



Temple Emanuel in Cherry Hill New Jersey was the setting for the wedding of Susan Isabelle and Kevin Daniel on August 6, 1989. Susan is the daughter of Mr. & Mrs. Harvey Robin of Cherry Hill and Kevin is the son of Mr. & Mrs. Earl McCoy of Acton, Ontario. Rabbi David performed the ceremony. Maid of Honour for her sister was Debby Robin and the Bridesmaids were Michelle Duclos, Tina Jezz and Stacey Miles, friends of the bride. Best Man for the groom was Charles Robin, the bride's brother. The ushers were Curtis and Duane McCoy, brothers of the groom and John Hirtle, a friend. An afternoon dinner and dance at the Sheraton Postle Inn followed the wedding. Special guests attending the wedding and dinner were the bride's grandmothers, Mrs. Celia Robin and Mrs. Estelle Banner and the groom's grandparents, Mr. & Mrs. Sidney Dance and the groom's sister Mrs. Shawna Culter. Susan and Kevin are now residing in Philadelphia.

RECIPE FILE

Eating alone doesn't mean TV dinners

Small families or singles need not rely on frozen entrees for eating well. Menus for one or two servings can be as creative as lavish dinner parties but much simpler to plan and prepare. Because good nutrition is sometimes overlooked when living alone, it's important to eat well-balanced meals that include meats such as Ontario pork.

Other basics to include on the menu are potatoes or bread, vegetables and fruits. After you decide on the menu, check your cupboards and write a list of all the ingredients to be purchased. A shopping list together with a weekly menu provides triple value, good nutrition, less food wastage and more money saved.

Another key when planning for smaller meals is to buy small portions of perishable foods such as meat, fruits and vegetables. When buying meat for one, choose quarter-pound boneless meats such as ground pork or pork tenderloin. Plan on a half-pound when buying meats with a bone such as pork rib steaks and for very bony cuts such as spareribs, purchase one pound per person.

You can also take advantage of packaged meats that are on sale.



Served with fresh garden vegetables on a bed of rice, Sesame Pork Tenderloin is a perfect small family or single person meal.

Prepare a recipe that calls for more than one serving and freeze what you don't use for another meal. When freezing food, wrap portions in moisture-proof materials and label with the contents, number of servings and the date.

The energy food or carbohydrate category which includes rice, potato, pasta or bread should make up part of the meal. While you can store rice and pasta in your cupboard indefinitely, buy single rolls instead of bread, and potatoes only when needed.

Vegetables provide vitamin and fibre as well as add colour, texture and taste to a meal. It's easy to judge quantities you need when you buy one-piece vegetables such as corn-on-the-cob and potatoes.

For other vegetables such as carrots, green beans and spinach, purchase a quarter pound of edible vegetable (after peeling) per serving.

Sesame Pork Tenderloin

- 1/2 to 3/4 lb (250 to 375 g) pork tenderloin;
- 2 tsp (10 ml) mustard;
- 2 tsp (10 ml) vegetable oil;
- 1/2 tsp (2 ml) garlic salt;

- 2 tbsp (25 ml) toasted sesame seeds;

Directions: Trim tenderloin. Fold tail under to make the whole roast a consistent thickness. Combine mustard, oil and garlic salt. Place tenderloin on plastic wrap. Brush top generously with mustard mixture. Sprinkle the top with half the sesame seeds.*

Roll tenderloin over and repeat procedure. Set aside remainder of mustard mixture. Roast tenderloin on rack in shallow roasting pan in preheated 425F (200C) oven for 30 minutes or until meat thermometer registers 160F (70C).

Remove from oven. Cover with foil and let rest for 10 minutes. For sauce, combine drippings with reserved mustard mixture. Serve garnished on platter. Carve in 1/2" (2 cm) slices, with sauce. Makes 2 to 3 servings.

Preparation and cooking time: 35 minutes

Calories per serving: 214

Fat per serving: 10.4 g

* To toast sesame seeds, place in a shallow pan in a 375F (190C) oven for 10 minutes or until golden brown.



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