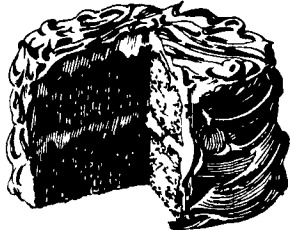


Home On The Range



Prepare Chicken For Health And Flavor

On an average, each American eats 1,500 pounds of food annually. Last year, about 50 pounds of that was chicken, according to per capita consumption figures released by the National Broiler Council.

And it's no wonder chicken is gaining in popularity. It's low in calories and cholesterol and high in protein. And, it has special appeal for those who eat selectively to keep fit. For instance, a half broiler-fryer chicken, uncooked, has only 240 calories, yet it provides 42 grams of protein (the average adult dairy requirement is 60 grams).

Another important consideration in food selection is cost. Chicken in any form — whole or parts — is usually the best value at the meat counter. For those who prefer dark meat, thighs and drumsticks can mean additional savings.

But chicken isn't only good for you and your budget — it's fun to cook too! Check out the recipes below for a few ideas to try out on your family.

KAUILANI CHICKEN

- 4 chicken breasts, halved
- 4 chicken thighs
- 1 20-ounce can pineapple chunks
- 1 small onion, chopped
- 1 green pepper, chopped
- 2 tablespoons mustard
- 2 tablespoons vinegar
- 2 tablespoons Worcestershire sauce
- 1 cup catsup
- 2 tablespoons cornstarch, dissolved in cold water

Place chicken in single layer in buttered 10x16-inch baking dish. In saucepan, combine pineapple, onion, pepper, mustard, vinegar, Worcestershire sauce and catsup. Simmer 5 minutes, then add cornstarch. Cook until thickened. Pour over chicken. Bake, covered, at 350°F. for 1 hour or until chicken is tender. Serves 6. (Two pieces each.)

Betty McLaughlin
Leola

SPICED COLA CHICKEN

- 1 cup flour
- 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 broiling chicken, cut up
- 2 tablespoons peanut oil
- ¼ cup catsup or onion flavored barbecue sauce
- 1 cup cola beverage (not diet)

Mix flour, cinnamon and salt in paper bag. Toss chicken one piece at a time to coat. Saute chicken in oil in frying pan until golden brown. Pour off fat. Add catsup and cola, stirring to blend. Cover and simmer 20 minutes. Uncover and cook 30 minutes more. Serves 4.

Betty McLaughlin
Leola

QUICK AND EASY CHICKEN WITH RICE

- Chicken:**
- 2 cups lemon-flavored yogurt
 - 1 tablespoon soy sauce
 - 1 clove garlic, crushed
 - 2 whole chicken breasts, boned, skin removed (about 1½ pounds)
 - 1 20-ounce can pineapple chunks, drained, cut in half
 - 24 green pepper squares, about 1½ inches square
- Rice:**
- 6 tablespoons butter
 - 1¼ cups long grain rice, uncooked
 - ½ cup chopped celery
 - ¼ cup sliced green onion
 - 2 10¾-ounce cans condensed chicken broth
 - ¼ teaspoon each, salt and pepper
 - 1 2½-ounce jar sliced mushrooms, drained
 - ½ cup sliced toasted almonds
 - 2 tablespoons chopped pimiento

For chicken, combine yogurt, soy sauce and garlic in a 1½-quart rectangular baking dish. Cut chicken into pieces about 2 inches square. Stir chicken into yogurt mixture. Cover with plastic wrap and refrigerate several hours or overnight.

For rice, melt butter in 3-quart saucepan. Saute rice, celery and onion until rice is golden brown. Stir in chicken broth, salt and pepper. Bring to boil. Reduce heat and simmer, covered, 20 to 25 minutes or until all liquid is absorbed. Stir in mushrooms, almonds and pimiento; keep warm while broiling chicken.

BARBECUED CHICKEN

- 3 tablespoons brown sugar
- 1 teaspoon prepared mustard
- 1 tablespoon Worcestershire sauce
- 3 tablespoons flour
- 3 teaspoons ketchup

Mix dry ingredients, then add mustard, sauce and ketchup. Let chicken get almost soft, then roll in sauce above. Bake in 350°F. oven for a half hour.

Helen Nolt
New Holland

CHICKEN CASSEROLE

- 6 eggs
- 6 slices white bread in pieces
- 1 teaspoon salt
- 6 tablespoons butter
- 3 cups milk
- 4 tablespoons parsley
- 3 cups chicken stock
- 2 teaspoons onion, chopped
- 1 teaspoon celery salt
- 3 cups diced cooked chicken

Brown pieces of bread in butter. Beat and add eggs, then remaining ingredients. Pour into greased 13x9x2-inch pan. Set in a pan of water in oven at 350°F. for 1 hour. Use mushroom soup for gravy.

Betty Biehl
Mertztown

EASY MAPLE CHICKEN

- 1 frying chicken cut into 8 pieces
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup maple syrup
- ¼ cup soy sauce
- ¼ cup lemon juice
- Salt and pepper to taste

Arrange chicken pieces in single layer in baking dish. In a small bowl, mix together onions, green pepper, maple syrup, soy sauce, lemon juice, salt and pepper. Pour over chicken and marinate overnight. Preheat oven to 350°F. Roll chicken in marinade, remove and bake skin side down for the first 30 minutes. Turn chicken and continue baking for 1 hour, basting with marinade every 15 minutes. Serves 4.

Betty McLaughlin
Leola

CHICKEN CRESCENT SQUARES

- 1 3-ounce package cream cheese, softened
- 3 tablespoons butter, melted
- 2 cups cubed, cooked chicken
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons milk
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped pimiento
- 1 8-ounce can crescent rolls
- ¾ cup seasoned bread crumbs

Blend together cream cheese and 2 tablespoons of melted butter. Add chicken, salt, pepper, milk, onion and pimiento. Mix thoroughly. Separate crescent rolls into four rectangles, sealing perforations. Place about ½ cup chicken mixture on each rectangle. Pull four corners of the dough to center and seal. Brush tops with remaining 1 tablespoon butter. Dip into bread crumbs. Bake on ungreased cookie sheet at 350°F. Serves 4.

Betty McLaughlin
Leola

HERB ROASTED CHICKEN

- 1 whole broiler-fryer chicken
- 3 tablespoons vinegar
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon lemon juice
- 1 teaspoon seasoned salt
- ½ teaspoon savory leaves
- ½ teaspoon basil leaves
- 1 clove garlic, minced
- 12 ounces fresh mushrooms

In small saucepan, mix together vinegar, olive oil, butter, lemon juice, seasoned salt, savory, basil and garlic. Place over medium-high heat and bring to a boil, stirring. Remove from heat, dip mushrooms in sauce and set aside. Dip whole chicken in sauce, turning to coat well. Place chicken on rack in roasting pan, breast side down. Roast in 375°F. oven, basting with sauce every 20 minutes until chicken is brown and fork can be inserted with ease, about 1¼ to 1½ hours. Add mushrooms to pan during last 20 minutes of roasting time. Makes 4 servings.

CHICKEN SALAD

- 2 cups cooked diced chicken
- 1 cup diced canned pineapple
- ¾ cup mayonnaise
- ½ cup diced celery
- ½ cup salted almonds, coarsely chopped
- ¼ cup diced green pepper

Mix all ingredients together. Serve on lettuce with spiced crabapples.

Betty Biehl
Mertztown



A chicken cooked whole, such as Herb Roasted Chicken (above), turns any meal into a special occasion.

BROCCOLI CHICKEN CASSEROLE

- 1½ pounds fresh broccoli or 2 10-ounce packages frozen broccoli spears
- 1 10-ounce can cream of mushroom soup
- 2 eggs, well beaten
- 1½ cups chopped chicken
- 1 cup grated sharp cheddar cheese
- 1 medium onion, finely chopped
- 1 cup mayonnaise
- 1½ cups seasoned croutons
- ¼ cup melted butter or margarine

Cut fresh, clean broccoli into spears. Cook until tender and drain well. (Do the same if using frozen.) Place broccoli into buttered, 2-quart, oblong baking dish. Combine soup, eggs, cheese, onion, chicken and mayonnaise. Pour over hot broccoli; toss croutons with melted butter; sprinkle over casserole. Bake at 350°F. for 25 to 30 minutes. Serves 6.

Rosene Bollinger
Newmanstown

CHINESE ROAST CHICKEN

- 1 whole broiler-fryer chicken
- ½ cup soy sauce
- ¼ cup lemon juice
- 2 tablespoons honey

- 2 teaspoons sesame oil
- 1 teaspoon dry mustard
- ½ teaspoon ground ginger
- 1 clove garlic, minced
- ¼ teaspoon pepper

Mix together soy sauce, lemon juice, honey, sesame oil, mustard, ginger, garlic and pepper to make marinade. In medium bowl, place chicken and pour marinade over it. Cover, place in refrigerator and marinate at least 1 hour (may be left overnight). Place chicken, breast side down, on rack in roasting pan; baste with marinade. Place in 350°F. oven and, basting every 15 minutes, roast until chicken is dark brown and fork can be inserted with ease, about 1¼ to 1½ hours. Serve hot or refrigerate and serve cold. Makes 4 servings.

Biscuit Dough: In small bowl, stir together ½ cup milk and ½ cup corn oil. In medium bowl, stir together 2 cups unsifted flour, 1 tablespoon baking powder and ¼ teaspoon salt. Stirring constantly with fork, add corn oil mixture until blended. Form dough into ball. On lightly floured surface, gently knead 15 to 20 times.

Featured Recipe

This week's featured recipe comes from Alice Whitaker of Reading. Her Cheesy Broccoli Bake was a semi-finalist in the Make it with Milk Recipe contest. Look for other winning recipes in this section.

Cheesy Broccoli Bake

- 6 ounces medium noodles
- 1 10-ounce package frozen, chopped broccoli
- 12 ounces creamed-style cottage cheese
- 1 cup dairy sour cream
- ½ cup grated Parmesan cheese
- 1 beaten egg
- ¼ cup milk
- 1 teaspoon salt
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried thyme, crushed
- ¼ to ½ teaspoon bottled hot pepper sauce
- ¼ cup fine dry bread crumbs
- 1 tablespoon butter, melted
- Snipped parsley

Cook noodles according to package directions, drain well and set aside. Cook broccoli in a saucepan approximately 4 minutes, drain well; press out extra liquid.

In a mixing bowl, stir together broccoli, cottage cheese, sour cream, Parmesan cheese, beaten egg, milk, salt, spices and hot pepper sauce.

Add cooked and drained noodles, mix well. Turn noodle-cheese mixture into an ungreased 2-quart casserole. Toss together any dry bread crumbs and melted butter. Sprinkle on top of casserole. Bake in 350°F. oven for 45 minutes. Garnish with chopped parsley.

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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- 22- Thanksgiving Feast