## 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



#### **SCOTTISH HEARTS**

Ingredients:

34 cup butter, softened Confectioners sugar

1/2 cup cornstarch 14 cup raspberry jam 1 cup flour 1 cup ground pecans

1 egg yolk

Method: On low heat, beat butter, egg yolk, 34 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 212" heart cutter, then 1" heart cutter. Cut out the centres of half of them. Bake for 10-15 minutes. Place 14" jam on uncut cookie. Top with heart outline cookie. Srinkle with confectioners sugar.

#### RASPBERRY SWIRLS

2 eggs

12 cup water

1 tsp. almond

1 cup brown sugar

34 cup white sugar

Raspberry jam

Ingredients:

314 cups flour 1 tsp. soda

1 tsp. salt I cup shortening

(15 butter is best) 2 cups coccnut (optional)

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 14 tsp. jam in each, then drop 12 tsp. butter on

Bake at 375° for 10 minutes.

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 supersimple "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.

Seafood Sensations 4 eggs, lightly beaten

1/4 tsp. salt

1/4 tsp. ground ginger

2 cups chopped fresh bean sprouts 1 can (7.5 oz.) salmon, drained

and flaked 2 green onions, finely chopped 1 stalk celery, chopped

1 tbsp. chopped parsley

Vegetable oil

In bowl, combine all ingredients except oil.

Heat a small amount of oil in large frying pan (preferably nonp-stick). Drop 11/2 tbsp. mixture into pan. Cook over medium heat, turning once, until lightly browned. Remove from pan, keep warm. Repeat with remaining mixture.

Makes about 24 patties or 4 to 6 servings.

Variations: 1 cup cooked chopped crab meat, baby shrimp, smoked haddock or other seafood may be substituted.

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

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.



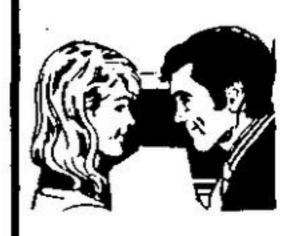
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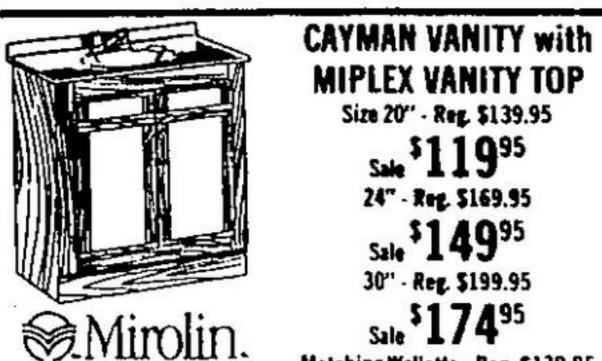


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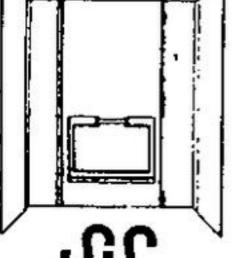


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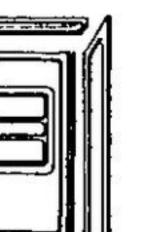
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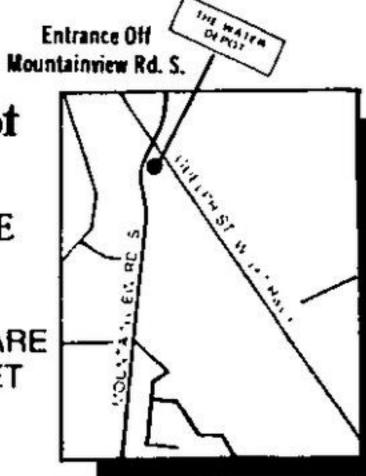
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