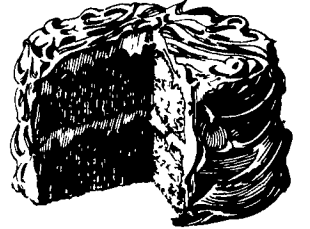


Home On The Range



Bake some nutrition-packed potatoes

If you're a "meat 'n potatoes" type, you'll be pleased to know that the potato is rich in a number of essential nutrients. A medium potato, for only about 100 calories, can deliver over one-third of your daily need for Vitamin C, one-fifth of your daily Vitamin B6, and ten percent of your need for niacin, iron and copper.

And, to top off this vegetable's outstanding resume, it is virtually fat-free. Easy to prepare, it is, unlike many other vegetables, usually a favorite with children.

At pennies per pound, the potato is a real food bargain and will help to stretch your food dollars.

BACON-POTATO CASSEROLE

7 medium potatoes
1 medium onion
1/2 pound bacon
1 can cream of mushroom soup
1 can cream of chicken soup
Salt and pepper to taste
2 tablespoons bacon fat
8 ounces mild cheddar cheese

Pare potatoes whole and shred with onions. Fry bacon in small pan until crisp. Mix the soups, bacon fat, bacon, cheese, salt and pepper. Add potatoes and onions, mix and pour into a 2-quart casserole. Bake at 375°F. for 1 hour.

Charlene Gingrich
Mercersburg

POTATO PIE LORRAINE

1 unbaked 9-inch pastry shell
2 cups mashed cooked potatoes
1/2 cup light cream
1 tablespoon butter
3/4 cup cream-style cottage cheese
1/2 cup dairy sour cream
2 eggs
1/2 teaspoon salt
1/8 teaspoon garlic powder, optional
1/8 teaspoon cayenne, optional
1/8 teaspoon pepper
1 1/2 cups shredded Swiss cheese (6 ounces)

Line unpricked pastry shell with foil. Fill with dried beans. Bake in 450°F. oven for 5 minutes; remove beans and foil. Bake 5 to 7 minutes longer or until nearly done. Remove from oven; reduce heat to 425°F. Combine mashed potatoes, cream, and butter; set aside. In a large mixer bowl, combine cottage cheese, sour cream, eggs and seasonings; beat with electric mixer until smooth. Add potato mixture, beat 1 minute more. Stir in Swiss cheese, onion and bacon, if desired. Pour into warm pastry shell. Bake in 425°F. oven for 40 to 45 minutes or until golden brown. Makes 6 to 8 servings.

Mrs. Yvonne Mummert
East Berlin

POTATO CRUST

HAM AND CHEESE

2 cups mashed potatoes, made with skim milk
2 tablespoons prepared mustard
1 pound cooked ham, cubed
1/2 cup 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 square baking pan. Add ham cubes in layer on top of potatoes. In electric blender, blend cottage cheese and Cheddar cheese until fairly smooth. Spread over ham. Bake at 350°F. for 30 minutes or until casserole is heated through.

TRIM TUNA HASH

1 tablespoon diet margarine
2 7-ounce cans water-packed tuna
2 cups cooked diced potatoes
1/2 cup chopped onion
3 tablespoons chopped pimiento
1 7/4-ounce can chicken gravy
1 teaspoon celery salt
Dash pepper

In medium non-stick skillet, heat margarine. Meanwhile, in medium bowl, combine remaining ingredients.

Spread tuna mixture in skillet and cook 15 minutes until browned on one side. Turn over and cook 15 minutes more until heated through and browned on other side.

Makes 4 servings, about 230 calories each.

POTATO PATTIES

2 cups raw shredded potatoes
1 egg, beaten
2 tablespoons grated onion
1 tablespoon flour
1/2 teaspoon salt
2 tablespoons fat or oil

Mix shredded potatoes with egg, onion, flour and salt. Drop from tablespoon into hot fat in fry pan. Fry on both sides until crisp.

GOURMET POTATOES

6 medium potatoes
2 cups shredded sharp Cheddar cheese
1/4 cup butter
1 1/2 cups sour cream
1/2 cup chopped onion or chives
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter
2 tablespoons paprika

Cook potatoes in skins. Cool, peel and shred coarsely. Saute butter and onions in saucepan. (If using chives, stir in with seasonings). Add cheese and melt over low heat. Remove and blend in sour cream (chives), salt and pepper. Fold in potatoes. Put in a 2-quart greased casserole. Dot with 2 tablespoons butter and paprika. Bake uncovered at 350°F. for 30 minutes. Can also be made in crockpot — takes about 3 hours.

CREAM CHEESE POTATOES

5 pounds potatoes
6 ounces cream cheese
1 cup sour cream
2 teaspoons onion salt
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter

Mash potatoes and add 1/4 cup milk. Add remaining ingredients and mix. Pour in casserole dish and place in refrigerator one to two weeks before making. Bake at 350°F. for 45 minutes.

CREAMY GERMAN POTATO SALAD

3 1/2 pounds potatoes (12 medium)
8 ounces bacon (about 12 strips)
1 medium onion, chopped
1/4 cup sugar
2 tablespoons all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 cup water
1/3 cup vinegar
1 cup dairy sour cream

Cook potatoes in boiling salted water for 35 minutes or until tender. Drain. Meanwhile, in skillet, cook bacon until crisp. Drain bacon, reserving 1/4 cup drippings in skillet. Crumble bacon; set aside. Cook onion in reserved drippings until tender but not brown. Stir in sugar, flour, salt, and pepper. Add water and vinegar. Cook and stir until mixture thickens and bubbles. Remove from heat; stir in sour cream.

Peel and slice warm potatoes; toss with the warm dressing and half of the bacon. Turn into serving bowl. Sprinkle remaining bacon on top. Garnish with sprigs of parsley, if desired. Serve the salad warm. Makes 8 to 10 servings.

POTATO SOUP

1 large onion, chopped
2 tablespoons butter or margarine
5 large potatoes, cut in small pieces
1 cup water
3 cups milk
2 teaspoons salt
Pepper to taste

Cook onion in fat until tender. Add potatoes and water. Boil gently, covered, for 15 minutes or until potatoes are tender. Mash potatoes. Add milk and seasonings. Heat slowly to serving temperature, stirring occasionally to prevent sticking.

BEST OVEN HASH

1 cup ground cooked beef
1 cup sliced cooked potatoes
1/4 cup coarsely ground onion
1/4 cup snipped parsley
2 teaspoons Worcestershire sauce
2/3 cup milk
1/4 cup fine dry bread crumbs
1 tablespoon butter or margarine, melted

Mix first 6 ingredients, 1 teaspoon salt and dash of pepper. Turn into a 1-quart casserole. Mix crumbs and butter; sprinkle on top casserole. Bake at 350°F. for 30 minutes. Serves 4.



ITALIAN VEAL STEW

8 pieces of veal shank, well-trimmed
1 tablespoon olive oil
1 medium onion, diced
1 clove garlic, minced
2 tablespoons ketchup
1 tablespoon lemon juice
2 chicken bouillon cubes
1 teaspoon oregano
1/2 teaspoon rosemary
4 medium potatoes, peeled and quartered
4 small white onions, peeled
4 medium carrots, peeled and chopped

2 medium stalks celery, chopped
1 tablespoon chopped parsley
In large, heavy, non-stick Dutch oven, brown veal in olive oil. Add chopped onion and garlic; cook five minutes. Stir in ketchup, lemon juice, bouillon cubes, oregano, rosemary and 1 cup water. Cover and simmer one hour or until meat is almost tender. Add remaining ingredients; simmer, covered, 30 minutes longer or until meat and vegetables are tender.

SCALLOPED POTATOES

6 medium potatoes
1/4 cup minced onion
1 teaspoon celery seed
3 tablespoons butter
2 tablespoons flour
1 teaspoon salt

1/8 teaspoon pepper
1 3/4 cup milk

Peel and slice potatoes. Place a layer of potatoes in casserole and sprinkle on some onion and celery seed. Continue this pattern until casserole is full. Melt butter in skillet, add flour, salt and pepper. Lightly brown mixture and blend in milk. Stir continuously and bring to a boil. Pour mixture over potatoes. Bake in 350°F. oven for one hour.

TWO-CHEESE POTATOES

6 medium potatoes
2 cups small-curd cottage cheese
1 cup sour cream
2 tablespoons finely chopped onion
2 tablespoons finely chopped fresh parsley
1 teaspoon dried dillweed
1 1/2 teaspoon salt
1/2 cup shredded Cheddar cheese

Cover potatoes with salted water and bring to a boil; reduce heat and cook about 30 minutes or until tender. Cool slightly. Peel and thinly slice potatoes. Place in a large bowl.

Combine the next 6 ingredients, add to the potatoes, stirring gently. Spoon potato mixture into a lightly greased 1 1/2-quart casserole. Sprinkle casserole with shredded cheese. Bake at 350°F. for 30 to 40 minutes or until bubbly. Makes 6 to 8 servings.

Featured Recipe

The week of Oct. 7 to 12 has been designated Mushroom Week in Pennsylvania. Producers in the state raise an estimated \$100 million of mushrooms annually.

To celebrate this special week, try the mushroom recipe below. This featured recipe comes from Dorothy Todd, who owns and operates Todd Mushrooms in Nottingham with the help of her son. To learn more about Dorothy and raising mushrooms, turn to the story featuring her in this section.

Mushroom Rice Stuffing

1/2 pound mushrooms
3 cups cooked rice
5 tablespoons butter
2 scallions, chopped
1/2 cup chopped celery
2 tablespoons chopped parsley
1/2 teaspoon salt
1/2 teaspoon thyme
1/4 teaspoon nutmeg
Pepper

1/2 cup chicken or beef broth
1 tablespoon lemon juice

Slice 1/2 pound of mushrooms on the large blade of a vegetable grater. Heat 3 tablespoons of butter in a large skillet until it begins to spatter. Saute over half of the sliced mushrooms for 3 minutes, stirring often, and remove them to a large bowl. Heat 2 more tablespoons of butter and saute the remaining mushrooms with 2 chopped scallions and 1/2 cup chopped celery. Remove to the bowl.

Add 3 cups of cooked rice (it should be firm, not soft) and 2 tablespoons of chopped parsley, 1/2 teaspoon each of salt and thyme, 1/4 teaspoon of nutmeg, a few turns of the pepper mill, 1/2 cup of stock and 1 tablespoon of lemon juice. Stir everything together lightly. Makes stuffing for 5 or 6 pounds of poultry, meat, or fish.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

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Pork Month
Healthy Heart Recipes
Pumpkin Recipes