

FOR THE LADIES...

This article is dedicated to all the weight watchers at Charleston Heights Center, especially to our leader Barbara and my partner Barbara Foster. To all persons watching their health and weight, this is wishing you healthful eating.

Menus for Diet Dinners

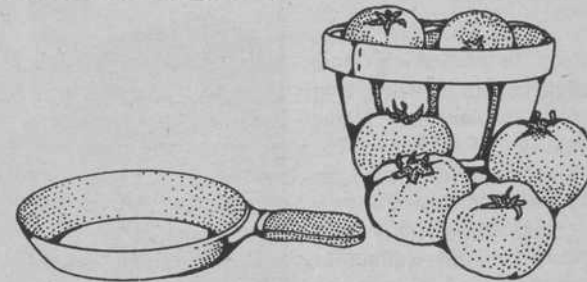
MENU I

- Eggplant Oriental in Lettuce Cups*
- Veal Scaloppine with Snow Peas, Asparagus and Cherry Tomatoes*
- Cauliflower with Herbed Crumb Topping*
- Banana-Strawberry Sherbert*

Dishin It Out *By Nona*



Nona Carroll



EGGPLANT ORIENTAL IN LETTUCE CUPS

The combination of ingredients in this recipe gives it a spicy Chinese flavor. We cut back on calories by serving the eggplant on leaves of baby lettuce rather than on the usual bread or toast rounds. It is also delicious on rounds of cut tomato. The mixture is even better when made a few days ahead. The taste will develop further in the refrigerator.

6 servings
64 Calories per Serving

- 2 eggplants (about 1 pound each)
- 1 teaspoon finely chopped garlic
- 2 tablespoons finely chopped fresh ginger
- 2 tablespoons soy sauce
- 1 tablespoon Oriental sesame oil
- 3 tablespoons chopped fresh coriander
- 1/4 teaspoon hot chile oil
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon sugar
- 18 whole small Bibb or Boston lettuce leaves

1. Preheat the oven to 400°. Bake the eggplants on a cookie sheet for 1 hour. When cool enough to handle, peel the eggplants and cut them into 1/2-inch pieces. You should have about 3-1/2 cups.
2. In a medium bowl, mix the garlic, ginger, soy sauce, sesame oil, coriander, chile oil, rice wine vinegar and sugar. Stir in the diced eggplant. Arrange 3 lettuce leaves on each of 6 individual serving plates. Spoon the eggplant into the lettuce cups and serve.

VEAL SCALOPPINE WITH SNOW PEAS, ASPARAGUS AND CHERRY TOMATOES

Because the veal is sauteed quickly and is unadorned, this recipe calls for top-quality veal. Ask the butcher for well-trimmed scallops cut from a large muscle, preferably the top round. If the veal is cut thinner than specified in the recipe, cook it for less time to insure that the meat doesn't dry out. You can also use thinly sliced turkey breast, which is less expensive than veal and quite juicy.

6 servings
272 Calories per Person

- 1 can (10 1/2 ounces) low-sodium chicken broth
- 1/2 teaspoon arrowroot or potato starch
- Vegetable cooking spray
- 6 veal scallops from the top round, cut about 3/8 inch thick (6 ounces each)
- 2 tablespoons olive oil
- 1/2 pound thin asparagus (about 14), trimmed and cut into 2-inch lengths
- 2 cups snow peas (about 6 ounces), strings removed
- 12 cherry tomatoes, cut in half if large
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

1. In a small saucepan, boil the chicken broth over high heat until it is reduced to 1/3 cup, about 20 minutes. In a small bowl, mix the arrowroot with 1 teaspoon of water. Whisk the mixture into the hot reduced stock and bring to a boil over high heat until thickened. Set aside.
2. Coat the insides of a large heavy skillet with vegetable cooking spray and place over high heat. Add as much of the veal as will fit into the skillet without crowding and saute until cooked through but still moist, about 2 minutes per side. Put on a platter and keep warm while cooking the remainder of the veal and finishing the sauce.
3. Add the olive oil to the skillet along with the asparagus, snow peas, cherry tomatoes, salt and pepper. Add the reduced thickened broth and 2/3 cup of water. Cook the vegetables in the sauce over high heat just until tender, about 4 minutes.
4. Arrange the veal on a warmed serving platter and pour the vegetables and sauce over the meat. Serve immediately.

CAULIFLOWER WITH HERBED CRUMB TOPPING

In this recipe, cauliflower florets are cooked in boiling water, then covered with flavored crumbs and finished in the oven. If the cauliflower has just been removed from the cooking water and is still hot, 10 minutes on the oven and a few minutes under the broiler are sufficient. If, however, the cauliflower has been cooked ahead and then allowed to cool before the next step, increase the baking time to about 20 minutes before finishing the dish under the broiler.

6 servings
67 Calories per Serving

- 1 large head cauliflower (2 pounds), separated into florets with large pieces cut in half
- 1 teaspoon chopped garlic (about 2 small cloves)
- 3 tablespoons chopped scallions (approximately 1 large scallion)
- 1 tablespoon chopped flat-leaf parsley
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 teaspoons olive oil
- 3/4 cup fresh bread crumbs (from 1 1/2 slices white bread)

1. Preheat the oven to 425°. In a large saucepan, bring 1 1/2 cups of water to a boil over high heat. Add the cauliflower and cook, covered, until just tender, about 10 minutes. Drain thoroughly and spread the cauliflower in a 9-by-13-inch baking or gratin dish.
2. In a small bowl, mix together the garlic, scallions, parsley, salt, pepper and olive oil. Add the bread crumbs and toss gently. Sprinkle over the cauliflower and bake for 10 minutes. Turn on the broiler. Broil the cauliflower 7 inches from the heat for 3 to 5 minutes, until lightly browned.

BANANA—STRAWBERRY SHERBET

It is essential that the strawberries and bananas for this dessert be very ripe; if they are not, the dessert will be quite tart. (When the entire banana skin is speckled with black dots, the fruit is ripe and flavorful. The strawberries should be deep purple-red throughout.) Since it's not always possible to buy perfectly ripened fruit, it is a good idea to cut up some ripe bananas and freeze them so that they are available whenever you want to make sherbet.

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