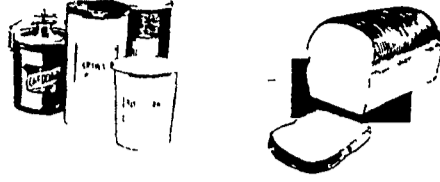
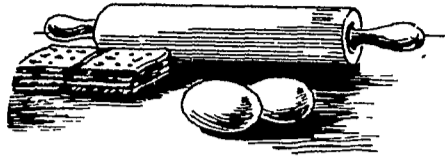


Home on



The Range



This "Italian Casserole" was taste tested by the editorial staff of Lancaster Farming and received a "very good" rating.

Potatoes. You can either bake, boil, mash, or fry them. Nothing more, right? Wrong.

Too often the potato is neglected when it comes to trying new food dishes. For some reason, we just prefer to stick to the basics with these vegetables. But, that is not necessarily how it has to be.

This week we are featuring the potato in other forms with the hopes that our readers will come to enjoy its texture and flavor in a multitude of different ways.

And for those dieters out there who think the potato is out in the case of weight loss, the Washington State potato growers tell us that with only 90 calories per medium potato, dieters can easily afford the satisfaction of a potato in their daily menus. Potatoes have a satiety value, imparting a full feeling which checks overeating.

And, if it's the toppings for those potatoes that wreck your well planned diet, then the last two recipes in this week's column should help. Both the creamy onion topping and the curried mushroom sauce contain only nine calories per tablespoon.

Some other words of advice from the Washington State potato growers is to leave the peelings on the potatoes for more nutritional value. The potato producers tell us that you'll end up with the better bargain this way. And, after

the potatoes have cooked, the skins slip off readily leaving plenty of undisturbed nutrients.

CASSEROLE ROMA

- 3 cups sliced, pared potatoes
- 1½ teaspoons salt
- 1 can (17 oz.) whole kernel corn, drained
- 1 onion, sliced
- 1 pound ground beef
- 1 cup sliced carrots
- 1 jar (15½ oz.) spaghetti sauce

In greased three quart casserole or 13 by 9 inch pan put in layers - potatoes, corn, onion, beef, and carrots, seasoning each layer with salt. Pour spaghetti sauce over all. Bake covered at 350 degrees F. for 1¼ hours. Serves six.

ITALIAN CASSEROLE

- 1½ pounds ground beef
- 1½ cups chopped onions
- 1 (32 oz.) jar spaghetti sauce
- ½ cup water
- 1½ teaspoons salt
- 5 medium potatoes, peeled and sliced thin
- 1 (8 oz.) package Mozzarella cheese, shredded
- ¼ teaspoon pepper

1 teaspoon sugar

In 12-inch skillet cook beef and onions about 10 minutes stirring occasionally. Add sauce, salt, water, sugar, and pepper; cook two minutes more to blend flavor. In 13 by 9 inch pan evenly spoon ½ of meat mixture, arrange half of potatoes on top. Repeat, ending with meat mixture. Cover dish tightly with foil. Bake at 375 degrees F. for one hour or until potatoes are fork tender. Remove foil; sprinkle mixture evenly with cheese, bake 10 minutes more, or until cheese melts. Let stand for 10 minutes for easier cutting.

Above two recipes by:
Mrs. David Blank
Kinzers, Pa.

xxx

PARIS POTATOES

- 5 cups potatoes, diced in ½ inch cubes
- 2 cups creamed cottage cheese
- 1 cup dairy sour cream
- 4 green onions and tops, finely chopped
- ½ teaspoon garlic salt, optional
- Salt and pepper to taste
- 1 cup shredded cheddar cheese

Parcook diced potatoes in salt water until tender crisp. (Do not overcook or potatoes will be mushy.) Drain and combine potatoes with all ingredients except cheddar cheese. Bake in buttered 13 by 9 inch baking dish at 350 degrees F. for 30 minutes or until sauce is bubbly. Sprinkle with cheddar cheese during the last 10 minutes of baking time. Note: this casserole may be prepared ahead and refrigerated.

Annette Sensenig
Quarryville, Pa.

xxx

CREAMY SCALLOPED POTATOES

- 2 pounds potatoes (about 6 medium)
- 3 tablespoons margarine or butter
- 3 tablespoons flour
- Salt and pepper
- 2½ cups milk
- ¼ cup finely chopped onion
- 1 tablespoon margarine or butter

Heat oven to 350 degrees F. Wash potatoes; pare thin and remove eyes. Cut potatoes into thin slices to measure about four cups. Melt three tablespoons margarine in saucepan over low heat. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute. In greased two-quart casserole arrange potatoes in two layers, topping each with half the onion and ½ of the white sauce. Top with remaining potatoes and sauce. Dot with one tablespoon margarine. Cover; bake 30 minutes. Uncover; bake 60 to 70 minutes longer or until potatoes are tender. Let stand five to 10 minutes before serving. Makes six servings.

Sylvia Ruoss
Blain, Pa.

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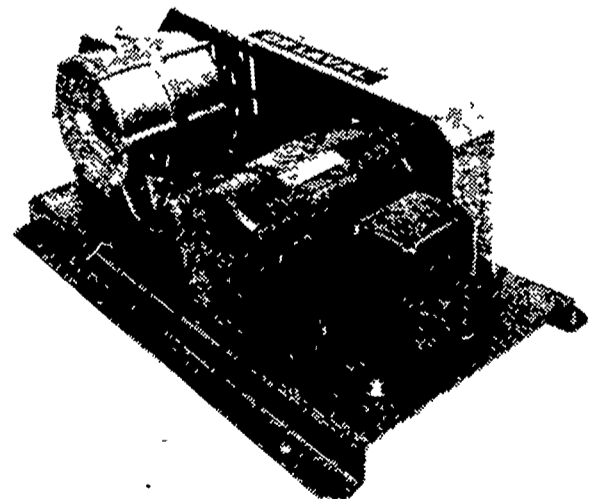
SCALLOPED POTATOES WITH MEAT

- ½ cup butter
- ¼ cup chopped onions
- 1 teaspoon flaked parsley

(Turn to Page 66)

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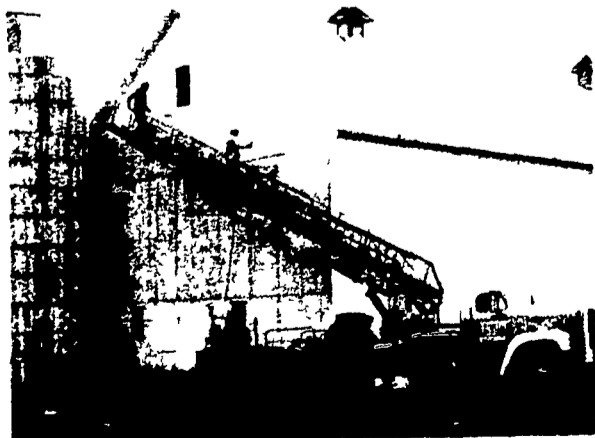
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