



FALL

BALANCE YOUR BUDGET



Here is a chicken dish which won't bruise your food budget. A flavorful way to make the most of your food dollar, Saucy Chicken-Pilaf is a one-dish dinner to tempt the taste buds of your family with its savory aroma as it simmers to doneness atop your range.

An economical cut-up fryer chicken, a can of whole tomatoes and a package of frozen rice pilaf are the recipe mainstays. You'll like the built-in convenience of the rice pilaf. A flavorful blend of long grain white rice with bits of mushrooms and onions, it comes in a stay-perfect pouch, guaranteeing you perfect, fluffy rice every time... with no messy pan to clean afterwards.

As any good cook knows, the solution to tasty eating on a budget lies in how creatively you combine well liked foods—this recipe is a good illustration! Budget your time too... prepare Saucy Chicken-Pilaf in your prettiest tote-to-the-table skillet.

SAUCY CHICKEN-PILAF

- 1 fryer chicken, cut-up
- Salt and pepper
- 1 16-oz. can whole tomatoes, pureed
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 teaspoon garlic salt
- 2 tablespoons sherry
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 12-oz. package rice pilaf (rice with mushrooms and onions) frozen in the stay-perfect pouch

Sprinkle salt and pepper over chicken and brown in large skillet; drain off excess fat. Stir in all remaining ingredients except rice. Cover and simmer 1 hour or until chicken is tender. Cook rice according to package directions; just before serving, stir into chicken-tomato mixture. Serves 4.



Quick Scalloped Potatoes

- 1 package (9 oz.) crinkle cut potatoes
- 1 can (10 1/2 oz.) condensed cream of celery soup
- 1 teaspoon onion powder
- 1 teaspoon monosodium glutamate
- 1/4 teaspoon salt
- Dash white pepper
- 1/2 cup American cheese, grated

Place Crinkle Cut Potatoes in a 1-quart casserole. Combine and pour over Potatoes. Sprinkle cheese over top. Bake at 400° for 30 minutes. Makes 4 delicious servings.

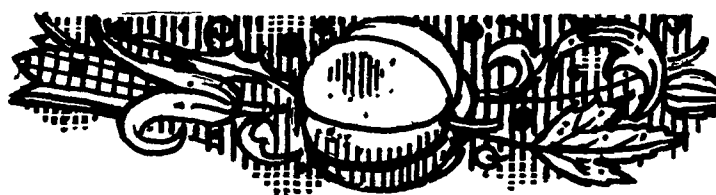
ZUCCHINI SUPREME



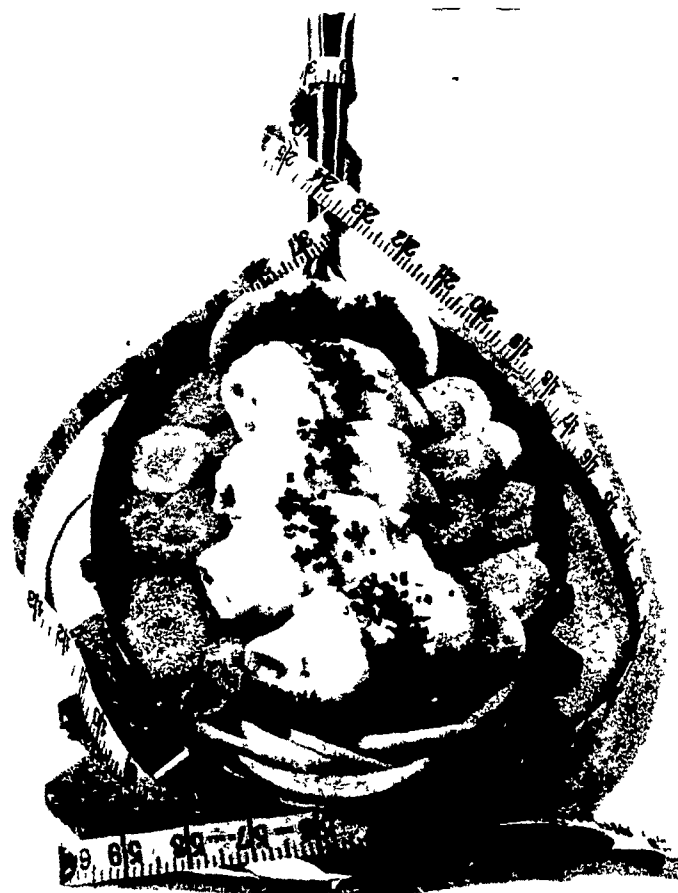
- 6 zucchini squash, medium to medium small
- 1/2 cup diced onion
- 1 cup sliced frozen mushrooms
- 2 tablespoons minced parsley
- 3/8 cup diced tomato, (canned or fresh)
- 3/8 pound sausage, crumbled

Wash zucchini, cut off ends, do not pare. Cook covered in boiling salted water 5 minutes. Halve lengthwise, remove pulp with a spoon. Save 1 cup pulp. Sauté onion in a skillet coated with corn oil. When onion is half cooked, add mushrooms; continue to sauté until mushrooms are cooked.

Add 1 cup reserved zucchini pulp, parsley, tomato, and sausage. Cook 5 minutes over medium heat. Fill zucchini shells. Place in a shallow baking dish. Bake at 350° F. covered for 25 minutes. Remove cover, bake 10 minutes longer. Serves 6.



LOW CALORIE IDEAS USING FROZEN CHOPPED CHIVES



Sprinkle chopped chives over a low calorie cole slaw made with green cabbage, carrots, green pepper, chopped celery and tossed with buttermilk and seasonings for a salad dressing. * * *

Commercial low calories salad dressings have a less monotonous taste when freshened with a few drops of lime juice and frozen chopped chives.

Try lowering the calories in deviled eggs by mixing yolks with mustard and a few drops of non-dairy coffee creamer and plenty of chopped chives. * * *

Use those very thin rice or whole wheat wafers (5 to 7 calories each) and sprinkle each with a tablespoon of grated cheddar cheese. Sprinkle with chives and broil until cheese melts.

Tired of the taste of cottage cheese - add sweet pickle relish and chopped chives for a surprise taste - great with fruit salads. * * *

Dissolve low calorie lemon gelatin in hot broth or consommé. Add lemon or lime juice to taste and chopped chives. Chill until firm. Chop and serve in small bowls as an appetizer.