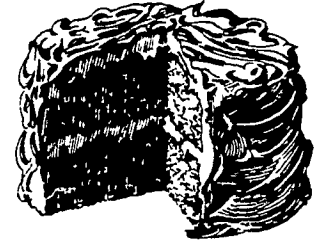


Home On The Range



Microwave an easy meal

Millions of Americans live alone today and still more in two-person households. Convenience, versatility and good nutrition are especially important considerations for everyone in making food purchases.

But if the size of your household isn't the most important factor when you cook, and speed is, then either way you'll love using that energy and time-saving microwave oven.

Even though life styles of today's households differ widely, their food requirements are similar. A microwave can fit easily into your lifestyle whether you love to spend lots of time cooking or you just want to "get it over with." It also will help you maintain your tradition of serving nutritious meals, but at a faster pace.

Here are some recipes which will both save you time and put a smile on your family's face.

The Chicken-Broccoli dinner is a chicken lover's delight which will serve two without waste. But if you have a larger family, simply double the ingredients. Either way it's sure to please.

CHICKEN-BROCCOLI DINNER

- 2 broiler-fryer chicken breast quarters
- 1 tablespoon margarine
- 1/2 cup white wine
- 1 teaspoon bottled browning sauce
- 1/2 teaspoon paprika
- 1 packaged (10 ounce) frozen broccoli
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup cooked rice
- 1 teaspoon parsley

Stove Top Method: In small frypan, melt margarine over medium high heat. Add chicken and brown evenly, about 10 minutes. In small bowl mix together wine, browning sauce and paprika; pour over chicken, cover and reduce heat to low. Cook about 30 minutes then add broccoli, salt and pepper. Cook, covered, 10 minutes more; stir in rice and parsley and cook about 5 minutes more to heat thoroughly.

Microwave Oven Method: In small dish, mix together margarine, wine, browning sauce and paprika, place in microwave oven and cook on high for 1 minute. In small baking dish, arrange chicken and baste with above sauce. Cover and cook on high for 6 minutes. Rotate chicken, baste and add broccoli, salt and pepper. Cover and cook 6 minutes more on high. Add rice and parsley, stirring into pan juices. Cover and cook 3 minutes more on high or until fork can be inserted in chicken with ease. Let stand 5 minutes covered before serving. Makes 2 servings.



Chicken-Broccoli Dinner is tailored to meet the food needs of small households and the fast pace of both large and small homes. Like other good microwave meals, it is done in a matter of minutes

and still offers the essential vitamins your family needs to keep them active and healthy. For larger families, simply double the recipe and double the fun.

SUNDAY BRUNCH FOR FOUR

- 1 10 3/4 oz can cream of mushroom soup
- 1/2 cup (2-oz) shredded Cheddar cheese
- 2 tablespoons milk
- 1 tablespoon finely chopped onion
- 1/2 teaspoon prepared mustard
- 4 eggs
- 2 English muffins, split, toasted

Combine soup, cheese, milk, onion and mustard in 1 1/2-qt. casserole dish. Cook 3 1/2 to 4 minutes on FULL POWER or until mixture boils. Stir, reserve 1/2 cup sauce. Carefully break eggs into sauce. Pour reserved sauce over eggs, cover. Cook 4 minutes on FULL POWER. Let stand 2 to 5 minutes or until eggs are desired degree of doneness. For each serving, spoon egg and sauce onto muffin half. Sprinkle with paprika, if desired.

ZUCCHINI CASSEROLE

- 1 teaspoon salt
- 2 medium zucchini, diced
- 1/4 cup chopped onion
- 2 tablespoons flour
- 6 eggs
- 1 cup milk
- 1/2 teaspoon basil, crushed
- 1/2 teaspoon oregano, crushed
- 2 cups (8-oz) shredded mozzarella cheese
- 3 crisply cooked bacon slices, crumbled

Sprinkle salt over zucchini, let stand 10 minutes. Combine zucchini and onion in 8-inch square baking dish, cover. Cook 6 minutes on FULL POWER or until crisp-tender, drain. Sprinkle flour over zucchini, toss lightly. Beat together eggs, milk and seasonings. Add egg mixture and 1 1/2 cups cheese to zucchini, cover. Cook 6 minutes on FULL POWER, stir, moving cooked portions to center after 3 minutes of cooking. Stir, sprinkle remaining cheese and bacon over top. Cook 1 to 2 minutes on FULL POWER or until cheese melts. Let stand 5 minutes before serving.

SAUSAGE SCRAMBLE

- 1/4 lb bulk pork sausage
- 6 eggs
- 1/3 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 7-oz can whole kernel corn, drained
- 1/4 cup green onion slices

Line 8-inch square baking dish with double layer of paper towels. Crumble sausage onto paper towels, cover with additional paper towel. Cook 2 1/2 to 3 minutes on FULL POWER, remove paper towels. Beat together eggs, milk, and seasonings. Add egg mixture, corn and onion to sausage, mix well. Cover, cook 5 minutes on FULL POWER. Stir in onion, 1 minute of cooking. Stir cover. Let stand 5 minutes before serving.

QUICK CRAB QUICHE

- 1/2 cup light cream or milk
- 2 green onions, thinly sliced
- 1 tablespoon white wine or sherry, optional
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 teaspoon tarragon, crushed
- 1 6-oz pkg frozen crab meat, thawed, well drained
- 1/2 cup (2 oz) shredded Swiss cheese
- 4 eggs
- 1 9-inch baked pastry shell

Combine cream, onion, wine, salt, mustard and tarragon in 1-qt measure. Cook 2 minutes on FULL POWER. Add crab meat and cheese. Cook 1 minute on FULL POWER, stir until cheese is melted. Beat eggs until well blended. Gradually add crab mixture to eggs, stirring constantly. Pour into pastry shell. Cook 15 to 16 minutes on SIMMER. Let stand 10 minutes before serving, center will continue to cook during standing time. 9-inch quiche.

CREAMY MUSHROOM STUFFED CHOPS

- 4 pork loin chops (6 ounces each), 3/4-inch thick
- 1 jar (2 1/2 ounces) sliced mushrooms, drained
- 1/2 cup (2 ounces) grated Swiss cheese
- 2 tablespoons parsley flakes
- 1/2 teaspoon dried sage
- 1 can (10 1/4 ounces) condensed cream of mushroom soup
- 1/4 cup dry white wine or water

Cut pockets in pork chops. Season pockets of chops with salt and pepper. Place chops in 13x9x2-inch baking dish. Cook, covered with clear plastic wrap, at MEDIUM HIGH for 10 minutes, giving dish half a turn once. Drain.

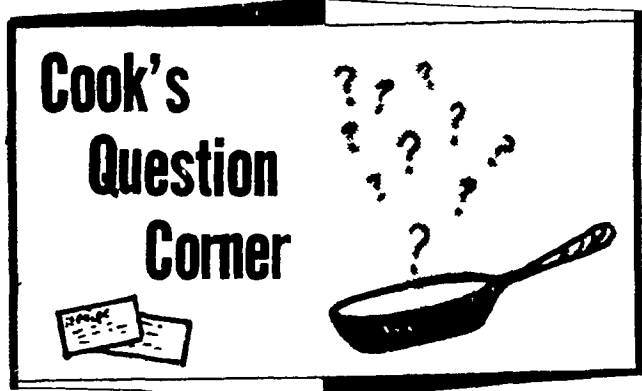
Meanwhile, combine mushrooms, cheese, parsley, and sage in small bowl. Stuff pork chops with mushroom mixture. In same bowl, combine mushroom soup and wine, pour over chops. Cook, covered, at MEDIUM HIGH for 11 to 13 minutes or till pork is done, giving dish half a turn and spooning sauce over once. Makes 4 servings.

SMOKED SAUSAGE 'N BEANS

- 4 slices bacon
- 1/4 pound smoked sausage, cut in 1-inch pieces
- 1 can (31 ounces) pork and beans
- 1/2 cup molasses
- 2 tablespoons packed brown sugar
- 2 tablespoons prepared mustard
- 1 tablespoon dehydrated minced onion flakes
- 1 tablespoon Worcestershire sauce

Place bacon between paper toweling on paper plate. Cook at HIGH for 3 minutes, set aside for topping. Combine all other ingredients in 1 1/2-quart casserole. Cook, covered with clear plastic wrap, at MEDIUM HIGH for 12 minutes or till heated through, giving dish half a turn once. Stir, scraping edges. Lay bacon atop and cook, covered, at MEDIUM HIGH for 2 minutes. Makes 4 to 6 servings.

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QUESTION - There must be an easier way of broiling steaks so that the oven and the broiler pan don't get such an awful mess. Does anyone know the secret?

Please send all questions and recipes to Lancaster Farming, Box 366, Lititz, PA 17543

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