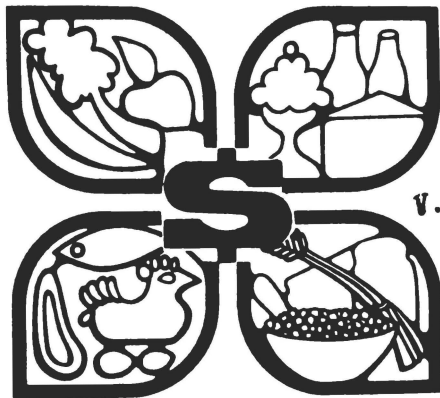


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FOODS AND NUTRITION

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August 1980

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BLACKSBURG, VIRGINIA

AN EASY SUPPER

Fluffy Meat Loaf
Low-fat French Fries
Spanish Cabbage
Garlic Bread
Milk Iced Tea
Watermelon

Fluffy Meat Loaf

1½ pounds ground beef
3 slices soft bread
1 cup milk
1 egg, beaten
¼ cup chopped onion
1¼ teaspoons salt
¼ teaspoon pepper
¼ teaspoon dry mustard*

Put ground beef in large mixing bowl. Tear bread into 1-inch pieces and add to ground beef. Add remaining ingredients. Stir just enough to mix. Pour into a loaf pan or shape into a loaf about 4 inches wide in a shallow baking dish. Bake in a 350°F oven until done--about 1½ hours. For a change, spread with 3 tablespoons catsup before baking.

Regular ground beef is probably a better buy than lean or extra-lean ground beef. Products made from regular ground beef are usually juicier and a bit tastier because of higher fat content. You can dip off the fat which cooks out if you are trying to cut calories.

*If you have prepared mustard but no dry mustard, use a scant teaspoonful.

Low-fat French Fries

1½ tablespoon butter or margarine ½ teaspoon salt
4 potatoes ½ teaspoon pepper

Melt butter or margarine in bottom of shallow baking pan. Peel potatoes and cut into ½-inch strips. Roll in melted butter or margarine. Sprinkle with salt and pepper. Bake in 350°F oven for about 45 minutes, turning frequently. Makes 4 to 6 servings.

You can bake the french fries at a higher temperature for a shorter time.

Spanish Cabbage

2 tablespoons shortening
1 small onion, thinly sliced
1 cup tomatoes
1 small cabbage head, thinly sliced
1 small green pepper, thinly sliced
1/8 teaspoon salt

Melt shortening in a skillet or saucepan that has a lid. Add onion and cook until clear but not browned. If it browns, the shortening is too hot. Add remaining ingredients. Cover and cook over low heat until tender--5 to 10 minutes. Makes 6 servings.

You may use fresh or canned tomatoes in this recipe. Two or three medium-sized fresh tomatoes will make a cupful when peeled and chopped.

The shortening could be butter, margarine, oil, hydrogenated shortening, lard, or bacon drippings. You may like the flavor of one better than the others, or you may have to use what's on hand.

Garlic Bread

Soften $\frac{1}{4}$ cup butter or margarine. Add $\frac{1}{2}$ teaspoon garlic powder. Spread on slices of bread--any kind will do. Place on cookie sheet or wrap in aluminum foil. Bake at 350°F for 10 to 15 minutes.

Fresh fruits make good desserts. Watermelon is a favorite late summer fruit. You can buy whole melons or pieces. Pieces usually cost more per pound than whole melons, but pieces may still be the best buy if your family is small.

An uncut watermelon should have
--A relatively smooth surface
--Rounded ends
--A slightly dull rind
--A creamy colored underside or "belly"

A cut watermelon should have
--Firm juicy flesh
--Good red color, free from white streaks
--Dark brown or black seeds

Don't buy watermelons with
--Pale colored flesh and white streaks
--Dry and mealy or watery, stringy flesh
--White seeds



Most of the foods for this meal are cooked in the oven--the meat loaf, french fries, and garlic bread--to make wise use of the heat. For a winter meal, you might bake apples or an apple crisp for dessert.

Prepared by Jo Anne Barton, Extension Specialist - Foods and Nutrition