

# Skim off

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Preheat oven to 350 degrees F. Discard skin and pound each split chicken breast between sheets of waxed paper until very thin. Combine 1 teaspoon butter, onion, mushrooms, parsley, pimiento, salt, pepper, and cheese, and divide mixture between chicken pieces. Roll, and fasten securely with toothpicks or metal skewers. Saute rolls lightly in remaining butter. Place in baking dish, add bouillon and lemon juice, and bake 30-40 minutes or until chicken is tender. Garnish each roll with a parsley sprig tucked in each end before serving. Makes 4 servings.

P.S. This delicious dish is party fare.

Variations: Substitute 6 ripe olives, chopped, for the pimiento. Substitute 1 tablespoon grated Parmesan cheese for the Cheddar. Substitute 2 tablespoons minced watercress, celery, or green pepper for the minced parsley. Substitute 1/2 cup tomato sauce for 1/2 cup bouillon. Substitute 1 teaspoon mashed green chilis (hot pepper), chopped dill pickle, or sweet pickle relish for the pimiento.

**Pepper Steak Verde**  
196 calories per serving  
1 pound round steak, 1/2 inch thick no fat  
2 tablespoons soy sauce or to taste  
1 teaspoon lemon juice  
1 tablespoon Kitchen Bouquet  
1 tablespoon flour  
1 tablespoon butter  
1 cup slivered green pepper  
fresh, coarse-ground pepper to taste  
1/2 cup water

Cut steak into thin 1 1/2 inch strips. Combine soy sauce, lemon juice, and Kitchen Bouquet. Add steak pieces to sauce mixture and stir to coat. Sprinkle with flour, and saute steak pieces in butter. Add green pepper, ground pepper, and water. Cover and simmer slowly about 30 minutes or until meat is fork tender. Makes 4 servings.

P.S. The steak will be easier to cut if it is slightly frozen.

Variations: Substitute Worcestershire sauce to taste for the soy sauce; add garlic to taste. Dissolve 1 crushed bouillon cube in the water. Substitute 1/2 cup tomato juice or sauce for the water. Add 1/4 pound fresh, sliced mushrooms to the simmering mixture. Add chopped onion to taste.

### Steak Bed

117 calories per serving

1/2 cup chopped onions  
3 cups cooked rice (cooked in beef or chicken broth)  
2 tablespoons chopped parsley  
salt  
seasoned pepper

Saute onions in butter until transparent. Add rice and parsley. Cook over low heat until thoroughly heated, stirring occasionally. Season to taste. Makes 6 servings.

### Mocha Mousse

55 calories per serving

1 envelope unflavored gelatin  
sugar  
3/4 cup strong coffee  
4 chocolate cookie wafers  
3 egg whites, at room temperature  
1/4 teaspoon cream of tartar  
1/2 teaspoon vanilla extract  
1/4 teaspoon imitation maple flavor

Early in Day: In medium saucepan, stir gelatin and 2 tablespoons sugar. Stir in coffee and cook over low heat, stirring, until gelatin is dissolved. Chill, stirring occasionally, just until mixture mounds slightly when dropped from spoon.



Although resembling the high calorie goodies often served at banquets, dishes such as Steak Verde, Frosted Lettuce and Strawberry Mousse are low in calories and simple to prepare.

Meanwhile, in covered blender container, grind cookies into crumbs (or crush with rolling pin). Stir crumbs into thickened gelatin mixture.

In large bowl, with mixer at high speed, beat egg whites and cream of tartar until stiff peaks form. Beating at high speed, gradually beat in 1 tablespoon sugar and beat until sugar is completely dissolved. (Whites should stand in stiff peaks.) Beat in vanilla and maple flavors. With rubber spatula, gently fold beaten whites into coffee mixture and spoon into dessert dishes. Refrigerate until set, at least 3 hours. Make 6 servings.

## Society 3

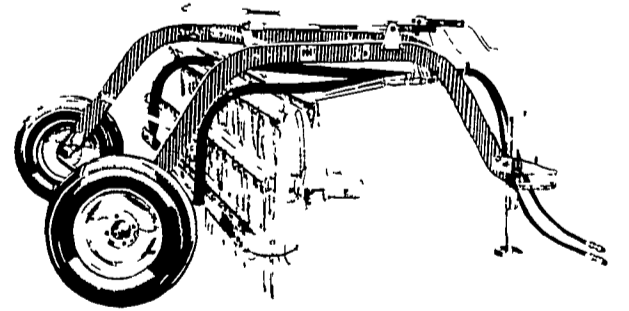
Society of Farm Women 3 entertained the members of Society 21 on Saturday, May 15, at a luncheon in Salem Lutheran Church, Ephrata. Mr. Jack Lee, a representative of the Cocalico bicentennial committee, showed slides on Bicentennial Lancaster County. He also spoke on the forthcoming events planned for the Bicentennial year in the Cocalico area. Mrs. Irene Willwerth from the Ephrata Area bicentennial committee spoke on events planned for the bicentennial year in the Ephrata area.

During the business meeting conducted by the President, Mrs. John Edwards, plans were made to serve lunch at the Ephrata Community Hospital Lawn Fete on Saturday, June 5. A contribution of \$50 was given to the American Cancer Society, and \$25 was given to the Lancaster Co. Mental Health Association. A period of silence was observed in honor of Mrs. Carrie Lepole, who served as president from 1943-1945, and passed away April 21.

Door prizes of centerpieces were awarded to the guests. Winners were Joanne Roth, Hazel Aument, Jerry Arrowsmith, Labertha Tindall, Arlene Kreider.

The next meeting will be at the home of Mrs. Elam Shelly, Lititz, June 19. The speaker will be Mrs. Peter Hanaman. Her subject will be "Woman's Work is Never Done."

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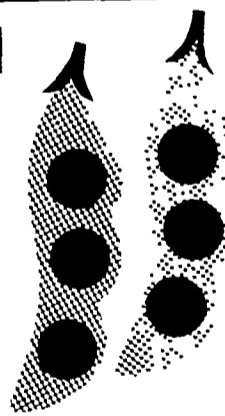
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