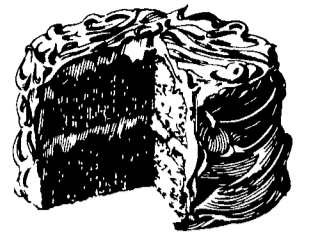


Home On The Range



Serve a dairy dinner

By now most of us know we need to get enough calcium in our diet to prevent osteoporosis and other sickness related to calcium deficiency. And there are plenty of ways of incorporating dairy products loaded with calcium in the main meal of the day.

Many readers have been sharing their favorite dairy recipes with us, and on this second Saturday in June Dairy Month, we pass on to you their ideas for dairy dinners.

If you'd like to see your favorite dairy recipe published on our pages, just send it in and we'll reward your effort with a keepsake.

CREAMED DRIED BEEF

¼ pound dried beef
3 tablespoons butter
4½ tablespoons flour
2¼ cups milk

Shred beef lightly. Melt butter; add beef and cook, stirring two minutes. Blend in flour. Add milk and cook until thick, stirring constantly. Serve over toast.

Mrs. Robert G. Moser
Barto

CHEESE AND ONION BAKE

1 cup chopped onions
¼ cup margarine or oil
2 cups grated sharp cheddar cheese (½ pound)
½ teaspoon salt
1/8 teaspoon pepper
½ teaspoon dry mustard
7 slices stale bread
2 tablespoons butter
2 cups milk

Saute onions in oil until golden. Add cheese and seasoning. Cook, stirring until cheese is melted. Remove from heat. Spread slices of bread with butter; alternate layers of bread and cheese in a baking dish. Pour on milk. Bake at 350°F. uncovered for 1 hour. Makes 4 servings.

Alma Martin
Ephrata

LIME PARTY SALAD

Melt in top of double boiler:
¼ pound marshmallows
1 cup milk
Pour hot mixture over:
1 3-ounce package lime jello
Stir and add:
1 6-ounce package cream cheese.
Stir and add:
1 No. 2 can crushed pineapple.
Cool and blend in:
1 cup whipped cream
¾ cup salad dressing
Chill until firm.

Anna Wenger
Manheim

BISCUITS

2 cups flour
½ stick oleo
¾ cup milk
2½ teaspoons baking powder
¼ teaspoon salt

Cut oleo into flour as in pie crust. Add salt and baking powder. Add milk all at once. Stir gently with a fork. Turn on a floured board and knead gently 4 or 5 times. Roll out ¼-inch thick and cut. Bake at 350°F. for 12 to 15 minutes.

Kathy Jessick
Elysburg

EGGS MORNAY

8 eggs (boiled 7 minutes in their shell)
4 tablespoons margarine
6 tablespoons flour
1 cup Parmesan cheese
½ cup Swiss cheese, grated
2½ cups milk
Salt and pepper to taste

Melt margarine in a saucepan. Add flour and stir until smooth and coming to a boil, then simmer for 2 minutes. Season with salt and pepper and add grated cheese, stirring until all cheese is melted. Arrange whole, peeled eggs in baking dish. Pour sauce over them. Sprinkle top with a little extra cheese and put under hot broiler to brown the top lightly.

Susan Sauder
East Earl

SWISS AND GREENS SALAD

Tangy Pecan Dressing:
3 tablespoons chili sauce
1 tablespoon chopped green onion
2½ teaspoons Dijon-style prepared mustard
1 teaspoon tarragon wine vinegar
¼ teaspoon salt
¼ teaspoon pepper
Few drops red pepper sauce
1 8-ounce container plain yogurt
¼ cup chopped pecans

Salad:
6 cups torn salad greens (iceberg, romaine, leaf)
6 ounces Swiss cheese cut into ½-inch cubes
1 cup garbanzo beans
¾ cup sliced zucchini
½ cup chopped red and/or green pepper
8 slices bacon, cooked, drained and crumbled

For dressing, combine first 7 ingredients. Gently fold in yogurt. Refrigerate, covered, 2 to 3 hours to allow flavors to blend. Stir in pecans just before serving.

For salad, combine all ingredients except bacon; toss gently. Chill up to 1 hour. To serve, place salad mixture on chilled plates. Sprinkle bacon over top of each serving. Pass dressing.



This Swiss and Cheese salad features cubes of Swiss cheese and garbanzo beans. When accented with Tangy Pecan Dressing made with a plain yogurt base, this tasty salad makes a perfect entree for lunch or a light dinner.

ONION SOUP WITH MELTED CHEESE

¼ cup (½ stick) butter
2 pounds onions, peeled and thinly sliced (about 7 cups)
1 teaspoon salt
1 teaspoon sugar
Dash pepper
3 tablespoons flour
2 quarts brown beef stock
1 teaspoon Worcestershire sauce
6 slices French bread, about 1-inch thick
3 tablespoons butter
1 clove garlic
12 slices (1 ounce each) Swiss cheese
Grated Parmesan cheese

For soup, melt butter in heavy 4 or 5-quart saucepan or soup kettle. Stir in onions, salt, sugar and pepper. Cook over medium heat, stirring occasionally, for 30 to 40 minutes, until onions are a deep, golden brown. Sprinkle on flour; cook and stir 2 to 3 minutes. Remove from heat. Bring stock to a boil in separate saucepan. Blend hot stock into onions, stirring constantly. Add Worcestershire sauce. Return soup to low heat and simmer, partially covered, 30 to 40 minutes.

While soup simmers, preheat oven to 325°F. Melt butter with garlic: let stand a few minutes for flavor. Toast bread in oven 10 to 15 minutes or until dry. Brush lightly with garlic butter. To serve, ladle hot soup into 6 ovenproof soup bowls; top each with a slice of toasted French bread. Lay 2 slices Swiss cheese on top toast; sprinkle with Parmesan cheese. Place in preheated 375°F. oven for 3 to 5 minutes or until cheese is melted. Serve immediately.

BUSY DAY CASSEROLE

1 pound ground beef
1 pint spaghetti sauce
3 cups cooked macaroni
1 cup shredded mozzarella cheese
Brown beef. Mix first 3 ingredients and put in greased casserole. Put cheese on top, halfway through baking time. Bake at 350°F. for 30 minutes.

MACARONI PIZZA

2 cups raw macaroni
1 egg
½ cup milk
1 pound ground beef
½ cup onion
1 15-ounce can tomato sauce
1 teaspoon salt
½ teaspoon oregano
¼ teaspoon pepper
1 cup grated velveeta cheese
1 cup grated mozzarella cheese
1 can mushrooms

Cook macaroni, drain and spread in 7 x 11-inch pan. Beat egg, add milk. Pour over cooked macaroni. Brown meat and onion. Drain grease and add everything else except cheeses. Boil until thick and pour over macaroni. Top with cheeses.

Bake 25 to 30 minutes at 350°F. until cheese bubbles.

Darlene Martin
Newmanstown

CHICKEN OF THE EAST SALAD

Ginger Soy Dressing:
1½ cups dairy sour cream
3 tablespoons soy sauce
2 tablespoons fresh lemon juice
2 tablespoons honey
½ teaspoon ginger
1/8 teaspoon garlic powder

Chicken Salad:
6 cups torn salad greens (iceberg, romaine, spinach)
2 cups cooked chicken cut in strips
¾ cup diagonally sliced celery
½ cup grated raw carrot
½ cup seedless raisins
½ cup chopped walnuts
½ cup roasted sunflower seeds

For dressing, combine all ingredients, mix well. Chill, covered, 2 to 3 hours to allow flavors to blend.

For salad, combine all ingredients; toss gently. Chill up to 1 hour. To serve, place salad mixture on chilled plates. Pass dressing.

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Recipe Topics

During June Dairy Month Lancaster Farming is offering a gift to anyone who submits a recipe using dairy products. We welcome your recipes, but ask that you include accurate measurements, and complete ingredients and instructions. The recipe topics listed below offer some guidelines for your entries. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

June	
15	Dairy Drinks
22	Dairy Desserts
29	Puddings & Custards

Featured Recipe

This week's featured recipe is full of the calcium needed for a healthy body. The need for calcium begins at birth and continues throughout life. Without an adequate supply of this essential nutrient, osteoporosis can develop.

This week's family living page features a story about calcium and how to incorporate enough dairy products into your diet to meet your body's needs. The recipe below and others on the family living page should help you meet this goal.

Creamy Herb Dressing

½ cup plain low-fat yogurt
1½ teaspoons lemon juice
1 cup low-fat cottage cheese
1 medium carrot finely grated
2 teaspoons grated onion
¼ teaspoon thyme
¼ teaspoon basil
¼ teaspoon oregano
¼ teaspoon marjoram
¼ teaspoon salt

Combine yogurt, lemon juice and cottage cheese in blender container; process until smooth. Stir in remaining ingredients. Cover and chill thoroughly. Serve over spinach or other salad greens. Yield: 2 cups at about 8 calories per tablespoon. Source: Southern Living COOKING LIGHT by Susan McIntosh.