

INDIAN POW WOW

25th, 26th & 27th

Indian dancing, arts and crafts, traditional foods.

Come and join us for our POW WOW,
Military & Naval Science Building
Counsel of American Indian Students

Taste Tempting Mexican
Food where your
Dollar buys more.



Weekdays
till 11:00
Fri. & Sat.
til 1:00am

831 N. 48
1110 So. st.

SHeldon
FLM THEATER

Sheldon Art Gallery,
12th & R Streets



Film-makers' Showcase
featuring the films of Gary Hill

STONEBUST CRIME CURE

Tuesday, Wednesday & Thursday —
April 22, 23 & 24 Screenings at 3 & 7:30 p.m.

Admission Free! Film-maker Gary Hill will be
present at each of the evening screenings to
discuss his films with the audience.

entertainment

Food expenses kept down using plant protein recipes

Love Memorial Hall on East Campus is a cooperative living unit for women. Each resident takes turns with various duties in the hall.

Recently, during the two weeks Linda Draper was cooking, she decided to try to limit intake of animal protein and increase intake of plant proteins such as beans and rice. During the two weeks, beef was served six times, pork once and one meal each day was eggs, chicken, fish or plant proteins. Food costs were kept at \$1.10 per person each day. Below are a few of the recipes Draper used.

Oriental fried rice

4 servings
Each serving has approximately five grams of usable protein or 12 to 14 per cent of the daily protein allowance
1/2 cup dry beans, boiled with bay leaf oil as needed
3/4 cup chopped onion
nuts or seeds (optional)
1 clove garlic, crushed
1-2 cup chopped vegetables (carrots, celery, mushrooms, bamboo shoots, etc.)
soy sauce
1 1/3 cups raw brown rice, cooked (hot if possible)

Oil a wok or large frying pan. Place over medium to high flame and, starting with the onion, saute the vegetables until they are heated through and coated with oil. Do not overcook, as this Oriental way of stir-frying vegetables makes a colorful as well as nutritious dish. The quick cooking retains the nutrients in the vegetables better than any other method.

Stir the rice into the vegetables and sprinkle with soy sauce (about 1 tablespoon). When rice is hot, stir in cooked beans (with bay leaf removed) and serve at once with more soy sauce with the optional nuts and seeds sprinkled on top.

Boston brown bread

One 2 quart loaf, 15 slices
One slice has approximately three grams of usable protein or 7 to 8 per cent of daily protein allowance.

1 1/2 cup whole wheat flour
1 cup cornmeal, finely ground, yellow
1/3 cup soy flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1/2 cup molasses
2 cups milk
1 cup raisins

Use the same ingredients as above but stir together the flours, baking soda, baking powder and salt. Blend together the molasses and milk in a large bowl. Stir in the raisins and the flour mixture. Grease the insides and lids of molds or

cans having tightly fitting lids (one 2 quart mold or two smaller ones). Tin foil may be used instead of lids. Fill three-fourths full, cover and place on a trivet in a heavy kettle over one inch of boiling water. Cover the kettle closely. Turn heat high until steam begins to escape and then lower heat for rest of cooking. Steam three hours, replenishing with hot water as needed.

Try this bread with ricotta or cream cheese mixed with chopped dates and nuts. It is dark and rich but is not at all heavy.

Nutty noodle casserole

8 to 10 servings
The average serving has approximately 15 grams usable protein which is 35 to 42 per cent of the daily protein allowance
12 ounces noodles (whole wheat or soy noodles, if possible), cooked and drained
2/3 cup dry soybeans, cooked
1/2 cup butter
2 medium onions, chopped
1 1/2 cup peanuts
1 cup cashews
2 cups yogurt (or more)
2/3 cup raw sesame butter
1/2 cup toasted sesame meal
salt and pepper to taste
1 teaspoon nutmeg (or more)

sharon johnson

sausages & pickles

Saute onions in butter until transparent. Add the peanuts and cashews; stir until all the ingredients are lightly browned. Then combine with the noodles and soybeans and place in a 350 degree oven until thoroughly heated. Remove to a serving dish or casserole and stir in the sesame butter, yogurt and nutmeg which have been thoroughly blended. Season with salt and pepper and sprinkle sesame seed meal over the top.

A simple variation is to stir the sesame seeds into the mixture when adding the yogurt-sesame butter blend.

The recipes above were taken from *Diet for a Small Planet* by Frances Moore Lape and *Recipes for a Small Planet* by Ellen Buchman Ewald. These books are available at local bookstores.

BEER
WHISKEY
SCOTCH
WINE
BRANDY
GIN
VODKA

HUSKER BOTTLE SHOP

Prices good
thru Wed.
April 30

330 No. 48th st.

JIM BEAM Straight Bourbon Half Gal.	8.99
OLD STAGG Straight Bourbon Qt.	3.89
OLD MR. BOSTON Canadian Qt.	4.19
JOHN BEGG Scotch Qt.	4.19
DEWAR'S WHITE LABEL Scotch Qt.	8.49
CANADIAN MIST Qt.	4.89
SEAGRAM'S GIN Half Gal.	7.99
GLENMORE GIN Qt.	3.65
POPOV VODKA Qt.	3.59
CREAM OF KENTUCKY Blended Whiskey Qt.	3.89
CALVERT EXTRA Half Gal.	8.99
WINE YAGO SANGRIA 5th	1.99
ROSEGARDEN Liebfraumlich 5th	1.59
OPICI Lambrusco 5th	1.79

BUD	FALSTAFF
12 pack warm 2.79	12 pack bottles warm 2.49



GAME ROOM

- Foosball ● Pool
- Shuffleboard
- Wide Screen

Advent Video Beam TV
featuring Monday
Baseball

25¢ DRAWS \$1.50 PITCHERS

From 4 - 6 p.m.

474-1677 960 W. Cornhusker
[on the way to the airport]

1st LINCOLN SHOWING!
AN INSIDE LOOK AT TODAY'S
CONTROVERSIAL SEX TALK SHOWS

Today's
subject is...
BIZARRE DEVICES

Plus 1st run 2nd Feature:
"Sex and the Working Girl"
—In color—Rated XX

EMBASSY
No One Under 18 Admitted
Continues from 11 a.m.