

**PLUMP DESERT GRAPEFRUIT** sections, arranged pinwheel fashion around avocado rings topped with shrimp and dressing make a salad supreme. It is lovely to see, delightful to taste and makes a refreshing luncheon dish for a Lenten menu or for any occasion.

### TREAT YOURSELF Desert Grapefruit Is Winter Delight

One of winter's delights is vitamin-C packed grapefruit to be enjoyed now and through the months ahead as a breakfast item or in company with other foods for other meals of the day. The lively flavor of this luscious fruit makes a perfect foil for vegetables, other fruits and seafoods. For the salad pictured here, grapefruit sections surround avocado rings topped with shrimp and dressing. This combines to make a king-sized salad for a refreshing luncheon or supper main dish.

#### GRAPEFRUIT SALAD GREEN GODDESS DRESSING

- 1 avocado
- Juice of 1 lemon
- 3 desert grapefruit
- Romaine or other salad greens
- ½ lb. cooked small shrimp
- 1 cup dairy sour cream
- 1 tbs. anchovy paste
- 3 tbs. tarragon-flavored white wine vinegar
- ½ cup minced parsley
- 2 tsp. instant minced onion
- Dash garlic powder
- ¼ tsp. salt
- Dash pepper

#### Broiled Potatoes

Cut peeled Oregon Russet potatoes in half, lengthwise. Score and brush generously with butter. Broil 20 to 30 minutes as far from the heat as possible. Before serving, sprinkle with Parmesan cheese and return to heat for few minutes. Serve immediately.

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### Serve Liver in Patties for Variety

The homemaker who is concerned with selecting the right foods so each member of the family receives his adequate supply of nutrients every day will serve liver often. Liver contains such an abundance of essential nutrients, it shouldn't be overlooked.

This variety meat is good when served plain, but a number of interesting dishes can be designed to suit the tastes of the whole family and vary its presentation. Favored Liver Patties make one suggestion.

#### LIVER PATTIES

- 1 lb. sliced liver
  - 1 tbs. shortening
  - 1 tsp. salt
  - ½ tsp. pepper
  - 1 tbs. Worcestershire sauce
  - 1 cup seasoned mashed potatoes
  - 1 egg, slightly beaten
- Shortening  
Cook liver in 1 tbs. butter until lightly browned on both sides. Grind liver. Combine with salt, pepper, Worcestershire sauce, potatoes and egg. Shape into 10 patties, using approximately ¼ cup for each. Cook patties in shortening until lightly browned on both sides.

**LENTEN MENUS TAKE ON** new variety when fillet of sole or alternate fillets are stuffed with fresh vegetables and all are cooked in tangy spaghetti sauce. Frozen chopped chives and spaghetti sauce mix are two of the convenience foods used to make this entree modern.

### 'Harvest of the Sea' Offers Lenten Entree

An abundance of seafoods from Pacific waters will be available for Southern California Families' Lenten menus, according to the Southern California Fisheries Association. They call attention to the menu variety and excellent nutrition offered by our "harvest of the sea" and suggest Seafood Rolls as a recipe that permits the use of any one of several varieties of fish.

#### Vegetable Stuffing

Fillet of sole is not your only choice for this recipe. Rockfish or red snapper make good alternates. Sauté fresh vegetables as the stuffing for these rolls. Parmesan cheese and spaghetti sauce highlight the flavor as they bake together for a taste delight.

#### Go-Withs

Accompanying this entree, you may choose to use toasted cheese bread, cabbage-apple slaw or fruit pickups.

To make the pickups, string bite-size chunks of pineapple, apple, orange, banana, etc. on skewers or long wooden picks.

Dip them in lemon or orange juice to retain color and serve on lettuce with a bowl of tart French dressing to spoon over, if desired.

#### SEAFOOD ROLLS

- VEGETABLE STUFFING
- 1 cup finely diced celery
- ½ cup finely diced or grated carrots
- 6 to 8 large, fresh mushrooms, chopped
- 2 tbs. salad oil
- 2 tbs. frozen chopped chives
- 1 pkg. spaghetti sauce mix
- 1 8-oz. can tomato sauce
- 1 can water
- 6 fish fillets (sole, perch, red snapper)

Salt and pepper  
8 oz. spaghetti, cooked  
Parmesan cheese, if desired  
Sauté celery, carrots and mushrooms in salad oil until soft, but not brown. Add chives and set aside. Combine spaghetti sauce mix with tomato sauce and water; simmer 25 minutes. Meanwhile, sprinkle fillets with salt and pepper and place about 2 tablespoons of the vegetable mixture on each fillet.

Roll up jelly roll fashion and secure with food picks.

Place remaining vegetables in bottom of baking dish. Arrange fish rolls over vegetables and pour hot spaghetti sauce over all. Bake at 350 degrees for 25 to 30 minutes, or until fish flakes easily and vegetables are tender. Serve over cooked spaghetti. Sprinkle with Parmesan cheese, if desired. (Makes 6 servings).

#### Delicious Idea

Try this delicious idea for Philadelphia Cabbage. Shred three cups of western-grown cabbage. Cook in a covered pot, using ½-inch of boiling salted water, for about five minutes or just until crispy tender. Blend in 1 3-oz. package of cream cheese and stir until cheese melts. Add a dash of pepper and ¼ teaspoon celery seed. Serve hot. Makes four servings.

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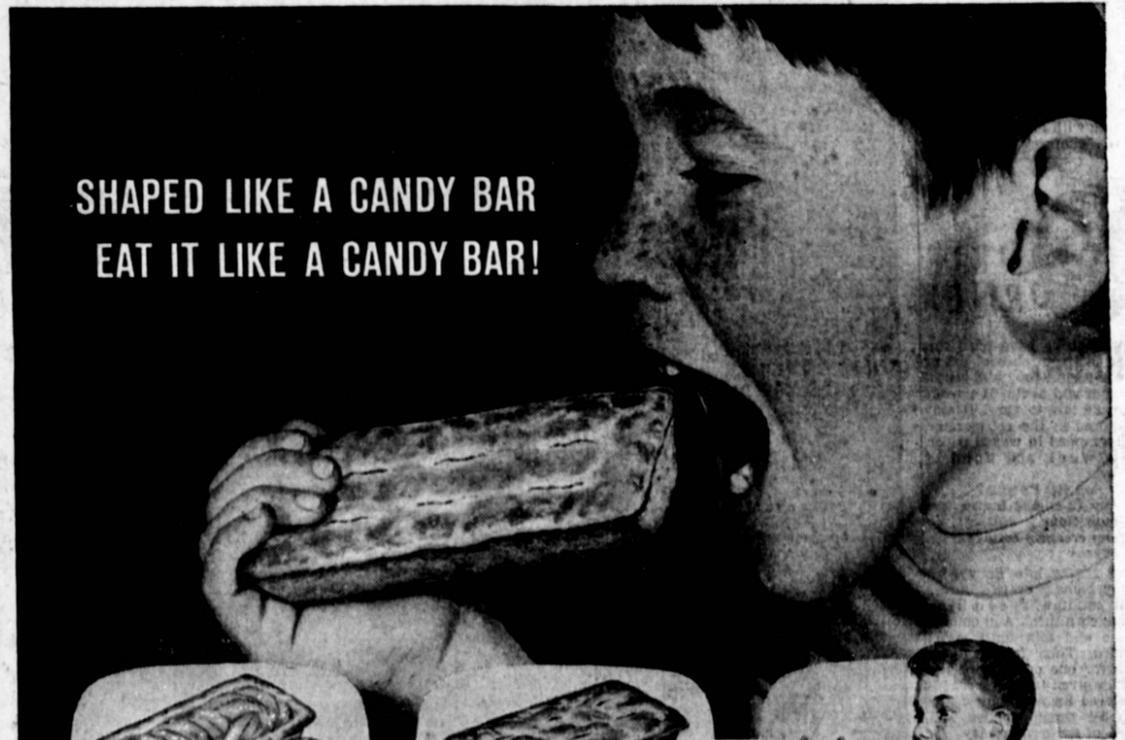
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