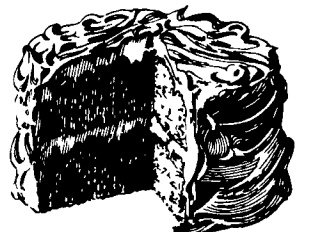


Home On The Range



Pack Lunches With Flavor

For most youngsters summer vacation ended this week as they headed back to classes, homework and brown bag lunches.

If you're in charge of filling those paper sacks, you'll want to provide nutritious foods you know they will eat. Potato chips, candy bars and soda will probably disappear quickly, but they don't provide the nutrients and energy students need to stay alert in the classroom.

In place of these quick, but nutrient-empty foods, pack some healthy breads, fruit, sandwiches, salads or soups. An occasional treat of homemade cookies will also be appreciated. Below are a few ideas to get you started.

HAM-BEAN CHOWDER

- 2 quarts water
- 2 cups (1 pound) dried Great Northern or pea beans
- 3 tablespoons butter
- 2 cups finely chopped onion
- 1/2 cup finely chopped celery
- 2 teaspoons finely chopped garlic
- 3 10 3/4-ounce cans condensed chicken broth
- Water
- 1 ham shank (about 4 pounds) or 2 ham hocks (about 1 1/2 pounds)
- 1 1-pound can tomatoes or 4 to 6 medium-sized firm ripe tomatoes, peeled and chopped
- 2 whole cloves
- 1 bay leaf
- Freshly ground black pepper
- 2 cups (8 ounces) shredded Cheddar cheese

In 6-quart saucepan, bring water to boil. Drop beans in and boil briskly for 2 minutes. (Water should cover beans by at least 1 inch, add more if necessary.) Turn off heat. Let beans soak for one hour; drain, keeping liquid. Return beans to pot. Add 4 cups of the cooking liquid. In a large skillet, melt butter. Add onion, celery and garlic; cook for 5 minutes. Scrape entire contents into saucepot. Combine chicken broth with water to make 6 cups. Add to saucepot. Peel skin from ham shank, cut off excess fat. Add shank and skin to saucepot along with tomatoes, cloves, bay leaf and pepper. Simmer for 2 hours or until ham is tender. Remove ham shank and skin; cool. Transfer soup to large bowl; remove bay leaf and cloves. Cut off meat; return meat to soup mix. Refrigerate. Skim off fat. Transfer to saucepot and bring to simmer. Stir in cheese until melted. Extra soup may be stored in the refrigerator and reheated, or cooled and poured into freezer containers and frozen. Thaw and reheat over low heat. Makes about 4 quarts.

CREAM OF TURKEY SOUP

- 6 tablespoons butter or margarine
- 2 cups skim or low fat milk
- 1 cup coarsely chopped cooked turkey
- Grated carrot
- 6 tablespoons flour
- 3 cups turkey broth
- Salt and pepper to taste

Heat butter in saucepan. Blend in flour. Heat until bubbly. Gradually add milk and 1 cup of broth, stirring constantly. Bring to a boil and cook 1 to 2 minutes.

Blend in remaining broth and turkey. Heat; do not boil. Garnish with grated carrot

CHILI CON CARNE

- 1 pound ground beef
- 2 tablespoons shortening
- 1 teaspoon salt
- 3 tablespoons chili powder
- 1/3 cup onion flakes
- 1 8-ounce can tomato sauce
- 1 number 2 can red kidney beans
- 2 tablespoons vinegar
- Dash of garlic powder

Crumble beef; brown in hot shortening, stirring until meat loses its pink color. Add remaining ingredients; mix well. Cover. Simmer 45 minutes, stirring occasionally. Serves 4 to 6.

CHICKEN SALAD SANDWICH IN HARD ROLL

- Dressing:**
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 tablespoons pickle juice
- 2 dashes hot pepper sauce
- 1/2 teaspoon salt
- Filling:**
- 3 cups cubed cooked chicken
- 1/2 cup chopped celery
- 1/2 cup sliced green onions
- 2 tablespoons chopped gherkins
- 6 hard rolls

Combine ingredients for dressing. Add chicken, celery, onions and pickles. Slice top off hard roll, hollow out and fill with chicken salad mixture. Replace top. Store individually in sandwich bags. Makes 6 sandwiches.

EASY GRANOLA BARS

- 1 cup crunchy peanut butter
- 2 beaten eggs
- 4 tablespoons honey
- Mix together in pan over low heat. When slightly warmed add:
- 2 1/2 cups oatmeal
- 1 1/2 cups mixture of sunflower seeds, raisins and chocolate chips
- Pat into 8x8-inch greased pan and refrigerate.

Note: the oatmeal is important but the other ingredients may be substituted.



Add texture, color and flavor to lunch with tasty alternatives like Peanut Butter Crisp Sticks and Apple Drop Cookies.

CHEESY TUNA SALAD

- 1 can of tuna in water, drained
- 1 cup celery, thinly sliced
- 1 cup cheese, cut in 1/2-inch cubes
- 2 tablespoons onions, optional
- 1 teaspoon lemon juice
- 1/2 cup mayonnaise
- Pepper to taste

Combine tuna, celery, cheese and onion. Blend mayonnaise, lemon juice and pepper. Add to tuna mixture. Blend well. Keep refrigerated until ready to use.

MAGIC DATE COOKIES

- 1 can sweetened condensed milk (not evaporated)
- 3 cups graham cracker crumbs
- 1 cup chopped dates
- 1 teaspoon cinnamon
- Quartered dates for tops of cookies
- In a large bowl, gradually mix cracker crumbs and cinnamon into condensed milk. Add dates and blend well. Mixture will be very thick. With lightly oiled hands, shape by tablespoonsful into round balls. Place on greased cookie sheets and lightly flatten each ball. Press a quarter pitted date into each cookie. Bake at 350°F. for 15 minutes. Remove from pan and cool on racks. Makes about 3 dozen.

CHEDDAR WHOLE WHEAT BREAD

- 1 1/4 cups whole wheat flour
- 1 1/4 cups all-purpose flour
- 1/3 cup firmly packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups (8 ounces) shredded Cheddar cheese
- 1 cup chopped pecans
- 2 teaspoons grated orange peel
- 1 1/4 cups milk
- 1/4 cup butter, melted
- 1/4 cup molasses
- 1 egg, slightly beaten

Preheat oven to 350°F. Combine dry ingredients in a large mixing bowl. Stir in cheese, nuts and orange peel. Combine milk, butter, molasses and egg. Stir liquid ingredients into dry ingredient mixture, stirring just until ingredients are blended. Spread batter evenly in buttered 9 1/2 x 5 1/2-inch loaf pan. Bake 55 to 60 minutes, or until a knife inserted in center comes out clean. Let rest in pan 10 minutes. Remove and cool at least 1 1/2 hours on a wire rack.

DRIED APPLE AND BRAN MUFFINS

- 1 1/2 cups 40 percent bran flakes
- 1 cup water
- 1/4 cup oil
- 1 slightly beaten egg
- 3/4 cup chopped dried apples
- 1 1/4 cups flour
- 1/3 cup dry nonfat dry milk
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt

Soak bran flakes in water in medium bowl 5 minutes. Stir in oil, egg and apple. Combine flour, dry nonfat milk, sugar, baking powder, cinnamon, nutmeg and salt. Make a well in center. Stir in bran mixture just until moistened. Spoon into 12 buttered 2 1/2-inch muffin cups. Bake in moderate oven (375°F.) for 20 to 25 minutes, or until toothpick inserted in center comes out clean. Remove from muffin cups and serve warm, or cool on wire racks.

APPLE DROP COOKIES

- 1/2 cup firmly packed brown sugar
- 1/4 cup shortening
- 1 egg
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 2 tablespoons milk
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1 cup pared, cored, finely chopped apples (1 large)
- 1/2 cup finely chopped walnuts

In small mixer bowl, beat sugar, egg and shortening until fluffy. Stir together flour and spices; add alternately with milk to creamed mixture. Stir in apples and walnuts. Drop by teaspoonfuls onto lightly greased cookie sheets. Bake in a preheated 375°F. oven 10 to 12 minutes. Remove from cookie sheets to wire racks to cool. Pack in sandwich bags. Makes 3 dozen.

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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

September

- 13- Hamburger Recipes
- 20- Apples
- 27- Favorite Soups

Featured Recipe

This week's featured recipe comes from Mary Dietrich of Lancaster who claimed the top prize in the state Pork Fest Recipe Contest. Her winning recipe, printed below for you to try, features a boneless pork loin roast and spices basted with an apricot and raisin glaze served on rice.

For a list of other winners in this contest, look for a story featuring them in this week's B section.

Apricot-Glazed Pork Roast

- 2 1/2-3 pound boneless pork loin roast
- 1 cup apricot nectar
- 1/4 teaspoon ginger
- 1/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon thyme
- 1 can (1 lb. 13 oz.) apricot halves
- 1/2 cup chopped celery
- 1/4 cup butter
- 1/4 cup raisins
- 1/4 cup water
- 1 teaspoon white wine vinegar
- 3 cups cooked long grain rice

Place pork roast on rack in roasting pan. Roast at 350°F. for 30 to 35 minutes per pound to an internal temperature of 170°F. In saucepan, combine apricot nectar, ginger, mustard, thyme and salt. Simmer for five minutes. Baste mixture over pork every 15 to 20 minutes. Cook rice.

When pork is done, remove from pan, cover and keep warm. Remove any fat from roasting pan. Add butter, and celery to the pan. Saute on top of range. Drain apricots, reserve four halves for garnish. Chop remaining apricots. Add apricots, raisins, vinegar and water to roasting pan. Cover and simmer five minutes. Add hot rice to the ingredients in the roasting pan. Heat thoroughly. Slice pork. Serve on heated platter surrounded with rice mixture. Garnish with apricot halves. Serves eight.