

Hints for Homemakers

by SONDRA REID

Diet-Wise Dish: Marinated Veal

Today, emphasis may be placed on special meal plans for various reasons. Often it is to regulate the kind as well as the amount of fat we eat.

Doctors may recommend increasing the ratio of polyunsaturated fat to saturated fat in the diet. There-

advantage when making salad dressings.

The recipe pictured on today's front page is made with lean veal, marinated in corn oil and seasonings and cooked until tender in an uncovered frying pan. Cooking takes only 25 to 30 minutes.

Serve the veal with rice, on noodles or crisp toast and accompany it with a big tossed green salad.

MARINATED VEAL

- 2 pounds lean veal, 1/2 inch thick
- 1/2 cup Mazola Corn Oil
- 2 tablespoons lemon juice
- 2 cups water
- 2 tablespoons snipped parsley
- 2 teaspoons salt
- 1 teaspoon oregano
- 2 cups tomato sauce
- 1 clove garlic
- 4 cups onion rings

Cut veal into 2-inch pieces. Blend together 1/4 cup of the corn oil, lemon juice, water, parsley, salt, oregano and tomato sauce in a large bowl.

Add the veal pieces and garlic; cover and place in refrigerator several hours or overnight.

Heat remaining 1/4 cup corn oil in frying pan; saute onions until slightly tender, but not soft, about 5 minutes.

Remove garlic from marinade and add veal and marinade to skillet. Simmer over moderate heat, turning meat occasionally, about 25 to 30 minutes or until meat is tender. Makes 6 servings.



Sondra Reid

fore, it is important to follow your doctor's advice.

Plan meals around lean, well-trimmed meat, fish, poultry, low-fat dairy products and plenty of fruits and vegetables.

In these modified or fat-controlled diets, Mazola Corn Oil has a special place because it is high in polyunsaturated fat.

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Marinated Veal With Rice

Here's a main dish with a plus sign. The tastily marinated veal is gently simmered and served with rice and a salad.

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