

# Food

*Creative Cooking May Lead to Paris Vacation....*

## Kraft, Inc. Sponsors Cheesefest Lifestyle Recipe Contest

If you're like most American cooks and have a creative recipe tucked safely away in your kitchen, Kraft, Inc. has a rewarding challenge for you. It's the first annual Kraft Cheesefest Lifestyle Recipe Contest, and cooks across the country are invited to take part beginning May 1. A \$20,000 grand prize and vacations for two in Paris await the winners.

Prize-winning recipes needn't be complicated. In fact, some say the secret of recipe success is in its creativity, appeal and ease of preparation.

The only requirement for entering this contest is that you submit an original recipe with Kraft cheese as one of its ingredients.

Six first prize winners will receive \$5,000 cash, a dream trip for two to Paris and cooking lessons at a French cooking school.

The grand prize of an additional \$20,000 will be selected from among the first prize winners in the following categories: Young Marrieds, Working Women, Singles, Men Only, Couples and Family Fare.

Men and women can submit original recipes in any category. To qualify recipes must be appropriate to one of the lifestyle categories and include at least one of 16 Kraft cheese products listed in the rules.

While you think about your entry, enjoy this suggestion for Summertime Cheese Plate. It's a creative solution to preparing appetizing warm-weather meals because it requires little time in the kitchen.

Begin planning recipe entries now. The contest closes Aug. 31, 1984. For complete rules send a stamped, self-addressed envelope to: Kraft Cheesefest Lifestyle Recipe Contest, P.O. Box 7643, Chicago, IL 60680. Washington state residents may omit stamps.

## GAIL JONES FINALIST IN REVIEW JOURNAL RECIPE CONTEST

Gail Brightmon Jones was a finalist in the recent 13th Annual Las Vegas Review Journal Recipe Contest held at the Southwest Gas Corp. Kitchens. She received a \$100.00 prize for her winning recipe for Zucchini Boats. Her recipe follows:

### Zucchini Boats

#### Shells:

2 medium zucchini squash, about 7 inches long, 1 1/4 to 1 1/2 inch diameter.

#### Filling:

3/4 cup fresh mushrooms, chopped  
3/4 cup cauliflower, chopped, cooked and drained  
3/4 cup Monterey Jack cheese, grated  
1/2 cup fresh tomato, peeled, seeded and chopped  
1/3 cup green onions with tops, sliced  
1 large or 2 small cloves garlic, minced

#### Topping:

1 1/4 cups Monterey Jack



Gail Jones

cheese, grated  
1 1/2 teaspoons wheat germ (optional)

1 beaten egg  
1/2 tsp. salt  
Dash of black pepper

Boil zucchinis over medium heat for 10 minutes. Meanwhile, mix all ingredients for filling.

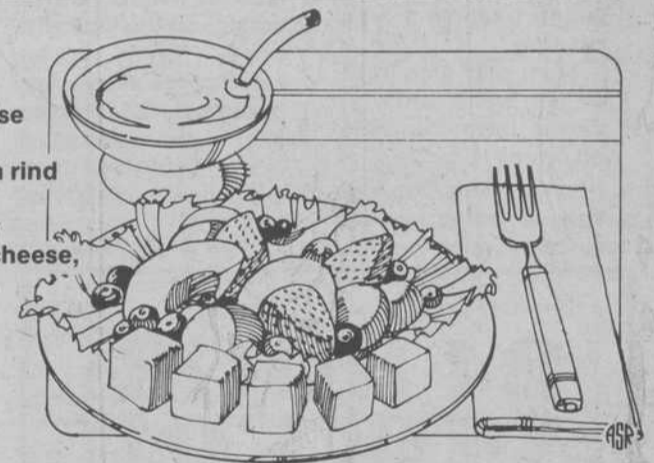
When zucchinis are ready, slice in half lengthwise and scoop out the pulp. Drain pulp and shells on paper towels. Chop pulp and add to filling.

Place zucchini shells into a buttered or greased pan or casserole. Spoon filling into shells. Top with grated cheese. Bake uncovered at 350 degrees for 25 minutes. If desired, sprinkle on wheat germ during the last 5 minutes of baking.

Serves 4 as a side dish. Makes a good vegetarian main dish, too.

### Summertime Cheese Plate

3/4 cup Kraft real mayonnaise  
1/3 cup honey  
1 tablespoon grated lemon rind  
3/4 teaspoon lemon juice  
1/4 teaspoon ground ginger  
8 ozs. Kraft natural colby cheese, cubed  
1 cup blueberries  
1 cup strawberry halves  
1 cup watermelon balls  
1 cup honeydew chunks  
2 pears, sliced  
Lettuce



Combine mayonnaise, honey, rind, juice and ginger; mix well. Chill. Arrange cheese and fruit on six lettuce-covered salad plates. Serve with mayonnaise mixture. 6 servings.

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## SKIN

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rally drying forces like the sun and wind. Every now and then a mild exfoliating mask (often clay) helps speed up regeneration. As it buffs the skin to a uniform consistency, it brings the young, moist cells to the surface. No one can stop aging, but we can try to arrest the development of wrinkles by keeping the skin moist and soft.