fit food processor with metal blade. With motor running, drop dried fruit through feed tube. Process until finely chopped. Add yogurt and process until a well blended spread is created.

Top a Digestive with a heaping teaspoonful of fruit spread; top with second Digestive to create a snackwich. Repeat with remaining spread and cookies. *Makes 8 to 10 Snackwiches.*

Crispy Fruit Crisp

4 medium cooking apples or pears
2 tsp lemon juice
3 tbsp firmly packed brown sugar
1 tsp cinnamon
1 tsp margarine

10 Country Fibre Oatmeal Cookies, coarsely crushed

Peel, quarter and core apples or pears. Place in a greased 4-cup microproof casserole and toss with lemon juice. Combine brown sugar and cinnamon; sprinkle over apples. Dot with margarine. Cover and microwave on HIGH power 7 to 8 minutes. Remove from microwave and immediately top with coarsely crushed cookies; cover and let stand 4 to 5 minutes. Serve warm. *Makes 4 servings.*

Country Confections

12 Country Fibre Digestive Cookies
1/4 cup blanched almonds
1/2 cup pitted prunes, dried apricots or figs

2 tbsp plain low fat yogurt

Toppings:

Toasted desiccated coconut or additional Digestive crumbs
Slivered blanched almonds

Combine 9 Digestives and almonds in container of food processor. Pulse (with ON/OFF action) until cookies are reduced to crumbs and almonds are well chopped. Set crumbs aside. With motor running drop 1/2 cup of dried fruit through feed tube. Process until finely chopped. Add yogurt; process until well blended. Return crumb-nut mixture to process with remaining fruit. Pulse until mixture forms a ball

and all ingredients are well blended.

Crush remaining Digestives. Form a round teaspoonful of mixture into a ball; roll in coconut or Digestive crumbs; press a slivered almond or half of a maraschino cherry onto ball. Place in a petit-four paper cup.

Repeat with remaining mixture and toppings. Store in a tightly covered container in a cool place. *Makes 24 to 30 confections.*

By Alleen Claire
NEA Food Editor

Corn and rice combine with cheese for an easy, and inexpensive, main course. This is a recipe to slip into a recipe file for a new bride. Serve with a fresh fruit salad.

GOLDEN CORN-AND-RICE CASSEROLE

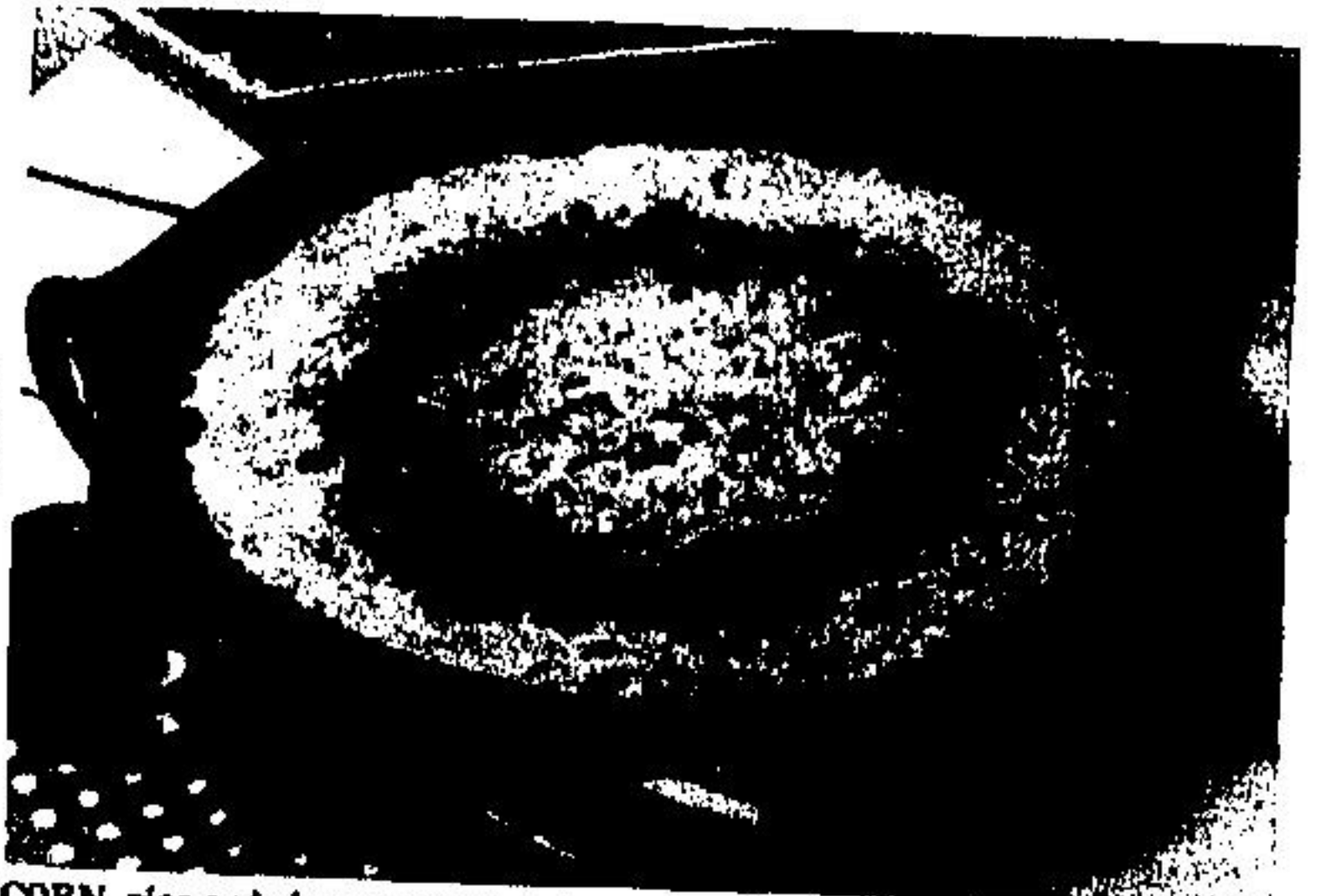
3 cups cooked rice
1 10-ounce package frozen whole-kernel corn, thawed
1/4 cup minced onion
2 cups grated Cheddar cheese (8 ounces)
1 1/2 cups milk

1/4 teaspoons salt (or to taste)
1/4 teaspoon ground black pepper
1/4 teaspoon paprika

In a large bowl, combine all ingredients except paprika. Pour into a

buttered shallow 2-quart casserole dish. Sprinkle with paprika.

Bake at 350 degrees for 40 to 45 minutes, or until knife inserted near center comes out clean. This kitchen-tested recipe makes 6 servings.

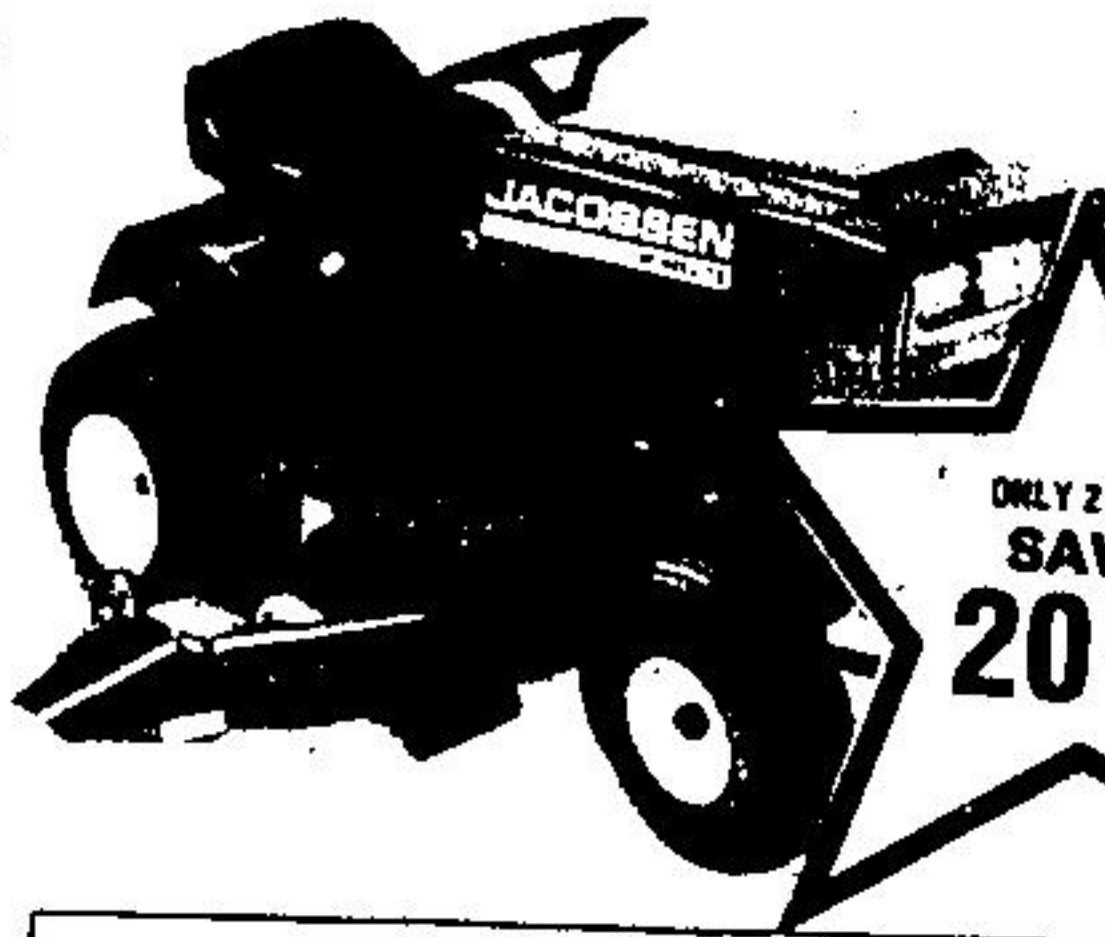


CORN, rice and cheese casserole is an easy dish.

INVENTORY REDUCTION SALE

The Time To Buy Is Now

LAWN/YARD TRACTORS



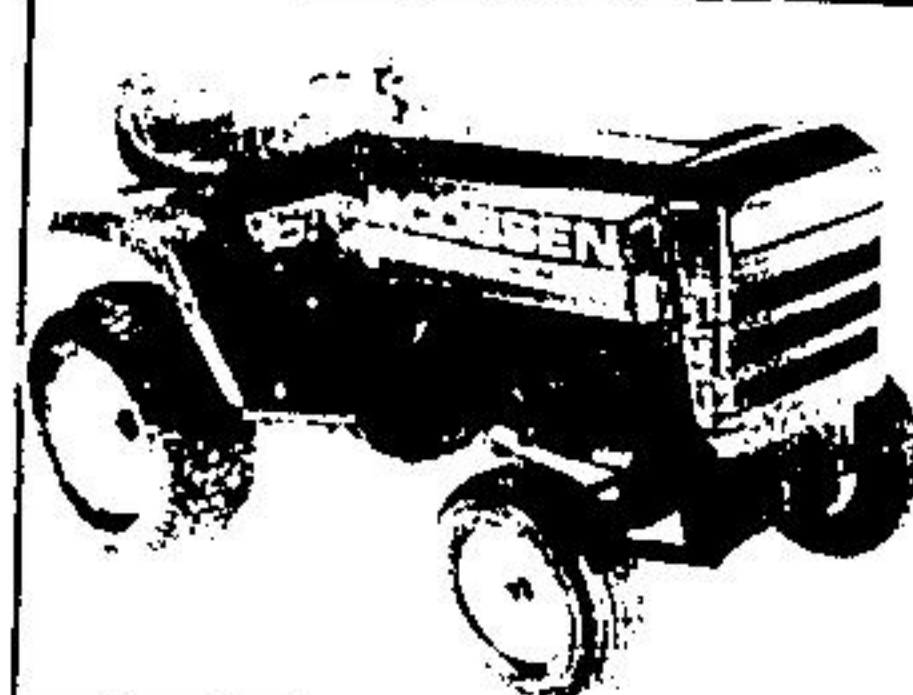
YT 12 Lawn Tractor

• 12 H.P. Briggs & Stratton engine
• 42" Mowing Cut

Regular \$3249.00

ONLY 2 LEFT
SAVE
20%

NOW \$2799



HOMELITE JACOBSEN

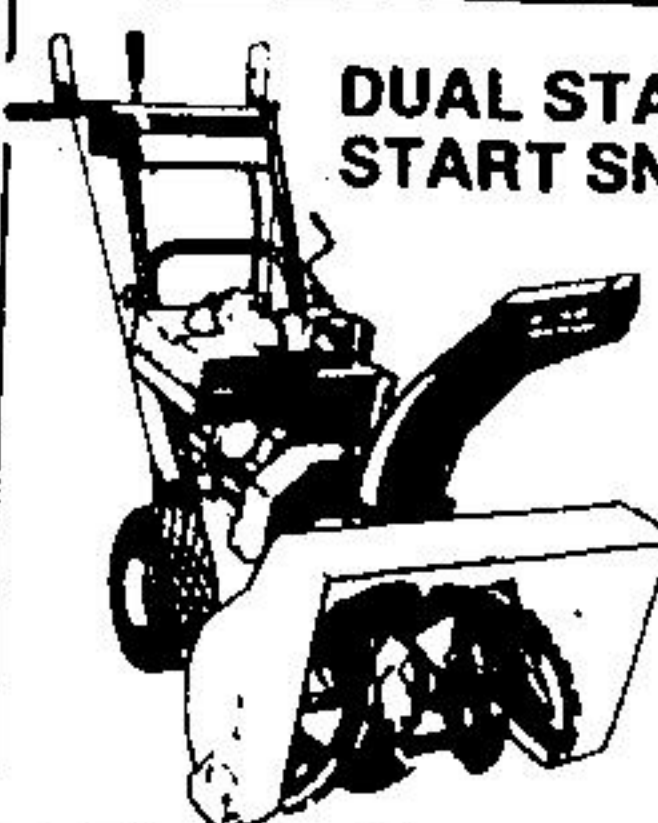
YT 14 Lawn Tractor

• 14 H.P. Briggs & Stratton Engine

• 42" Mowing Cut • Regular \$4998.00

NOW ONLY

\$3999



DUAL STAGE ELECTRIC START SNOWBLOWER

Reg. \$1099.00

NOW \$989



HOMELITE JACOBSEN

SNOW THROWERS

2 Year Warranty Includes Parts & Labour
Regular \$724.00

NOW

\$649

While They Last

FREE OIL MIXTURE

For 1988 when you purchase the model 420/420E Snow Blower.

Spring Tune-up Special

Starts from \$20.00 plus parts on all Lawn & Garden Equipment
Pick-up and Delivery. Offer Expires MARCH 21, 1988.

Hazens

LAWN & CYCLE

HOURS:
Monday-Friday 8:00 a.m.-8:00 p.m.
Saturday 8:00 a.m.-4:00 p.m.

55 Sinclair Ave., Unit 10
Georgetown, Ontario 877-9473

Bridal Showcase

Below is the professional help and advice you're looking for in your wedding plans. These advertisers will provide the experience and expertise to help you with a successful wedding day.

ATTENTION ALL BRIDES!
SO YOU WANT TO MAKE YOUR RECEPTION MAGICAL?
Then Call Us Today For Your Professional And Personal Consultation

UP AND AWAY
99 MAIN ST. S.
DOWNTOWN GEORGETOWN
873-2334

HOURS: Mon.-Wed. 10 a.m.-6 p.m.
Thurs.-Fri. 10 a.m.-9 p.m.
Saturday 9 a.m.-6 p.m.

ONEIDA
5-Piece Place Setting
SALE

Pratiglow Oneida silverplated and stainless tabletop fashions to glamorize your table for a lifetime.

33 1/3% Off

Delacour's
277 MAIN STREET
MILTON 878-0050

Nothing Holds
MEMORIES
Like Wedding Portraits by
J. H. Fishback Photography
85 King St., Georgetown 877-2322

The *Fairer Sex*

**TONE UP! FIRM UP!
TAN UP! SLIM DOWN!**

We'll help you look your best for your **SPECIAL DAY**

THE WORKOUT THAT WON'T WEAR YOU OUT!
310 QUELPH ST., UNIT 6
GEORGETOWN
(Red Roof Plaza) 873-0244