

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Money-Saving Main Dishes



SPENCE

For no accountable reason, appetites can lag during the spring and summer seasons. Interest in the usual fare drops to an all-season low. When this phenomenon occurs in your home, it may be time to take stock of your menu planning. Do your meals include the Basic Four Food Groups — milk, meat and fish, fruits and vegetables, cereals and breads? Does your family eat heartily or merely pick at food? Do you take time to tease your family's appetite with "something different?"

Pasta is a natural to aid the hard-pressed homemaker. One of the greatest appeals of macaroni, spaghetti, and noodles is their economy. They're easy to store, quick to prepare, and extremely versatile. They combine well

with more expensive sources of protein — meat, fish, eggs, and cheese — to stretch the frayed family dollar. The homemaker can prepare gourmet dishes using low-cost cuts of meat, and can extend expensive cuts to serve more people by using universally popular macaroni products.

THRIFTY TUNA SQUARES

- 8 ounces macaroni
- ¼ cup margarine
- 3 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups milk
- 2 eggs, slightly beaten
- 1 can (7 oz.) tuna, drained and flaked
- ½ cup grated Parmesan cheese

Cook macaroni until tender. Drain. Melt margarine in heavy saucepan, blend in flour, salt,

cinnamon and nutmeg. Add milk, stirring constantly until thickened. Stir small amount of hot mixture into eggs, then return to mixture in saucepan; cook a minute longer. Spread half of macaroni in bottom of 2-quart baking dish, cover with tuna. Sprinkle with half of cheese. Add remaining macaroni, cover with sauce and top with remaining cheese. Bake in preheated 350 degree oven for 30 minutes, or until lightly browned. Let stand 10

minutes before cutting squares. Makes 6 to 8 servings.

RING-AROUND-THE-BUDGET

- 8 ounces elbow macaroni
 - 3 eggs
 - 1 cup milk
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - ¼ cup oil
 - 1 cup bread crumbs
 - 1 cup (4 oz.) grated Cheddar cheese
 - 1 cup (4 oz.) diced ham
- Peas in Cheese Sauce*
Cook macaroni in 2 quarts boiling, salted water until tender, yet firm, 5 to 7 minutes. Drain. Beat together eggs, milk, salt and pepper. Mix in oil, bread crumbs and cheese. Stir in macaroni and ham. Put into well-greased 6-cup ring mold and bake in preheated 350 degree oven, 30 to 40 minutes, or until golden and bubbly. Let stand 10 minutes before unmolding. Serve with Peas in Cheese Sauce. Serves 6 to 8 people.

PEAS IN CHEESE SAUCE

- 1 can (11 oz.) cheese soup
 - ¼ cup milk
 - 2 cups cooked or canned peas, drained
- Combine soup, milk and peas in saucepan and heat. Pour into center of macaroni ring

Chicken puff as the name implies is a fluffy, light main dish designed to please those who are fastidious about their food. Both the chicken and eggs are plentiful.

CHICKEN PUFF

- 1 can (10½-oz) condensed

- 2 cups cream of chicken soup
- 2 cups cooked, finely diced or ground chicken
- ¼ teaspoon poultry seasoning
- 6 egg yolks, beaten
- ¼ cup chopped parsley
- 6 egg whites, stiffly beaten

Preheat oven to 350 degrees. Grease a 2-quart casserole. Combine soup, chicken, and poultry seasoning; heat. Stir in hot mixture slowly into beaten egg yolks. Fold the chicken mixture and parsley into egg whites. Pour into casserole. Set in a pan of hot water. Bake 35 to 45 minutes. Serve with asparagus and lettuce wedges. Have a fruit bavarian cream for dessert.

APPLESAUCE MEAT BALLS

- 1 egg
- ½ cup milk
- 1½ cups herb seasoned stuffing croutons
- 1½ pounds ground beef
- ¾ cup applesauce
- 3 tablespoons finely chopped onions
- 1½ teaspoons salt
- ¼ teaspoon sage (optional)
- ¼ teaspoon pepper
- ¼ cups (10½-oz) condensed cream of tomato OR cream of celery soup
- ½ cup water

Beat egg with milk; add stuffing croutons. Let stand about 5 minutes or until croutons are soft. Beat until smooth and fluffy. Add remaining in-

gredients except soup and water; combine thoroughly. Shape mixture into 24 balls. Place in shallow baking pan. Combine soup and water; pour over meat balls. Bake in moderate oven (350 degrees) about 45 minutes. 6 servings.


TUNA RICE CASSEROLE

- 3 tablespoons butter or margarine
- 3 tablespoons regular all-purpose flour
- ½ teaspoon salt
- ½ teaspoon paprika
- 2 cups milk
- 2 cups grated cheddar cheese
- 2 cups cooked rice
- 1 cup (7-oz. can) tuna, drained and flaked
- 1 cup chopped parsley
- ¼ cup Special K cereal
- 1 teaspoon butter, melted

To make cheese sauce melt butter over low heat; stir in flour, salt and paprika. Add milk, stirring until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly. Add cheese and stir until melted. In greased 1½ quart casserole or 6 individual ramekins, arrange layers of rice, tuna, parsley and cheese sauce, ending with sauce. Crush cereal slightly; toss with melted butter. Sprinkle over tuna mixture. Bake in hot oven (425 degrees) about 15 minutes or until thoroughly heated. Serve immediately. Yield 6 servings.

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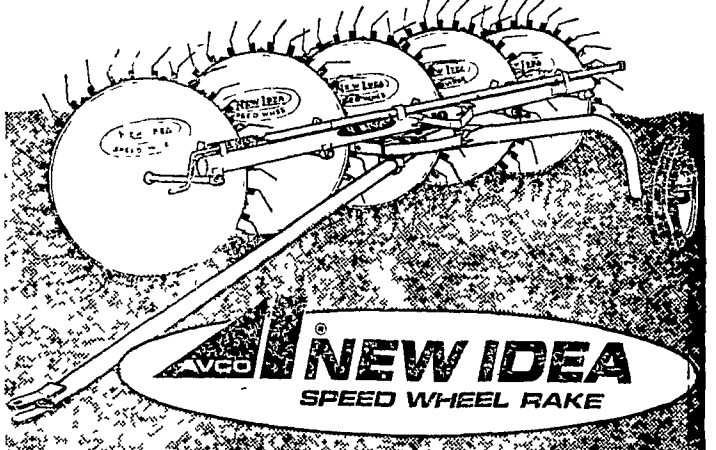
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