DAWN RECIPES

Don't abandon your concerns for eating healthier food just because it's Thanksgiving. Follow a few simple precepts to make food that is lower in salt and lower in cholesterol. For example, substitute safflower oil or corn oil for butter, skim milk for whole milk. Use herbs and spices to accentuate flavor instead of salt.

Grapefruit juice is used liberally in these recipes because it is low in calories and low in salt. It is a substitute for wine in the vegetable aspic because it adds flavor with fewer calories.

It's used instead of butter in marinade to baste turkey and as an ingredient in a lower-in-calorie stuffing.

GRAPEFRUIT VEGETABLE ASPIC
(Makes 6 servings)

1¼ cups Ocean Spray Grapefruit Juice
1 envelope unflavored gelatin
¼ cup sugar
2 tablespoons lemon juice
1 tablespoon cider vinegar
Few drops red pepper seasoning
1½ cups finely shredded red, green and Chinese cabbage (½ cup of each)
½ cup finely diced carrot
¼ cup chopped red or green pepper
½ cup plain yogurt mixed with 2 tablespoons finely chopped parsley

In large pot, pour juice and sprinkle with gelatin and sugar. Warm over medium heat, stirring until dissolved. Stir in lemon juice and vinegar. Chill until slightly thickened. Fold in remaining ingredients. Spoon into 6 individual molds. Chill until firm. Unmold onto lettuce leaves and serve with yogurt.

GRAPEFRUITY HERB MARINADE AND BASTE FOR ROAST TURKEY
(Makes about 1½ cups)

¾ cup safflower oil or corn oil
2 teaspoons paprika
1 teaspoon sugar
1 teaspoon dried leaf thyme, crumbled
½ teaspoon dry mustard
½ teaspoon pepper
1 cup Ocean Spray Grapefruit Juice
Few drops hot pepper sauce

In a medium bowl, combine all ingredients; mix well. Use sauce to baste turkey in the usual fashion.

GRAPEFRUIT STUFFING FOR ROAST TURKEY
(Makes about 9 cups)

¾ cup chopped onion
¾ cup chopped celery
6 tablespoons corn oil
3¾ cups toasted bread cubes
9 tablespoons Ocean Spray Grapefruit Juice
¼ cup chopped parsley
3-4 teaspoons sage
½ teaspoon pepper

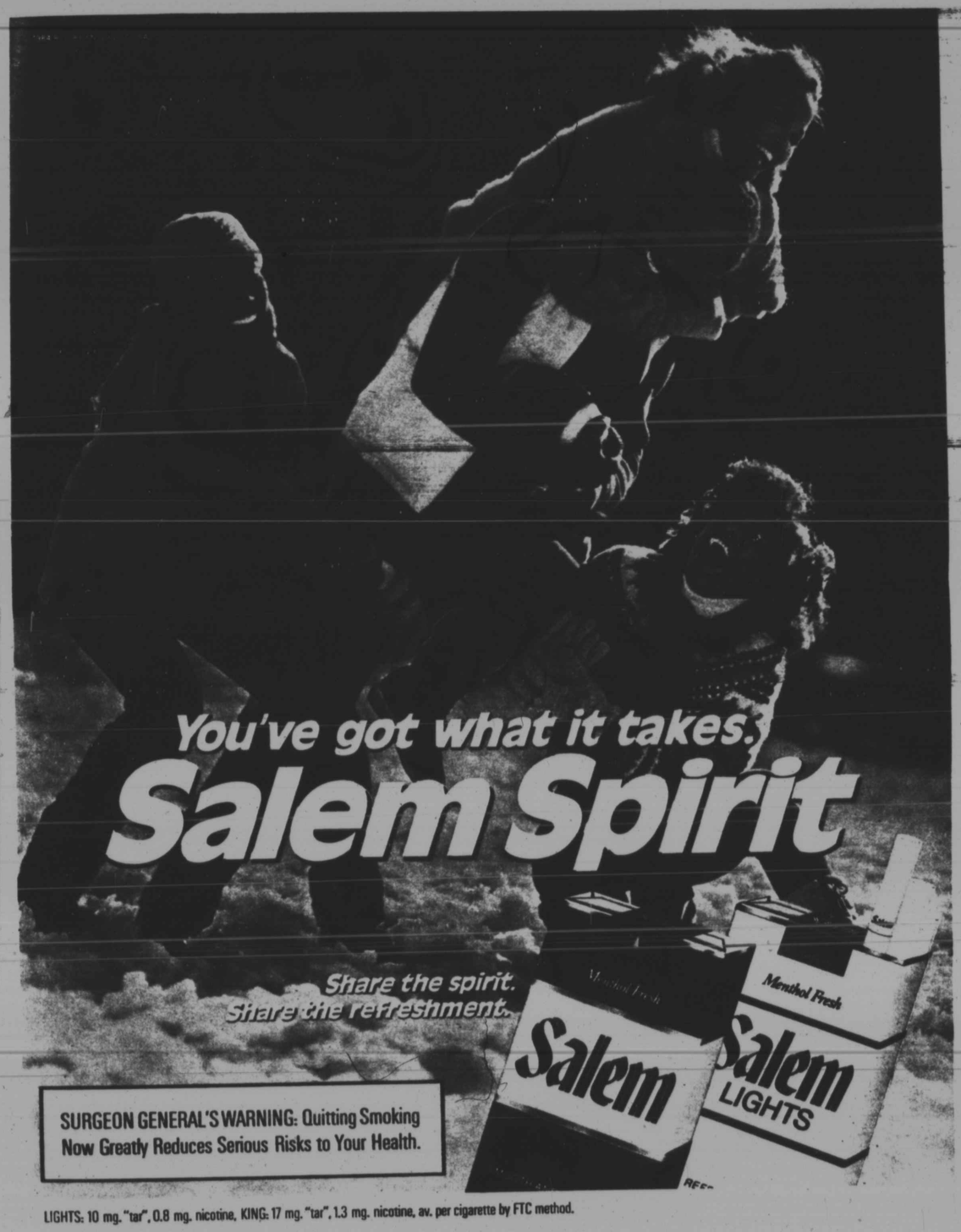
In a pan, saute onion and celery in corn oil for 5-8 minutes or until tender. In a large bowl, place bread cubes, cover with onion and celery mixture. Add remaining ingredients; toss lightly. Use to stuff turkey.

SHRIMP COCKTAIL
(Makes 6 servings)

1 pound raw shrimp, shelled and deveined
1 can (16 ounces) Ocean Spray Whole Berry Cranberry Sauce
½ cup catsup
½ cup Ocean Spray Grapefruit Juice
1 tablespoon prepared mustard
2 scallions, trimmed and sliced
2 tablespoons chopped celery leaves
Lettuce leaves

In large pot, cook shrimp in small amount of water (enough to cover shrimp). Cover and cook over high heat just until shrimp turn pink. Set aside.

In a blender or food processor, combine remaining ingredients. Cover; whirl until smooth. Chill. To serve, arrange lettuce leaves in serving dish. Place shrimp on top of lettuce and serve with sauce.



LIGHTS: 10 mg. "tar", 0.8 mg. nicotine, KING: 17 mg. "tar", 1.3 mg. nicotine, av. per cigarette by FTC method.