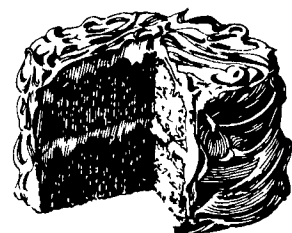


Home On The Range



Satisfy hearty appetites with cheese!

Fall means frosty mornings, warm, sunny afternoons and brilliantly colored trees. Cooler weather also means heartier appetites.

Fall is an excellent time to enjoy wholesome and delicious meals and snacks made with cheese - a versatile food that contains many of the essential nutrients needed to get us through a busy harvest season.

High in quality protein, energy, calcium, phosphorus and vitamin A, cheese is available in a large number of varieties. It also can be used in many, many recipes to create exciting meals and snacks.

CHEESE BALL

1 jar Kraft Roka Blue cheese
1 wedge cheddar cheese
1 8-ounce package cream cheese
2 tablespoons wine vinegar
Little garlic salt
1 small package finely chopped pecans

Soften and combine cheese in a large bowl. Then add garlic and wine vinegar. After ingredients are well mixed, shape them into a ball. Roll ball in chopped nuts on waxed paper and refrigerate about 5 or 6 hours. Remove from refrigerator about ½ hour before serving.

Betty Biehl
Mertztown

PINEAPPLE CHEESE BALLS

1 8-ounce package cream cheese, softened
1 8¼-ounce can crushed pineapple, well drained
1 cup Nature Valley granola (fruit and nut), finely crushed

Mix cream cheese and pineapple. Drop mixture by slightly rounded teaspoonfuls into granola. Roll around to coat. Shape into ball. Place on waxed paper-lined cookie sheet. Refrigerate at least 1 hour. Makes about 34 appetizers.

Betty Biehl
Mertztown

DEVILISH CHEESE SUPPER

2 cups (8 ounces) shredded Swiss cheese
1 4½-ounce can deviled ham
2 tablespoons prepared mustard
8 slices bread, toasted and lightly buttered
4 eggs, slightly beaten
2 cups milk
1 teaspoon sesame seed
½ teaspoon caraway seed

In a small bowl, mix together cheese, ham and mustard. Spread on 4 slices toast. Top with remaining slices. Cut each sandwich in 4 triangles. Stand in 3 rows in baking dish, crust side down. Combine eggs and milk. Pour over sandwiches. Sprinkle on seeds. Bake in preheated 325°F. oven for 45 minutes. Yield: 6 to 8 servings.

MACARONI AND CHEESE ITALIAN

17-ounce package elbow macaroni
3 tablespoons butter
3 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon oregano, crumbled
Dash of pepper
3 cups milk
3 cups (12 ounces) shredded Cheddar cheese
1 10-ounce package frozen Italian green beans
½ teaspoon salt
12 or 16 thin tomato slices (about 2 medium)
1 tablespoon dry bread crumbs, buttered
1 tablespoon grated Parmesan cheese

Cook macaroni according to package directions; drain. Meanwhile, melt butter in a 2-quart saucepan. Blend in flour, 1 teaspoon salt, oregano and pepper. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Remove from heat; stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Yield: 4½ cups sauce.

Combine uncooked green beans with macaroni. Place half of macaroni mixture in 1½-quart baking dish; sprinkle with ¼ teaspoon salt. Pour over ½ cheese sauce, arrange half of the tomato slices on top of sauce. Repeat macaroni, salt and cheese sauce layers. Bake in preheated 375°F. oven for 30 minutes. Arrange remaining tomato slices on top; sprinkle tomatoes with bread crumbs and Parmesan cheese. Bake an additional 5 minutes.

QUICKIE CHEESE CLAM CHOWDER

2 cups diced cooked potatoes
2 7½-ounce cans minced clams, undrained
1 10½-ounce can condensed onion soup
1 10½-ounce can condensed cream of celery soup
2 cups milk
2 cups (8 ounces) shredded Cheddar cheese
Grated Parmesan cheese
Chopped parsley

In a saucepan, cook potatoes in small amount of unsalted water. (Do not overcook.) Pour off all but ½ cup liquid. Add clams, onion and celery soups and milk, and heat until simmering. Remove from heat and add Cheddar cheese gradually, blending well after each addition. If necessary, return to low heat to finish melting cheese. (Do not boil.) Serve garnished with Parmesan cheese and parsley. Makes about 8½ cups soup.



Tomato toppers with Parmesan cheese and crumbs make a tantalizing treat of this Italian accented Macaroni and Cheese.

SPICY QUICK ITALIAN SPAGHETTI

¼ cup (½ stick) butter
8 ounces fresh mushrooms, sliced
½ cup chopped onion
¼ cup chopped green pepper
1 1½-ounce package Italian seasoning mix
¼ cup all-purpose flour
2¼ cups milk
8 ounces spaghetti
2 tablespoons butter
1 cup (4 ounces) shredded Mozzarella cheese
Chopped parsley
Parmesan cheese

Melt butter in a 1½-quart saucepan. Saute mushrooms, onion and green pepper until tender, about 5 minutes. Remove from heat. Blend in Italian seasoning and flour. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Meanwhile, cook spaghetti according to package directions; and drain. Add 2 tablespoons butter; toss lightly until butter is melted and evenly distributed. Place on warmed platter. Sprinkle Mozzarella cheese over top of spaghetti. Pour part of sauce over spaghetti; serve remainder separately. Sprinkle with parsley and Parmesan cheese. Serve with warm garlic bread and a tall glass of milk.

LASAGNA GIOVANNI

8 ounces lasagna noodles
1 pound ground beef
½ cup chopped onion
1 15½-ounce jar spaghetti sauce with mushrooms
1 teaspoon garlic salt
1 teaspoon oregano, crushed
½ teaspoon basil, crushed
1½ cups cottage cheese
2 cups (8 ounces) shredded Monterey Jack cheese
¾ cup grated Parmesan cheese

Preheat oven to 350°F. Cook noodles according to package directions; drain. In a large skillet brown beef and onion; drain. Stir in spaghetti sauce, garlic salt, oregano and basil. In a 2-quart buttered rectangular baking dish, layer ⅓ of noodles, ⅓ of sauce and ⅓ of cottage, Monterey Jack and Parmesan cheeses. Repeat twice. Bake 30 minutes or until hot and bubbly. Let stand 10 minutes before cutting.

PIZZA SPECIAL

2 12-inch pizza crusts
Filling:
2 pounds mild Italian sausage
1 8-ounce can pizza sauce
1 teaspoon oregano
1 clove garlic, minced
2 cups (8 ounces) shredded Cheddar cheese
2 cups (8 ounces) shredded Provolone cheese
4 medium tomatoes, thinly sliced
Green pepper strips
½ pound fresh mushrooms, thickly sliced
2 tablespoons grated Parmesan cheese

To prepare filling, remove sausage from casing; break into bits in skillet and brown lightly, stirring occasionally. Divide cooked sausage into fourths. Mix pizza sauce, oregano and garlic. Assemble each pizza as follows: evenly distribute ¼ of the sausage over the bottom and sprinkle with ½ cup each Cheddar and Provolone cheeses. Top with a layer of tomato slices and ¼ of the sausage and pour over ½ the sauce. Arrange pepper strips in spoke fashion to divide pizza into 8 wedges; arrange mushrooms around outside edge; brush with melted butter. Overall sprinkle ½ cup each Cheddar and Provolone cheese and 1 tablespoon Parmesan cheese. Bake in preheated 425°F. oven for 15 to 20 minutes.

CORNY BEEF CASSEROLE

¼ cup (½ stick) butter
½ cup chopped onion
½ cup chopped green pepper
1 3-ounce package smoked sliced beef, cut up
3 tablespoons all-purpose flour
¼ teaspoon pepper
1½ cups milk
1 egg, beaten
1 16-ounce can whole kernel corn, undrained
½ cup crushed herb seasoned croutons
1 cup (4 ounces) shredded Cheddar cheese

In a 2-quart saucepan, melt butter; saute onion and green pepper until tender. Add beef and cook about 5 minutes. Blend in flour and pepper. Cook over low heat until mixture is blended. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Blend a small amount of hot mixture into egg; return all to pan. Cook 1 minute. Add corn. Turn into casserole. Mix croutons and cheese; sprinkle over top. Place under broiler until cheese melts. Yield: 5 to 6 servings.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P O Box 366, Lititz, PA 17543

October	
27	Perfect Potatoes
November	
3	Dinner for Two
10	Cakes

Featured Recipe

This week's featured recipe comes from Leslie Bowen, the 1984 Pennsylvania Dairy Goat Youth Representative. Leslie is from Spruce Hill and has been spending much of her time participating in dairy goat activities and promoting goat's milk. To learn more about Leslie and dairy goats see the story featuring her in this section.

The orange sherbet recipe below that Leslie shared uses goat's milk.

Goat's Milk Orange Sherbet

1¼ cups sugar
1 large package orange gelatin
1½ cups orange juice
½ cup lemon juice
2 cups goat's milk

Heat sugar and 1 cup water in saucepan until sugar is dissolved. Mix in gelatin until dissolved. Blend in remaining 3 ingredients. Freeze until nearly firm. Beat with electric mixer. Freeze until firm. Yield 16 servings.