



Recipe Corner

by Dorothy Johnson

After all the holiday goodies, of rich gravies, luscious sauces. Mayonnaise is a no-no. Lemon juice is in. Since you don't want the extra pounds you put on during the holidays, you have two choices, diet or think of some way to satisfy your cravings for taste and texture while eliminating a large portion of the excess calories those two words seem to attract.

In place of mayonnaise, which adds 100 calories per tablespoon to salad try combining sour cream with a diet or low calorie bottled dressing. You get flavor and a heavier texture that is lacking in so many diet or low calorie dressings.

These are just a few of the easy ways on intake of calories while retaining some enjoyment of good food. They help "save" calories and also provide enough flavor so you won't miss the real thing.

Here are some suggested recipes for dressings, sauces and other low calorie foods that will help you lose those unwanted extra pounds.

TANGY SOUR CREAM DRESSING

1 cup sour cream
6 tablespoons low calorie Catalina French dressing
Minced or grated onion (optional)
Minced chives, parsley or cilantro (optional)

Combine sour cream and dressing. Stir well. Season to taste with minced onion, chives, parsley or cilantro, if desired. Serve dressing over cooked vegetables, chicken salad, green salad or beet salad. Makes about 1 1/4 cups.

LOW CALORIE GRAVY JARDINIÈRE

1/4 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped peeled carrot
2 tablespoons chopped parsley
1/8 teaspoon poultry seasoning
1/4 teaspoon thyme
Pinch basil
1 teaspoon sugar
1 1/4 cups chicken broth
Salt, pepper

Combine onion, celery, carrot, parsley, poultry seasoning, thyme, basil, sugar and 1/2 cup chicken broth. Bring to boil, then simmer until vegetables are cooked. Puree mixture in blender, adding remaining broth as needed, until mixture is smooth. Season to taste with salt and pepper. Reheat and serve hot over turkey slices or other meats. Makes about 1 1/3 cups.

SLIMMER'S TARTAR SAUCE FOR FISH

1 cup low-fat cottage cheese
2 tablespoons sweet pickle relish or finely chopped sweet pickles
3 tablespoons low-calorie Italian dressing
1 teaspoon lemon juice
Cooked fish fillets and broccoli

Combine cottage cheese, pickly relish, Italian dressing and lemon juice. Place in blender and process several seconds. Serve with fish and vegetables. Makes about 1 cup.

BARBECUE GRAVY FOR BEEF

2 tablespoons oil
2 tablespoons red wine vinegar
1 1/2 teaspoons Worcestershire sauce
1/2 clove garlic, crushed
Dash seasoned pepper
1 1/4 cups tomato juice
1 cup condensed beef broth
2 tablespoons cornstarch
2 tablespoons cold water

In saucepan combine oil, vinegar, Worcestershire, garlic, pepper, tomato juice, beef broth and cornstarch dissolved in cold water. Heat and stir over medium heat until thickened and clear. Simmer 3 to 5 minutes. Serve with barbecued or broiled beef. Makes about 2 1/2 cups (about 11 calories per tablespoon).

LOW-CALORIE MUSHROOM SAUCE

1 cup chopped mushrooms
1 tablespoon soy sauce
2 tablespoons chopped onion
1/2 to 3/4 cup broth (beef or chicken)

In small saucepan combine mushrooms, soy sauce, onion and broth. Heat over medium heat until mushrooms are cooked. Puree in blender until smooth. Serve over meats. Makes about 1/2 cup.

WHIPPED MUSTARD DRESSING

1/3 cup nonfat dry milk
1/3 cup water
2 tablespoons mustard

Beat nonfat dry milk and water until stiff. Beat in mustard until smooth. Serve with meat and fish salads. Makes about 1 cup.

LOW-CAL DIPPER'S DELIGHT

1 cup low-fat yogurt
1/2 teaspoon grated lemon peel
1 1/2 tablespoons lemon juice
1 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon soy sauce
1/4 teaspoon MSG (optional)
Tangerine segments and/or assorted raw vegetables

In bowl combine yogurt, lemon peel and juice, onion powder, salt, soy sauce and MSG, if desired. Mixwell, then chill. Serve as a cold dip for tangerine segments and raw vegetables. Makes about 1 cup (about 8 calories per tablespoon).

SALSA FRIA

1 (1-pound) can peeled tomatoes
1 (4-ounce) can diced green chiles, drained
1 (8 1/2-ounce) can tomatillo, drained
1 teaspoon oregano
Dash garlic powder
1 teaspoon salt
2 tablespoons oil
2 1/2 tablespoons wine vinegar

Mash tomatoes with fork. Combine with chiles.

Mash tomatoes with fork. Combine with chiles, tomatillos, oregano, garlic powder, salt oil and vinegar. Mix carefully to keep from breaking tomatillos. Store in refrigerator. Serve with fish, steak or chicken. Makes about 2 1/2 cups.

LOW-CALORIE BLUE CHEESE DRESSING

1/4 cup cottage cheese
1/2 cup buttermilk
2 ounces blue cheese
2 ounces blue cheese
4 teaspoons white wine vinegar
1/2 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1 shallot, minced

Place cottage cheese, buttermilk, blue cheese, vinegar, Worcestershire, garlic salt and shallot in blender container. Process until smooth. Chill, covered. Makes 1 cup (about 18 calories per tablespoon).

LOW-CALORIE LIME DESSERT FLUFF

1/2 teaspoon unflavored gelatin
1 tablespoon sugar
1/2 cup evaporated low-fat milk
4 to 5 drops green food color
1 tablespoon bottles sweetened lime juice
1 teaspoon grated lime peel

In saucepan combine gelatin and sugar. Stir

POST HOLIDAY DIETING

in evaporated milk. Stir over low heat until gelatin dissolves. Tint to desired color with food color. Freeze until icy cold. Whip to stiff peaks. Beat in lime juice. Use as topping over dessert and sprinkle with lime peel. Makes about 2 cups. (about 4 calories per tablespoon).

CHEESY DESSERT TOPPER

1 (3-ounce) package Neufchatel cheese, softened
3 tablespoons sugar
1 teaspoon grated orange peel
1/2 teaspoon grated lemon peel
1 tablespoon orange juice
1 tablespoon lemon juice
1/3 cup onfat dry milk powder
1/3 cup ice water

Beat together cheese, sugar, orange and lemon peels and orange and lemon juices in a bowl. Beat until smooth. In another bowl combine milk powder and ice water. Beat until stiff peaks form. Fold into cheese mixture (do not overstir). Serve over cake, pudding or fruit. Makes 2 cups.

LOW-CALORIE BEARNAISE SAUCE

3 tablespoons dry vermouth
3 tablespoons white wine vinegar
1 teaspoon chopped parsley
1 tablespoon chopped chives or green onions
Freshly ground pepper
1/2 teaspoon tarragon, crushed
4 egg yolks
1 teaspoon Dijon-style mustard
1/2 cup low-fat yogurt
1/4 cup sour cream
Salt

In small saucepan combine vermouth, vinegar, parsley, chives, pepper, and tarragon. Simmer until reduced to about 1 1/2 tablespoons. Cool, then strain. Beat egg yolks with mustard in top of double boiler. Place over simmering water to warm slightly. Beat in vinegar mixture and 1 tablespoon yogurt. Blend well. Add remaining yogurt and sour cream, 1 tablespoon at a time, beating until sauce is smooth and thick. Add salt to taste. Remove from heat. Makes about 1 1/2 cups (about 18 calories per tablespoon).

WATERCRESS SAUCE

4 bunches watercress
1 1/2 quarts water
1 tablespoon coarse salt
Lemon juice
1/2 teaspoon sour cream
1/2 teaspoon whipping cream

Trim watercress, cutting off all stem ends. Remove and coarse stems left among the leaves. Rinse in cold water. Combine watercress leaves, water and salt in medium saucepan. Boil gently for 9 minutes. Puree in blender. When ready to serve, reheat sauce and add lemon juice to taste, sour cream and whipping cream. Serve sauce over poached or hard-cooked eggs and asparagus. Makes 3/4 cup.

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