

FOOD FORUM *

Dorothy Johnson

SOUP MIXES

With so many keeping to old Lenten meatless meals, it takes a little planning to make interesting and nutritious meals.

With the soup mixes and the new convenience foods, your planning is made easier, as well as adding flavor and nutrition.

FISH FILLETS WITH SAUCE

2 lbs. fish fillets (flounder, sole or haddock), salt and pepper, 3 tbsp. butter. Arrange fish fillets in a flat baking dish, sprinkle with salt and pepper, dot with butter and bake in a 375 deg. oven for 30 minutes. Serve with a sauce.

TOMATO-VEGETABLE SAUCE

2 tsp. butter or margarine, 1/4 c. minced onion, 2 tsp. minced green pepper, 1-1/2 c. boiling water, 1 envelope tomato-vegetable soup mix, 1 c. dairy sour cream.

In a sauce pan, melt butter or margarine and saute onion and green pepper 5 minutes. Add water and stir in soup mix. Boil gently for 10 minutes, stirring occasionally. Stir in sour cream just before serving and heat, but do not boil. Pour over baked fillets. Serves 6 to 8.

TUNA FISH NOODLE CASSEROLE

6 oz. fine noodles, 1 env. mushroom soup mix, 2 c. milk, 1/4 lb. processed pimiento cheese, 2 hard boiled eggs chopped, 1-7 oz. can tuna fish, 1/4 c. chopped green pepper, 2 tbsp. butter or margarine.

Cook noodles according to package directions; drain. Empty mushroom soup mix into sauce pan; stir in milk and cheese. Heat, stirring, until thickened and cheese is melted. Do not let sauce boil. In small skillet, saute green pepper in butter or margarine until soft, about 5 minutes. Combine noodles, sauce, chopped egg, tuna and green pepper; pour into large casserole. Toss crumbs with melted butter or margarine, sprinkle on top of casserole. Bake in moderate 350 deg. oven for 30 minutes. Makes 6 servings.

CORN CHOWDER

1 env. country style potato soup mix, 2-1/4 c. water, 1 (8-1/2 oz.) can cream style corn, 3 tbsp. butter or margarine, 3/4 c. cold milk.

Empty soup mix into a sauce pan and gradually stir in water. Heat and continue stirring until soup comes to a boil; cover and simmer for 7 minutes. Stir in corn, butter or margarine and milk. Reheat but do not boil. Serves 4.

DEVILED CRAB

6 tbsp. butter or margarine, 1 med. sized onion finely diced, 2 lge. mushrooms finely chopped, 1/2 green pepper finely chopped, 1/4 tsp. salt, 1/2 tsp. dry mustard, 1/8 tsp. black pepper, 1 tbsp. worcestershire sauce, dash of tabasco, 2 tbsp. flour, 1 c. hot milk, 1 c. hot clam broth (or bottled clam juice), yolks of two eggs, 1 lb. picked lump crab meat.

Saute onion, mushrooms and green pepper in butter or margarine. Add salt, pepper, dry mustard, worcestershire sauce and a dash of tabasco. Then add flour, hot milk, hot clam broth, and well beaten egg yolks. Cook together for 10 minutes. Add crab meat and cook 5 minutes more. Remove from fire and pile into large chowder clam shells or individual ovenware remekins. Dust with cracker meal and brush with melted butter. Bake in preheated 400 deg. oven until brown on top.

ROCK LOBSTER A LA KING

6 (4 oz.) South African rock lobster tails, 1/2 c. butter, 1/4 c. flour, 2 c. milk, 1 tsp. salt, 1/2 tsp. paprika, 2 (3 oz.) cans sliced mushrooms, drained; 1/2 c. chopped pimiento, 12 frozen puff pastry shells.

Drop frozen lobster tails into boiling salted water. When water reboils, cook for 2 minutes. Drain immediately and drench with cold water. Cut off thin underside membrane and remove meat from shells; cut into bite-size pieces.

Melt butter in sauce pan. Stir in flour and add milk gradually. Cook over low flame, stir-

REDDY KILOWATT'S

Helpful Hints
For The
Homemaker



"REDDY MADE" SHRIMP JAMBALAYA

1/2 medium onion
2 stalks celery
6 sprigs parsley
1/4 green pepper
2 cups tomatoes

1 tsp. salt
1 tsp. chili powder
1/2 c. packaged pre-cooked rice
2 c. cooked shrimp

Put onion, celery, parsley, green pepper, all cut in medium pieces, into blender with tomatoes. Add seasonings. Cover and blend until vegetables are chopped. Empty into kettle and cook for 5 minutes. Add rice and shrimp; bring to boil. Turn off heat and let stand, covered, for 5 minutes.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes



Call 384-4600 and ask for
HOME SERVICE



NEVADA POWER COMPANY

ring constantly, until smooth and thickened. Add salt, paprika, mushrooms, pimiento and rock lobster pieces. Heat together for 5 minutes. Bake patty shells according to directions. Serve Rock Lobster a La King over hot patty shells with asparagus spears. Yield 6 generous servings.

SPANISH SAUCE

1/4 c. minced onion, 1/4 c. chopped green pepper, 1/2 c. (3 oz.) can mushrooms, 3 tbsp. butter or margarine, 1 env. tomato soup mix, 2 c. water, 1 small bay leaf, 2 whole cloves.

Saute onion, green pepper and mushrooms in butter or margarine in sauce pan. Stir in soup mix and water; blend thoroughly. Add remaining ingredients; bring to a boil, stirring occasionally while simmering for 5 minutes. Remove bay leaf and cloves. Serve with egg, cheese or fish dishes. Makes 3 cups of sauce.



FRIENDLY LIQUORS

1602 No. "H" St.

Reducing The Risk Of Heart Attack

Your Heart Association's nationwide program to reduce the risk of heart attack is broadly based on this premise: The individual, working with his physician, can improve his chances by minimizing the known and controllable risk factors -- high blood pressure, elevated cholesterol levels, obesity, physical inactivity and cigarette smoking.

We applaud these recommendations, but suggest that the list of "musts" should be extended. It isn't enough for a person to see his doctor for prompt treatment of any high blood pressure that may be present. There's more to it than eating fewer saturated fats and cholesterol-rich foods. Avoidance of excess weight, slothfulness and cigarettes still doesn't complete the picture.

Clearly, there is a missing element. What is it? Simply this: Give your Heart Association all-out support through your contributions of money and volunteer services to the Heart Fund. Your Heart Association is the one agency mobilized to combat the nation's foremost health problem.

So give generously. Give -- so more will live!

Dupont 501 Nylon Carpet

Completely Installed with Rubber Pad

\$7.95 SQ. YD. No Down Payment
Terms up to 36 Mos.

NEVADA BLIND & FLOOR CO. SINCE 1945

1300 S. Main

385-3411



DENTON PHARMACY

WEST OWENS
SHOPPING CENTER

On Owens Avenue
West of 'H' Street

PHONE 648-1565

FEATURING
POSNER COSMETICS

We Fill Title 19 & N.I.C.
Prescriptions