



# Home On The Range



## Potatoes, a basic to every diet

There are so many ways to prepare potatoes as you'll see in the recipe section this week

But don't hesitate to make potatoes just because you think they're fattening. Try "Potato Crust Ham and Cheese," a low calorie potato recipe with only 250 calories per serving. Another diet favorite is "Manhattan Clam Chowder," with only 100 calories for each serving. Enjoy

### HAM, POTATO AND CHEESE CASSEROLE

- 3 c. cooked cubed ham
- 3 c. cooked cubed potatoes
- 1 medium onion
- 3 T green pepper
- 1/2 stick oleo
- 2 1/2 T flour
- 2 c milk
- 3/4 c. shredded cheese
- salt and pepper to taste

Cook onion and pepper in butter 5 minutes. Add flour and stir. Add milk and cook until thickened, season and add potatoes and ham. Put in 2 quart casserole and top with shredded cheese and bake at 350 degrees for 25 to 30 minutes. Weiners can be used to replace ham if desired.

Mrs. Merle Mishler, Hollsopple

### PARTY POTATOES

- 8-10 medium potatoes
- 1-8 oz. pkg cream cheese
- 1/4 cup dairy sour cream
- salt
- butter
- paprika

Pare potatoes. Boil till tender and drain. Beat softened cream cheese and sour cream (with mixer at medium speed) until well blended. Add hot potatoes gradually, beating till light and fluffy. Season to taste with salt. Spoon potatoes into greased 2 quart casserole. Brush with butter and sprinkle on paprika. Brown in 325 degree oven 20-25 minutes

### OVEN FRIED POTATOES

- 4 large potatoes, peeled, cut into 3/4 inch strips and soaked in ice water about an hour
- 4 T butter
- 1/2 t salt
- 1/4 t. pepper

Set oven at 450 degrees. Melt the butter in a baking pan. Drain and dry the potatoes. Roll them in the butter and arrange them in a single layer in the pan. Bake 30 minutes. Turn once during baking. Season with salt and pepper and serve.

Mrs. Leon Martin, New Providence



Potatoes can be used in a variety of ways. You can bake them whole, boil them and make mashed potatoes stir fry them or make them into french fries. And potatoes will go with almost every main dish imaginable

### MANHATTAN CLAM CHOWDER

- 3 cans (7 ounces each) minced clams
- 3 medium potatoes, peeled and diced
- 3 medium carrots, peeled and diced
- 4 medium stalks celery, chopped
- 1 can (16 ounces) tomatoes
- 1 T. bacon-flavored bits
- 1/2 t. thyme leaves
- 1/4 t. pepper

In large kettle or Dutch oven, combine all ingredients and 4 cups water.

Cover and simmer for one hour. Makes 8 servings

### GRATED POTATO CASSEROLE

- 1/2 c milk
- 3 eggs
- 1/2 t salt
- 1/4 t pepper
- 1 c. cubed cheese
- 2 T. butter
- 1/2 small onion, cut in pieces
- 3 medium potatoes cubed

Put everything in blender in the order given. Blend on high speed just until all potatoes are grated. Do not overblend. Pour into greased casserole dish. Bake at 375 degrees for 35-40 minutes or until a silver knife tests clean

### CREAM CHEESE POTATOES

- 5 lbs potatoes, add a little milk to mash
- 6 oz. cream cheese
- 1 c dairy sour cream
- 2 t onion salt
- 1 t. salt
- 1/4 t pepper
- 2 T butter

Mash potatoes. Add all other ingredients and beat. Let set in refrigerator two weeks before making. Bake at 350 degrees for about 45 minutes.

Mrs. Leon K. Martin, R1, Box 284, New Providence

### POTATO CRUST HAM AND CHEESE

- 2 c mashed potatoes, made with skim milk
- 2 T. prepared mustard
- 1 pound cooked ham, cubed
- 1/2 c. low-fat cottage cheese
- 2 slices low-fat Cheddar cheese, crumbled

Mix mashed potatoes and mustard. Spread evenly in bottom of non-stick 8 inch baking pan.

Add ham cubes in layer on top of potatoes

Blend cottage cheese and Cheddar cheese until fairly smooth. Spread over ham.

Bake at 350 degrees for 30 minutes or until casserole is heated through. Makes 5 servings

### SCALLOPED POTATOES

- 6 c. raw potatoes, sliced thin
- 4 T. flour
- 2 1/2 t. salt
- 1/8 t. pepper
- 2 1/2 c. hot milk
- 2 T butter
- 1 onion (may be omitted)

Place a layer of potatoes in a buttered baking dish. Add minced onion.

Sprinkle with salt, pepper and flour, and dot with butter

Repeat until all ingredients are used. Pour hot milk over potatoes and bake at 350 degrees for 1 to 1 1/4 hours

Marie Martin, Ephrata



**QUESTION**-Can anyone help me with some recipes for diabetics? I would especially appreciate ones for lemon meringue pie or a coconut creme pie.

Kathy Dietch, R8, Box RW4C, Carlisle, Pa

**QUESTION**-I would like a recipe for making jams and jellies using clear-jell purchased by the pound.

Mary Reinecker, York Springs, Pa

**ANSWER**-I am writing in the answer to the request as to why instant pudding tastes soapy. I had the same problem myself and I wrote to General Foods. They told me that using raw milk with products like instant pudding and/or Cool Whip will cause a chemical reaction with the enzymes in raw milk. It will give a soapy or metallic taste to the dessert you make. They suggested using only pasturized or homogenized milk with these products.

Debra Shultz, Halifax, PA

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