

Entrees

SPINACH PITA PIZZA

(Low fat, low calorie)

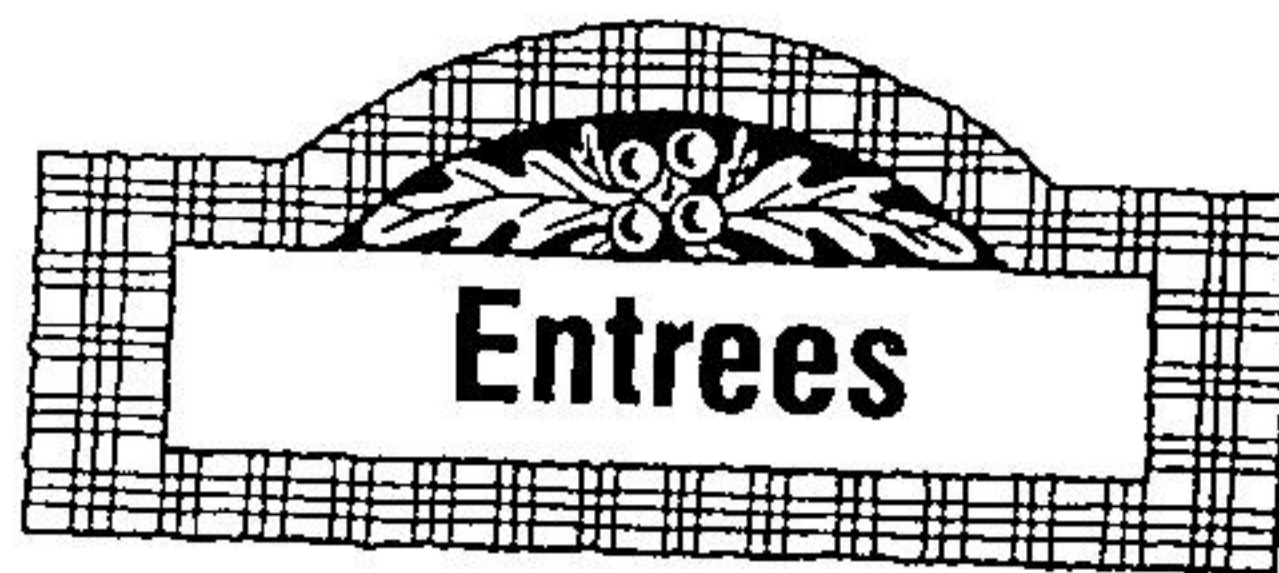
- 1 cup finely chopped onion
- 1 clove garlic minced
- ¼ tsp. crushed dried chili peppers
- ½ to 2/3 pkg. fresh spinach chopped
- 1 small can pizza sauce
- ¼ cup parmesan cheese
- 4 cherry tomatoes - halved or small regular tomato sliced and cut into half rounds
- 4 - 6" whole wheat pita breads
- ½ cup shredded low fat mozzarella cheese (optional)

½ cup thinly sliced mushrooms
½ tsp. dried oregano

Spray a large frying pan with cooking spray. Over low heat, cook onion, mushrooms and garlic until onion is tender. Add oregano and crushed chili peppers, mix. Add spinach a little at a time, stirring constantly until mixed in thoroughly. Remove from heat.

Spread pizza sauce over pitas, top with spinach mixture, then tomatoes. Sprinkle parmesan and mozzarella (if desired), evenly over this. Cook directly on the oven rack in a pre-heated 375 degree F oven for about 10 minutes or until bubbly.

S. Baker, Georgetown.



Entrees

ORANGE COCONUT CURRIED CHICKEN

Serves Four

- 4 boneless skinless chicken breasts

Marinade:

- Small frozen orange juice concentrate
- 1 egg

Beat egg slightly with a fork and add to the orange juice concentrate.

Put aluminum foil in 9x13" casserole add some marinade then add the chicken breasts, put balance of marinade on top, let marinate for at least one hour.

Coating:

- 2 cups of corn flakes crushed
- ½ to ¾ cups of toasted coconut - Bakers

Curry to taste about 1 tbsp. Mix together.

Coat chicken breasts, put back in marinade, put sliver of butter or margarine on each breast. Cover with foil. Bake 350 degree F preheated about 1 hour, sometimes less depending how thick the breasts are but they do cook fairly quickly.

I serve this with fresh green beans, honeyed baby carrots and cooked small red potatoes.

J. Crook, Acton.



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ACTON

SPINACH AND CHEESE CALZONES

- 8 oz. shredded mozzarella
- 2/3 bag fresh spinach - finely chopped
- 1 beaten egg
- 1 small firm chopped tomato
- 1 cup grated parmesan
- 1 small finely chopped onion

Mix all the above ingredients in a large bowl until well blended and divide into 6 equal portions. Buy a bag of pizza dough from the bakery or grocery store and roll it out into a large rectangle (approx. 18" x 10") cut into 6 squares.

Put a ball of the mixture into the middle of each square, fold over into a triangle, wet the edges with your fingers and press them together to seal.

Brush the tops with 1 beaten egg mixed with 1 tbsp. of dried chili pepper.

Bake at 350 degree F for 15 minutes or until golden.

Variations: add ½ cup cooked, chopped bacon or a can of cocktail shrimp - drained. Substitute broccoli for the spinach and add ¼ to ¾ cup sliced sauteed mushrooms. Substitute swiss cheese for the mozzarella.

The combinations are limited only by your imagination!

S. Baker, Georgetown.

SAUSI DOGS

- 1 lb. weiners finely chopped
- 1 cup grated cheddars cheese
- 1 tbsp. finely chopped onion
- ½ cup undiluted tomato soup
- 1 tsp. mustard
- ¼ cup sweet relish
- 1 tsp. worcestershire sauce

Heat oven at 400 degrees F. Combine all ingredients and place in buns. Wrap in foil and heat 12-15 minutes. This can be made up, wrapped in foil and placed in fridge ahead of time.

H. West, Acton.