Calorie Trimmers with PET 99 Evaporated Skimmed Milk
Low calorie cooking with PET "99" Evaporated Skimmed Milk!

We've collected some low calorie recipes so that you can enjoy low calorie foods that taste good! PET "99" Evaporated Skimmed Milk can be used in your cooking to cut calories, yet provide the creamy good taste. Try these low calorie recipes and see the whole meal come alive with PET "99" Evaporated Skimmed Milk.

Here’s a comparison of the nutrients in Pet “99” versus fluid vitamin A skim milk. (One half cup of PET Evaporated Skimmed Milk when mixed with an equal amount of water, makes a milk product that will not be below the legal standard for skimmed milk.)

**NUTRITION INFORMATION**

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**PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)**

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*Contains less than 2% of U.S. RDA of these nutrients.

**INGREDIENTS:** Skimmed milk, vitamin A palmitate, vitamin D3

For your convenience we’ve calculated the calories content of each of the recipes. Calories do count! (The calories are approximate figures calculated from the nutritive value listed in Agriculture Handbook No. 459, NUTRITIVE VALUE OF AMERICAN FOODS, IN COMMON UNITS, by Catherine E. Adams, 1975.)

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Strawberry Shake

Try this for an afternoon picker-upper!

1½ cups sliced strawberries
1 cup cold water
2 tablespoons lemon juice
1½ teaspoons liquid artificial sweetener or
6 tablespoons sugar
¼ teaspoon vanilla
1 can (1 2/3 cups) cold
PET® Evaporated Skimmed Milk

1. Place in blender strawberries and water. Whirl until smooth.
2. Stir in lemon juice, sweetener, and vanilla.
3. Pour into pitcher. Stir in cold evaporated skimmed milk. Serve immediately over crushed ice or ice cubes.

Makes 5 servings, ¾ cup each.
93 calories each serving.
(148 calories each serving using sugar.)

How to use
PET “99” Evaporated Skimmed Milk:

• Use in cooking and baking; straight from the can for recipes in this booklet. For recipes calling for milk, just mix PET Evaporated Skimmed Milk and water in equal amounts to yield the amount required by the recipe.

• Use to cream coffee, cocoa, cereals, and fresh fruit. Use straight from the can.

• Use to drink by mixing one can of PET Evaporated Skimmed Milk with one can of cold water. Serve thoroughly chilled. For extra nourishment or for a high-protein diet, mix with less water or add PET Evaporated Skimmed Milk to whole milk.
Cafe' A La Maple

Cold creamy coffee with a dash of maple!

2 cups coffee, chilled
1 can (1 ½ cups) PET Evaporated Skimmed Milk
½ teaspoon maple flavoring
¾ teaspoon liquid artificial sweetener or 2 tablespoons sugar

1. Mix all ingredients.
2. Serve in tall glasses over ice cubes.

Makes 5 servings (¾ cup each). 68 calories each serving. (85 calories each serving using sugar.)

NOTE: 2 tablespoons pancake syrup can be substituted for sugar and maple flavoring.

Orange Frost

A creamy cool orange drink!

½ cup chilled PET Evaporated Skimmed Milk
2 tablespoons frozen unsweetened orange juice concentrate, thawed
few grains allspice

1. Combine all ingredients in blender or jar. Whirl or shake until foamy. Serve over crushed ice.

Makes 2 servings. 80 calories each serving.

Spiced Milk

Skim milk can be spiced to have more taste appeal!

½ cup ice-cold water
½ cup cold PET Evaporated Skimmed Milk
few grains nutmeg
dash cinnamon
few drops liquid artificial sweetener or 1 teaspoon sugar

1. Whirl all ingredients in a blender.
2. Serve over crushed ice.

Makes 2 servings. 50 calories each serving. (58 calories each serving using sugar.)
Hot Cocoa

Hot cocoa need not be high in calories!

1/4 cup cocoa
   few grains salt
1 cup water
1 cinnamon stick
1 1/2 teaspoons liquid artificial sweetener or
   1/4 cup sugar
1 can (1 2/3 cups)
   PET Evaporated Skimmed Milk


Makes 5 servings, 2/3 cup each.
78 calories each serving.
(116 calories each serving using sugar.)

Buttermilk

Simple to make!

1 can (1 2/3 cups)
   PET Evaporated Skimmed Milk
1 2/3 cups water
1/2 cup cultured buttermilk

1. Stir together evaporated skimmed milk, water, and buttermilk. Cover with waxed paper and clean towel. Let stand in a warm room until clabbered or lumpy, overnight.

2. Stir until smooth. Refrigerate.

   Makes 3 2/3 cups buttermilk, about 5 servings.
   76 calories each serving.

NOTE: You may use the buttermilk you make to make more buttermilk!
Indienne Dip
A touch of curry, makes a tasty dip!

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\begin{align*}
\frac{1}{4} \text{ cup PET Evaporated Skimmed Milk} \\
1 \text{ cup cottage cheese} \\
1 \text{ teaspoon instant minced onions} \\
1 \text{ teaspoon Worcestershire sauce} \\
\frac{1}{2} \text{ teaspoon curry powder} \\
\frac{1}{2} \text{ teaspoon salt} \\
few drops hot sauce
\end{align*}
\]

1. Put all ingredients into blender container in order listed. Cover and blend until smooth.

2. Pour into serving dish. Cover and chill at least 1 hour. Serve with raw vegetables or crackers.

Makes 1\(\frac{1}{4}\) cups.

5 calories each teaspoon.

Nippy Shrimp Dip
Try with crisp fresh vegetables!

\[
\begin{align*}
\frac{1}{4} \text{ cup PET Evaporated Skimmed Milk} \\
1 \text{ cup cottage cheese} \\
3 \text{ tablespoons chili sauce} \\
1 \text{ teaspoon instant minced onions} \\
1 \text{ tablespoon lemon juice} \\
\frac{1}{2} \text{ teaspoon Worcestershire sauce} \\
\frac{1}{2} \text{ teaspoon salt} \\
1 \text{ can (4\(\frac{1}{2}\) oz.) GULF BELLE® Cocktail Shrimp, drained and rinsed}
\end{align*}
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1. Put all ingredients except shrimp into blender container in order listed. Cover and blend until smooth. Mix in shrimp, leaving some chunks.

2. Pour into serving dish. Cover and chill at least 1 hour. Serve with crisp raw vegetables or crackers.

Makes 1\(\frac{1}{2}\) cups.

6 calories each teaspoon.
Celery boats

Cheese stuffed celery!

4 oz. pasteurized process skim milk cheese, cut in chunks
1/2 cup PET Evaporated Skimmed Milk
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 tablespoon lemon juice
few drops hot sauce
20 stalks celery, 3-inches long


Makes 20 appetizers.
24 calories each.

Celery Boats

Cheese stuffed celery!

Tuna stuffed mushrooms

A nugget of water chestnut adds a pleasant crunch!

1/2 cup flaked water packed tuna, drained (about 1/2 of 7 oz. can of tuna)
2 tablespoons cracker crumbs
1/2 teaspoon salt
1/8 teaspoon basil
dash pepper
5 tablespoons PET Evaporated Skimmed Milk
16 mushrooms, 1 1/2-inch in diameter
4 waterchestnuts, quartered
1/2 cup PET Evaporated Skimmed Milk

1. Combine tuna, crumbs, salt, basil, pepper, and 5 tablespoons evaporated skimmed milk.
2. Remove stems from mushrooms. Place mushrooms stem side up in a shallow baking dish. To stuff mushrooms, place a piece of water-chestnut in the center of each mushroom cap. Top with stuffing, mounding stuffing slightly.
3. Pour 1/2 cup evaporated skimmed milk over and around mushrooms. Bake in 400°F oven 10 minutes or until top is slightly browned. Put mushrooms onto serving plate. Serve hot.

Makes 16 appetizers.
19 calories each.

Tuna stuffed mushrooms

A nugget of water chestnut adds a pleasant crunch!

4 oz. pasteurized process skim milk cheese, cut in chunks
1/2 cup PET Evaporated Skimmed Milk
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 tablespoon lemon juice
few drops hot sauce
20 stalks celery, 3-inches long


Makes 20 appetizers.
24 calories each.
SOUPS

Creamy Potato Soup
A creamy, smooth soup to compliment the meal!

- 1 1/2 cups water
- 3 cups diced raw potatoes
- 1 tablespoon instant minced onion
- 1 1/2 teaspoons salt
- few grains pepper
- 1 can (1 1/2 cups) PET Evaporated Skimmed Milk
- 2 tablespoons diet margarine

1. Heat water to boiling in heavy 2-quart saucepan. Add potatoes, onion, salt, and pepper. Cover. Cook over low heat for 30 minutes or until potatoes are tender. Take off heat.

2. In same saucepan, mash potatoes with masher leaving some small pieces. Stir in evaporated skimmed milk and margarine. Stir over medium heat until steaming. Do not boil. Serve hot or cold.

Makes 6 servings, 2/3 cup each. 80 calories each serving.

Tomato—Shrimp Chowder
A quick and hearty version of tomato soup! Hearty enough to make a meal!

- 1/2 cup diced celery
- 1 can (16 oz.) tomatoes, cut-up
- 1 can (12 oz.) tomato juice (1 1/2 cups)
- 1/2 teaspoon salt
- 1/2 teaspoon tarragon
- 1 can (1 1/3 cups) PET Evaporated Skimmed Milk
- 1 can (4 1/2 oz.) GULF BELLE Large Shrimp, drained and rinsed

1. In 3-quart saucepan, combine celery, tomatoes, tomato juice, salt, and tarragon. Heat to boiling. Cover. Reduce heat to low and cook for 15 minutes.


Makes 6 servings, 1 cup each. 105 calories each serving.
**Asparagus—Mushroom Soup**

A combination of asparagus and mushrooms makes an appetizing vegetable soup!

1 cup water  
2 cubes chicken bouillon  
1 package (8 oz.) frozen asparagus, cuts and tips or 1 1/2 cups cut-up fresh asparagus  
1 cup sliced mushrooms  
1 cup PET Evaporated Skimmed Milk

1. Heat water to boiling in a 2-quart saucepan. Add bouillon cubes, asparagus, and mushrooms. Cover. Cook until asparagus is tender.


Makes 4 servings, 3/4 cup each.  
74 calories each serving.

**“Hot” Vegetable Soup**

Add a little zip to the meal with this spicy hot soup!

2 medium tomatoes, peeled and diced  
2 medium green peppers, cut in strips  
2 tablespoons vegetable oil  
3 cups water  
3 cubes chicken bouillon  
1 can (1 1/2 cups) PET Evaporated Skimmed Milk  
1/2 teaspoon salt  
1/2 teaspoon hot sauce

1. Cook tomatoes and green peppers in oil until green peppers are tender.

2. Add water and bouillon cubes. Heat and stir until boiling.

3. Add evaporated skimmed milk, salt, and hot sauce. Heat over low heat until steaming. Do not boil. Serve hot or cold.

Makes 6 servings, 1 cup each.  
120 calories each serving.
**Potato Salad**

Only 98 calories a serving!

- 6 medium potatoes (about 2 pounds)
- 1 cup PET Evaporated Skimmed Milk
- ¼ cup vinegar
- 2½ teaspoons salt
- ¼ teaspoon dry mustard
- ¼ teaspoon pepper
- 1 cup chopped celery
- ½ cup chopped onion
- 2 tablespoons chopped parsley

1. Cook potatoes with their skins in salted water until tender, about 30 minutes.
3. Drain cooked potatoes. Cool just until they are warm enough to handle. Peel potatoes. Slice into bowl.
4. Pour evaporated skimmed milk mixture over hot potatoes. Toss. (Remember the potatoes must be hot to absorb the milk mixture.)
5. Toss in celery, onion, and parsley. Chill salad. The liquid will be absorbed as the potatoes cool. Stir before serving.

*Makes 8 servings, ½ cup each. 98 calories each serving.*

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**Yogurt**

*Make your own yogurt!*

- 1 can (1½ cups) PET Evaporated Skimmed Milk
- 1½ cups boiling water
- 3 tablespoons yogurt

1. Combine evaporated skimmed milk and water.
2. Stir in yogurt until smooth. Pour into glass containers. Cover with waxed paper. Let stand, undisturbed, in a warm place (about 85—95°F) until set (about 4½ hours). Chill. Serve plain or with fruit, if you desire.

*Makes 3½ cups; 6 servings, ½ cup each. 60 calories each serving.*

NOTE: If left in a warm place too long, yogurt will weep.
Spring Vegetable Mold

Try a refreshing cool salad!

1 1/2 cups tomato juice
1 large package (6 oz.) lemon flavor gelatin
1/3 cup lemon juice
1 tablespoon instant minced onion
1/4 teaspoon celery salt
1 can (1 1/3 cups)
   PET Evaporated Skimmed Milk
1 cup cottage cheese
1 can (8 1/2 oz.) small peas, drained
1 can (8 1/2 oz.) sliced green beans, drained
2 tablespoons diced green pepper

1. Heat tomato juice to boiling. Dissolve gelatin in tomato juice in 2 1/2-quart bowl. Stir in lemon juice, onion, and celery salt. Cool slightly.

2. Stir in evaporated skimmed milk. Chill until thick, but not firm.


Makes 11 servings, 1/2 cup each. 100 calories each serving.

Creamy Fruit Mold

Good as salad or a light dessert!

1 package (3 oz.) lime flavor gelatin
1 cup boiling water
1 cup PET Evaporated Skimmed Milk
2 cups fresh fruit, cut-up

1. Dissolve gelatin in water. Cool slightly to prevent milk from curdling.

2. Stir in evaporated skimmed milk. Chill until as thick as unbeaten egg whites.

3. Stir in fruit.

4. Pour into an 8-inch square pan or a 5-cup mold. Chill until firm. Garnish with additional fruit.

Makes 7 servings (1/2 cup each). 99 calories each serving.

SUGGESTIONS FOR FRUIT: apples, peaches, oranges, bing cherries, or strawberries.
Cucumbers and Onion in Cream
An old fashioned recipe made slimmer!

2 medium cucumbers, thinly sliced
1 small onion, thinly sliced
1/2 cup PET Evaporated Skimmed Milk
6 tablespoons vinegar
1 1/2 teaspoons salt
1 teaspoon dry dill weed

1. Place cucumbers and onion in bowl.
2. Pour evaporated skimmed milk, vinegar, salt, and dill weed over cucumbers and onion. Toss to coat well. Chill slightly before serving.

Makes 5 servings, 1/2 cup each.
47 calories each serving.

Sour Cream
For a low calorie sour cream dressing, slightly thinner, but has about the same flavor sensation!

2 cups cottage cheese
1/2 cup buttermilk
1 teaspoon lemon juice

1. Blend all ingredients until smooth.
2. Serve as you would sour cream.

Makes 1 1/2 cups; 8 servings, 3 tablespoons each.
67 calories each serving.
**Cauliflower in Tangy Cheese Sauce**

1 head cauliflower (about 6-inches in diameter)
1 1/2 cups (6 oz.) shredded Cheddar cheese
1/4 cup PET Evaporated Skimmed Milk
1 teaspoon prepared mustard

2. Mix together into a paste, cheese, evaporated skimmed milk, and mustard.
3. Place cauliflower in oven-proof serving dish. Spread cheese mixture over.
4. Bake at 350°F for 5 minutes or until cheese melts.

**Makes 6 servings. 57 calories each serving.**

**Potato Pie**

Great for leftover mashed potatoes!

1 cup cottage cheese
4 eggs, slightly beaten
2 cups mashed potatoes
2/3 cup PET Evaporated Skimmed Milk
1/4 cup chopped onion
2 tablespoons chopped pimientos
2 tablespoons chopped green pepper
1 teaspoon seasoned salt

1. In a bowl mix together cottage cheese, eggs, and mashed potatoes. Gradually stir in evaporated skimmed milk.
2. Add onions, pimientos, green peppers, and salt. Mix well.

**Makes 8 servings 133 calories each serving.**
Mashed Potatoes
Mashed potatoes can taste good without butter!

3 medium potatoes (about 1 pound)
1/2 teaspoon salt
1/2 cup PET Evaporated Skimmed Milk paprika

1. Peel potatoes. Cook in a small amount of water until tender, about 15 minutes.

Makes 4 servings, 1/2 cup each.
90 calories each serving.

Spinach Cheese Bake
A quick vegetarian casserole that's attractive to serve!

1 package (10 oz.) frozen chopped spinach, cooked and drained
1 can (1 1/3 cups) PET Evaporated Skimmed Milk
4 eggs, slightly beaten
1 cup (4 oz.) shredded cheddar cheese
2 slices white bread, shredded
1/4 cup chopped onion
1/8 teaspoon cayenne pepper
1 teaspoon Worcestershire sauce

1. Combine all ingredients.
2. Pour into shallow 1 1/2-quart baking dish.
3. Bake in a 350°F oven for 45 minutes or until knife inserted near center comes out clean. Serve hot.

Makes 8 servings, 1/2 cup each.
167 calories each serving.

Cheese Sauce
An easy sauce to serve over vegetables!

2/3 cup PET Evaporated Skimmed Milk
1 cup (4 oz.) pasteurized process American cheese, grated

1. Put evaporated skimmed milk and cheese in a 1-quart saucepan.
2. Stir over low heat until cheese melts. Serve over broccoli, cauliflower, green beans, peas, or baked potatoes.

Makes about 1 cup; 5 servings, 3 tablespoons each.
48 calories per serving.
Juicy Hamburgers
Deliciously juicy!

1 1/2 pounds ground beef
2/3 cup PET Evaporated Skimmed Milk
1/4 cup chopped onions
2 teaspoons Worcestershire sauce
1 1/2 teaspoons salt
1/4 teaspoon pepper

1. Mix all ingredients in bowl. Shape into 8 patties.
2. Brown patties in large skillet over medium heat or broil over hot coals. Cook until done.
3. Serve on toasted sandwich buns with onion slices, dill pickle slices, catsup, and mustard.

Makes 8 patties.
171 calories each patty.

NOTE: Once hamburgers are turned in the skillet, do not flatten. This will press out the juices.

Beef Oriental Casserole
A casserole, like fried rice but without the oil!

1 pound lean ground beef
2 cups sliced celery
2 cups sliced mushrooms
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 cup uncooked rice
1 cup water
1 cup PET Evaporated Skimmed Milk

1. Brown ground beef in large skillet.
2. Stir in celery, mushrooms, salt, pepper, rice, water, and evaporated skimmed milk. Pour into a 2-quart shallow baking dish. Cover slightly.
3. Bake in 325°F oven for 45 minutes or until rice is tender. Let set 10 minutes before serving. Serve hot.

Makes 8 servings, 3/4 cup each.
192 calories each serving.
**Stuffed Green Peppers**

An easy delicious meal!

6 large green peppers  
1 cup chopped mushrooms  
1 pound lean ground beef  
1 teaspoon salt  
\( \frac{1}{4} \) teaspoon pepper  
\( \frac{2}{3} \) cup PET Evaporated Skimmed Milk  
\( \frac{1}{2} \) cup chopped onion  
2 cups chicken bouillon


2. Combine remaining ingredients except bouillon. Spoon mixture into peppers. Place in shallow baking dish. Pour bouillon around peppers. Bake in 350°F oven for 40 minutes or until cooked through. Lift from liquid. Serve hot.

Makes 6 servings.  
200 calories each serving.

**Creamy Herbed Chicken**

A creamed dish low in calories yet tasty!

1 3-pound chicken, cut-up  
4 cups water  
\( \frac{1}{2} \) cup chopped onion  
2 teaspoons salt  
\( \frac{1}{2} \) teaspoon pepper  
1 teaspoon rosemary  
2 tablespoons cornstarch  
1 can (1\( \frac{2}{3} \) cups) PET Evaporated Skimmed Milk

1. Cook chicken in water with onion, salt, pepper, and rosemary until tender, about 30 to 45 minutes.

2. Remove meat from bones. Add meat back to broth. Skim fat from broth. Heat to boiling.


Makes 8 servings, \( \frac{2}{3} \) cup each.  
160 calories each serving.
Green Bean Tuna Savory

A quick meal. Serve over toast, if desired!

1/4 cup chopped onion
1/2 cup sliced celery
1 cup sliced mushrooms
1 tablespoon margarine or butter
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon dry dill weed
1 can (16 oz.) cut green beans
1 cup PET Evaporated Skimmed Milk
1 can (7 oz.) tuna, flaked

1. Cook onion, celery, and mushrooms in margarine until tender. Spread in a 1 1/2-quart casserole.
2. In same saucepan stir together flour, salt, pepper, dill weed, and liquid from green beans. Add evaporated skimmed milk. Heat until thick.
3. Layer tuna over onion mixture. Top with beans. Pour sauce over. Bake in 350°F oven for 15 minutes or just until heated through. Serve hot, garnished with bread crumbs if desired.

Makes 4 servings, 1/2 cup each.
183 calories each serving.

Quick Shrimp Créole

Quick and simple for a main dish!

1 can (16 oz.) tomatoes, cut-up
1/4 cup diced green pepper
1 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1 can (4 1/2 oz.) GULF BELLE medium shrimp
2/3 cup PET Evaporated Skimmed Milk
1 tablespoon flour

1. Heat tomatoes, green pepper, Worcestershire sauce, pepper, and shrimp in 2-quart saucepan over low heat until steaming.

Makes 4 servings, 3/4 cup each.
87 calories each serving.
**Baked Custard**

A tempting custard to satisfy the sweet tooth!

- 2 eggs, slightly beaten
- 1 cup PET Evaporated Skimmed Milk
- 2/3 cup water
- 1/2 teaspoon liquid artificial sweetener or 1/3 cup sugar
- 1 1/2 teaspoons vanilla
- few grains of salt

1. Preheat oven to 350°F
2. Mix all ingredients in a 1-quart bowl.
3. Pour into 4 custard cups. Set cups in a shallow pan holding 1 inch of hot water.
4. Bake in 350°F oven for 50 minutes or until knife inserted near edge of custard comes out clean. Cool. Unmold if desired.

Makes 4 individual servings.
94 calories each serving.
(155 calories each serving using sugar.)

**Applesauce Delight**

Sure to become a favorite!

- 1 envelope unflavored gelatin
- 1/4 cup water
- 1 can (1 1/3 cups) PET Evaporated Skimmed Milk
- 1 can (16 1/2 oz.) MUSSELMAN'S® Apple Sauce
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons lemon juice
- 1/2 teaspoon liquid artificial sweetener or 1/4 cup sugar
- 3/4 cup graham cracker crumbs

1. Melt gelatin in water over low heat.
2. Stir in evaporated skimmed milk. Add apple sauce, lemon peel, salt, vanilla, lemon juice and sweetener. Chill until thick as unbeaten egg whites.
3. Beat chilled mixture until doubled in size.

Makes 12 servings.
87 calories each serving.
(102 calories each serving using sugar.)
Dieters can have cheesecake, too!

2 envelopes unflavored gelatin
1 cup water
1 can (1 2/3 cups) PET Evaporated Skimmed Milk
1 package (8 oz.) Neufachatel cheese (low calorie cream cheese)
2 cups small curd cottage cheese, sieved
1 tablespoon liquid artificial sweetener or 1/2 cup sugar
1 tablespoon lemon juice
1 tablespoon vanilla
1/8 teaspoon salt
3 tablespoons graham cracker crumbs


Makes 12 servings.
121 calories each serving.
(153 calories each serving using sugar.)
Chocolate Pudding
Chocolaty good!

1 envelope unflavored gelatin
1 2/3 cups water
1 tablespoon cornstarch
2 tablespoons cocoa
1/4 teaspoon salt
1 egg
1 can (1 2/3 cups) PET Evaporated Skimmed Milk
2 teaspoons liquid artificial sweetener or 1/3 cup sugar
1 tablespoon vanilla

2. Beat together egg, evaporated skimmed milk, sweetener, and vanilla. Mix into hot mixture. Pour into bowl or individual serving dishes. Chill. Serve with whipped topping, if desired.

Makes 7 servings, 1/2 cup each.
71 calories each serving.
(108 calories each serving using sugar.)

Whipped Topping
Serve over fruits, puddings and other desserts!

2/3 cup PET Evaporated Skimmed Milk
1 teaspoon lemon juice
1/2 teaspoon liquid artificial sweetener or 2 tablespoons sugar
1 teaspoon vanilla

1. In a small mixing bowl, chill evaporated skimmed milk until almost frozen at edges.
2. Whip with chilled beaters until foamy. Add lemon juice. Beat until stiff.
3. Blend in sweetener and vanilla. Serve immediately over cakes, puddings, and other desserts. Topping will not hold up for a length of time. It is best if used immediately.

Makes 3 cups or 12 servings, 1/4 cup each.
6 calories each serving.
(13 calories each serving using sugar.)

NOTE: If you want to hold the topping for a length of time, melt 1 teaspoon gelatin in 1/4 cup water. Add to evaporated skimmed milk before chilling. Chill until thick as unbeaten egg whites then proceed as above.
Lemon Pineapple Refrigerator Dessert
A refreshing dessert!

1 package (3 oz.) lemon flavor gelatin
1/2 cup boiling water
1/2 cup lemon juice
1 can (6 fl. oz.) pineapple juice
1 can (1 1/2 cups) PET Evaporated Skimmed Milk
3 teaspoons liquid artificial sweetener or 1/2 cup sugar
1/2 cup graham cracker crumbs

1. Dissolve gelatin in water. Add lemon juice, pineapple juice and evaporated skimmed milk. Chill until thick as unbeaten egg whites.
2. Beat until mixture forms soft peaks. Stir in sweetener.

Makes 12 servings.
54 calories each serving.
(86 calories each serving using sugar.)

Cream Lemon Cubes
Eat them with your fingers for a snack or serve with fruit cocktail as a dessert!

3 envelopes unflavored gelatin
1 cup water
1 cup PET Evaporated Skimmed Milk
1 can (6 oz.) frozen lemonade concentrate
1/2 teaspoon lemon extract
1 teaspoon liquid artificial sweetener or 3 tablespoons sugar

2. Stir in evaporated skimmed milk, lemonade concentrate, lemon extract, and sweetener.
3. Pour into a 9 x 9-inch square pan. Chill until firm.
4. Cut into 1-inch cubes. Serve stacked on a plate for everyone to pick up with their fingers for snacks or serve fruit cocktail or fresh fruits over a mound of cubes.

Makes 49 cubes.
14 calories each cube
(17 calories each cube using sugar.)
Lemon Drops

Crisp when taken from the oven!
Softens the second day!

1/4 cup soft margarine or butter
1 1/2 cups all purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
3/4 cup PET Evaporated Skimmed Milk
1 tablespoon lemon juice
1 teaspoon grated lemon peel
2 teaspoons liquid artificial sweetener or 1/3 cup sugar
1 teaspoon lemon extract

1. Cut margarine into flour, baking powder, baking soda, and salt until fine crumbs like corn meal.

2. Beat egg. Add evaporated skimmed milk, lemon juice, lemon peel, sweetener, and lemon extract. Add all at once to flour-margarine mixture. Stir just until smooth.

3. Drop from teaspoons onto lightly greased cookie sheet. With back of spoon spread dough slightly. The dough will not spread upon baking.

4. Bake in 350°F oven 12 minutes or until browned on bottoms. Remove immediately from cookie sheet onto cooling racks. Cool thoroughly before storing in air-tight container.

Makes 4 dozen, 2-inch cookies.
21 calories each cookie
(25 calories each using sugar.)

NOTE: Cookies soften upon storage.
Easy Fudge

Just one recipe to splurge your calories!

2 cups sugar
$\frac{3}{4}$ cup PET Evaporated Skimmed Milk
12 large marshmallows
$\frac{1}{4}$ teaspoon salt
2 tablespoons butter or margarine
1 cup (6 oz.) semi-sweet chocolate pieces
$\frac{1}{2}$ cup chopped nuts, optional
1 teaspoon vanilla

1. Combine in a heavy 2-quart saucepan sugar, evaporated skimmed milk, marshmallows, and salt. Heat over medium heat until bubbly all over. Continue boiling and stirring 5 minutes more. Take off heat.

2. Stir in until completely melted butter, chocolate pieces, nuts, and vanilla.

3. Spread in a buttered 8-inch square pan. Refrigerate until hardened. Cut into 64 pieces, about $\frac{3}{4}$-inch squares.

Makes 64 pieces ($\frac{3}{4}$-inch squares).
53 calories each piece
(46 calories without nuts)

Lemon Chiffon Pie

A cool and refreshing dessert to end the meal!

1 (9-inch) PET-ritch® Deep Dish Pie Shell, baked
1 package (3 oz.) lemon flavor gelatin
$\frac{3}{4}$ cup boiling water
2 teaspoons liquid artificial sweetener or $\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup lemon juice
1 teaspoon grated lemon peel
1 cup PET Evaporated Skimmed Milk, divided


2. Mix in $\frac{1}{2}$ cup evaporated skimmed milk. Chill until thick as unbeaten egg whites.

3. Chill remaining $\frac{1}{2}$ cup evaporated skimmed milk in small mixing bowl until almost frozen at edge. Whip with chilled beaters until foamy.

4. Add gelatin mixture. Beat until mixture mounds. Spoon into baked pie shell. Chill at least 2 hours or until firm.

Makes 8 servings.
180 calories each serving.
(67 calories each serving without crust.)
(212 calories each serving using sugar, with crust.)
Orange Ice Cream
Easy to make!

1 can (1 1/3 cups) PET Evaporated Skimmed Milk
1 can (12 oz.) frozen unsweetened orange concentrate, thawed
2 teaspoons liquid artificial sweetener or 1 cup sugar

1. Pour evaporated skimmed milk in large mixing bowl. Chill until ice crystals begin to form around edges.
3. Pour into freezer containers. Cover. Freeze until firm.

Makes 10 cups; 20 servings, 1/2 cup each.
53 calories each serving.
(92 calories each serving using sugar.)

Pumpkin Custard
Enjoy pumpkin with lower calories!

1 can (16 oz.) pumpkin
1 egg
3 tablespoons flour
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon cloves
1/4 teaspoon ginger
1 can (1 1/3 cups) PET Evaporated Skimmed Milk
2 teaspoons liquid artificial sweetener or 1 cup sugar

1. Beat together pumpkin and egg. Mix in flour, salt, cinnamon, allspice, cloves, and ginger.
2. Gradually stir in evaporated skimmed milk and sweetener.
3. Pour into 8 individual custard cups. Place cups in large baking pan. Pour hot water around cups to 1-inch deep. Bake in 350°F oven for 1 hour or until knife inserted near the center comes out clean. Serve topped with whipped topping, if desired.

Makes 8 servings.
82 calories each serving.
(179 calories each serving using sugar.)
Vanilla Ice Cream
A rich ice cream without the fat!

4 cans (6 2/3 cups) PET Evaporated Skimmed Milk
5 eggs, beaten
3 tablespoons liquid artificial sweetener or 2 cups sugar
1/2 teaspoon salt
3 tablespoons vanilla

1. Heat evaporated skimmed milk until steaming. Beat a small amount of the heated mixture into eggs, then add egg mixture to hot mixture.
2. Add sweetener and salt. Chill.
3. Stir vanilla into chilled liquid. Pour into ice cream freezer container. Freeze according to ice cream freezer instructions.

Makes 10 cups, 2 1/2 quarts; 20 servings, 1/2 cup each 87 calories each serving.
(164 calories each serving using sugar.)

Strawberry Ice Cream
Fresh tasting!

1 can (1 2/3 cups) PET Evaporated Skimmed Milk
1 quart fresh strawberries, cleaned and mashed
1 teaspoon lemon juice
6 teaspoons liquid artificial sweetener or 1 cup sugar

1. Chill evaporated skimmed milk in large mixing bowl until ice crystals begin to form along the edge.
2. Beat until foamy. Add strawberries and lemon juice. Beat until mixture mounds well and fills 3-quart mixing bowl.

Makes 3 quarts; 24 servings, 1/2 cup each 24 calories each serving.
(56 calories each serving using sugar.)
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