

# FOOD FORUM

DOROTHY JOHNSON

## Ravioli Enlivens Vegetable Casserole

Does the vegetable part of your dinner menu stump you often? Here's a new idea to interest the family in the nutritious vegetable portion of the meal: Spinach-Ravioli a la Parmesan.

This recipe calls for frozen boil-in-bag ravioli dinners available in your grocer's freezer case. The ravioli and a well seasoned tomato sauce are packaged in convenient boil-in-bag cooking pouches. Preparation is simple; just simmer the bag in water for 20 minutes, open and serve as is or in exciting casseroles such as Spinach-Ravioli a la Parmesan.

This quick Italian-style casserole is an excellent accompaniment for Rock Cornish Hen or roast beef. Cooked spinach seasoned with butter and Parmesan cheese is topped with the hot ravioli (plump pasta pillows filled with cheese or beef) in tomato sauce and additional cheese. Broil just 'til the cheese browns slightly, this flavorful dish is ready to serve in 30 minutes or less.

Serve Spinach-Ravioli a la Parmesan with Cornish Hen, lettuce wedges with dressing, crusty Italian bread, and fresh strawberries with whipped sweetened cream.

SPINACH-RAVIOLI A LA PARMESAN  
Makes 4 servings

- 1-15-oz. pkg. frozen boil-in-bag cheese ravioli dinner
- 2- 10-oz. pkg. frozen chopped spinach
- 2 tbsp. butter or margarine
- 1/4 cup grated Parmesan cheese

Put ravioli cooking pouch in pot of rapidly boiling water. Simmer uncovered for 20 minutes. Meanwhile, prepare spinach according to package directions. Drain, if necessary, and stir in butter and 2 tablespoons of the Parmesan cheese. Place spinach in buttered 1-qt. casserole; top with ravioli and sprinkle with remaining 2 tablespoons of Parmesan cheese. Place under broiler until cheese is lightly browned. Serve as side dish.

### ROCK CORNISH HEN

Allow one game hen for each person when left whole; Salt & pepper each bird well, rub with lemon juice and spread lavishly with softened butter. Roast in a shallow pan breast side up in a 425 degree oven for 45 minutes, basting frequently with melted butter. Melt a jar of red current jelly and white wine mixed and glaze the birds.

### FRAISES CHANTILLY

- 4 cups very ripe fresh strawberries
- 1 cup heavy cream
- 1 tsp. vanilla extract
- 3 to 4 tsp. powdered sugar

Hull the strawberries and cut them in half. Whip the cream to a fluffy consistency (not too stiff) and flavor it with sugar and vanilla to taste. Stir the cut berries into flavored cream and let stand in the refrigerator for about 2 hours longer before serving. The cream will become streaked pink from the strawberry juice. Serve it with lemon sponge cake.



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# Health Hints

FROM BLUE SHIELD

**Outdoor Cooking Tips**  
As the popularity of outdoor cooking increases at home and during vacations this summer, make sure adequate safety precautions are maintained at all times. Never leave a lighted grill unattended and keep children a safe distance from the cooking area. Make sure you have a fire extinguisher on hand too. Since both burning charcoal and lighter fluid can produce a dangerous and harmful amount of carbon monoxide when burned in a confined area, restrict your outdoor cooking from tents, trailers campers, automobiles, boats,



garages and other unventilated areas. Finally, make sure all coals are doused completely.

**Sunburned Lips**  
Sunburned lips, as well as a sunburned body, are often the result of a fun-filled day in the strong summer sun. Lipstick will often provide the necessary protection for women. Otherwise, outdoor enthusiasts should wear a topical sun-screen applied directly to the lips. Several different preparations are specifically designed for this purpose and are available in a colorless stick. Treat sunburned lips with cool, wet compresses or a bland ointment. If your reaction is severe, consult a physician.

**VA NEWS**  
The Veterans Administration this week urged all GI insurance policyholders to take a second look at the type of policy pay-off they have selected for their next of kin.

VA warned that too many widows of GI policyholders are penalized following the death of their husbands upon learning he had selected small monthly payments over 36 month periods. In some cases, VA officials noted, veterans chose smaller payments for life more than 25 years ago, and never updated their policies.

GI policyholders who wish to switch to lump sum payments should request Form 20-336 from VA and select option #1. This would allow widows to select monthly payments should they deem it necessary.

Veterans were urged to mail the form to the

VA insurance center where they can pay premiums.

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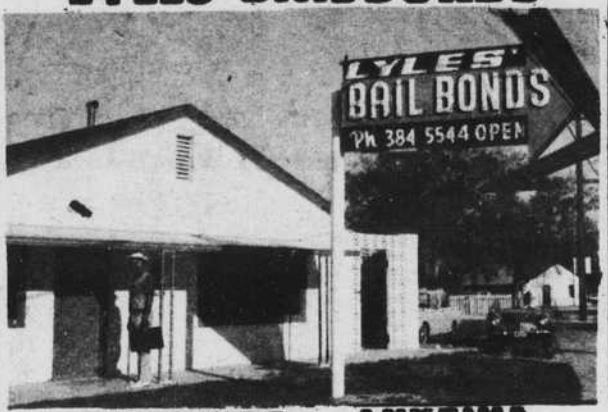
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**Registrar Of Voters**  
Word has been received from the Attorney General's office that, effective immediately, the residence requirement in the State of Nevada for the purpose of voting has been reduced to 30 days in the state and county, and 10 days in a precinct. However, previous qualifications concerning citizenship, age, etc. remain the same.  
This announcement has been made by Stan Colton, Registrar of Voters.

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## OUT OF SUMMER COOLING!


Consider the common filter: upon it depends a great deal of your air conditioner's cooling capacity, the amount of electricity it uses and its operating cost.

Clogged filters obstruct air flow so Reddy has to work overtime to keep your air conditioner as cool as you want it. Over a period of time, compressors may be damaged and need repairs. It literally pays to clean or replace filters *before* they get this dirty!

Different filters require different cleaning methods. Help Reddy out in one of the following ways:

- Glass fiber in retainer-type filters should be disposed of and replaced by clean filter pads.
- Metal filters can be washed or vacuumed. However, many are coated with water-soluble oil to trap dirt. Cleaning may remove this substance, so it's a good idea to buy an aerosol can of water-soluble oil and spray filters after each cleaning.
- Electrostatic air filters, installed in the duct system, also require periodic cleaning. Consult the manufacturer's instruction booklet for cleaning details — those may differ from model to model.

Check your filters once or twice a month, and Reddy will repay your care with higher efficiency and lower electric bills. Remember — Reddy supplies the energy, but *you* help him keep your appliance running smoothly!

  
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