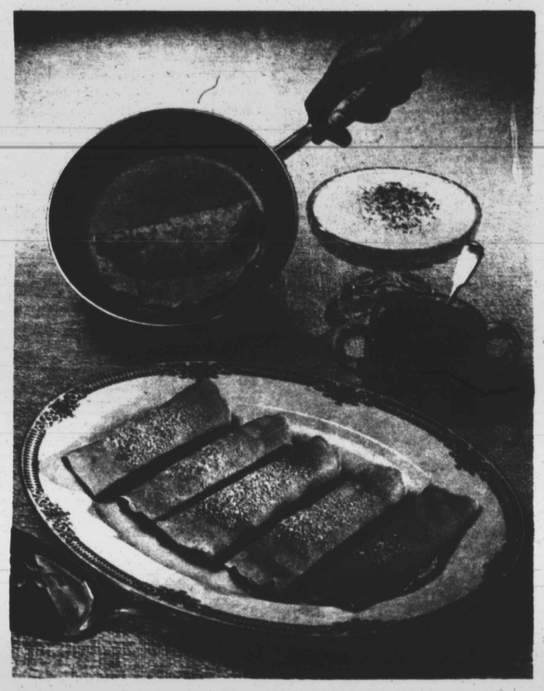


DAWN RECIPES:

Dessert Can Be Nutritious

If you have ever tried to stick with a diet to lose weight, and who hasn't, then you know the trauma that exists whenever desserts are offered. But here is a way to prepare a dessert that uses absolutely no fat.

With physical fitness becoming a national obsession, it's no wonder that even desserts these days are expected to add their share of nutrients to the daily diet.

One of the worthiest candidates for this new role is a dessert called Whole Wheat Dessert Crepes The crepes require no cooking fat and feature other healthful touches such as skim milk, whole wheat flour and protein - rich cheese filling.

One crepe after another can be turned out without having to add cooking fat when you start with the right kind of pan. One of the best is the French import, T-Fal, with a super-slick non - stick finish.

Nothing sticks to this surface — not even "sticking - prone" protein foods such as crepes or omelets. (And when food doesn't stick, dishwasing's a breeze, too).

So if you've avoided trying crepes for fear this elegant French dessert was too complicated, you'll be aggreeably surprised to discover how easy these are to make. It's nice to know, too, how good they are *for* you!

Whole Wheat Dessert Crepes

[Makes 12 Crepes]

Three - fourth cup whole wheat flour
1 tablespoon brown sugar
¼ teaspoon salt
2 eggs
1 cup skim milk
1 tablespoon oil

Cheese Filling

2 cups ricotta cheese, or low - fat cottage cheese
1 tablespoon brown sugar
1 tablespoon melted margarine
¼ teaspoon salt
½ teaspoon lemon juice
½ teaspoon cinnamon
3 tablespoons Sultana raisins
3 tablespoons chopped toasted almonds
Confectioners' sugar

To make crepes, combine ingredients in bowl and beat until batter is smooth. Let batter stand 20 minutes. In a 7-inch or 8-inch non-stick skillet, over medium heat, pour a little batter into pan (2 tablespoons or a bit more); immediately swirl pan around so that batter covers bottom of pan.

Cook over medium heat until crepe begins to dry around edges, and is lightly browned on bottom. Turn crepe with plastic or wooden spatula; heat just a few seconds more.

Place cooked crepes on cloth or platter, staggering crepes so that edges don't overlap. To make filling, combine ingredients in bowl. Place filling along center of each crepe; fold one side of crepe over to cover most of filling, then overlap other side.

Sprinkle crepes lightly with confectioners' sugar, and serve with vanilla yogurt and applesauce or preserves.

Many people think that naturally occurring sugar is "better" than added sugar. This is not true. Fruits and honey contain both sucrose (table sugar) and other kinds of sugars.

Our bodies use all of these sugars in foods in much the same way, whether they come from nature or are added to food by man.

Tasty Tidbits

Planning Baked Stuffed Potatoes for dinner? Why not make a meal of them? For four large potatoes, as you're mashing and seasoning them with two-thirds cup milk and 2 tablespoon butter, add to them one can (7 and three-fourth oz.) salmon, drained and flaked, 1 cup (4 oz.) shredded Cheddar cheese, ½ cup chopped green pepper and ¼ cup chopped onion. Refill shells and return to a moderate oven (350 degreen F.) for 20 minutes, until hot and lightly browned.

• • •

Parmesan Rye Thins are delightful with soups or salads. Spread thin slices of rye bread with butter and spinkle with grated Parmesan cheese. Toast under the broiler a few minutes or until crisp.

• • •

When you're considering fruit and cheese combinations, a handy way to remember what to serve is this: with sweet fruits (honeydew or grapes) serve a mild - flavored cheese such as Brick; with tart fruits (apples), a strong - flavored cheese such as Cheddar.

Keep a crunchy dip in the refrigerator for the nibblers in your family. An easy one is made with 2 cups cottage cheese beaten until fairly smooth, mixed with three-fourth cup minced radishes, ¼ cup sliced green onion tops and seasoned with ½ teaspoon onion salt. It's good with crackers, chips or vegetable dippers.

• • •

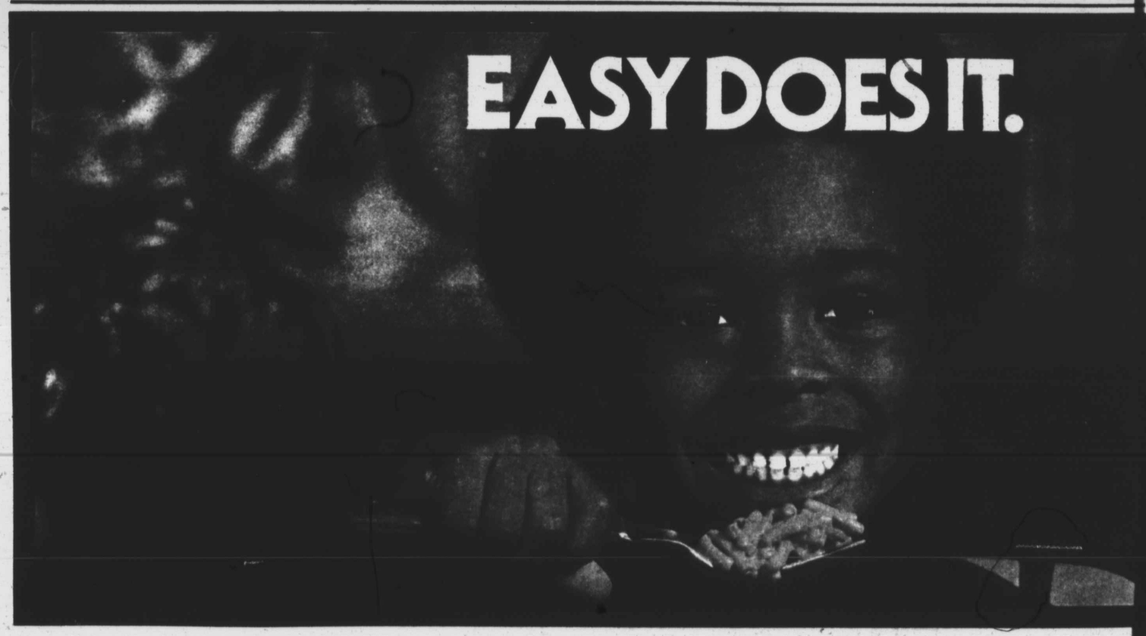
For a quick soup, combine a can (10 three-fourth oz.) of condensed cream of chicken soup with the same size can of cream of asparagus soup and 2 cups of milk. Stir, heat and serve topped with chopped parsley.

• • •

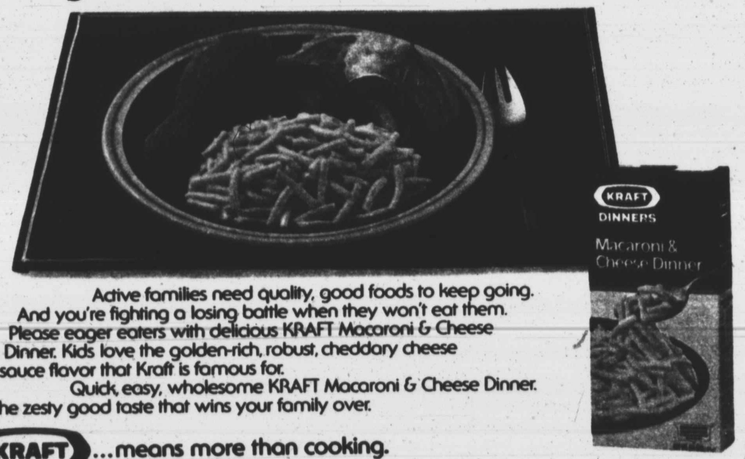
Wondering what to do with hard-cooked eggs? They make a wonderful egg salad filling that can be extended with cottage cheese, chopped celery, green pepper, seasoning to taste, all held together with dairy sour cream.

• • •

Do you know what Olympic athletes in ancient Greece ate while they were training? A steady diet of cheese.



Kraft Macaroni and Cheese Dinner means great cheese taste without any waste.



Active families need quality, good foods to keep going. And you're fighting a losing battle when they won't eat them. Please eager eaters with delicious KRAFT Macaroni & Cheese Dinner. Kids love the golden-rich, robust, cheddary cheese sauce flavor that Kraft is famous for.

Quick, easy, wholesome KRAFT Macaroni & Cheese Dinner. The zesty good taste that wins your family over.

KRAFT ...means more than cooking.

©1980 KRAFT INC.