

## Gregori wins EFNEP award

### Dairy dishes

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#### COUNTY FAIR COOLER

2 c. milk  
2 c. orange sherbet  
1 c. cranberry juice  
Place milk and sherbet in blender container; cover. Blend until smooth. Mix in cranberry juice. Pour into tall glasses. Serve immediately.

#### CHICKEN RICE CASSEROLE

1 c. rice, measure, then cook  
2 c. diced chicken  
1 c. mushrooms  
1 med. sized onion, chopped  
2 c. milk  
1/4 c. flour  
1/4 c. butter  
1 jar Cheese Whiz  
Saute onion, mushrooms in butter. Add flour and milk. Cook over low heat till thickened. Add Cheese Whiz and stir till creamy. Add the cooked rice and chicken. Pour into greased casserole. Top with buttered bread crumbs. Bake at 350 degrees for 45 minutes.  
Mrs. Melvin Durboraw

#### TEABERRY ICE CREAM

Cover 1/2 c. teaberries with scalded milk and let dissolve.  
Beat 4 eggs. Add 1 c. sugar, 1/4 t. salt and beat again. Add 2 cups cream and enough milk to fill 4-quart freezer when finished. Freeze and serve.  
Mrs. John Ebert, Hegins

#### PIZZA RICE CASSEROLE

Cook 2/3 c. rice. Brown in large skillet 3/4 lb. ground beef and 1 onion, chopped.  
Add:  
2 c. tomato sauce  
1/4 t. garlic salt  
1 t. sugar  
1 t. salt  
dash of pepper  
1/4 t. oregano  
Cover and simmer 15 minutes.  
Combine 1 1/2 c. cottage cheese and rice. Put 1/2 of rice mixture in 2-qt. casserole. Top with 1/3 of meat mixture. Alternate layers ending with meat sauce. Sprinkle with 1/2 c. sharp shredded cheese.  
Bake at 325 degrees for 30 minutes.  
Tami Lapp, Port Allegany

#### ICE CREAM BARS

1/2 c. melted butter  
2 c. graham cracker crumbs  
1/4 c. sugar  
Mix together and put 1/2 c. crumbs in bottom of cake pan.  
1/4 c. flour and vanilla  
1 1/2 c. milk  
1 1/2 c. sugar  
2 c. whipping cream  
1/4 t. salt  
6 egg yolks  
6 egg whites  
Bring milk, 1 c. sugar to a boil. Add beaten yolks with 1/4 c. sugar. Boil till thick. Cool. Beat egg whites and cream. Add to cooled mixture. Pour into cake pans. Put rest of crumbs on top.  
Naomi Stoltzfus, Honey Brook

TOWANDA — Rose A. Gregori of Dushore has received the 1983 Pennsylvania Extension Paraprofessional Award for her dedicated work in nutrition education. She is a nutrition aide with Penn State University's Expanded Food and Nutrition Education Program (EFNEP) in Sullivan County.

The award, sponsored by the Pennsylvania Association of Extension Home Economists, was announced at a regional EFNEP conference at Clarks Summit, June 2. Mrs. Gregori will receive a certificate of recognition from the National Association of Extension Home Economists at their state conference in November.

EFNEP was initiated in 1969 by the Pennsylvania State University's Cooperative Extension Service in cooperation with the U.S. Department of Agriculture. The program helps limited resource families improve their diets and their use of family resources through education, consultation, and encouragement.

Mrs. Gregori received the award for her outstanding work in establishing 4-H clubs in nutrition for children of families enrolled in the EFNEP program. Hugs, praise, hard work, and getting EFNEP families involved as volunteers are her keys to success. She has established seven 4-H nutrition clubs in the past two

years.

"People listen to Rose Gregori. She doesn't just tell the children and teenagers what to eat, she teaches them solid nutrition information," says Shurley Beard, Penn State Extension home economist for Bradford County.

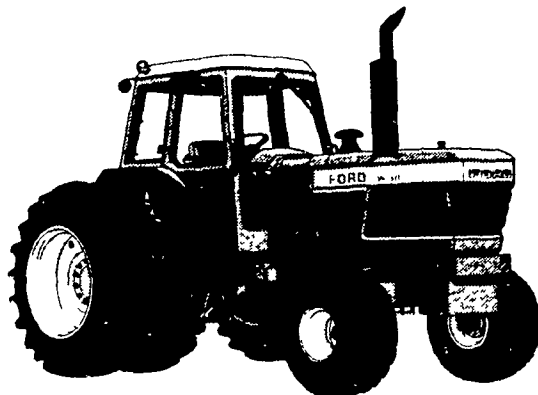
After several years of hosting Fresh Air Fund children in the summers, Mrs. Gregori decided the children in her own county should be the focus of her attention.

Mrs. Gregori was born and raised in Dushore and lives there with her husband Michael and daughter Michelle. Her son Michael, Jr. is now serving in Korea in the U.S. Air Force.

Professionally, Mrs. Gregori has been with the Sullivan County EFNEP program as a nutrition aide for 12 years. She is the regional representative to the Pennsylvania Extension Paraprofessional Association and is a member of the EFNEP State Advisory Committee. She currently serves as the liaison between the two groups.



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