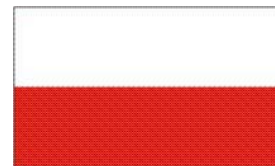


Polish Recipes



Corn Salad

6 slices of pineapple
2 hard cooked eggs
1 large apple
2 bell peppers (red or green)
2 cups canned corn, drained
4 Tbsp. mayonnaise (low fat)
Salt, to taste

1. Cut the pineapple into pieces.
2. Dice eggs, apple and peppers.
3. Toss together fruit and vegetables.
4. Add mayonnaise and salt to taste.
5. Refrigerate until serving time (2-3 hours).

Serves 8.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 160 mg ~ total carbohydrate 23 g

Mizeria (Cucumber salad)

2 medium cucumbers
1/3 cup low fat sour cream
1 tsp. salt
1 tsp. sugar
1 Tbsp. lemon juice
2 Tbsp. fresh dill, chopped

1. Mix sour cream with salt, sugar and lemon juice, set aside.
2. Wash, peel and rinse the cucumbers. Cut them lengthwise, then into slices.
3. Arrange cucumber slices on individual serving plates and top with seasoned sour cream. Sprinkle with dill. (It may be mixed and served from a bowl.)

Serves 4.

NUTRITION FACTS (per serving) - Calories 45 ~ fat 2 g ~ calories from fat 15 ~ sodium 600 mg ~ total carbohydrate 5 g

Barley and Potato Soup

6 cups chicken broth
2 medium carrots, peeled and sliced
1 medium potato, peeled and diced
1 cup frozen peas
3/4 cup quick-cooking barley
2 tsp. dried parsley
1 Tbsp. margarine
1/2 tsp. dried dill weed
1/4 tsp. pepper
1/3 cup sour cream

1. In a 3-quart saucepan combine chicken broth, carrots, and potato.
2. Bring to boiling; reduce heat. Cover and simmer 10 minutes.
3. Stir peas, barley, parsley, margarine, dill and pepper into broth mixture. Bring to boiling reduce heat.
4. Cover and simmer 15 to 20 minutes or till barley is tender.
5. Remove from heat; stir in sour cream.

Serves 6.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 8 g ~ calories from fat 70 ~ sodium 1140 mg ~ total carbohydrate 34 g

Potatoes and Red Beets

8 small potatoes
2 medium beets
1 onion, diced

10 slices of ham or bacon
Salt, pepper, marjoram to taste

1. Clean the potatoes and beets, peel and slice.
2. Cut onion in small pieces and ham or bacon into thin slices.
3. Put meat on the bottom of a 2-quart baking dish. Place beets, potatoes and onion on top of meat.
4. Add salt, pepper and marjoram to taste.
5. Cover with lid or foil and bake at 350°F for 1 hour or until vegetables are tender.

Serves 5.

NUTRITION FACTS (per serving) - Calories 320 ~ fat 18 g ~ calories from fat 160 ~ sodium 460 mg ~ total carbohydrate 31 g

Ciasto z jablkami (Apple cake)

1/2 cup plus 2 tablespoons butter
3/4 cup sugar
3 eggs
1-3/4 cups sifted flour
2 tsp. baking powder

1 Tbsp. grated lemon rind
2 med. baking apples, pared, cored, sliced
2 tsp. sugar
1/2 cup apricot jam

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350°F.
7. Remove from pan, brush apples with jam, cool.

Serves 12.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 9 g ~ calories from fat 80 ~ sodium 190 mg ~ total carbohydrate 40 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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