## Get that just-picked flavour from canned vegetables

Today's family meals call for time. taste, convenience and nutrition. This recipe for Fish and Vegetable tasting, nutritious dinners in no ripe summer vegetables are har-

Food canners have improved the taste and texture of vegetables to Bake from the Canned Food Coun- be canned with new and better cil. proves that you can fix great varieties of seeds. In addition, fresh

vested at the peak of perfection and canned within hours.

Canning helps preserve that "just picked" flavour while locking in taste, texture and nutrients. Contrary to consumer belief, canned vegetables do not contain additives or preservatives.

For example, by federal law, the use of color is prohibited and the only "additions" are sugar and/or salt in the same amounts that you would add if you were cooking vegetables at home.

No salt added" canned vegetable products are available for people who watch their sodium

#### Fish and vegetable bake

- 1 lb (500 g) frozen block fish fillets (such as cod, haddock, sole);
- 1 can (19 oz/540 ml) Canada Choice stewed tomatoes:
- 1 can (14 oz/398 ml) Canada Fancy cut green beans, drained;
- . 1/2 tsp (2 ml) dried basil;
- 1/2 tsp (2 ml) salt;
- 1/4 tsp (1 ml) dried oregano:
- 1/4 tsp (1 ml) pepper;
- 1/4 tsp (1 ml) garlic powder;
- 1 cup (250 ml) shredded mozzarella cheese (optional);

Preheat oven to 450 (230 C). Place frozen fish in shallow baking dish. In small bowl, combine

· 1990 MPV

stewed tomatoes, green beans, basil, salt, oregano, pepper and garlic powder. Spoon over fish. Bake uncovered for 30 to 35 minutes or until fish flakes easily when pierced with a fork. Sprinkle with cheese

desired. Serve with rice or potatoes, add sauce as desired.

Makes 4 servings. Preparation Time: 5 minutes. Cooking Time: 30-35 minutes. Excellent Source: Niacin/Good Source: Vitamin A, Iron



during last 5 minutes of baking, if

# GET FROM ALL!



· Best Flights! · Best Prices! · Best Service!

## RECENT EXAMPLES

PUERTO VALLARTA \$449.00 PLUS TAX 1 WEEK, P.P., DBL OCCUPANCY

ALL INCLUSIVE PKG. — JACK TAR VILLAGE \$599.00 PLUS TAX - GRAND BAHAMAS

COME SEE US!

AIR ONLY FLORIDA \$149.00 RETURN



Bruce Hood

**16 MARTIN STREET** 

"Serving Travellers Since 1961"

878-2886

Downtown

878-2886

STARTING

FROM

EXAMPLE

ONE AVAILABLE AT THIS PRICE STK. #4092

This healthful vegetable-topped fish dish can be on your table in

OPEN WIDE

AND SAY AH!

minutes when you use the frozen brick as is.

### INCLUDES:

- 7 passenger
- 4 speed automatic
- Power assisted brakes
- · Rear Wheels (ABS)
- · Dual electric mirror
- Adjustable inter wiper Rear wiper washer
- Blue tinted glass
- Rear stone guard
- · Front air dam
- Tachometer

And many more Freight & PDI \$495.00. plus taxes and licence





LES PELITIS PRESIDENT



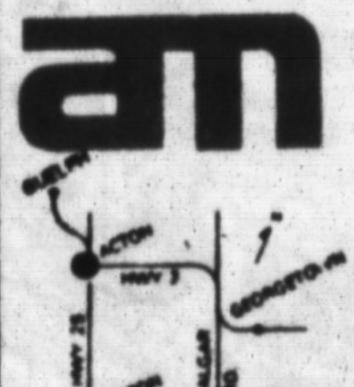
ROBERT BROWNING SALES



**CATHY HISCOCK** SALES



PHIL GRAHAME



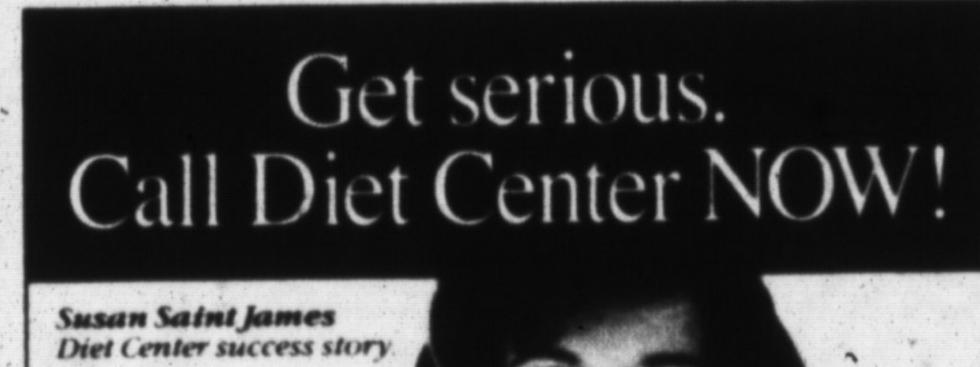
# Achilles Motors Ltd.

SALES - SERVICE - LEASING

The Place for Unbeatable Prices and Service

357 QUEEN STREET EAST, ACTON (519) 853-0200 (416) 453-8965







Get fast results. Lose 10 pounds in 2 weeks, up to 25 pounds in just 6 weeks. A diet breakthrough. Research shows 92% of weight lost at Diet Center is fat,



Debra Michael lost 45 pounds and 50 inches at Diet Center.

are not required

not water or muscle.

More choices. Unlike

other diets, packaged foods

The weight-loss professionals.

18 Martin St., Milton 876-2221

lite years ahead