

until pieces are the size of Grapenuts.

Spread cereal on two 15¹/₂" x 10¹/₂" x 1" baking pans. Bake in a preheated 300°F oven until crisp and lightly browned, about 25-30 minutes. Stir cereal often so outer edges do not over-brown.

Remove from oven; let cool. If desired, add dried fruit bits, raisins or nuts. Store in a sealed container. Serve with milk or yogurt. Makes 9 cups or 27 1-ounce servings (1/3 cup each).

Nutrition Analysis. One serving provides 91 calories, 3 g protein, 20 g carbohydrates, 2 g dietary fiber, 0 g fat, 1 mg cholesterol, 35 mg calcium, 119 mg potassium and 132 mg sodium.

*Whole wheat flour made from hard white wheat makes a tasty, mild-flavored cereal.

Place in greased bowl, cover, and let rise in warm (80°F) place until double. Punch down, cover, and let rise again until double.

Punch down dough. Divide in half, cover, let rest 10 minutes. Shape into two loaves and place in greased 8¹/₂" x 4¹/₂" x 1⁵/₈" pans. Cover; let rise in warm (90°-100°F) place until double.

Bake in preheated 400°F oven 30-35 minutes or until golden brown. Tent with foil the last 10 minutes to prevent over-browning. Remove from pans and cool on wire rack. Makes 2 loaves, 16 servings per loaf.

Nutrition Analysis. One serving provides 83 calories, 3 g protein, 13 g carbohydrates, 1 g dietary fiber, 2 g fat, 10 mg cholesterol, 30 mg calcium, 30 mg potassium and 108 mg sodium.

Tip: This dough can also be used to make bread sticks.

*When working with jalapeño peppers, wear plastic gloves to avoid skin and eye irritation.

Picadillo Enchiladas

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| 1 pound lean ground beef, pork, turkey or chopped chicken | 1 1/2 teaspoons ground cumin |
| 2 garlic cloves, minced | 1 teaspoon chili powder |
| 1 1/2 cups picante sauce, divided | 2 tablespoons fresh cilantro, chopped |
| 1 cup diced tomatoes, or 1 8-ounce can stewed tomatoes, drained | 1/4 cup sliced green onions with tops |
| 1 16-ounce can kidney, pinto or black beans, drained | 10-12 white or whole wheat flour tortillas, 7-8 inches diameter |
| 1 8 1/2-ounce can whole kernel corn, drained* | 1 cup shredded mozzarella cheese |
| | 1/2 cup shredded mild cheddar cheese |

In large skillet, brown meat with garlic; drain well. Stir in 1/2 cup picante sauce, tomatoes, beans, corn, cumin, chili powder, cilantro and onions. Simmer, stirring occasionally, 4-5 minutes until liquid evaporates.

Raspberry-Glazed Petal Tarts

Modified Pastry:*

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| 3 cups all-purpose flour | 3 cups skim milk |
| 1 teaspoon sugar | 2 egg yolks, beaten |
| 1/2 cup vegetable oil | 2 teaspoons vanilla |
| 1/2 cup cold water | |

Filling:

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| 2/3 cup sugar | 1 10-ounce package frozen red raspberries in syrup, thawed |
| 2 tablespoons all-purpose flour | 1/4-1/2 cup orange juice |
| 3 tablespoons cornstarch | 1 tablespoon sugar |
| 1/2 teaspoon salt | 1 tablespoon cornstarch |

Mix flour and sugar in large bowl. Add oil; mix until pea-sized particles form. Sprinkle in water, 1 tablespoon at a time, mixing until flour is moistened and dough almost cleans sides of bowl.