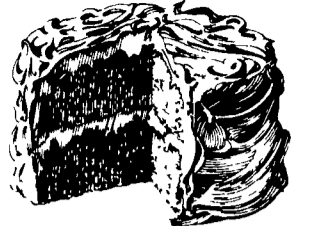


# Home On The Range



## Eating the right foods can help in quest for a healthy heart

Whether you have a history of heart problems or just want to stay healthy, this week's recipes will help you on your way to a healthy heart

All of the recipes below, except the Hearty Cod and Grapefruit Salad, are from the American Heart Association Cookbook published by David McKay Company, Inc. of New York. They are based on a fat-controlled, low-cholesterol meal plan recommended by scientists as an aid to reduce the risk of heart attack in susceptible people.

### GREEN SPLIT PEA SOUP

- 1 cup green split peas
- 3 tablespoons margarine
- 1/4 cup chopped onion
- 4 cups cold water
- Salt and pepper
- 1/2 teaspoon ground marjoram
- 2 cups skim milk

Soak peas as directed and drain. Melt margarine in a large saucepan and cook onion until lightly browned. Add water, peas and seasoning; cover and simmer 1 hour or until peas are tender, stirring occasionally. Press soup through a sieve or puree in an electric blender.

Return to saucepan, add milk, adjust seasoning, and heat thoroughly, stirring occasionally. Serve immediately. Makes about 1 1/2 quarts.

### MACARONI-BEEF SKILLET SUPPER

- 1 cup elbow macaroni
- 1 pound lean ground beef
- 1 cup diced onions
- 1 clove garlic, mashed
- 2 tablespoons oil
- 1 8-ounce can tomato sauce
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup catsup
- 1 8-ounce can mushroom stems and pieces, drained
- 2 tablespoons worcestershire sauce
- 1/2 teaspoon Italian seasoning

Cook the macaroni in boiling salted water according to package directions. Drain and set aside. Sauté the meat, onion and garlic in oil until the meat loses its pink color and the onions are tender. Add salt and pepper, tomato sauce, catsup, mushrooms, worcestershire sauce and Italian seasoning. Bring mixture to a boil and then simmer gently for about 5 minutes. Mix in the cooked macaroni and simmer for 5 more minutes. Makes about 8 servings.

### QUICK AND EASY BAKED BEANS

- 2 16-ounce cans vegetarian baked beans in tomato sauce
  - 1/2 cup chopped onion
  - 2 tablespoons molasses or brown sugar
  - 2 teaspoons dry mustard
  - 2 tablespoons margarine
  - 1 cup tomato sauce
  - 2 16-ounce cans barbecue beans
- Preheat oven to 350°F. Combine all ingredients and place in a 3-quart casserole dish. Bake uncovered for 45 to 60 minutes. Makes 24 servings.

### BEAN SPROUT TUNA CHOW-MEIN

- 1 chicken bouillon cube
- 1 cup water
- 1 tablespoon soy sauce
- Salt and pepper to taste
- 2 tablespoons cornstarch
- 6 stalks celery, cut diagonally
- 2 medium onions, sliced
- 1 6-ounce can bamboo shoots, drained
- 1 4-ounce can mushrooms, drained, or 4 ounces sliced fresh mushrooms
- 2 cups freshly grown bean sprouts or 1 can bean sprouts, drained
- 2 tablespoons oil
- 1 7-ounce can water-packed tuna, drained

Dissolve bouillon water, add soy sauce, salt and pepper. Stir in cornstarch until dissolved. Slice celery diagonally 1/8 inch thick. Slice onions in very thin slices or slivers. Cut mushrooms in slices. Heat oil in frying pan or wok over highest heat. When hot, toss in celery and onion, stir-fry one minute. Add bamboo shoots, mushrooms and bean sprouts.

Stir broth mixture and add to vegetables. Stir and cook just until sauce is thickened. Add tuna and stir until hot and sauce is clear. Serve immediately over fluffy rice. Makes about 4 servings.

### BASIC MEAT LOAF

- 2 pounds lean ground beef
- 1 teaspoon salt
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon freshly ground black pepper
- 3 slices bread, soaked in 1/2 cup skim milk
- 1 large onion, grated
- 1 clove garlic, minced
- 2 tablespoons worcestershire sauce
- 3 tablespoons chili sauce
- 1 teaspoon dry mustard

Preheat oven to 375°F. Combine all ingredients and mix well. Pat the meat mixture into a loaf shape and place on an oiled, flat baking dish. Bake 50 to 60 minutes.



Fresh fruit, fresh vegetables and tender, flaky cod from the icy waters of the North Atlantic, team in this irresistible salad.

### OVEN BARBECUED CHICKEN

- 1 2 1/2 to 3-pound frying chicken, cut into serving pieces
- 1/4 cup water
- 1/4 cup vinegar
- 3 tablespoons oil
- 1/2 cup chili sauce or catsup
- 3 tablespoons worcestershire sauce
- 1 tablespoon dry mustard
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped onion (optional)

Preheat oven to 350°F. Combine all ingredients except chicken in a saucepan; simmer 10 minutes. Wash and dry chicken and place in a large baking pan. Pour half of the barbecue sauce over chicken and bake, uncovered, for 50 to 60 minutes; basting with remaining sauce every 15 minutes. Or chicken may be immersed in sauce, then removed and cooked over charcoal, basting frequently. Makes about 4 servings.

### PORK WITH STEAMED SPICED SAUERKRAUT

- 2 pounds sauerkraut, drained, washed and squeezed dry
- 1/2 cup chopped onions
- 1 tablespoon margarine
- 1 tablespoon sugar
- 2 cups cold water
- 1 large raw potato, grated
- Garni (in cheesecloth bag)
- 5 whole juniper berries
- 6 peppercorns
- 2 bay leaves
- 1/4 teaspoon caraway seeds
- 1 whole allspice
- 6 pieces pork loin (18 ounces)

Preheat oven to 325°F. Brown onions lightly in margarine; add sugar, water and sauerkraut. Toss with a fork until well separated. Add grated potatoes. Put sauerkraut mixture in 2-quart casserole, burrow hole in sauerkraut and bury garni bag. Brown the meat and place it on top of the sauerkraut. Cover and bake for 1 1/2 to 2 hours. Cover may be removed if meat needs browning. Makes 6 servings.

### BAKED PUMPKIN PIE

- 19-inch pie shell, unbaked
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- Pinch of ground cloves
- 1 1/2 cups canned pumpkin
- 1 teaspoon vanilla extract
- 1 1/2 cups evaporated skim milk
- 1/2 teaspoon orange rind
- 3 egg whites, slightly beaten

Preheat oven to 450°F. Combine

the sugar, salt, cinnamon, ginger, nutmeg and cloves. Stir in the pumpkin. Add the vanilla, evaporated milk, orange rind and egg whites. Beat with an electric mixer until smooth. Pour into the unbaked pie shell and bake 10 minutes at 450°F. Reduce the heat to 325°F and bake until a knife inserted in the filling comes out clean, about 45 minutes. Makes about 8 servings.

(Turn to Page B8)

## Featured Recipe

This week's featured recipe comes from the Pennsylvania Apple Marketing Board. Since fall is the season when apples are harvested and October is National Apple Month, now is a good time to try the Apple and Almond Cake below.

National Apple Month is an 80-year tradition dating back to 1905 when James Handley, a Mississippi river boat captain hosted the first National Apple Day.

In 1924 the event grew into National Apple week as the result of efforts made by New York fruit producers in honor of their fall crop. Since then the annual affair has grown into a month-long celebration highlighted by apple festivals and promotions throughout 40 of the 50 states which commercially produce apples.

### Apple and Almond Cake

- 5 small tart apples
- 3 tablespoons water
- Sugar to taste
- 2 cups ground almonds (about 1 1/2 pound)
- 2 whole eggs
- 1 egg white
- 1 egg yolk
- 1 stick butter (1/2 cup)
- 1 1/4 cups sugar
- 1 lemon (grated rind only)
- 2 cups heavy cream, chilled

In a saucepan combine 5 small tart apples, peeled, cored and chopped, with 3 tablespoons of water. Bring the water to a boil over moderately high heat and cook the apples, covered, until they are very soft. Cook the mixture, uncovered, stirring until it is a thick puree. Cool.

In a bowl, combine 2 cups ground almonds with 2 whole eggs and 1 egg yolk, all lightly beaten. In a saucepan, melt 1 stick of butter (1/2 cup). Add 1 1/4 cups sugar and the grated rind of one lemon. Stir the mixture into the almond paste. In a small bowl beat 1 egg white until it holds stiff peaks and fold it into the batter. Transfer the apple puree to a 9-inch round cake tin, 1 1/2 inches deep. Spoon the batter over the puree and bake the cake in a preheated oven, at 300°F, for one hour. Turn the cake out on a rack and let it cool. Decorate the cake with whipped cream.

## 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.

- |                 |                                 |
|-----------------|---------------------------------|
| <b>October</b>  |                                 |
| 26              | Pumpkin Recipes                 |
| <b>November</b> |                                 |
| 2               | Stir Fry Favorites              |
| 9               | Recipes with 3 or 4 ingredients |