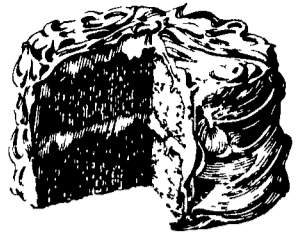


Home On The Range



Watch your waist with a mushroom feast

If watching your weight and maintaining your health top your list of priorities, mushrooms will fit right into your game plan. Not only are fresh mushrooms a smart vegetable; they're a boon in the diet as well.

Consider that fresh mushrooms have only 28 calories per 3½-ounce serving. And, they are high in potassium (414 mg. per 3½-ounce serving), a nutrient important in managing hypertension and heart problems.

If these facts haven't convinced you, take a hefty bite of a fresh, white mushroom or try one of the mushroom recipes below.

MUSHROOMS AMANDINE

2 tablespoons butter or margarine
1 small onion, finely chopped
1 pound fresh, small mushrooms; or whole or large mushrooms, quartered
3 tablespoons sliced almonds, toasted
1/8 teaspoon ground nutmeg
Dash of pepper

In a large skillet, melt butter; add onion and cook until transparent. Add mushrooms; saute over medium-high heat about 4 to 5 minutes until golden, shaking pan frequently. Add nuts, nutmeg and pepper. Serve immediately.

MUSHROOMS PARMESAN

2 tablespoons butter or margarine
1 pound fresh, small whole mushrooms
3 tablespoons grated Parmesan cheese
1/8 teaspoon pepper

In a large skillet, melt butter; add mushrooms, a few at a time, and cook over medium-high heat about 4 to 5 minutes until golden. Shake pan frequently during cooking. Sprinkle with cheese and pepper; cook 1 minute longer. Makes 4 servings.

ZUCCHINI MUSHROOM FRITTATA

3½ cups (3 medium) 1/8-inch sliced zucchini
1 cup thinly sliced onion
1 cup sliced mushrooms (1 4-ounce can sliced, drained mushrooms can be substituted for fresh)
¼ cup butter
6 eggs
½ cup grated Parmesan cheese
½ cup undiluted evaporated milk
¼ cup water
½ teaspoon basil leaves
½ teaspoon salt
1/8 teaspoon pepper

Saute vegetables in butter in oven-proof 10-inch skillet until zucchini is crisp-tender. Cool slightly. Beat eggs in medium bowl. Add remaining ingredients; beat thoroughly. Add to skillet, pushing vegetables down into egg mixture.

Bake in slow oven (325°F.) 20 to 25 minutes or until eggs are set. Cut into wedges to serve.

MUSHROOMS AND BACON

4 slices bacon, diced
1 pound fresh mushrooms, sliced
Pepper

In a large skillet, saute bacon over medium-high heat 5 to 7 minutes, until almost crisp. Drain all but ½ tablespoon fat. Add mushrooms; cook 4 to 5 minutes. Season with pepper. Serve on toast as breakfast or luncheon dish.

OYSTER CREOLE

1 pint shucked oysters
2 one-pound cans tomatoes
Oyster liquor, tomato liquid plus water to equal 2 cups
½ cup chopped celery
1 cup chopped mushrooms
2 tablespoons diced green pepper
¼ cup butter or margarine
1 tablespoon instant minced onion
¼ teaspoon hot sauce
¼ teaspoon chili powder
¼ teaspoon tarragon leaves
½ teaspoon lemon and pepper seasoning
½ teaspoon sugar
½ teaspoon salt
¼ cup cornstarch
6 cups hot steamed rice

Drain oysters, reserving liquor. Drain tomatoes, reserving juice. In 3-quart pan mix tomatoes, liquid, celery, mushrooms, green pepper, margarine or butter, onion and seasonings. Simmer, covered, ½ hour. Thicken with cornstarch. Add oysters and simmer just until edges of oysters curl. Serve over hot rice. Makes 6 cups.

GOURMET MUSHROOM BURGERS

1 medium onion, coarsely chopped
1 tablespoon margarine or butter
1 pound ground beef
1 teaspoon worcestershire sauce
¼ cup water
2 teaspoons cornstarch
½ teaspoon instant beef bouillon
1 4.5-ounce jar sliced mushrooms, undrained
4 ounces (4 slices) Swiss cheese
4 hamburger buns, split

In large skillet, saute onion in butter. Shape ground beef into 8 thin patties. Spoon onions onto center of 4 patties. Sprinkle each with worcestershire sauce. Cover each with remaining patties; press edges to seal. In same skillet, cook patties over medium-high heat, about 5 minutes or until browned well on one side. Carefully turn patties; reduce heat and cook 6 to 8 minutes or until done as desired.

Meanwhile, in small saucepan, combine water, cornstarch and bouillon. Add undrained mushrooms; heat until sauce is smooth and thick, stirring often. Top each hot burger with cheese slice. Place burgers in buns; spoon mushroom sauce over burgers. Serve hot. Makes 4 servings.

STUFFED MUSHROOMS

12 large mushrooms, washed, stems removed and chopped
½ pound sausage
½ cup shredded cheddar cheese
2 tablespoons oil

Rub mushroom caps with oil and place in shallow baking pan. Saute sausage in pan with chopped stems. Add shredded cheese and place a small amount in each cap. Broil in oven until cooked, about 6 to 8 minutes.

SKILLET MUSHROOM MEDLEY

½ pound fresh mushrooms or 1 can (6 to 8 ounces) sliced mushrooms
1 pound sweet Italian sausage links
½ pound frankfurters
1 1-pound can whole white onions, drained
1 green pepper, cut into strips
8 cherry tomatoes
½ teaspoon salt
¼ teaspoon ground black pepper

Rinse, pat dry and slice fresh mushrooms or drain canned mushrooms; set aside. Cut sausage and frankfurters into 1-inch chunks. In a large skillet, saute sausage until browned, about 10 minutes; add frankfurters and saute 5 minutes. Stir in reserved mushrooms along with remaining ingredients. Cook and stir for 8 minutes or until vegetables are hot. Serve from skillet with toothpicks as appetizers. Makes 6 portions.

SAVORY ALMOND DIN

2½ pounds pork blade steaks, cut ½-inch thick
2 tablespoons lard or drippings
1½ cups sliced celery
1 large green pepper, cut in ¼-inch strips
½ cup water
½ pound fresh sliced mushrooms
1 8-ounce can water chestnuts, drained and sliced
2 teaspoons salt
1/8 teaspoon pepper
1 cup water
2 bouillon cubes
2 tablespoons cornstarch
1 4-ounce jar pimientos, drained and cut in 1-inch squares
¼ pound snow peas
½ cup blanched whole almonds, toasted
Cooked rice

Cut steaks into strips about 1 inch wide and 2 inches long. Brown meat lightly in lard or drippings. Cover tightly and cook slowly 30 minutes. Pour off drippings. In saucepan, combine celery and green pepper strips with ½ cup water and bring to boil. Cover and simmer 5 minutes. Drain. Add celery, green pepper, beans, mushrooms and liquid, water chestnuts, salt and pepper to meat and mix well. Heat ½ cup water to boiling; add bouillon cubes and stir until dissolved. Mix cornstarch mixture with remaining ½ cup water. Add bouillon and cornstarch mixture to meat and vegetables and cook, stirring constantly, until thickened. Add pimientos and snow peas. Cover and cook over low heat 5 minutes, stirring occasionally. Serve with cooked rice and top with toasted almonds. Makes 6 to 8 servings.



Topped with succulent mushrooms, Gourmet Mushroom Burgers make a perfect entree for lunch or dinner.

STUFFED MUSHROOMS

16 large fresh mushrooms, about 1 pound
Lemon juice
1 tablespoon butter
1 tablespoon lemon juice
1 tablespoon chopped onion
½ teaspoon crushed oregano
1/8 teaspoon salt
1 cup (4 ounces) shredded Swiss cheese
Paprika

Preheat oven to 400°F. Remove stems from mushrooms; dip caps in lemon juice. Chop stems. Place butter, 1 tablespoon lemon juice, onion, oregano, salt and mushroom stems in a small saucepan; cook 2 to 3 minutes. Add ¾ cup cheese. Fill mushroom caps with cheese mixture. Place in shallow baking dish. Top with remaining ¼ cup cheese; sprinkle with paprika. Bake 10 to 15 minutes.

FRESH MUSHROOM SALAD

½ cup mayonnaise
¼ cup milk
1 tablespoon lemon juice
Dash tabasco pepper sauce
1 pound small fresh mushrooms,

very thinly sliced

Lettuce leaves
In a small bowl combine mayonnaise, milk, lemon juice and tabasco sauce. Just before serving, toss sliced mushrooms with dressing. Arrange on a bed of lettuce.

BROILED MUSHROOM CAPS

1 pound fresh large mushrooms
2 tablespoons butter or margarine, melted
1 tablespoon vegetable oil
¼ teaspoon salt
3 tablespoons lemon juice
2 tablespoons chopped parsley
Paprika

Remove stems from mushrooms. Reserve for another use.) Arrange mushroom caps, stem-side-down on a broiler tray. Combine butter, oil and salt; brush over mushrooms. Broil 2 to 3 minutes. Turn, brush with butter mixture, broil stem-side-up about 2 minutes longer until tender. Before serving, sprinkle with lemon juice, chopped parsley and paprika. makes 4 servings.

Featured Recipe

March is National Nutrition Month, and that means it's time to bone up on your nutrition knowledge. We've all heard of the four food groups, but do you know how many servings from each you need?

The average adult needs two servings from the dairy group, four servings from the fruits and vegetables group, four servings of enriched or whole grains and two servings of meat, fish, poultry, eggs, dried beans or nuts.

This week's featured recipe, from the American Dietetic Council, should help you on your way to meeting some of those requirements. Try this cheesy sandwich for lunch this month while you're concentrating on nutrition!

Cheesy Vegetable Sandwich

6 slices rye bread
Melted butter
Dijon-style prepared mustard
18 slices (1 ounce each) Swiss cheese
12 slices tomato
Salt and pepper, crushed basil (fresh or dried)

1 10-ounce package of frozen broccolini spears, thawed and drained
Toast bread on both sides. Brush with melted butter on one side. Place on cookie sheet, buttered side up. Lightly spread mustard over butter. Place 1 slice Swiss cheese over each slice of bread. Place 2 tomato slices on each slice of cheese. Sprinkle with salt, pepper and basil, top with another slice of cheese. Cut broccolini into thin, small florettes. Place several on each sandwich. Top with third slice of cheese. Broil 5 to 6 inches from source of heat until cheese is melted and sandwich is hot and bubbly. Serve immediately.

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.

March

15 St. Patrick's Day Treats
22 Desserts for Chocolate Lovers
29 Ham Recipes