

Varying the diet menu is important to the spirit and the palate. Here are some low-calorie recipes with the unexpected tang and freshness of citrus.



Just the thing for the Bridge Club—Crisp and Crunchy Tuna Salad.

CRUNCHY SALAD

ored gefalín
condensed beef
r beef bouillon,

ped green

hopped onion
d white tuna,
iter, drained

arsely chopped

ded, coarsely
berg lettuce
ed lemon rind
n juice
oned salt

ives
cream

pan, sprinkle gel-
nmé; let stand 5
n.

n half crosswise,
carefully remove
Bring consommé
epper shells, cut-
and boil 3 min-
ll be bright green

lls; turn upside
t to drain; then

uné back to boil-
and-boil for 30-
our into a bowl
d water to chill
not set. Takes
nutes.

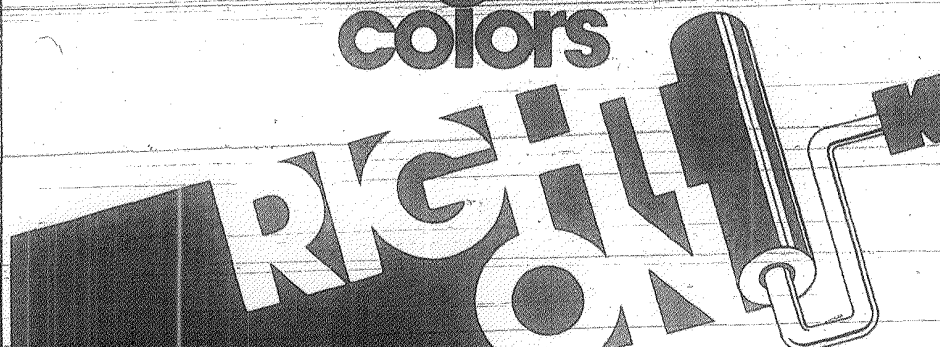
nato, iceberg let-
id, lemon juice,
nd few twists of
per mill to thick-
s; toss lightly to

epper shell with
high. (Mixture
ape if consommé
ugh.) Chill.

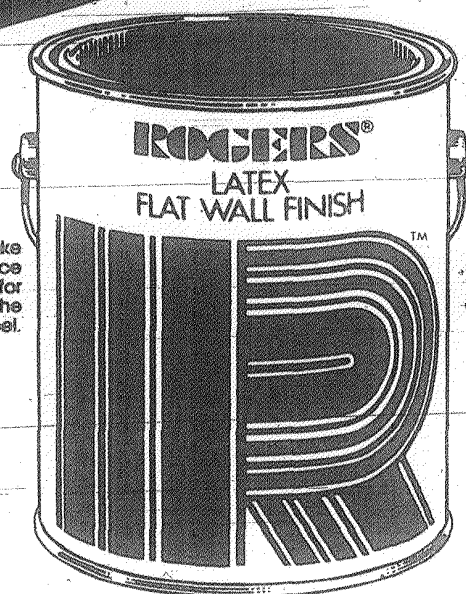
lace peppers on
ives, garnish with
cream and lemon
rve with crisp rye
Makes 4 servings

lorie count: total
15 calories for 1

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SALMON ROLL-UPS WITH CUCUMBER SAUCE

4 thin fillets of flounder or sole
(2½-ozs. each, approx.
9 inches long)

Salt

½ teaspoon paprika

2 teaspoons capers, drained

1 tablespoon chopped pimiento

1 tablespoon finely chopped onion
or 1½ teaspoons instant
minced onion, rehydrated

½ teaspoon grated lemon rind

1 tablespoon plus 1 teaspoon
lemon juice

1 can (7½ ozs.) salmon, drained
and flaked

Cucumber Sauce (recipe below)

1. Preheat oven to 400° F. Season
fillets on both sides with ½ tea-
spoon salt and paprika.

2. Turn fillets dark side up; sprin-
kle with capers and pimiento.
Combine ½ teaspoon salt, onion,
lemon rind, lemon juice and
flaked salmon. Mound 3 table-
spoons of the mixture on each
fillet.

3. Roll up, jelly-roll style; place
in shallow baking dish. Cover
with lid or aluminum foil. Bake
at 400° F. for 10 minutes; uncov-
er and bake 15 minutes longer.
Top each serving with 1 or 1½
tablespoons Cucumber Sauce.

Makes 4 servings

CUCUMBER SAUCE

½ cup peeled, seeded, coarsely
grated cucumber

¼-cup imitation sour cream or
sour cream

1 tablespoon finely chopped onion
or 1½ teaspoons instant
minced onion, rehydrated

½ teaspoon salt

½ teaspoon grated lemon rind

1½ teaspoons lemon juice

3 tablespoons finely chopped
parsley

1. In small bowl, combine all in-
gredients. Refrigerate; serve cold.

Makes ¾ cup, about 4 servings

Approximate calorie count for
Roll-ups with Sauce: total calo-
ries, 720; 180 calories per serving.

DUST I BREASTS

breasts (2½ lbs.)
inned
urry powder
mustard
ney
ited orange rind
ulce

Pepper

2 medium California oranges,
peeled and sliced

Parsley

1. Preheat oven to 350° F. Sprin-
kle chicken breasts with curry
powder and dry mustard, rubbing
well into flesh. Place in shallow

11¼ x 7½ x 1¼-inch baking pan,
meat side down.

2. Combine honey, orange rind,
orange juice, salt and pepper from
pepper mill. Pour over chicken.
Cover pan tightly with aluminum
foil, bake for 40 minutes.

3. Turn chicken over, baste with
liquid. Recover with foil and
bake 15-20 minutes longer, until
chicken is tender.

4. Arrange on heated serving
platter. Pour liquid from pan
over chicken. Garnish platter

with orange slices, add a sprig
of parsley for more color if de-
sired. Serve 2 orange slices with
each chicken breast.

Makes 4 servings

Approximate calorie count: total,
480; 120 per serving.

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