

By Mrs. Richard C. Spence, Food Editor

## Gala Chicken Recipes



SPENCE

CHICKEN KIDNEY BEAN SALAD

- 1 cup chicken, cooked, coarsely chopped
- 1¼ cups kidney beans, cooked 1 or canned, drained
- J⁄., cup pickle, sweet, coarse-
- ly chopped ⅔; cup celery, coarsely
- chopped 1
- tablespoon onion, finely chopped

Looking for some new ways to serve 1/4 chicken so that you won't tire of it now that 6 it's especially thrifty? Here are some new recipes developed to give chicken a lift'

If you feel thrifty when you use one plen- poultry seasoning; heat. Stir triul food you'll feel more thrifty when you the hot mixture slowly into CRISP NOODLE CHICKEN make this salad using three plentifuls — well beaten egg yolks Fold chicken, kidney beans and eggs As a main the chicken mixture and pardish salad it's more important to adjust the size of the servings to the heartmess of appe-tites Men who are active will probably start with a double serving. Be prepared for calls Water. Bake 35 to 45 minutes. I for seconds because it's good. This recipe Calories per serving: (based 3 on 6 serving of 34 output or 6 a yields 6 servings of ½ cup each.

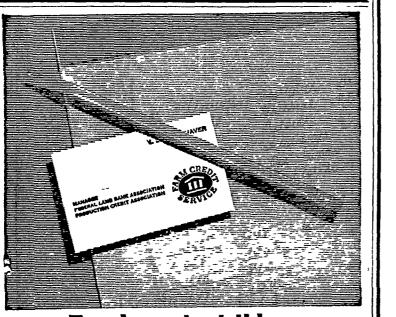
- eggs, hard-cooked, diced 2 teaspoon salt 1 3
- teaspoon mustard, pre-1
- teaspoon pickle liquid sweet
- all ingre-hents. 1 Combine Toss lightly. Chill at le st 1

hour to blend flavors. Cal. ries per serving: about 205. Menu suggestion: Serve w. 1 1/2

carrot sticks, tomato wedge., 12



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pudding for dessert.

implies, is a fluffy, light main 400 degrees about 40 minutes in the directions.

**CHICKEN PUFF** can (10½-oz.) cream of

2 ly diced or ground 1/4

egg yolks, beaten cup parsley, chopped

Combine soup, chicken, and num foil well beaten egg yolks Fold 1 sley into egg whites. Pour into 1 casserole. Set in a pan of hot water. Bake 35 to 45 minutes. 1

on 6 servings of 34 cup each) Menu suggestion: serve with 1 asparagus and lettuce wedges.

Have a fruit Bavarian cream for dessert.

**CRISPY OVEN FRIED** LEMON CHICKEN broiler-fryer, 2½ to 3

pounds cut into serving pieces

1/2 teaspoon salt

- teaspoon onion salt
- teaspoon thyme, crushed teaspoon marjoram,
- crushed teaspoons grated lemon
- peel cup lemon juice
- cup water Lemon quarters

Paprika Finely snipped parsley Sprinkle chicken pieces with

salt, rubbing well into flesh. Place chicken in shallow bak- 2

and potato chips. Have tapioca ing pan,\* skin side down. Com- 2 tablespoons chopped, ripe bine seasonings, lemon peel

and juice and water; pour over 2 Chicken puff, as the name chicken. Bake, uncovered, at

dish designed to please those Turn chicken and continue chicken broth. Bring remainwho are fastidious about their baking basting with pan drip- ing broth to boil; stir in gelafood. The secret of success - pings once or twice, until tine until dissolved Refrigerapply heat gently, as described chicken is done and skin is ate until consistency of unbeatcrispy, about 35 minutes. Dust en egg whites. Meanwhile, one cut side of each lemon spread Holland Rusk with butquarter with paprika; sprinkle ter or margarine Top with chicken soup cups chicken, cooked, fine- snipped parsley. Garnish serv- en and egg slices Spoon gelaing platter with colorful lemon tine mixture over it Refrigerteaspoon poultry seasoning quarters so guests can squeeze ate until set Garnish with olthem over chicken for addi- ives and pimiento slices Makes tional flavor. This recipe may 6 servings egg whites, stiffly beaten be doubled to serve 8 \*For Preheat oven to 350 degrees. easy cleaning, line baking pan Grease a 2-quart casserole. or dish with piece of alumi- 1/4 cup brown sugar, packed 2

- broiler-fryer chicken, cut up
- can (10½-oz.) cream of
- mushroom soup cup dairy sour cream
- tablespoons (½ pkg.)
- onion soup mix
- teaspoon pepper
- can (3-oz) chow mein noodles

Place chicken in single lay- 1/2 er in a 1½ quart casserole In a bowl combine soup, sour 2 cream, soup mix and pepper; 1 blend thoroughly Spread over chicken, sprinkle with noodles 1/4 Bake in a preheated 375 degree oven 1 hour or until chicken is tender Makes 4 starch, and salt Stir into pineservings.

### **DUTCH OPEN-FACED** SANDWICHES

- teaspoon unflavored gela-1 tine cup fresh or canned
- chicken broth
- Holland Rusk 6 Butter or margarine
- 6 large lettuce leaves or lettuce cups

Cooked, sliced chucken

hard-cooked eggs sliced

olives

### tablespoons pimiento slices

Soften gelatine in 1/4 cup

SWEET-SOUR CHICKEN

- tablespoons cornstarch
- teaspoon salt 1,6,

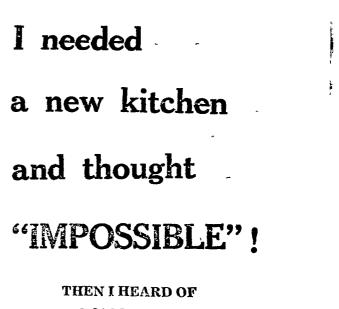
1/2

- cup liquid diamed from 3⁄4
  - canned pineapple
- 1/1 cup vinegar tablespoon soy sauce
- 1 cups cooked, sliced chick-3 en
- cup onion thin half slices 1/4 cup drained canned pine-1
  - apple chunks
  - cup celery strips, very thin, 1-inch long
- cup green pepper rings, thin quartered
- tablespoons diced pimiento 3-oz. can chow main noo-
- dles or 2 cups cooked rice cup slivered, toasted al-
- monds, if desired Combine brown sugar, corn-

apple liquid. Add vinegar and soy sauce. Bring to a boil over high heat; reduce heat and cook until thick, sturring constantly. Remove from heat. Add chicken, onion pineapple, celery, and green pepper. Cook 5 minutes. Add pimiento and cook 1 minute longer. Serve over chow mein noodles or rice. Top with almonds, if desired.

(Continued on Page 11)





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about 200.

- tablespoons mayonnaise
- pared

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