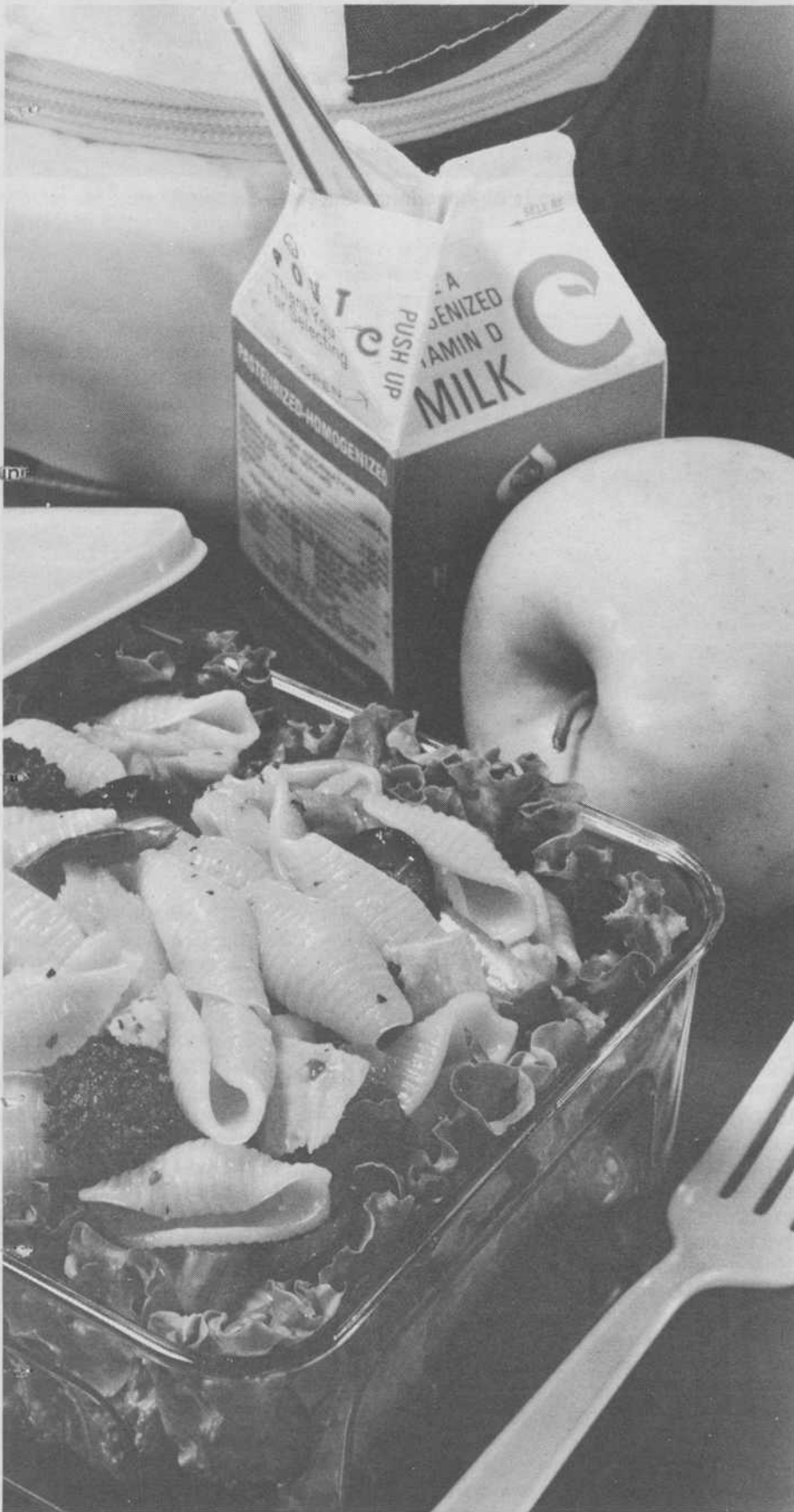


MONITOR Munchings

Add Some Zest to Brown Bag Lunches



Bored with lunches that you can prepare with your eyes closed and eat without recalling what you had? This month's recipes, courtesy General Foods, come to the aid of brown baggers of all ages.

Adults will enjoy chilled *Tuna Salad with Broccoli, Peppers and Pasta*. Seasoned with prepared Italian salad dressing mix, this zesty luncheon salad is suitable to carry to work in a plastic container. But we suggest packing it in a fresh green pepper or tomato shell—just replace the top, and wrap in foil or plastic wrap and you won't have a food container to take home.

Give school kids a treat and send them off with *Raisin Applesauce Cookies* made with natural raisin bran, coconut and applesauce.

Fans of "hot and spicy" foods find *Chili Beef and Rice* satisfying on its own, but this hearty lunch becomes something hungry teens look forward to when packed with tortilla chips or taco shells. A piping hot thermos of homemade *Pea Soup with Franks* makes the perfect accompaniment to any sandwich and is quick to fix with the help of convenient frozen green peas and easy cream sauce.

If you're in a rut on new ideas for bag lunches, try some of these suggestions:

- Make a unique sandwich by rolling cold cuts in a flour tortilla.
- For a fruit-and-cheese lunch, pack bite-size pieces of fresh fruit and cubes of several kinds of cheese.
- On cool days, keep *Chili Beef and Rice* or *Pea Soup with Franks* hot with a thermos.
- Slice off the top of an apple, remove the core. Stuff with a mixture of peanut butter or cream cheese and raisins.

Tuna Salad with Broccoli, Peppers and Pasta

1/2 pkg. medium pasta shells

2 cups broccoli florets*
 3/4 cup diced green pepper
 3/4 cup diced red pepper
 1 can (7 oz.) tuna, drained and chunked
 1/2 cup pitted ripe olives, sliced
 1/2 cup prepared Italian salad dressing

*Zucchini chunks or slices may also be used.

Cook shells as directed on package; drain, rinse with cold water and place in large bowl. Meanwhile, blanch broccoli in boiling water for 5 minutes; drain and rinse with cold water. Add to shells with peppers, chunked tuna and olives. Pour dressing over salad and toss. Serve over lettuce or stuff into fresh tomato or green pepper shells. Makes 4 servings.

Raisin Applesauce Cookies

1 3/4 cups unsifted all-purpose flour
 1/2 teaspoon baking powder
 1 teaspoon baking soda
 1/2 salt
 1 teaspoon cinnamon
 1/2 teaspoon cloves
 1/2 teaspoon nutmeg
 1/8 teaspoon allspice
 3/4 cup butter or shortening
 1 cup sugar
 1 egg
 1 cup applesauce
 1 cup raisin bran
 1/2 cup coconut

Mix flour with baking powder, soda, salt and spices. Cream butter. Gradually beat in sugar. Add egg and blend well. Add flour mixture alternately with applesauce, mixing thoroughly after each addition. Add cereal and coconut. Drop from teaspoon onto greased baking sheets, 2 inches apart. Bake at 375° for 10 to 12 minutes. Makes about 5 dozen.

Chili Beef and Rice

1 pound ground beef
 1/2 cup chopped onion
 2 teaspoons chili powder
 1 teaspoon salt
 1/8 teaspoon pepper
 1 1/2 cups water