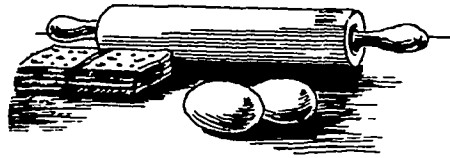
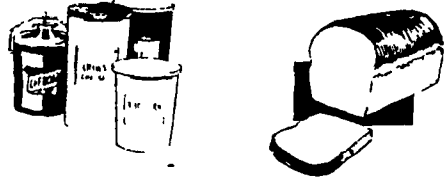


# Home on



# The Range



Next week begins our new program of recipe themes. We hope you enjoy them and help to participate. We've received a few recipes in response to the themes announced, but our files really need to be stocked up. So, if you have a recipe that fits any category, write it down and send it to Lancaster Farming Newspaper, "Home on the Range," Box 266, Lititz, Pa. As a small "Thank you," for your efforts we send out pot holders with our name printed on them, so be sure to include your address and phone number on each recipe or sheet of recipes you send to us.

For a reference as to what themes are coming up in the next few weeks, check the theme calendar that will be printed in the women's section of the paper from now on.

This week we are featuring recipes supplied to us by the Lancaster County Poultry Association and two supplied by the Pennsylvania Egg Marketing Association. The omelets were sent to us by the Lancaster County Poultry Association, and the last two recipes, "Golden Egg," and "An Oldie but a Goodie," are from the Egg Marketing Association. The Egg Marketing Association is encouraging the restaurants in Pennsylvania to use the golden egg on their menus and as edible centerpieces for banquets. Because they turn a golden color, they are excellent ingredients for an edible centerpiece also using red beet eggs.

### QUICK AND EASY OMELET

3 eggs  
3 tablespoons water  
1/4 teaspoon pepper  
3 slices bacon, cooked and drained  
1 tablespoon bacon drippings  
1/2 tomato, thinly sliced

3 tablespoons sour cream onion dip

Mix eggs, water, and pepper with a fork. Heat one tablespoon bacon drippings in a 9-inch skillet or omelet pan until it just sizzles a drop of water. Pour in egg mixture. Mixture should set at edges at once. With a spatula or fork, carefully draw cooked portions at edges toward center, so that the uncooked portions flow to the bottom. Slide pan rapidly back and forth over the heat to keep mixture in motion and sliding freely. Keep mixture as level as possible. When eggs are set and surface is still moist increase heat to brown bottom quickly. Remove from heat; place the tomato slices on half of omelet. Spread onion dip on top of tomatoes. Place bacon on top of onion dip. Fold other half of omelet over all and turn out on serving dish. Makes two servings.

### HERB OMELET

3 eggs  
3 tablespoons water  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon basil, thyme, oregano or parsley flakes  
1 tablespoon butter

Mix eggs, water, salt, pepper, and desired herb with a fork. Heat butter in skillet or omelet pan (approx. 8-inch) just hot enough to sizzle a drop of water. Pour in egg mixture. It should set at edges at once. Reduce heat slightly but cook eggs quickly. With a spatula or fork carefully draw cooked portion at edges toward center, so that the uncooked portions flow to the bottom. Tilt skillet as it is necessary to hasten flow of uncooked eggs. Shake skillet to keep omelet sliding freely. Keep mixture as level as possible. When eggs are set and surface is still moist, increase heat to brown bottom quickly. Roll or fold omelet and slide onto serving

plate. Makes one or two servings.

### PEACHES AND CREAM OMELET

2 eggs  
2 tablespoons water  
1/4 teaspoon salt  
1 tablespoon butter  
1/2 cup dairy sour cream  
1/2 cup sliced cling peaches, well drained

Mix eggs, water, and salt with a fork. Heat butter in omelet pan or skillet (approx. 8-inch) just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set at edges at once. With a spatula or fork, carefully draw cooked portions at edges toward center, so that the uncooked portion flows to the bottom. Slide pan rapidly back and forth over heat to keep mixture in motion and sliding freely. When eggs are set and surface is still moist, increase heat to brown bottom quickly. To serve: Spread half of sour cream on omelet. Place approximately one-third cup peach slices on omelet. Fold in half. Spread remaining sour cream on top. Garnish with a few peaches. Makes one serving.

### PRINCESS OMELET

1 package (3 oz) cream cheese, cut into 1/4-inch cubes  
3/4 cup drained cooked

vegetable (chopped broccoli, cut asparagus or peas)

4 eggs  
1/4 cup dairy sour cream  
2 teaspoons instant minced onion  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
1 tablespoon butter

Prepare cream cheese and vegetable before preparing omelet; set aside. Combine

eggs, sour cream, onion, salt and cayenne; beat well. Heat butter in 10-inch omelet pan or skillet until just hot enough to sizzle a drop of water. Pour in egg mixture; mixture should set at edges at once. With pancake turner carefully draw cooked portions at edges toward center, so uncooked portions flow to bottom. Tilt skillet as it is necessary to hasten flow of uncooked eggs. Slide pan rapidly back and forth over heat to keep mixture in motion and sliding back and forth over heat to keep mixture in motion and sliding freely. While top is still moist and creamy-looking, place cream cheese cubes and vegetable on half of omelet. With pancake turner fold in half or roll, turning out onto warm serving dish. Serve immediately. Makes two servings.

### NOODLE OMELET

4 oz. (1 1/2 cups) noodles  
2 tablespoons chopped onion

3 tablespoons butter, margarine or oil  
3 eggs  
2 tablespoons water  
1/2 teaspoon salt  
1/4 teaspoon pepper

Cook noodles according to package directions. Drain well. Cook onion in butter or margarine until soft but not brown. Add noodles and blend. Blend eggs, water, salt, and pepper with fork. Mix well but do not beat frothy; pour over noodles in skillet. Cook rapidly, lifting mixture with fork, at the same time tipping skillet to let uncooked mixture flow to bottom of skillet. Keep mixture as level as possible. Shake skillet while cooking to be sure mixture is not sticking at any point. When mixture no longer flows, reduce heat for a minute to "set" the omelet and brown the bottom. Fold in half. Serve with crisp chicken

[Continued on Page 60]

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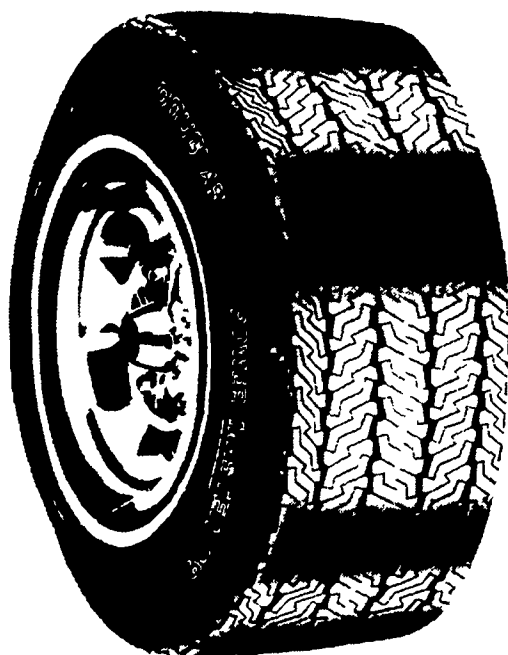
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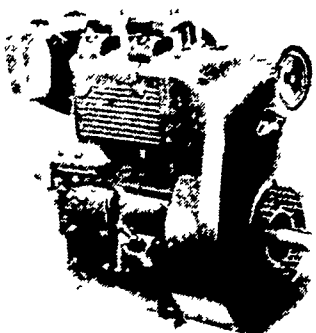
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