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COOKING TIPS

■ To add flavor to vegetables, cook them in broth instead of water.

■ **Mock Cream Cheese**

- Mix 1 cup low-fat cottage cheese,
4 tbsps. margarine and
1 tbsp. skim milk in blender or food processor until
smooth.

■ A rule in baking is to make only one substitution in a recipe, if absolutely necessary.

■ Planning a party, average 10-12 appetizers per person.

■ Container ideas to hold dips: hollowed out bell pepper, green or red cabbage or eggplant.

■ **Vegetable Dip**

- 1 envelope Italian Salad Dressing
- 2 c. (1 pt.) sour cream
- Combine and mix well. Refrigerate until needed. Serve with assorted vegetables arranged attractively in basket.
- Variations: Add 7 oz. can drained and flaked tuna; or 1/2 c. crumbled bleu cheese & 1/4 c. chopped chives; or 8 oz. can minced drained clams.