Watching the calories can be a delicious game

If you're watching the calories, you'll find a cool, refreshing and easy to prepare dessert the perfect solution. Or, if you're entertaining at a luncheon and several of your guests are dieting, or appreciate low-calorie foods, a special dessert that will solve your menu dilemma is a delightful to look at, fluffy Dieter's Lemon Souffle.

Garnished with fresh strawberries —other berries or fruits in season —this lemony dessert, surprisingly enough, contains less than 75 calories. It is made with low-calorie bottled lemon juice, noncaloric liquid sweetner and nonfat dry milk.

Serve it and then sit back and glow as the calorie-watchers enjoy this delicious lemony treat to their heart's (and diet's) content. You'll receive many raves as the hostess with "pound-conscious" thoughtfulness.

DIETER'S LEMON SOUFFLE

- 1½ envelopes (1½ tablespoons) unflavored gelatin
- 1½ cups cold water
- 2 eggs, slightly beaten
- 1½ teaspoons noncaloric liquid sweetner
- ⅔ cup ReaLemon bottled lemon juice
- ½ cup nonfat dry milk
- ½ cup cold water
- ¼ cup sugar
- 5 to 6 drops yellow food coloring

Soften gelatin in 1½ cups cold water; stir in eggs. Cook over low heat, stirring constantly, until gelatin dissolves; remove from heat. Add sweetner and bottled lemon juice; chill until partially set. Mix nonfat dry milk with ½ cup cold water; whip until soft peaks form. Gradually add sugar, continuing to beat to stiff peaks. Briskly add the food coloring to tint pale yellow. Fold into gelatin mixture.

Prepare a 1-quart souffle dish by cutting a strip of brown paper or foil about 4 inches wide and long enough to go around sides of dish. Fasten strip to outside of dish with tape, allowing it to extend about 2 inches above dish. Brush inside of strip with oil. Spoon gelatin mixture into souffle dish and chill until firm. Remove tape and peel paper collar away carefully. This souffle also may be made in a 2-quart bowl or mold. Decorate serving dish or table with sugared flowers, if desired.

To prepare sugared flowers: Brush flower petals lightly with slightly beaten egg white. Dip into egg white and sprinkle with sugar.

As the entree, fish is the dieter's standby, and the fellow who first filleted fish her best friend. This was the approach that opened the way to quick fish cookery and easy sea food eating. Fresh tomatoes team well with about any variety of fish you can name.

It is well known that tempting appearance, aroma, taste must be the end results of an exceptional recipe. That's why juicy, red fleshed vitamin C and A-rich tomatoes are so popular in mealtime preparation. Raw or cooked, tomatoes bring out the highest in flavory pleasures when melded with other foods.

Our specialty of the day is a nourishing, appealing entree of tomato-cheese topped flounder fillets. In addition to the prime eye appeal and flavor of this dish, it will prove the solution on days when time has flown by, and you need to prepare supper in a matter of minutes.

Remember, tomatoes when you serve sea food salads, baked and broiled fish entrees. They will add the special touch!

SPRINGTIME TOMATO FISH DINNER

- 2 eggs, beaten
- 1 tablespoon milk
- 1 teaspoon salt
- 1½ pounds flounder fillets
- 1¼ cups fine dry bread crumbs (approximately)
- Salad oil
- 1 pound tomatoes, sliced (about 3-4 medium)
- ¼ pound American cheese, grated

Combine eggs, milk and salt in pie plate. Dip fish fillets first into egg mixture, then into bread crumbs. Saute in a small amount of oil over medium heat until browned on both sides. Place fillets in shallow baking pan; top with tomato slices and sprinkle with cheese. Bake in 375°F. oven 10 minutes or until cheese melts. Makes about 6 servings.

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