BROILED LAMB CHOPS
4 lamb loin chops (3
ounces each), 1 inch thick

1 clove garlic, halved 1 tablespoon plus teaspoon lemon juice

Remove "fell" (the paperlike covering) if it is on chops. Diagonally slash outer edge of fat on chops at 1-inch intervals to prevent curling. Rub chops with cut clove garlic; brush with lemon juice.

Set oven control at broil and/or 550 degrees. Broil chops with tops 3 inches from heat 6 to 7 minutes on each side.

Makes 4 servings. For flavor variety, substitute allspice, basil leaves, dill, ginger or oregano for garlic, 175 calories per serving.

PINEAPPLE

SWEET POTATOES

vacuum-packed sweet potatoes, drained

pineapple chunks in unsweetened pineapple juice, drained (reserve ¼ cup juice) ½ cup brown sugar (packed)

2 tablespoons brandy 2 tablespoons soft un-

salted margarine

Heat oven to 350 degrees. Arrange sweet potatoes and pineapple chunks in greased 1½-quart casserole. Pour on reserved pineapple juice. Mix sugar, brandy and margarine and spread on top. Bake uncovered until hot and bubbly, 30 to 40 minutes.

Makes six servings. Contains
225 calories per serving.

FRIED CORN

1 tablespoon plus 1½ o

1 cup unsalted cooked

¼ green pepper, thinly sliced

½ teaspoon finely chopped onion

1 tablespoon sliced pimento

Freshly ground pepper
teaspoon snipped
parsley

Melt margarine in skillet; stir in corn, green pepper and onion.

Cover tightly and simmer over low heat, stirring frequently, until PAGE 18

minutes. Stir in pimiento; season with pepper and simmer 2 to 3 minutes. Garnish with parsley.

Makes 3 servings. Contains 105

calories per serving.

LEMON MERINGUE PIE

8- inch Baked Pie Shell*

1 cup sugar

1 cup cornstarch
1 cup water

2 tablespoons unslated margarine

1 teaspoon grated lemon peel Heap meringue onto hot pie filling; spread over filling, carefully sealing meringue to edge of crust to prevent shrinking or weeping. Bake about 10 minutes or until a delicate brown. Cool away from draft.

Contains 435 calories per serving.

> *Meringue Pie Shell 4 egg whites

teaspoon cream of tarter cup sugar

Heat oven to 275 degrees. Grea2se two 9-inch pie pans with unsalted margarine. Beat egg

35,000,000 Sufferers

Studies show that there are some 35 million Americans who suffer from high blood pressure or hypertension, the leading cause of heart disease, stroke and kidney failure.

And, medical research across racial groups has discovered that the rate of hypertension among black Americans is 50 percent higher than that of other Americans. It's known as the "Silent Killer."

Alarmingly, death due to hypertension among blacks under the age of 50 is 6 to 7 times higher than for whites in that age group; the incidence of hypertension related deaths among blacks over the age of 50 is approximately 2½ times the rate for whites.

Researchers speculate that a high ingestion of sodium may contribute to these statistics and point to the need for special attention to diet among blacks.

"Living With High Blood Pressure, The Hypertension Diet Cookbook," by Joyce Daly Margie and James C. Hunt, M.C. is a compilation of several hundred interesting recipes, designed for flavor appeal and healthfulness.

"Living With High Blood Pressure" is available only from the publisher, HLS Press, Inc., 1455 Broad Street, Bloomfield, N.J. 07003. The cost is \$12.95.

2 drops yellow food color,

Meringue for pie*

Bake pie shell. Heat oven to 400 degrees. Mix sugar and cornstarch in saucepan. Stir in water. Cook over mediun heat, stirring constantly, until mixture thickens and boils.

Boil and stir 1 minute. Stir at least half the hot mixture into imitation eggs, then blend into hot mixture in pan. Boil and stir 1 minute. Remove from heat; stir in margarine, lemon peel, juice and color. Pour into baked pie shell.

whites and cream of tarter in large mixer bowl until foamy. Beat in sugar, 1 tablespoon at a time; beat until stiff and glossy. DO NOT OVERBEAT.

Divide meringue between pie pans; press meringue against side of pan. Bake 45 minutes. Turn off oven; leave meringue shells in oven with door closed 45 minutes. Remove from oven; cool away from draft.

Makes 2 shells (8 servings each).

Note: Meringue shell can be frozen. Wrap carefully in aluminum foil and freeze.

To serve, thaw in wrapper at room temperature 15 minutes.

BASIC MERINGUE

[for 8-inch pie]

2 egg whites
4 teaspoon cream of tarter

1/4 cup sugar 1/4 teaspoon vanilla

9-inch pie

3 egg whites 4 teaspoon cream of tarter

6 tablespoons sugar ½ teaspoon vanilla

Beat egg whites and cream of tarter until foamy. Beat in sugar, 1 tablespoon at a time; beat until stiff and glossy. Do not underbeat. Beat in vanilla.

Heap meringue onto hot pie filling; spread on filling, carefully sealing meringue to edge of crust to prevent shrinking or weeping. Bake in 400 degree oven until delicate brown, about 10 minutes. Cool away from draft.

GOLDEN POUND CAKE

1 % cups all-purpose flour 1 cup sugar

3 teaspoons low-sodium baking powder 1/2 cup unsalted margarine,

1/2 cup skim milk
1/2 imitation eggs

Heat oven to 350 degrees.

Grease loaf pan, 9x5x3 inches, then line with paper. Measure all ingredients into large mixer bowl.

Blend on low speed ½ minute, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour into pan. Bake 65 to 70 minutes or until wooden pick inserted in center comes out clean.

Contains 295 calories per slice.

RICE-VEGETABLE SALAD

3 cups cool cooked rice
1-1/2 cups sliced celery
1 package (10 oz.)
frozen green peas,
cooked and drained
1/4 cup minced onion

1/4 cup minced onion
1/2 cup diced pimientos
1 cup cubed American
process cheese
(1/4-inch cubes)

1 teaspoon lemon juice
1/2 teaspoon each salt and
seasoned pepper

Combine all ingredients and toss lightly. Chill. Serve in lettuce cups and garnish with sliced hard-cooked eggs and tomato wedges, if desired. Makes 6 cups or 6 servings.

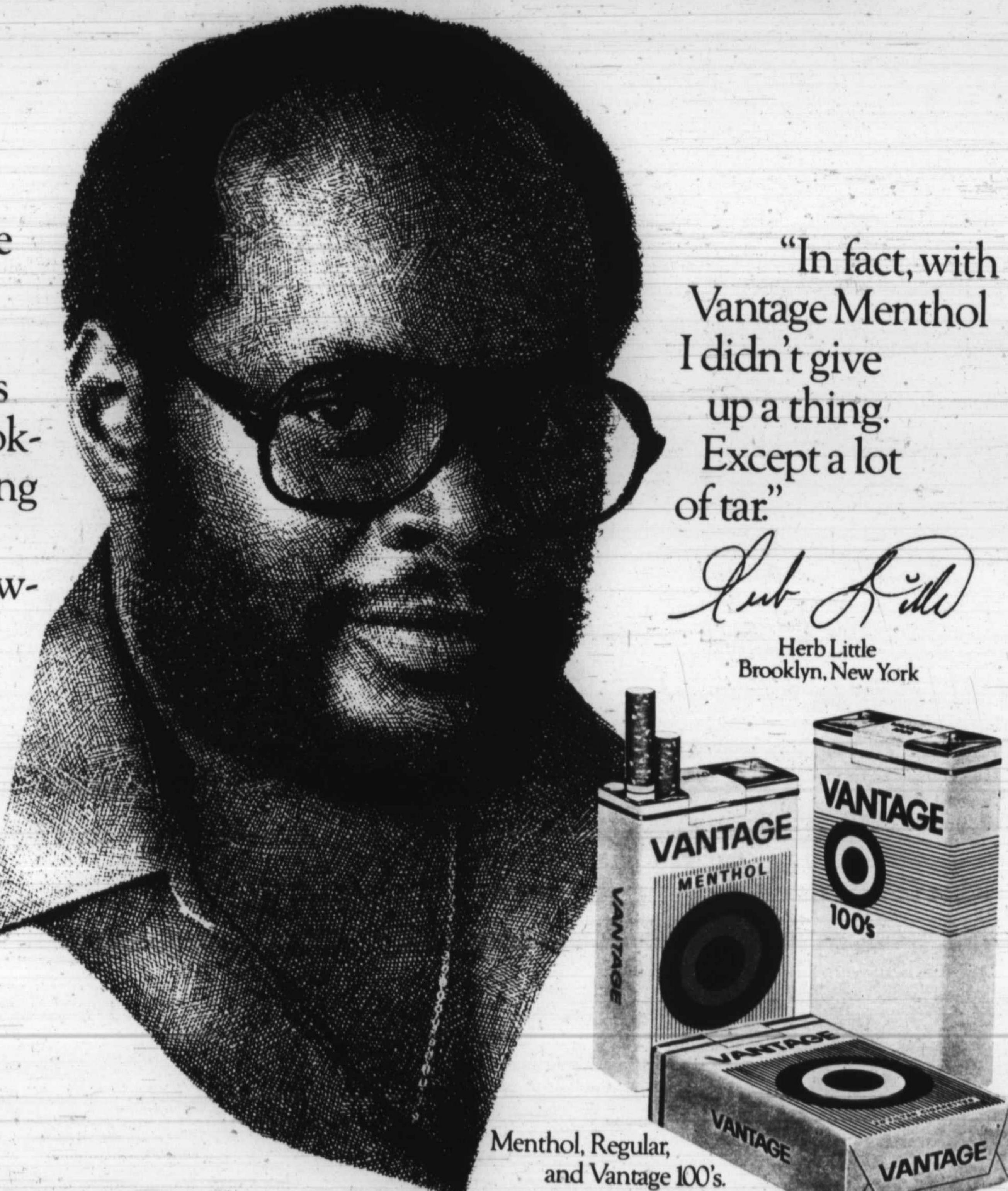
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