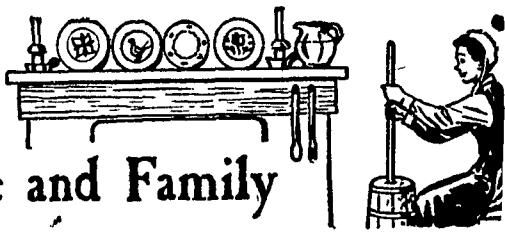


For the Farm Wife and Family



Tasty Sour-Cream Dishes

by Mrs. Richard C. Spence

Dairy sour cream is becoming more and more one of the staples on our pantry shelf (the refrigerator is really the place for it) It can be used as a dressing all by itself or can be used as an ingredient in a dish.

Dieters will be interested to note that a tablespoon of sour cream contains about 29 calories—the same amount of mayonnaise contains about 92 calories. Summer vegetables and greens take well to seasoned sour cream

—with a bit of lemon juice added for "stepped" up flavor.

Some ways to use sour cream:

1. When adding sour cream to soups, hot sauces and gravies it is best to remove from the heat and add the sour cream slowly, stirring well to blend the cream into the hot mixture.

2. Sour cream mixed with ketchup or chili sauce makes a quick sauce for serving with charcoal broiled hamburgers, hot dogs or chicken.

3. Packaged prepared gelatin salads available in the refrigerator cases of local grocery stores are excellent when topped with plain sour cream and they make a qu-

ck n' easy dessert.

4. A scoop of dairy sour cream makes a delightful topping for fresh summer fruit desserts. Try it on fresh strawberries, blueberries or peaches.

5. Top fruit salads with a flavorful dressing made by mixing equal amounts of dairy sour cream and creamed cottage cheese. For tartness add a bit of lemon juice and grated lemon rind.

6. Try sour cream as a dressing for vegetable salads plain or seasoned with herbs

Don't let the names of some of our following recipes frighten you. They are really very down to earth and dishes your family is certain to enjoy.

TEMPTING TUNA ORIENTAL

1½ cups (9¼ oz. can) tuna, drained
½ cup (4-oz. can) drained sliced mushrooms
1½ cups (½ of 5-oz. can) chow mein noodles
1 cup chopped celery
½ cup sliced cashew nuts
2 cups dairy sour cream
Combine tuna, mushrooms, noodles, celery, and cashews (reserve a few for garnish) with sour cream; salt to taste. Place in a 4-6 cup casserole and bake in a 350 degree oven for 20 minutes. Garnish with reserved cashews and some noodles. Remaining noodles may be heated slightly and passed as an accompaniment, if desired.

CASSEROLE LASAGNA

1 pound ground beef
¾ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper
2-6 oz. cans tomato paste
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme
¼ teaspoon Tabasco sauce
1 teaspoon Worcestershire sauce
1 cup dairy sour cream
3 cups broad noodles, cooked and drained
¼ pound sliced Mozzarella cheese
½ cup cottage cheese
In a large skillet, brown beef, onion, celery and green pepper. Blend in tomato paste, salt, pepper, thyme, Tabasco and Worcestershire sauces. Continue to cook and

stir occasionally 5 additional minutes. Remove from heat set aside. Blend sour cream and noodles together. Layer half of sour cream-noodles in bottom of casserole; over this layer half of meat mixture. Place Mozzarella cheese slices over meat; spread cottage cheese on Mozzarella. Top with a layer of remaining meat mixture and noodles. Bake 20 to 25 minutes in a 350 degree oven until heated through. Makes 6 to 8 servings.

Note: Meat mixture may be prepared ahead to save time before baking.

CHICKEN BREASTS WITH SOUR CREAM NOODLES

½ cup enriched flour
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon poultry seasoning
6 chicken breasts
Cooking oil
8 ounces broad noodles
1 cup dairy sour cream
½ teaspoon onion salt
¼ cup milk
3 tablespoons chopped chives

Combine flour, salt, pepper and poultry seasoning. Coat chicken breasts with flour mixture. Heat oil in large, heavy skillet. Add chicken and brown well on all sides. Cover and reduce heat. Cook until chicken is tender, 45 to 60 minutes.

While chicken is cooking, cook noodles in boiling salted water until tender (about 5 minutes). Drain. Combine sour cream, onion salt, milk and chives. Fold into drained noodles. Serve with chicken. Makes 6 servings.

With these chicken breasts you might like to serve buttered asparagus, a green salad or shimmering gelatin mold, and hot roll.
(Turn to page 11)

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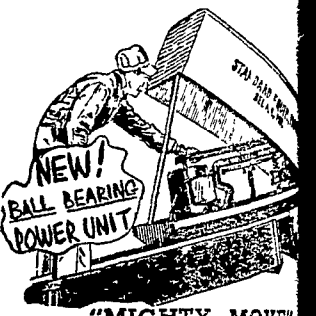
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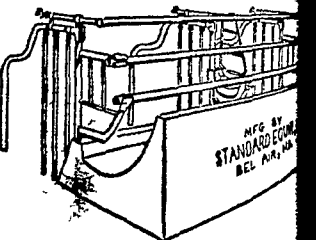
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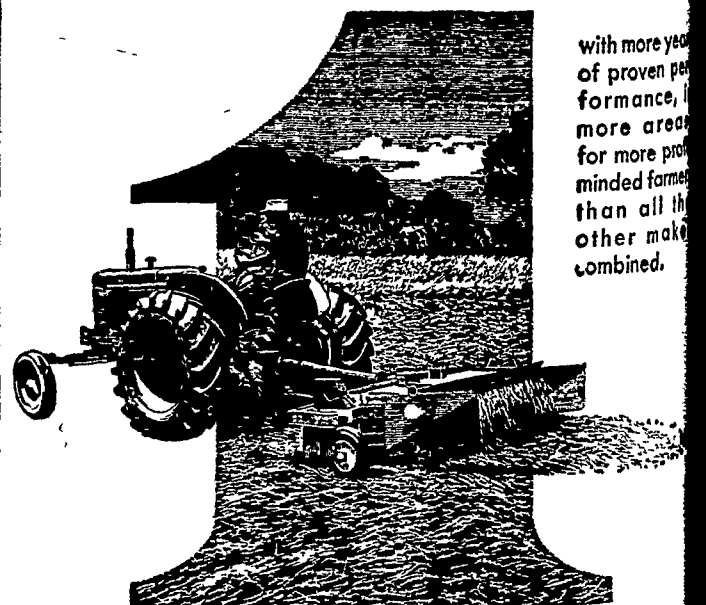
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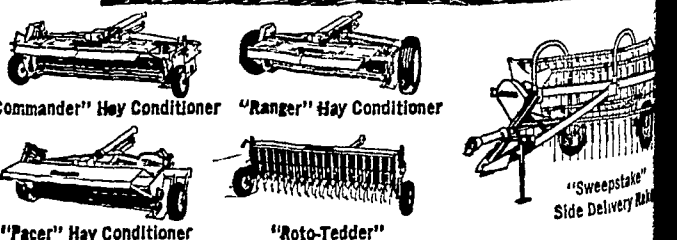
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