

# Food

## Combination of seafood and eggs healthful

The nutritional benefit of both seafood and eggs are widely known. So what better way to ensure good nutrition than by combining these two healthful food types? And when you toss in a few

crisp, fresh vegetables, you have a healthful dish guaranteed to please your taste buds as well as your wallet!

March is timely to consider such things - and to think of your summer appearance. Put away your recipes for the heavy, warming foods of winter. Turn to the array of crisp, fresh vegetables now appearing on our grocers' shelves. Lighten your attitude and your menu with this super-simple "Seafood Sensations" recipe.

Here's a recipe with great versatility. If you are entertaining, use baby shrimp or shredded crabmeat. For a more substantial evening meal, a can of salmon creates a flavourful and attractive entree. Or if you're concerned about your fat intake, tuna is a delicious choice. Whatever the seafood you select, eggs are sure to complement it's delicate flavour.

smoked haddock or other seafood may be substituted.

Preparation time: 10 minutes.  
Cooking time: 3-4 minutes per panful.

And to help you make the nutritious choice, Canada's egg producers are offering a special incentive to purchase eggs during March. A new consumer contest called "Everybody Loves a Good Egg!" is available in participating grocery stores and restaurants. The grand prize is a trip for two to Paris, France, via Air Canada/Touram, including airfare, hotel and \$2,500 spending money. All you need to do enter is complete an entry form where you buy your eggs, and mail it plus two Grade A symbols from egg cartons to the address on the entry form.

For other recipes featuring versatile, economical eggs, enclose \$1.00 with your request to: Easy, Elegant Eggs, P.O. Box 5044, Paris, Ontario, N3L 3W5.



### SCOTTISH HEARTS

- Ingredients:**
- ¾ cup butter, softened
  - 1 egg yolk
  - Confectioners sugar
  - 1 cup flour
  - ½ cup cornstarch
  - 1 cup ground pecans
  - ¼ cup raspberry jam

**Method:**  
On low heat, beat butter, egg yolk, ¾ cup icing sugar until blended. Beat on high until light and fluffy. On low speed, beat in flour, pecans and cornstarch. Chill dough 2 hours.

Bake on floured surface at 325°. Roll dough out and cut with 2½" heart cutter, then 1" heart cutter. Cut out the centres of half of them. Bake for 10-15 minutes. Place ¼" jam on uncut cookie. Top with heart outline cookie. Sprinkle with confectioners sugar.

### RASPBERRY SWIRLS

- Ingredients:**
- 3¼ cups flour
  - 2 eggs
  - 1 tsp. soda
  - ½ cup water
  - 1 tsp. salt
  - 1 tsp. almond
  - 1 cup shortening
  - 1 cup brown sugar
  - (½ butter is best)
  - ¾ cup white sugar
  - 2 cups coconut (optional)
  - Raspberry jam

**Method:**  
Measure flour, soda and salt. Mix together. Cream shortening, sugar and eggs, add water and flavoring. Blend in flour mix. Add coconut, if using.

Drop by tbsp. on ungreased cookie sheet. Make dent with spoon in top of each cookie. Put ¼ tsp. jam in each, then drop ½ tsp. butter on top.

Bake at 375° for 10 minutes.

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