## DAWN RECIPES:

## Make Low-Salt Meals Flavorful

Imagine 15 pounds of salt being poured into your body. Astonishing, isn't it? And yet of Americans consume this whopping amount each year at the risk of developing

Another common result of too much salt is water retention, which in turn causes weight gain and can lead to respiratory,

So ingrained is salt as part of our daily routine that many of us season our food with it almost as a reflex action. And we further increase our salt intake by eating highly processed and canned foods, all high in sodium.

For this reason, experts and those who care about good food and good health are urging a whole new concept of eating. They suggest that people modify their eating patterns by going light on salt in cooking, avoiding the use of salt at the table and passing up salty processed foods. The result is an exciting as well

It is possible to have delicious meals with a low-sodium content. In some cases it involves using fruits and spices in place of salt.

as delicious adventure for cooks as well as diners. After all, our more healthful — to reach for a use of salt is largely a matter of eating habit and in many cases kills the good tastes of many.

You don't have to give up any of the wonderful pleasures of eating by cutting down on the salt, especially with the available talents of glorious citrus at hand.

Many people mistakenly believe that unsalted or reduced sodium dishes taste bland and boring. Not true! We don't have to rely on salt to season and heighten the flavor in foods.

There is an exciting array of new taste sensations awaiting you when you use natural seasoning such as herbs and natural salt - free products such

slice of grapefruit or a squirt of orange juice to perk up dishes as it is to sprinkle on the salt. And a lot more interesting, too.

A spectacular highlight is delicate Orange Stuffed Cornish Game Hen, the kind of entree that makes an ordinary occasion special and a special occasion

You'll never miss the salt in a sumptuous stuffing seasoned with tarragon, onions and garlic and spiked with zesty pieces of orange. Crunchy water chestnuts add another flavor interest to the

These tender, plump hens are basted with orange juice during baking for an appetizing, gleaming look. This poultry dish is a truly triumphant flight into low - sodium cuisine.

ehhanced by the fetching comination of pears and bracin fresh grapefruit in a convenien one - dish meal called Pork Chops - Grapefruit Skillet Dish.

Marjoram and cinnamon, two condiments provide a of this pork chop and fruit

Accompany the dish with a fresh green salad for a meal that will please every palate. And it's so flavorful no one will ask for the salt to be passed!

Orange - Bulgar Vegetarian Dish boasts an array of benefits to cheer about. It's economical, so protein - rich with its kidney bean, wheat germ, and bulgar content that it can make a main dish and piquant proof that delicious dishes don't have to depend on salt.

Celery, onion and garlic accent sliced mushrooms, sweet raisins and brisk orange sections t make a satisfying meatless meal that's easy on the chef and the pocketbook. One bonus is that this vegetarian medley can be used as a savory stuffing for other vegetables, such as zucchini and eggplant.

Cooking without salt can be a marvelous experience when you explore the range of herbs and brisk citrus flavors that enliven main dishes. And it gives you a whole new lease on life - not only taste - wise but health - wise

Stuffed Cornish Hens Orlando

butter or margarine
1 rib celery, finely chopped (1/4)

1 medium onion, finely chopped

1 clove garlic, mashed

1 teaspoon dried leaf tarragon 2 cups whole wheat bread cubes, toasted if desired

I teaspoon grated orange rind 3 Florida oranges, peeled, sectioned cut in pieces (2

1 can (8 ounces) water chestnuts, drained, finely chopped 4 Cornish game hens

½ cup Florida orange juice

In small saucepan, melt butter over medium heat; saute celery, onion, garlic and tarragon until onions are translucent. In large bowl, combine onion mixture, bread cubes, orange rind, orange pieces and water chestnuts; mix

Stuff each hen lightly with approximately 1 cup stuffing. Place hens in a shallow baking dish. Bake in a 350 degree F. oven 1 hour or until hens are tender. Baste hens every 15 minutes with orange juice during baking. Yield: 4 servings.

## Orange Bulgar Vegetarian Dish

cup unsaited butter or margarine

1 medium onion, chopped (1/2 2 ribs celery, chopped (1/2 cup)

1 clove garlic, mashed 1 cup uncooked Bulgar wheat

1 cup Florida orange juice 1 cup water 1 can (15 ounces) kidney beans,

1/4 pound fresh mushrooms,

1-3 cup raisins 1/4 cup wheat germ

2 Florida oranges, peeled and sectioned

In large skillet melt butter over medium heat; saute onion, celery and garlic 1 minute. Add Bulgar, continue to cook, stirring 5 minutes. Stir in orange juice and water, bring to boil.

Add kidney beans, mushrooms, raisins and wheat germ; reduce heat and simmer, covered, 15 to 20 minutes until Bulgar is tender and all liquid is absorbed. Spoar into serving dish and garnish with orange sections.

Yield: 4-6 servings. NOTE: This mixture is excellent used as a stuffing for whole tomatoes, green peppers and acorn squash halves.



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