A DIET FOR THE YOUNG AT HEART

SMART EATING FOR EVERYONE FROM MAZOLA
INTRODUCTION

Good things have happened to Americans over the past few years. They’re better informed and more interested in taking steps to maintain their own good health through exercise, diet and other lifestyle changes. Despite these encouraging trends, and the fact that the death rate from heart disease and stroke has been declining in the U.S. for the past few years, heart disease remains the number one cause of death in America. And one of the most easily controlled risk factors for heart disease is elevated blood pressure.

Today, one out of four Americans suffers from some form of elevated blood pressure (hypertension), and many do not even know it. It’s symptomless, and in the unwary person can go undetected for years, sometimes leading to stroke, kidney and heart disease. It’s a good idea to know your blood pressure, and to have it checked periodically. Elevated blood pressure of any degree can greatly increase the risk of health complications.

Blood pressure, simply put, is the force of the blood pumped by the heart against artery walls in the body. Elevated blood pressure is an indication that the blood vessels have lost some elasticity or have narrowed so that pressure gradually builds up. Two pressures are measured: systolic and diastolic. The systolic pressure (the top and higher number) represents the pressure in the arteries when the heart beats. The diastolic pressure (the bottom and lower number) represents the pressure between beats when the heart isn’t pumping.

Normal systolic values are between 100-120, diastolic, 60-80 (this may vary slightly with age). Measurements consistently over 140 systolic and 95 diastolic are usually considered too high.
High blood pressure is influenced by many factors. Family tendencies, race, body weight, level of exercise, cigarette smoking, stress and diet can all play a part.

Studies show that lifestyle changes can help reduce blood pressure. More and more, doctors are initially treating mild hypertension with common-sense advice such as "...stop smoking, lose weight, exercise more and eat right!"

Several studies conducted at the United States Department of Agriculture Nutrition Laboratory in Beltsville, Maryland highlight the significant role diet can play in reducing elevated blood pressure. In this series, participants ate a diet modified in fat, with polyunsaturated vegetable fat (corn oil was used) substituted for saturated animal fat. After a test period of six weeks, blood pressures were significantly reduced in those participants who had elevated blood pressure. Normal blood pressure levels were unaffected.

**How does polyunsaturated fat relate to lowering blood pressure?**

Polyunsaturated fats contain "building blocks" for compounds that scientists believe can help blood vessels relax as well as rid the body of excess sodium, thereby reducing high blood pressure. Reduction of dietary sodium, as recommended by doctors, is still important.

Scientists already know that a balanced diet which includes replacing saturated fat with polyunsaturated fat can help reduce cholesterol. It's good news to know that the same moderate dietary changes not only help to reduce blood cholesterol but elevated blood pressure as well. Just such a diet is offered here. It is in accor-
dance with the dietary guidelines recommended by the United States Departments of Agriculture and Health and Human Services. The seven guidelines as published are:

- Eat a variety of foods
- Maintain ideal weight
- Avoid too much fat, saturated fat and cholesterol
- Eat foods with adequate starch and fiber
- Avoid too much sugar
- Avoid too much sodium
- If you drink alcohol, do so in moderation

*A Diet for the Young at Heart* follows these guidelines and also takes into account the USDA results on blood pressure. As in the studies, the young at heart diet incorporates polyunsaturated corn oil and margarine in well balanced menus. Menus in this book provide about 2000 Calories a day with about 30% of the total calories from fat, 17% from protein and 53% from carbohydrates. Sodium levels in each menu have been kept below 2000 milligrams (the average American intake is typically two to three times greater than this recommended amount). Note that the nutrients in each meal and recipe are given, making it possible to switch meals from one menu to another. In doing so try to keep within 2000 Calories a day. Use the recipes and menus, along with the cooking and preparation tips, as guidelines for better eating.

Eating right every day, routine exercise, periodic check ups and watching blood pressure and cholesterol are all part of the healthful lifestyle that adds up to feeling “Young at Heart.”
LUNCH

There are dozens of ways to make this famous cold Spanish soup. Here everything is raw except the onion and garlic. They are cooked in Mazola corn oil to mellow the raw taste.

Gazpacho

1/4 cup Mazola corn oil
1/2 cup finely chopped onion
1 clove garlic, minced
1 1/4 cups peeled, chopped tomato
1 cup very thin green pepper strips
1/4 cup chopped fresh parsley
1/8 tsp hot pepper sauce
1/4 tsp each dried basil and oregano leaves
1/8 tsp pepper
1 cucumber, halved lengthwise, seeded, very thinly sliced
1/2 cup chicken broth
1/2 cup water
1/3 cup dry white wine

In small saucepan heat corn oil over medium heat. Add onion and garlic. Cook, stirring, 2 min. In large bowl stir together onion mixture and remaining ingredients. Cover; chill. Makes about 4 (1 cup) servings. Each serving provides: 120 Calories, 3 g protein, 11 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 105 mg sodium.
A Diet for the Young at Heart is built around 2000 Calories a day, and it is assumed that foods suggested, or like substitutions, are all you would eat on a given day. This calorie level may be a maintenance diet for some people, and yet cause others to reduce. Anyone who loses weight and does not want to, can eat larger portions. Anyone who gains on the diet is either too sedentary or should take another look at portion sizes.

Mint, ginger and allspice give this ground beef mixture an Eastern flavor. Serve in pita-bread pockets with shredded lettuce. The cooked ground beef and onion mixture is lifted out of the pan with a slotted spoon, leaving some of the fat in the pan.

### Eastern Pocket Sandwich

- **3/4 lb lean ground beef**
- **1/3 cup finely chopped onion**
- **2 Tbsp chopped fresh parsley**
- **1/2 tsp dried mint leaves**
- **1/8 tsp each ground ginger and allspice**
- **1/8 tsp salt**
- **Dash pepper**
- **1 Tbsp Mazola corn oil**
- **1 Tbsp lemon juice**
- **Dash pepper**
- **2 cups shredded lettuce**
- **4 loaves (2 oz each) pita bread, heated**

In medium skillet place ground beef and onion. Stirring constantly, cook over medium-high heat 5 min or until meat is browned and onion is tender. Remove meat mixture with slotted spoon. Stir in next 6 ingredients. In medium bowl stir together corn oil, lemon juice and pepper. Add lettuce; toss to coat well. Make a pocket opening in each pita bread by cutting between the 2 layers of the bread and slicing only 1/3 way around. Into each pocket spoon 1/4 cup of the lettuce mixture and 1/4 of the meat mixture. Top with remaining lettuce mixture. Makes 4 servings. Each serving provides: 420 Calories, 25 g protein, 48 g carbohydrate, 2 g polyunsaturated fat, 5 g saturated fat, 60 mg cholesterol, 135 mg sodium.

### Banana Milk Shake

Whir in a blender 1 cut-up medium banana, 8 oz skim milk, a dash of cinnamon and 4 cracked ice cubes. Provides: 240 Calories, 9 g protein, 52 g carbohydrate, 0 g polyunsaturated fat, 1 g saturated fat, 10 mg cholesterol, 130 mg sodium.

Add coffee or tea to any of the menus. Although these beverages (without sugar, milk or cream) can be enjoyed freely, keep in mind that they do contribute caffeine. A cup of coffee contains 60 to 145 mg, a cup of tea about 46 mg. The stronger the tea the more caffeine there is.
Chicken Paprika with Noodles

3 Tbsp Mazola corn oil
2 whole boned, skinned, chicken breasts, cut in 1 1/2” pieces
1 cup sliced mushrooms
1/2 cup chopped onion
1/2 cup chicken broth
1 Tbsp paprika
1/2 tsp dried dill weed
1/4 tsp pepper
1 Tbsp corn starch mixed with 2 Tbsp water
1 cup lowfat plain yogurt
4 oz (2 1/2 cups) uncooked noodles, cooked without salt

In 5-qt dutch oven heat 2 Tbsp of the corn oil over medium heat. Add chicken. Cook, stirring, 3 to 5 min or until white. Remove. Heat remaining 1 Tbsp corn oil in dutch oven. Add mushrooms and onion. Cook, stirring, 2 min or until tender. Add chicken and next 4 ingredients. Cover; reduce heat and simmer 10 min or until chicken is tender. Restir corn starch mixture. Add to chicken mixture. Stirring constantly, bring to boil over medium heat and boil 1 min. Remove from heat. Stir in yogurt. Serve over noodles. Makes 4 servings. Each serving with 1/2 cup noodles provides: 370 Calories, 27 g protein, 31 g carbohydrate, 7 g polyunsaturated fat, 3 g saturated fat, 85 mg cholesterol, 190 mg sodium.

In place of noodles with Chicken Paprika, serve 1/2 cup spaghetti or rice, a small potato, 1/2 cup lima beans or 1/3 cup sweet corn. Or instead, have a plain roll.

Vary this Oil and Vinegar Dressing by adding 1/2 tsp each dried oregano and basil leaves. Or switch vinegar to lemon juice and add 1/2 tsp dry mustard and 1/4 tsp paprika. To any of these add a minced clove of garlic.

Oil and Vinegar Dressing

1 cup Mazola corn oil
1/2 tsp salt
1/3 cup red or white wine vinegar
1/8 tsp pepper

Measure all ingredients into jar with tight fitting lid. Cover; shake well. Chill. Shake before serving. Makes 1 1/3 cups. Each 1 Tbsp serving provides: 90 Calories, 0 g protein, 0 g carbohydrate, 6 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 50 mg sodium.

In the recipes for A Diet for the Young at Heart the fat level is moderate, with more polyunsaturated fat than saturated fat. As a general rule, saturated fats come from animal sources, are solid at room temperature and tend to raise blood cholesterol levels; polyunsaturated fats come from vegetable sources, are liquid at room temperature and tend to lower blood cholesterol levels.
Made with corn oil, 1 egg and cocoa and served without frosting, this chocolate cake is low in saturated fat, moderate in cholesterol and sodium.

**Dark Chocolate Cake**

3/4 cup skim milk  
2 tsp vinegar  
1 cup unsifted flour  
3/4 cup sugar  
1/3 cup unsweetened cocoa

1/4 cup Mazola corn oil  
1 egg  
1 tsp vanilla  
3/4 tsp baking soda

Grease bottom of baking pan (use either an 8 1/2” x 4 1/2” x 2 1/2” loaf pan or an 8” x 8” x 2” pan). Stir together milk and vinegar. In large bowl with mixer at low speed beat milk mixture and remaining ingredients just until blended, scraping bowl occasionally with rubber spatula. Increase speed to high; beat 1 min. Pour into prepared pan. Bake in 350° F oven 30 to 40 min or until cake tester inserted in center comes out clean. Cool in pan on rack 10 min. Remove. Cool completely. If desired, just before serving sprinkle with confectioners sugar. Makes 8 servings. Each serving with confectioners sugar provides: 220 Calories, 4 g protein, 39 g carbohydrate, 3 g polyunsaturated fat, 1 g saturated fat, 35 mg cholesterol, 140 mg sodium.

**ALTERNATE RECIPE**

Serve Tarragon Roasted Chicken as an alternate for Chicken Paprika with Noodles. Make a light corn starch gravy for the chicken by pouring off all the fat from the pan and using a fat-free chicken broth, no added salt. Serve with noodles.

**Tarragon Roasted Chicken**

3 tsp dried tarragon leaves  
1/2 tsp pepper  
1 (5 lb) roasting chicken  
2 Tbsp parsley sprigs

2 cloves garlic, minced  
1/4 cup Mazola regular or unsalted margarine

In small bowl mix tarragon and pepper. Rub 1 tsp of the mixture inside chicken. Place parsley and garlic inside chicken. Fold wings under back. Tie legs together. In small saucepan melt margarine over low heat. Stir in remaining tarragon mixture; brush on chicken. Place breast side up on rack in roasting pan. Roast in 400° F oven, brushing occasionally with remaining margarine mixture about 1 1/2 hr or until thickest part of drumstick feels soft. Makes 10 servings. Each serving provides: 400 Calories, 30 g protein, 1 g carbohydrate, 8 g polyunsaturated fat, 9 g saturated fat, 100 mg cholesterol, 175 mg sodium.

**Fresh garlic enhances** the taste of several dishes in the book. To substitute a dry product, choose salt-free garlic powder or instant minced garlic rather than garlic salt.
**BREAKFAST**

Half Grapefruit

Bran Muffins, p 10

with

Orange Marmalade or Jam (2 Tbsp)

Skim Milk (8 oz)

*Breakfast provides: 500 Calories,
16 g protein, 93 g carbohydrate,
6 g polyunsaturated fat,
2 g saturated fat, 55 mg cholesterol,
445 mg sodium.*

**LUNCH**

Spinach Orange Chicken Salad, p 11

Bread Sticks (2)

Crisp Fresh Apple (1 med)

**SNACK**

Ginger Snaps, p 11

Skim Milk (8 oz)

*Lunch and Snack provide: 680 Calories,*

**DINNER**

Foil-Baked Fish Fillets, p 12

Dilled Mashed Potatoes, p 13

Lettuce and Tomato

Canned Pear Halves (2)

with

Raspberry Sherbet (1 cup)

*Dinner provides: 860 Calories,
28 g protein, 135 g carbohydrate,
7 g polyunsaturated fat,
6 g saturated fat, 70 mg cholesterol,
465 mg sodium.*

*Total menu provides: 2040 Calories,
70 g protein, 326 g carbohydrate,
24 g polyunsaturated fat,
11 g saturated fat, 195 mg cholesterol,
1855 mg sodium.*

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**BREAKFAST**

**Bran Muffins**

1 egg

1 cup skim milk

1/4 cup Mazola corn oil

1 cup unsifted flour

1 cup whole bran cereal

3 Tbsp sugar

1 Tbsp baking powder

In small bowl beat together first 3 ingredients. In large bowl mix remaining ingredients. Make well in center and add milk mixture. Stir lightly, just until flour mixture is moistened. (Batter will be lumpy.) Let stand 3 min. Spoon into 12 greased (2 1/2" x 1 1/4") muffin cups. Bake in 400° F oven 25 to 30 min or until lightly browned. Makes 12 muffins. *Each serving (2 muffins) provides: 240 Calories, 6 g protein, 32 g carbohydrate, 6 g polyunsaturated fat, 2 g saturated fat, 50 mg cholesterol, 310 mg sodium.*

*Recipes given are, for the most part, for dishes called for in the menus. There are, however, extra recipes with suggestions on how they can fit into the menu plan. Compare nutrition information when making substitutions, or when using your own favorite foods. Watch especially for calorie level, sodium, saturated fat and polyunsaturated fat.*
LUNCH

The nutrition information given for this chicken salad is based on light meat only. When made with a mixture of light and dark meat, the amount of fat will be slightly more.

Spinach Orange Chicken Salad

4 oz cooked chicken, cut in strips 4 cups spinach, rinsed, torn
2 oranges, peeled, sectioned Orange Salad Dressing
1/4 cup thinly sliced red onion (recipe follows)

In salad bowl toss together first 4 ingredients. Add Orange Salad Dressing; toss to coat. Makes 4 servings. Each serving provides: 160 Calories, 12 g protein, 12 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 25 mg cholesterol, 125 mg sodium.

Orange Salad Dressing: Into small jar with tight fitting lid measure 2 Tbsp each Mazola corn oil, orange juice and white wine vinegar, 1/2 tsp dry mustard, 1/4 tsp ground ginger, 1/8 tsp pepper and 1/8 tsp salt. Cover; shake well. Chill. Shake before serving. Makes about 1/3 cup. Each 1 1/2 Tbsp serving provides: 60 Calories, 0 g protein, 1 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 70 mg sodium.

SNACK

Finely shredded ginger root (no need to peel) gives these cookies a special taste. After using part of the root, wrap and store in the refrigerator up to two weeks. Or place the ginger root in a jar, cover with sherry or vodka and refrigerator store. Fresh ginger can also be wrapped in foil and frozen.

Ginger Snaps

2 cups unsifted flour 1 1/2 cups firmly packed brown sugar
1 1/2 tsp baking powder 3/4 cup Mazola corn oil
1 tsp ground cloves 2 eggs
1 tsp ground cinnamon 2 Tbsp finely shredded fresh ginger root or 2 tsp ground ginger
1/2 tsp baking soda

Stir together first 5 ingredients. In large bowl with mixer at medium speed beat together sugar, corn oil and eggs about 2 min or until well blended. With spoon stir in ginger, then flour mixture. Drop by rounded teaspoonfuls 2" apart onto lightly greased cookie sheet. Bake in 350°F oven 8 to 10 min or until bottoms are brown. Cool 1 min. Remove from cookie sheets; cool on rack. Makes about 5 doz (2"") cookies. Each serving (4 cookies) provides: 270 Calories, 3 g protein, 37 g carbohydrate, 7 g polyunsaturated fat, 2 g saturated fat, 40 mg cholesterol, 355 mg sodium.
Foil-Baked Fish Fillets

1/4 cup Mazola regular or unsalted margarine
1/4 cup chopped green or sweet red pepper
1/4 cup chopped onion
1 pkg (10 oz) frozen corn, thawed
1/4 tsp dried thyme leaves
Dash pepper
4 flounder fillets (1 lb)

In skillet melt 2 Tbsp of the margarine over medium heat. Add green pepper and onion. Cook, stirring, 1 min or until tender. Add next 3 ingredients. Cook, stirring, 3 min or until heated. Place each fillet on a piece of foil. Divide corn mixture evenly among fish. Dot with remaining 2 Tbsp margarine. Fold fish over corn mixture. Wrap tightly in foil. Place on cookie sheet. Bake in 350° F oven 20 min or until fish flakes. Makes 4 servings.

Each serving provides: 240 Calories, 19 g protein, 15 g carbohydrate, 4 g polyunsaturated fat, 2 g saturated fat, 55 mg cholesterol, 185 mg sodium.

Fish is an excellent source of protein and generally low in fat. Lowest in fat are fresh water fish, such as trout, perch or bass and salt water white varieties such as cod, flounder, haddock, halibut and sole. Salmon, mackerel and bluefish are higher in fat. The fish in the recipes is fresh; when using frozen fish, check the label for salt.

When Mazola margarine is called for in the menus and recipes, use either Mazola regular or unsalted. The nutrition information given is based on the use of regular Mazola margarine. In substituting unsalted margarine, the sodium per teaspoon will be 38 mg less; per tablespoon, 115 mg less.
Dilled Mashed Potatoes

1 qt water
1 1/2 lb potatoes, peeled, quartered
3 Tbsp Mazola regular or unsalted margarine

In 2-qt saucepan place water and potatoes. Bring to boil and boil 10 min or until potatoes are tender. Drain. Return potatoes to saucepan. Shaking pan frequently, heat over medium heat 1 to 2 min. Add margarine, dill and pepper. With hand mixer at high speed beat about 3 min or until crumbly. Add yogurt; beat 1 min or until smooth. Makes 4 servings. Each serving provides: 200 Calories, 4 g protein, 26 g carbohydrate, 3 g polyunsaturated fat, 2 g saturated fat, 0 mg cholesterol, 105 mg sodium.

Instead of Dilled Mashed Potatoes in the dinner menu, you could have a medium baked potato topped with 1 Tbsp yogurt and 1 1/2 tsp Mazola margarine or 15 homemade French fries.

ALTERNATE RECIPE

Herb Margarine provides the seasoning for these fish steaks. See recipe below. Make it ahead and store it in the refrigerator ready to use in seasoning the fish or other foods.

Broiled Fish Steaks

Place 4 (1/2” thick) fish steaks (4 oz each) on rack in broiler pan. Top each with 1 tsp Herb Margarine (recipe below). Broil 6” from heat 5 min. Turn, top with another tsp Herb Margarine. Broil 5 min longer or until fish flakes. Makes 4 servings. Each serving (using halibut) provides: 180 Calories, 24 g protein, 0 g carbohydrate, 2 g polyunsaturated fat, 1 g saturated fat, 60 mg cholesterol, 130 mg sodium.

Herb Margarine: In bowl stir together 1/2 cup softened Mazola regular or unsalted margarine, 1 clove garlic, minced, 1/4 cup chopped fresh parsley and 1 Tbsp each dried chives and tarragon leaves. Makes about 1/2 cup. Each serving (2 tsp) provides: 70 Calories, 0 g protein, 0 g carbohydrate, 2 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 75 mg sodium.

How much sodium? No more than 2000 milligrams a day—that’s the guideline used in developing the menus and recipes in this diet plan. Most Americans, nutritionists say, take in up to three times this amount. To achieve the 2000 mg level in A Diet for the Young at Heart, condiments, snacks and other foods high in salt and sodium are used sparingly. Rice and noodles are cooked without salt and potatoes prepared without salt. Some recipes are completely salt-free, most are moderate in sodium. To reduce sodium even more (the body needs only 300 mg a day) use less salt than called for.
BREAKFAST
Cantaloupe (1/2 med)
Light Pancakes, p 14
with
Mazola Margarine (1 Tbsp)
Golden Griddle Syrup (2 Tbsp)
Breakfast provides: 600 Calories,
12 g protein, 97 g carbohydrate,
8 g polyunsaturated fat,
3 g saturated fat, 5 mg cholesterol,
480 mg sodium.

LUNCH
Grilled Cheese and Tomato
Sandwich, p 15
Green Grapes (1/2 cup)
Skim Milk (8 oz)

SNACK
Skippy Peanut Butter (2 Tbsp)
with
Sliced Apple (1 med)

DINNER
Meatless Chili, p 15
Corn Bread, p 16
Cucumber-Radish Salad, p 16
Fresh Strawberries
and Pineapple Chunks (1/4 cup each)
Skim Milk (8 oz)

Total menu provides: 1910 Calories,
68 g protein, 266 g carbohydrate,
26 g polyunsaturated fat,
13 g saturated fat, 90 mg cholesterol,
1640 mg sodium.

Pancakes made by the recipe here are 1/3 lower in sodium than pancakes made from a package mix. And since the recipe calls for egg whites, but no egg yolks, they’re lower in cholesterol. Although the pancakes are lighter when the egg whites are beaten and folded into the batter, you can fork-beat the egg whites with the milk and corn oil.

Light Pancakes

1 1/2 cups unsifted flour
2 Tbsp sugar
2 tsp baking powder
1/8 tsp salt

In large bowl stir together first 4 ingredients. Add milk and corn oil; mix until just moistened. In small bowl with mixer at high speed beat egg whites until stiff peaks form. Gently fold into batter. For each pancake pour 1/4 cup batter onto hot, lightly greased griddle. Bake over medium-high heat until bottom is browned. Turn; bake until browned. Makes 16 pancakes. Each serving (4 pancakes) provides: 310 Calories, 10 g protein,
50 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 5 mg cholesterol, 290 mg sodium.
LUNCH

Grilled Cheese and Tomato Sandwich

Top a slice of toasted rye bread with a thin slice of Swiss cheese (4 1/4” x 3 1/2”), about 1 oz, and 2 slices of tomato. Broil 2 to 3 min or until cheese melts. Jarlsberg, a Norwegian-style Swiss cheese, is one of a growing number of moderate fat cheeses available in many supermarkets. Look for cheeses with labels that indicate they’re made with partially skim milk. Sandwich provides: 180 Calories, 11 g protein, 16 g carbohydrate, 0 g polyunsaturated fat, 4 g saturated fat, 30 mg cholesterol, 350 mg sodium.

DINNER

Although this recipe for Meatless Chili makes enough for 6 servings, it freezes well. Freeze in tightly covered containers in suitable serving amounts, always leaving head-space to allow for expansion. Thaw completely before reheating.

Meatless Chili

2 Tbsp Mazola corn oil  2 cups diced zucchini
1 1/4 cups chopped onion  1 cup diced carrots
2 cloves garlic, minced  2 lb tomatoes, cut in eighths
2 Tbsp chili powder  1 can (20 oz) chick-peas, drained
1/4 tsp dried basil leaves  1/4 tsp ground cumin (optional)
1/4 tsp dried oregano leaves  1 can (16 oz) kidney beans, undrained

In 5-qt saucepot heat corn oil over medium heat. Add next 6 ingredients. Cook, stirring, 5 min or until onion is tender. Add zucchini and carrots. Cook, stirring, 1 to 2 min. Stir in remaining ingredients. Bring to boil. Reduce heat and simmer 30 to 35 min. Makes 6 servings. Each serving provides: 190 Calories, 9 g protein, 30 g carbohydrate, 3 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 50 mg sodium.

To boost the protein quality in meatless meals combine 2 or more foods which are complementary sources of vegetable (plant) protein. With a meatless main dish, for example, include bread, and use milk as the beverage. A serving of Meatless Chili, eaten with Corn Bread (p 16) and skim milk, provides as much protein as a 3 to 4 oz steak or roast beef, 3 oz tuna or 1/2 breast of chicken.
Corn Bread

1 cup yellow cornmeal  
1 cup unsifted flour  
1/4 cup sugar  
1/4 tsp baking powder  
1/4 tsp salt  
1 egg, lightly beaten  
1 cup skim milk  
1/4 cup Mazola corn oil

Grease 9" x 9" x 2" baking pan. In large bowl stir together first 5 ingredients. In small bowl stir together remaining ingredients. Stir into cornmeal mixture just until moistened. Turn into prepared pan. Bake in 425°F oven 20 min or until cake tester inserted in center comes out clean. Cut into squares. Makes 6 servings. Each serving provides: 310 Calories, 7 g protein, 46 g carbohydrate, 6 g polyunsaturated fat, 2 g saturated fat, 45 mg cholesterol, 330 mg sodium.

Cucumber-Radish Salad

1/2 cup lowfat plain yogurt  
3 Tbsp Mazola corn oil  
2 Tbsp chopped fresh parsley  
1 Tbsp white wine vinegar  
1/2 tsp dry mustard  
2 cups thinly sliced cucumbers  
1 cup thinly sliced radishes  
1/4 cup thinly sliced green onion

In bowl stir together first 5 ingredients. Add vegetables; toss to coat. Makes about 6 (1/2 cup) servings. Each serving provides: 90 Calories, 2 g protein, 4 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 20 mg sodium.

Vegetable Antipasto

1/2 cup Mazola corn oil  
1/3 cup white vinegar  
1/4 cup water  
2 Tbsp sugar  
1 clove garlic, minced  
1 tsp dried basil leaves  
1/2 tsp dried oregano leaves  
1/8 tsp crushed dried red pepper  
4 cups cauliflowerets  
1 1/2 cups thinly sliced carrots  
1 sweet red pepper, cut in thin strips  
1 green pepper, cut in squares  
8 small pitted green olives, halved

In 4-qt stainless steel saucepot stir together first 8 ingredients. Bring to boil over medium-high heat. Add cauliflower and carrots. Stirring frequently, cook 4 min or until tender-crisp. Stir in remaining ingredients. Cook 2 min. Remove from heat. Cool slightly. Pour into glass bowl or 1-qt jar. Cover tightly. Store in refrigerator at least 24 hr. Stir or shake occasionally. Makes about 8 (1/2-cup) servings. Each serving provides: 170 Calories, 2 g protein, 10 g carbohydrate, 9 g polyunsaturated fat, 2 g saturated fat, 0 mg cholesterol, 100 mg sodium.

The word antipasto means "before the meal," but this marinated vegetable mixture would be good served in place of a vegetable with dinner or with sliced chicken or turkey for lunch. When substituting dishes in menus, compare nutrition information.
In Japanese restaurants Tempura is often served at a counter where diners eat the batter-coated fried foods the minute they’re cooked. Shrimp is almost always one of the offerings. Here fish, which is lower in cholesterol, replaces the shrimp. Although the nutrient content given is specifically for the vegetables listed, the assortment could include broccoli, cauliflower, small bunches of fresh parsley, etc. Use the Tempura batter to coat chicken for frying.

**Tempura**

2/3 cup unsifted flour
2/3 cup ice water
1 Tbsp Mazola corn oil
1/4 tsp pepper
1/8 tsp baking soda
1 qt (about) Mazola corn oil

4 cups assorted vegetables cut in uniform pieces (such as 1 cup each 1/4” thick zucchini and carrot strips, onion rings, large mushrooms, quartered, etc.)
or
1 lb fish fillets, cut in 1” pieces

In small bowl beat together first 5 ingredients until smooth. Cover; refrigerate while preparing vegetables or fish. Pour 1 qt corn oil into heavy 3-qt saucepan or electric skillet filling no more than 1/3 full. Heat corn oil over medium heat to 375°F. Dip vegetables or fish into batter and fry, a few pieces at a time, turning once, 1 or 2 min or until crisp and golden. Drain on paper towels. Makes 8 servings vegetables or 4 servings fish. Each serving vegetables provides: 190 Calories, 2 g protein, 12 g carbohydrate, 10 g polyunsaturated fat, 2 g saturated fat, 0 mg cholesterol, 30 mg sodium. Each serving fish provides: 240 Calories, 21 g protein, 17 g carbohydrate, 8 g polyunsaturated fat, 2 g saturated fat, 60 mg cholesterol, 120 mg sodium.
MENU

BREAKFAST
Orange (1 med)
Oatmeal (3/4 cup)
with
Raisins (2 Tbsp)
Skim Milk (8 oz)

Breakfast provides: 360 Calories,
17 g protein, 71 g carbohydrate,
0 g polyunsaturated fat,
0 g saturated fat, 10 mg cholesterol,
135 mg sodium.

LUNCH
Turkey Plate, p 18
Melba Toast (4)
Skim Milk (8 oz)

Lunch provides: 680 Calories,
51 g protein, 43 g carbohydrate,
10 g polyunsaturated fat,
9 g saturated fat, 100 mg cholesterol,
630 mg sodium.

SNACK
Plain Popcorn (1 cup)
with
Mazola Margarine (1 Tbsp)

SNACK
Turkey Plate, p 18
Melba Toast (4)
Skim Milk (8 oz)

Snack provides: 680 Calories,
51 g protein, 43 g carbohydrate,
10 g polyunsaturated fat,
9 g saturated fat, 100 mg cholesterol,
630 mg sodium.

DINNER
Mixed Fresh Fruit Cup (1/2 cup)
Steak Pizzaiola, p 19
Steamed Green Beans, p 19
Red Wine (4 oz)
Strawberry Ice Milk (2/3 cup)

Dinner provides: 900 Calories,
42 g protein, 86 g carbohydrate,
11 g polyunsaturated fat,
9 g saturated fat, 130 mg cholesterol,
485 mg sodium.

Total menu provides: 1940 Calories,
110 g protein, 200 g carbohydrate,
21 g polyunsaturated fat,
18 g saturated fat, 240 mg cholesterol,
1250 mg sodium.

LUNCH

Turkey Plate
A lunch plate with sliced turkey and accompaniments is often more appealing than a turkey sandwich. To make, arrange 2 thin slices (3 oz) turkey breast without the skin, 10 matchstick-size pieces Swiss cheese, cherry tomatoes (any amount) and 1/2 cup Carrot Cole Slaw on a bed of lettuce. The Turkey Plate provides: 400 Calories, 39 g protein, 14 g carbohydrate, 7 g polyunsaturated fat, 6 g saturated fat, 95 mg cholesterol, 390 mg sodium.

Carrot Cole Slaw

2 cups shredded carrot
1 cup shredded cabbage
1/4 cup Mazola corn oil
2 Tbsp cider vinegar
1/2 tsp caraway seeds
1/4 tsp salt
1/8 tsp pepper

In bowl mix together all ingredients. Cover; chill. Makes about 6 (1/2 cup) servings. Each serving provides: 100 Calories, 1 g protein, 4 g carbohydrate, 6 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 110 mg sodium.
**Steak Pizzaiola**

1 lb beef top round steak, 1 1/4” thick  
4 Tbsp Mazola corn oil  
1/2 lb mushrooms, sliced  
2 medium onions, sliced, separated into rings  
2 cloves garlic, minced  
1 cup dry red wine

Trim excess fat from beef and cut crosswise into strips 1/8” thick. In skillet heat 2 Tbsp of the corn oil over medium-high heat. Add beef 1/3 at a time. Brown on both sides, about 5 min. Remove. In same skillet heat remaining 2 Tbsp corn oil. Add mushrooms, onion and garlic. Cook, stirring, 3 to 5 min or until lightly browned. Remove. Stir in wine and 1 cup of the reserved tomato liquid. Bring to boil. Reduce heat and boil gently 10 min or until liquid is reduced to about 1 1/2 cups. Add beef, mushroom mixture, tomatoes and next 4 ingredients. Cover; bring to boil. Reduce heat and simmer, stirring occasionally, 45 min. Simmer, uncovered, 15 min longer or until beef is tender. Serve with noodles. Makes 4 servings. Each serving with 1/2 cup noodles provides: 540 Calories, 36 g protein, 38 g carbohydrate, 9 g polyunsaturated fat, 6 g saturated fat, 115 mg cholesterol, 410 mg sodium.

**When a glass** of wine (4 oz) is listed in a menu, it is intended to be a dry one, contributing about 100 Calories. The same amount of sweet wine is about 130 Calories. If not included with the meal, total calories will be less.

Here’s an easy way to steam vegetables—in a heavy skillet with a tight fitting lid. Add a touch of Mazola corn oil, a little water and seasonings (no salt is added). To perk up flavor in this particular recipe, beans are tossed with lemon juice after steaming. Adding it before cooking dulls the color.

**Steamed Green Beans**

1 Tbsp Mazola corn oil  
1 lb green beans, trimmed  
1/2 cup diced sweet red pepper  
2 Tbsp water

In 12” heavy skillet with tight fitting lid place all ingredients except lemon juice. Cover and cook over medium heat, shaking pan occasionally to prevent sticking, 15 to 18 min or until tender-crisp. Toss with lemon juice. Makes 4 servings. Each serving provides: 70 Calories, 2 g protein, 9 g carbohydrate, 2 g polyunsaturated fat, 0 g saturated fat, 0 mg cholesterol, 10 mg sodium.
### Fresh Pear Crisp

1/2 cup unsifted flour  
1/2 cup quick oats  
1/2 cup firmly packed brown sugar  
1/2 tsp ground cinnamon  
1/4 cup Mazola regular or unsalted margarine  
2 lb pears, peeled, cored, thinly sliced (4 1/2 cups)  
1 Tbsp lemon juice  
2 Tbsp sugar  
1 tsp grated lemon rind  
1/4 tsp ground ginger

In bowl stir together first 4 ingredients. With pastry blender cut in margarine until coarse crumbs form. In 8” x 8” x 2” baking dish, toss pears and lemon juice. Sprinkle on sugar, lemon rind and ginger; toss to coat. Spoon crumb mixture over pears. Bake in 350°F oven 45 min or until golden. Makes 9 servings. Each serving provides: 200 Calories, 2 g protein, 36 g carbohydrate, 2 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 60 mg sodium.

### Fruits and Vegetables in A Diet for the Young at Heart

In each of the six daily menus, there are at least five servings of fruits and vegetables. These needn’t always be the same. Switch them about, make substitutions using the list below. You can eat those labeled unrestricted (U) more freely, but remember that moderation is the key. And for good health, always include at least one food high in vitamin A (A) and one high in vitamin C (C). These come from citrus and deep green and yellow fruits and vegetables. To keep within the 2000 Calorie level, the serving size of some fruits and vegetables needs to be limited. If so, the amounts are given.

<table>
<thead>
<tr>
<th>Fruits and Vegetables</th>
<th>Serving Sizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomatoes (U) (C)</td>
<td></td>
</tr>
<tr>
<td>Cauliflower (U)</td>
<td></td>
</tr>
<tr>
<td>Cabbage (U) (C)</td>
<td></td>
</tr>
<tr>
<td>Eggplant (U)</td>
<td></td>
</tr>
<tr>
<td>Greens (U)</td>
<td></td>
</tr>
<tr>
<td>Summer squash (U)</td>
<td></td>
</tr>
<tr>
<td>Green peas (1/2 c)</td>
<td></td>
</tr>
<tr>
<td>Watermelon cubes (1 c) (C)</td>
<td></td>
</tr>
<tr>
<td>Apricots (2) (A)</td>
<td></td>
</tr>
<tr>
<td>Raspberries (1/2 c) (C)</td>
<td></td>
</tr>
<tr>
<td>Banana (1/2 small)</td>
<td></td>
</tr>
<tr>
<td>Pear (1/2 med)</td>
<td></td>
</tr>
<tr>
<td>Fruit juice (6 oz)</td>
<td></td>
</tr>
<tr>
<td>Raisins (2 Tbsp)</td>
<td></td>
</tr>
<tr>
<td>Orange (1 med) (C)</td>
<td></td>
</tr>
</tbody>
</table>

### Stir-Fried Broccoli

2 Tbsp Mazola corn oil  
1 lb broccoli, cut in flowerets, stems sliced  
1 1/4 cups sliced mushrooms  
1 clove garlic, minced  
1/4 tsp dried thyme leaves  
1/4 tsp pepper

In large skillet heat corn oil over medium-high heat. Add remaining ingredients. Stir fry 5 to 8 min or until tender-crisp. Makes 4 servings. Each serving provides: 110 Calories, 5 g protein, 9 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 25 mg sodium.
It’s sometimes called Red Bliss Potato Salad. Make it with small round red potatoes cooked in their skins and left unpeeled. Slice and marinate the potatoes while still warm in a corn oil and vinegar mixture.

### Marinated Potato Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup Mazola corn oil</td>
<td>1/2 tsp dried dill weed</td>
</tr>
<tr>
<td>1/4 cup thinly sliced green onion</td>
<td>1/4 tsp salt</td>
</tr>
<tr>
<td>2 Tbsp white wine vinegar</td>
<td>1/4 tsp pepper</td>
</tr>
<tr>
<td>2 Tbsp dry white wine</td>
<td>2 lb small round red potatoes, cooked, sliced 1/4” thick</td>
</tr>
<tr>
<td>1 Tbsp chopped parsley</td>
<td></td>
</tr>
</tbody>
</table>

In large bowl stir together first 8 ingredients. Add potatoes. Gently toss to coat well. Cover; chill, tossing occasionally, several hr. If desired, salad may be served warm. Makes 6 servings. Each serving provides: 200 Calories, 3 g protein, 27 g carbohydrate, 6 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 95 mg sodium.

---

**How to Reduce Saturated Fats in Cooking**

- Trim meats of all visible fat.
- Roast or broil on a rack so fat can drain off.
- Brown meats and poultry; then pour off fat before continuing to cook in pan.
- Baste meats with Mazola corn oil rather than meat drippings.
- Make pot roasts and stews a day ahead. Chill and remove congealed fat before reheating.
**Breakfast**

Grapefruit Juice (6 oz)
Scrambled Eggs Primavera, p 22
Skim Milk (8 oz)

*Breakfast provides: 450 Calories, 22 g protein, 60 g carbohydrate, 5 g polyunsaturated fat, 3 g saturated fat, 260 mg cholesterol, 410 mg sodium.*

**Lunch**

Lentil Soup, p 23
Plain Crackers with Unsalted Tops (4)
Honeydew Melon (1/4 med)
Skim Milk (8 oz)

**Snack**

Nectarine or Other Fruit (1 med)

*Lunch and Snack provide: 650 Calories.*

**Dinner**

Pork au Poivre, p 23
Roasted Rosemary Potatoes, p 23
Steamed Carrots (1/2 cup)
Fresh Apple Tart, p 24

*Dinner provides: 800 Calories, 30 g protein, 65 g carbohydrate, 17 g polyunsaturated fat, 8 g saturated fat, 80 mg cholesterol, 305 mg sodium.*

*Total menu provides: 1900 Calories, 77 g protein, 250 g carbohydrate, 25 g polyunsaturated fat, 13 g saturated fat, 350 mg cholesterol, 1325 mg sodium.*

---

Egg yolks are high in cholesterol (250 to 275 mg per egg), so use them sparingly. Nutritionists say eat no more than 2 to 4 a week, counting the portion of ones used in baking. Here the egg per serving is stretched with zucchini, mushrooms and green onion.

**Scrambled Eggs Primavera**

2 Tbsp Mazola corn oil
1 cup chopped zucchini
1/2 cup sliced mushrooms
1/4 cup thinly sliced green onion
4 eggs, fork-beaten

1/8 tsp dried basil leaves
4 English muffins, split, toasted
1 tomato, chopped
1 Tbsp chopped parsley

In skillet heat corn oil over medium-high heat. Add next 3 ingredients. Cook, stirring, 2 min or until zucchini is tender-crisp. Reduce heat to medium-low. Add eggs and basil. Cook, stirring, 3 to 4 min or until eggs are set. Spoon onto muffin halves. Garnish with tomato and parsley. Makes 4 servings. *Each serving provides: 290 Calories, 12 g protein, 30 g carbohydrate, 5 g polyunsaturated fat, 3 g saturated fat, 250 mg cholesterol, 280 mg sodium.*
### Vegetable Chowder

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp Mazola corn oil</td>
<td>1 tsp dried basil leaves</td>
</tr>
<tr>
<td>1 medium onion, sliced</td>
<td>1/4 tsp pepper</td>
</tr>
<tr>
<td>1/2 cup thinly sliced celery</td>
<td>1 can (20 oz) chick-peas, undrained</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>1 can (12 oz) whole kernel corn, undrained</td>
</tr>
<tr>
<td>2 cups chicken broth</td>
<td>1/4 lb zucchini, sliced (1 cup)</td>
</tr>
<tr>
<td>1 can (16 oz) tomatoes, undrained</td>
<td></td>
</tr>
<tr>
<td>1 cup sliced carrots</td>
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</tbody>
</table>

In 5-qt saucepot heat corn oil over medium heat. Add onion, celery and garlic. Cook, stirring, 5 min or until tender. Add next 5 ingredients. Cook about 25 min or until carrots are tender-crisp. Add remaining ingredients; cook 15 to 20 min or until tender. Makes about 8 (1 cup) servings. Each serving provides: 260 Calories, 13 g protein, 45 g carbohydrate, 2 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 380 mg sodium.

### When a recipe calls for chicken broth, use a canned broth and remove any congealed fat. When using condensed broth, reconstitute. Making broth with chicken bouillon cubes increases sodium content.

Chicken Cutlets can be an alternate for Curried Veal, p 28. Although the recipe here calls for pounding boned chicken breasts, some markets sell the cutlets already flattened. Just keep in mind that the nutrient listing at the end of the recipe is for chicken without the skin.

### Parsleyed Chicken Cutlets

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 whole chicken breasts, boned, skinned, halved (about 1 lb)</td>
<td>1 clove garlic, thinly sliced</td>
</tr>
<tr>
<td>1 Tbsp flour</td>
<td>1 cup thinly sliced mushrooms</td>
</tr>
<tr>
<td>1/4 tsp salt</td>
<td>1/2 cup sliced onion</td>
</tr>
<tr>
<td>1/8 tsp pepper</td>
<td>1/4 cup dry vermouth</td>
</tr>
<tr>
<td>4 Tbsp Mazola corn oil</td>
<td>1/4 cup chopped parsley</td>
</tr>
<tr>
<td></td>
<td>3 Tbsp lemon juice</td>
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</tbody>
</table>

Place chicken between 2 sheets waxed paper. Pound to 1/8" thickness. Stir together flour, salt and pepper. Lightly coat cutlets. In large skillet heat 2 Tbsp of the corn oil over medium-high heat. Add garlic. Cook, stirring, 1 min or until golden brown. Discard garlic. Add cutlets, so that pieces do not touch. Cook, turning once, 4 min or until lightly browned. Push to side of pan. Heat remaining 2 Tbsp corn oil. Add mushrooms and onion. Cook, stirring, 1 min or until tender. Stir in remaining ingredients. Stirring and frequently turning cutlets, cook until cutlets are glazed and little liquid remains in pan. Makes 4 servings. Each serving provides: 270 Calories, 24 g protein, 6 g carbohydrate, 9 g polyunsaturated fat, 2 g saturated fat, 70 mg cholesterol, 210 mg sodium.
Breakfast provides: 490 Calories, 17 g protein, 86 g carbohydrate, 3 g polyunsaturated fat, 2 g saturated fat, 5 mg cholesterol, 260 mg sodium.

Lunch and Snack provide: 640 Calories, 29 g protein, 88 g carbohydrate, 7 g polyunsaturated fat, 7 g saturated fat, 35 mg cholesterol, 670 mg sodium.

Dinner provides: 990 Calories, 35 g protein, 108 g carbohydrate, 22 g polyunsaturated fat, 9 g saturated fat, 90 mg cholesterol, 380 mg sodium.

Total menu provides: 2120 Calories, 81 g protein, 282 g carbohydrate, 32 g polyunsaturated fat, 18 g saturated fat, 130 mg cholesterol, 1315 mg sodium.

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### Breakfast

Whether eating at home or in a restaurant, French toast is a good breakfast choice. This special French toast is made with homemade wheat bread and without egg yolks in the dipping mixture. Using regular commercial wheat bread will increase the sodium about 140 mg per serving.

#### Wheat French Toast

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 egg whites</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp skim milk</td>
<td></td>
</tr>
<tr>
<td>1 tsp sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp vanilla</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/8 tsp ground nutmeg</td>
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</tbody>
</table>

In shallow dish beat together first 6 ingredients until well blended. Soak bread in milk mixture. In large skillet melt margarine over medium heat. Add bread. Cook, turning once, 4 min or until golden brown. Makes 4 servings. Each serving made with Salt Free Wheat Bread provides: 210 Calories, 6 g protein, 27 g carbohydrate, 4 g polyunsaturated fat, 2 g saturated fat, 5 mg cholesterol, 95 mg sodium.
Salt Free Wheat Bread

2 1/2 cups unsifted whole wheat flour
2 1/2 to 3 cups unsifted all-purpose flour
1/4 cup wheat germ
1/4 cup nonfat dry milk

1 pkg active dry yeast
1 3/4 cups water
1/4 cup firmly packed dark brown sugar
1/4 cup Mazola corn oil

Stir together whole wheat flour, 2 cups of the all-purpose flour, wheat germ, dry milk and yeast. In small saucepan stir together water and sugar until dissolved; add corn oil. Stirring occasionally, heat to 120°F to 130°F. Pour into large mixer bowl. With mixer at medium speed add flour mixture 1/4 cup at a time, beating well after each addition; continue beating until batter starts to climb beaters. With wooden spoon stir in remaining flour mixture and enough remaining all-purpose flour to form a soft dough. Turn onto floured surface. Knead 10 min or until smooth and elastic, using additional flour as necessary. Place in greased bowl; turn dough over to grease top. Cover with cloth; let rise in warm place 1 hr or until doubled. Punch dough down; divide in half. Cover; let rest 10 min. Roll each half into 8” x 12” rectangle. Roll from short side as for jelly roll. Pinch to seal. Place in 2 greased 8 1/2” x 4 1/2” x 2 1/2” loaf pans. Cover; let rise 45 min or until doubled. Bake in 375°F oven 30 to 35 min or until loaves sound hollow when bottoms are tapped. Remove from pans and cool on wire rack. Makes 2 (1 1/4 lb) loaves. Each serving (1/2” slice) provides: 100 Calories, 3 g protein, 17 g carbohydrate, 1 g polyunsaturated fat, 0 g saturated fat, 5 mg cholesterol, 5 mg sodium.

LUNCH

This slim version of Eggplant Parmigiana is new and totally different—a thin slice of eggplant, topped with tomato and cheese and seasoned with a special Corn Oil Herb Blend.

**Slim Eggplant Parmigiana**

8 slices eggplant (1/4” thick)
1 Tbsp Mazola corn oil
8 tsp Corn Oil Herb Blend (recipe follows)

4 oz skim milk mozzarella cheese, thinly sliced
8 slices tomato
4 tsp grated Parmesan cheese

Lightly brush one side of eggplant with corn oil. Place corn oil side down on cookie sheet. Spread top of each eggplant slice with 1 tsp herb mixture. Top with mozzarella, tomato and Parmesan. Bake in 375°F oven 15 min or until eggplant is tender. Makes 4 servings. Each serving provides: 210 Calories, 10 g protein, 10 g carbohydrate, 6 g polyunsaturated fat, 4 g saturated fat, 20 mg cholesterol, 150 mg sodium.

**Corn Oil Herb Blend:** In blender container place 1/4 cup Mazola corn oil, 1 cup fresh parsley leaves, 1 tsp dried basil leaves, 1 tsp dried marjoram leaves and 1/8 tsp pepper; cover. Blend on medium speed 1 min or until smooth. Makes 1/3 cup. Each teaspoon provides: 35 Calories, 2 g polyunsaturated fat, 0 g saturated fat, 0 mg cholesterol, 5 mg sodium.

**Corn Oil Herb Blend** seasons the Slim Eggplant Parmigiana. But use it also as a seasoning for vegetables or toss it with spaghetti or other pasta.
SNACK

Fresh Strawberry Yogurt
Stir 1/2 cup sliced strawberries into 8 oz lowfat plain yogurt. There are 140 Calories in this strawberry yogurt compared to 240 in commercial strawberry yogurt made with strawberry jam.

DINNER

Veal curry might be lamb curry or chicken curry. With lamb, saturated fat and calories are higher. With chicken, total fat, cholesterol and sodium are lower. The nutrient figures given for curry include rice and condiments (peanuts, raisins and green onion).

Curried Veal with Rice

4 Tbsp Mazola corn oil
1 lb boneless veal, cut in 1/2" cubes
2 cups coarsely chopped green apple
1 cup finely chopped onion
1/2 cup thin sweet red pepper strips
1 clove garlic, minced
2 to 3 Tbsp curry powder
1 tsp ground ginger
1 cup apple juice
3/4 cup chicken broth
2 tsp corn starch mixed with 1/4 cup water
2/3 cup uncooked regular rice, cooked without salt
1/2 cup each unsalted peanuts, raisins and sliced green onion

In dutch oven heat 2 Tbsp of the corn oil over medium-high heat. Add veal, 1/2 at a time. Cook, turning occasionally, 5 min or until brown. Remove. Heat remaining 2 Tbsp corn oil. Add next 6 ingredients. Cook, stirring, 2 min or until onion is tender. Return veal. Stir in apple juice and broth. Bring to boil. Reduce heat and simmer 20 min or until veal is tender. Restir corn starch mixture. Add to veal mixture. Stirring constantly, bring to boil and boil 1 min. Serve over rice with peanuts, raisins and green onion. Makes 4 servings. Each serving with 1/2 cup rice and 2 Tbsp each condiment provides: 660 Calories, 32 g protein, 67 g carbohydrate, 11 g polyunsaturated fat, 7 g saturated fat, 90 mg cholesterol, 255 mg sodium.

Rice is cooked without salt in A Diet for the Young at Heart. Foods served with it, however, are flavorful enough to make up for the missing salt. Adding salt to rice will increase the sodium content given with each recipe.
Creamy Herb Dressing

- 1 Tbsp dry mustard
- 1 tsp sugar
- 1/2 tsp dried tarragon leaves
- 1/4 tsp salt
- 1/4 tsp pepper

- 1/4 cup boiling water
- 1/4 cup cider vinegar
- 1/4 cup dry white wine
- 1 cup Mazola corn oil

In blender container place first 5 ingredients; cover. With blender on high speed pour in water. Blend 30 to 60 sec. Add vinegar and wine. Blend 30 sec. With blender on high speed, slowly pour in corn oil. Blend 1 min or until thick. Cover; chill. Stir before serving. Makes 2 cups. Each 1 1/2 Tbsp serving provides: 100 Calories, 0 g protein, 1 g carbohydrate, 6 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 25 mg sodium.

This Quick Peach Cobbler is young at heart. The lean topping is made with skim milk and Mazola corn oil and a moderate amount of sugar and flour. Try the batter topping with other stewed fruits — fresh, canned or frozen.

Quick Peach Cobbler

- 1 can (16 oz) sliced peaches in light syrup
- 1 Tbsp Argo or Kingsford's corn starch
- 1/2 tsp ground cinnamon

- 1/2 cup unsifted flour
- 1 Tbsp sugar
- 1 tsp baking powder
- 3 Tbsp skim milk
- 2 Tbsp Mazola corn oil

Drain peaches; reserve syrup. In 2-qt saucepan stir together corn starch, cinnamon and reserved syrup until smooth. Stirring constantly, bring to boil over medium heat and boil 1 min. Remove from heat. Add peaches. Pour into ungreased 1-qt casserole. In small bowl stir together flour, sugar and baking powder. Stir in milk and corn oil until dough forms. Drop mixture in 8 spoonfuls onto hot fruit. Bake in 400° F oven 25 min or until golden. Serve warm. Makes 4 servings. Each serving provides: 210 Calories, 3 g protein, 35 g carbohydrate, 4 g polyunsaturated fat, 1 g saturated fat, 0 mg cholesterol, 90 mg sodium.
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