

Celebrate July 4th with a cookout!

BY SUZANNE KEENE

LANCASTER — Whether your Fourth of July celebration plans include staying at home to catch up on some neglected lawn and garden work or a spending the day in the park or at the shore, food will probably be an important part of your plans.

Heat up the barbecue grill, arrange the lawn chairs, set the picnic table and prepare for one of summer's treats - a family cookout. A baseball or volleyball game before dinner will surely have appetites primed for the cookout, so you'll want to prepare something special and tasty.

Menu options are nearly endless, ranging from favorite standby's like barbecued chicken and potato salad to barbecued ribs with orange sauce and party potatoes. No summer meal is complete without fresh vegetables and fruit, so be sure to include these in your menu as well.

LEMON TART POTATOES

4 large potatoes, pared and cubed
 ¼ cup butter or margarine, melted
 1 teaspoon grated lemon peel
 ¼ cup lemon juice
 2 teaspoons salt
 ¼ teaspoon nutmeg
 ¼ teaspoon coarsely ground pepper
 1 green onion (with top), chopped
 Cook potato cubes in 1-inch boiling salted water (½ teaspoon salt to 1 cup water) just until tender; drain. Combine remaining ingredients; toss gently with potatoes. Spoon onto 20 x 14-inch piece of double thickness heavy-duty aluminum foil. Wrap securely in foil. Let stand at room temperature 1 hour.

Place on grill 4 inches from medium coals. Cook 30 minutes, turning once. Makes 4-6 servings.

VEGETABLE KABOBS

8 7-inch skewers
 4 small zucchini
 Fresh whole mushrooms
 Cherry tomatoes

PARMESAN BUTTER SAUCE

6 tablespoons (¾ stick) butter
 ¼ cup grated Parmesan cheese
 1 tablespoon lemon juice
 ½ teaspoon leaf oregano

Cook zucchini in small amount of boiling water about 10 minutes; cut in ½-inch slices. To prepare Sauce; Melt butter; stir in cheese, lemon juice and oregano. To prepare Kabobs: Alternate zucchini, mushrooms and tomatoes on skewers. Place on grill 5-6 inches from coals. Cook 8-12 minutes turning occasionally and brushing with Parmesan Butter Sauce.

GRILL-BROILED CHICKEN WITH SEASONED BUTTER BRUSH-ON

½ cup (1 stick) butter
 ¼ cup lemon juice
 1 tablespoon (½ envelope) garlic salad dressing mix
 2 broiler-fryer chickens, quartered

Melt butter; blend in lemon juice and salad dressing mix. Brush chicken with seasoned butter. Place on grill, cut side down, 5-6 inches from coals. Cook about 1 hour; turning and brushing with seasoned butter about every 10 minutes.

NOTE: if chicken seems to be cooking too fast, move grill further from coals or spray a little water on coals to lower heat.

SUMMER SUSAN FRUIT SALAD

Line a large platter with lettuce leaves. Place a small low bowl in center of platter. Line bowl with lettuce leaves; fill with cottage cheese. Arrange groups of fresh fruit on platter. Serve with Honey Orange Cream Dressing.

HONEY ORANGE CREAM DRESSING

2 tablespoons honey
 2 tablespoons orange juice
 1 cup dairy sour cream
 Grated lemon peel
 Blend honey and orange juice; gently fold into sour cream. Chill. Garnish with orange peel.

BARBECUED COUNTRY-STYLE RIBS

Place 4 pounds country-style ribs in large pan. Add enough water to cover. Cover; heat to boiling. Reduce heat; cook 1 hour. Remove ribs; drain. Place bone side down on grill 3 inches from medium coals. Cook about 30 minutes, turning frequently.

Prepare Orange Sauce, below. Spoon sauce on ribs; cook 5 minutes. Turn; spoon sauce on ribs and cook 5 minutes longer or until ribs are done.

ORANGE SAUCE

½ cup orange marmalade
 ¼ cup lemon juice
 ¼ cup soy sauce
 1 clove garlic, minced
 2 teaspoons cornstarch
 2 tablespoons water

In saucepan, mix marmalade, lemon juice, soy sauce and garlic. Mix cornstarch and water until smooth; stir into saucepan. Cook, stirring constantly, just until mixture thickens and boils.



CREAMY MACARONI SALAD

1 ¼ cups uncooked macaroni
 1 cup cottage cheese
 ¾ cup chopped celery
 ½ cup chopped green pepper
 ½ cup grated carrot
 ¼ cup finely chopped onion
 1 teaspoon celery salt
 1 cup dairy sour cream

Cook macaroni according to package directions; drain. Place in cold water for 5 minutes; drain. Mix together cottage cheese, celery, green pepper, carrot, onion and celery salt; carefully fold in sour cream. Toss lightly with macaroni. Chill thoroughly.

CUCUMBERS 'N' CREAM

½ cup vinegar
 ½ cup water
 1 teaspoon salt
 5 peppercorns
 1 large cucumber, thinly sliced
 1 medium onion, thinly sliced
 1 cup dairy sour cream

Combine vinegar, water, salt and peppercorns; add cucumber slices. Cover and chill about 2 hours; drain thoroughly. Gently combine cucumbers with onion and sour cream.

ZESTY POTATOES

Cook 4 medium unpared potatoes in 1-inch boiling salted water (½ teaspoon salt to 1 cup water) just until tender. While hot, cut unpared potatoes diagonally into ½-inch slices. Place in shallow glass dish; pour ½ cup Italian salad dressing over hot slices. Let stand 1 hour, turning slices once.

Place on grill 3 inches from hot coals. Cook 8 to 10 minutes on each side or until golden brown. Season with 1 teaspoon salt and ¼ teaspoon pepper after turning.

Follow wash instructions

NEWARK, Del. — Children's sleepwear up to size 14 must be flame retardant — a law designed to prevent the tragic loss of children's lives. But parents often nullify the benefits of this law by using laundry methods that destroy the manufacturer's flame retardant finish.

Parents commonly believe baby clothes should be washed in soap to maintain their softness. Unfortunately, soap leaves a residue on clothing. And that residue can catch fire.

To maintain the flame retardant finish, children's sleepwear of 100-percent cotton should be washed with either a phosphate detergent or a heavy-duty liquid detergent, says University of Delaware extension home economist Roxane Whittaker. Sleepwear made of synthetic fibers may be washed in any type of detergent. Bleaches will ruin the flame retardant finish on most fabrics over a period of time.

Read and save the care labels on children's sleepwear, the home economist advises. By following the washing instructions carefully, you will maintain the garment as well as its flame retardant finish.

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