

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

## SHELDON GAS BULLETIN

APRIL 2017

**B**athing suit season is about to arrive. That means we will be watching our diets and those dreaded calories. Here are a few tasty ideas...

### TROPICAL SMOOTHIE

A good-for-you, tasty and filling beverage with only 56 calories per serving.

- 1 cup (1 medium) banana, sliced
- 1 (8 oz.) can crushed pineapple, un-drained
- 2 cups cold diet Mountain Dew
- 1 (4-serving pkg.) sugar-free strawberry flavored Jell-O

In blender container combine all ingredients and process on blend for 10 – 15 seconds, or until mixture is smooth. Pour into tall glasses filled with ice and serve at once.

### CRANBERRY – APPLE CRISP

Great treat served with frozen yogurt or Sugar-free ice cream.

- 1 can (16 oz.) whole cranberry sauce
- 5 baking apples (Granny Smith) peeled and sliced
- 1 Tsp. cinnamon
- 1 Tsp. nutmeg
- 2 Tbs. flour, plus 1 cup flour
- 1 cup packed brown sugar
- 1 cup quick-cooking oats
- ¼ Tsp. salt
- ¼ cup butter, melted

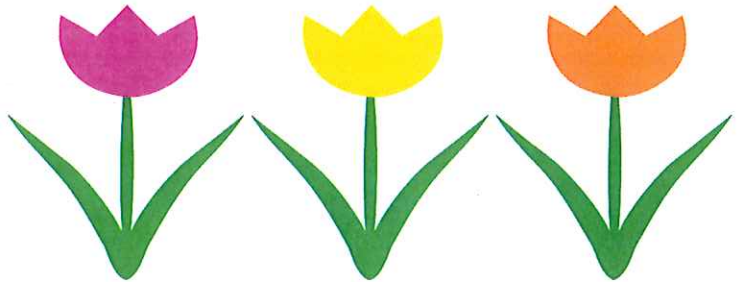
Combine cranberry sauce, apples, cinnamon, nutmeg, and 2 tablespoons of flour; spoon into a 9X13" baking dish.

In another bowl combine brown sugar, oats, salt, and 1 cup flour. Stir in melted butter, when mixed well sprinkle over fruit. Bake at 350° for 35 –40 minutes, or until hot and bubbly. Makes 12 servings, 273 calories per serving.

Spring

### CREAMY CARROT – POTATO SOUP

- 1 Tbs. olive oil
- ½ onion, finely chopped
- 1 Tsp. chili powder
- 2 medium carrots, sliced very thin
- 2 small potatoes, peeled and chopped thin
- 1 can (14 ½ oz.) low-sodium chicken broth
- 1 ½ cups fat-free milk



(Soup Continued)

- 1 Tsp. low sodium soy-sauce
- 2 Tbs. sesame seeds for garnish (optional)

In large saucepan heat oil, add onion and chili powder; cook 5 minutes or until tender. Add carrots, potatoes, and broth. Bring to a boil, reduce heat to low, cover and simmer 10 – 12 minutes until vegetables are cooked tender. Remove from heat and cool slightly. Puree soup in a blender until smooth. Return to saucepan, stir in milk and soy-sauce. Cook over medium heat until soup is heated through. **DO NOT BOIL.** Serve sprinkled with sesame seeds. 190 calories per serving – 1 ½ cups equals a serving.

### UNSTUFFED CABBAGE SKILLET

Preparing this recipe takes a little time, but it's very good and a reminder of old-fashion stuffed cabbage.

- 8 oz. lean ground sirloin beef
- ½ cup chopped onion
- 1 (10 ¼ oz.) can tomato soup
- 1 ⅓ cups water
- 1 Tsp. Worcestershire sauce
- 1 Tsp. yellow prepared mustard
- 1 Tsp. dried parsley flakes
- 1 ⅓ cups (4 oz.) uncooked Minute Rice
- 2 cups shredded cabbage
- Butter flavored cooking spray

Using butter flavored cooking spray, brown meat and onions. Stir in soup, water, Worcestershire sauce, mustard, parsley. Bring to a boil; add rice and cabbage. Mix well. Lower heat and simmer for 15 minutes or until rice and cabbage are tender; stirring occasionally. Makes 4 servings, 233 calories per serving.

Note: For dieters, use ground turkey meat and "Healthy Request" tomato soup.

ANNA SHELDON HOPKINS