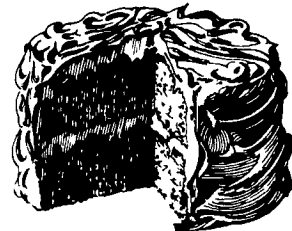


Home On The Range



Flavorful Dairy Ingredients Produce Nutritious Meals

If nutritious, flavorful ingredients are a must in the foods you prepare for your family, then this week's dairy dinner recipes will suit your taste.

Made with fresh, calcium-packed cheese, milk, butter, sour cream, ice cream and other dairy products, these dairy dishes will help your family enjoy meeting their daily requirement of calcium.

The following recipes come from the files of Lancaster Farming readers who generously shared their families' favorites with you.

And, while you're testing out a few of this week's dairy recipes, check your own files for a pudding or custard recipe you can share during dairy month. You still have time to send your recipe and collect a gift from Lancaster Farming.

FYQ BREAD

½ cup dried apricots, chopped fine
½ cup raisins
½ cup maraschino cherries, chopped fine
2 cups flour
¾ teaspoon baking powder
½ teaspoon baking soda
1/8 teaspoon salt
2 large eggs, beaten
1 cup low-fat yogurt
10 tablespoons butter, melted
½ cup sugar
½ teaspoon almond extract

Grease and flour a 9x5-inch loaf pan. Preheat oven to 350°F. Mix chopped fruits with ¼ cup of the flour and set aside. Sift dry ingredients and set aside. Place beaten eggs in a bowl. Stir in yogurt, melted butter, sugar and almond extract. Stir in chopped fruit. Stir in dry ingredients until just blended. Pour into prepared loaf pan and bake at 350°F. for 55 to 60 minutes or until done.

Susan Slater
Fredonia

SOUR CREAM POTATOES

5 pounds cooked potatoes, peeled
6 ounces cream cheese
1 cup sour cream
2 teaspoons diced onions
1 teaspoon salt
¼ teaspoon pepper

Mash potatoes and add ¼ cup milk. Add remaining ingredients and beat well. Put in greased casserole and dot with 2 tablespoons butter. Bake at 350°F. for ½ hour. Serves 10 to 12.

Doris Martin
New Holland

STUFFED SHELLS

Cook one package of jumbo shells according to package directions. Cool and stuff with the following cheese mixture.

Cheese Filling:
2 cups cottage cheese
1 cup shredded Mozzarella cheese
1 3-ounce package cream cheese
1 egg
2 tablespoons parsley flakes

Mix with electric mixer. Pour the following sauce over shells in baking pan or crock pot.

Sauce:
1 29-ounce can tomato puree
1 6-ounce can tomato paste
1 onion
1 teaspoon salt
½ teaspoon pepper
½ teaspoon oregano
1 tablespoon olive oil

Brown onion. Add remaining ingredients, simmer and stir until everything is well mixed. If using oven method, put shells in baking dish and cover with sauce. Bake at 350°F. for 35 minutes. If using crock pot, put shells in pot and cover with sauce. Cook on medium for about 3 hours or until shells are thoroughly heated. You can add meatballs if you'd like!

Lori Rineir
Quarryville

TUNA NOODLE CRISPY

½ pound Velveeta cheese, cubed
½ cup milk
1 can cream of mushroom soup
2 cups cooked noodles
1 6½-ounce can tuna
Dash of pepper
½ cup crushed crackers
2 teaspoons melted butter

Heat cheese, soup, and milk over low heat. Stir until smooth. Add noodles, tuna and pepper; mix well. Pour into 2-quart casserole. Top with crackers tossed with butter. Bake 30 minutes.

Virginia Rineir
Quarryville

SOUR CREAM BEEFBURGERS

1½ pounds ground beef
¼ cup Worcestershire sauce
1½ teaspoons salt
1 cup sour cream
1 tablespoon chopped onion

Mix together, then add the following:
1½ cups crushed cornflakes or bread crumbs.

Form into patties. Broil for 5 minutes; turn and broil for 3 more minutes. Makes 10 to 12 burgers.

Irene Martin
Ephrata



Chicken in a shell is a novel main dish that combines crisp chicken salad with jumbo pasta shells in an economical dairy recipe.

CHICKEN STUFFED SHELLS

3 cups cooked diced chicken
1 cup chopped celery
1 cup (4 ounces) shredded Cheddar cheese
½ cup thinly sliced radishes
½ cup toasted slivered almonds
½ cup chopped green onion
1 cup dairy sour cream
1 tablespoon prepared mustard
1 teaspoon salt
1/8 teaspoon pepper

1 10-ounce package jumbo pasta shells for stuffing
Lettuce, if desired

Combine chicken, celery, cheese, radishes, almonds and onion in large mixing bowl. Combine sour cream, mustard and seasonings. Stir sour cream mixture into chicken mixture. Chill, covered, 1 to 2 hours to allow flavors to blend. Meanwhile, cook pasta shells according to package directions; drain. Place cooked shells in large bowl of cold water until ready to fill. To serve, drain shells; pat dry with paper toweling. Fill with chicken mixture. Serve 3 or 4 shells per person on lettuce-lined plate.

RIVEL SOUP

1 cup flour
½ teaspoon salt
1 egg

Mix salt with flour, then toss egg lightly through flour with fork until small crumbs form. Stir into 1 quart of scalding whole milk. Bring to a boil and serve at once.

Ruth Martin
Ephrata

EASY ENCHILADA CASSEROLE

1 package corn chips, broken
2 pounds hamburger
1 large can enchilada sauce
1 large onion, chopped
2 cups shredded cheese
Pepper to taste
1 tablespoon each oregano, salt, cumin and garlic powder, if desired

Brown hamburger and onion. Add seasonings. Add sauce and soup. Place ½ package corn chips, meat mixture and cheese in buttered casserole. Repeat with the other half of ingredients. Bake at 325°F. for 15 to 30 minutes or until bubbly.

Leah Peachey
Belleville

SPAGHETTI PIE

6 ounces spaghetti
2 tablespoons butter
½ cup grated Parmesan cheese
2 well-beaten eggs
1 cup cottage cheese
1 pound ground beef or bulk pork sausage
½ cup chopped onion
¼ cup chopped green pepper
1 8-ounce can (1 cup) cut up tomatoes
1 6-ounce can tomato paste
1 teaspoon sugar
1 teaspoon oregano
½ cup shredded Mozzarella cheese
½ teaspoon garlic salt

Cook the spaghetti according to package directions; drain (should have about 3 cups). Stir butter into hot mixture; stir in Parmesan cheese and eggs. Form this mixture into a "crust" in a buttered 10-inch pie plate. Spread cottage cheese over bottom of spaghetti crust.

In skillet, cook ground beef, onions and green peppers until meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, oregano and garlic salt. Heat through. Turn meat mixture into spaghetti crust. Bake, uncovered, in 350°F. oven for 20 minutes. Sprinkle top with Mozzarella cheese and bake 5 minutes longer.

Naomi Blank
Kinzers

OYSTER STEW

¼ cup butter
1 quart oysters, drained
2 cups milk, warmed
2 cups of light cream, warmed
Salt and pepper to taste
1 teaspoon paprika

Melt the butter and saute oysters until edges curl. Add remaining ingredients and heat almost to boiling. Serve with oyster crackers. Serves 4.

Mrs. Marie R. Cooper
Lambertville, N.J.

SPINACH COTTAGE CHEESE CASSEROLE

1 quart raw spinach
1 cup cottage cheese
3 green onions, sliced thin
½ cup peanuts, unsalted are best
Pepper and salt to taste
1 small tomato, chopped (optional)

Wash spinach leaves, drain well and chill. Measure spinach after chilling.

In large serving bowl, tear spinach into bite-sized pieces. Add onions, cottage cheese, peanuts, tomato, if desired, and pepper and salt. Toss lightly and serve 4.

Note: lettuce or other greens may be used with or substituted for spinach.

Mrs. W. Hoag
Malevern

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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.

June	
28-	Puddings and Custards
July	
5-	Picnic Foods
12-	Garden Fresh Vegetables

Featured Recipe

If you still have a few strawberries left in your garden, here's a sumptuous recipe that combines their goodness with creamy dairy cream cheese and whipping cream.

The featured recipe this week comes from Judy Pruitt of White Post, Va., who says her recipe won fifth honorable mention in last year's Virginia Dairyman's recipe contest. She also used it as a 4-H demonstration and took it to state competition in Blacksburg, Va. Thanks for sharing this luscious dairy recipe Judy!

Simple-n-Sumptuous Strawberry Pie

2½ cups fresh or frozen strawberries, mashed
3 tablespoons lemon juice
3 ounces cream cheese, creamed
14 ounces sweetened condensed milk
1 cup whipping cream

Mix strawberries, lemon juice, cream cheese and milk together. Then whip the cream and fold into berry mixture. Pour into Toasted Coconut Crust. Freeze 4 hours. Garnish with sliced berries.

Toasted Coconut Crust

Toast 2 cups coconut. Melt 1/3 cup butter. Mix together, press into pie pan. Chill 15 minutes. Pour berry mixture in. Return any leftover pie to freezer.