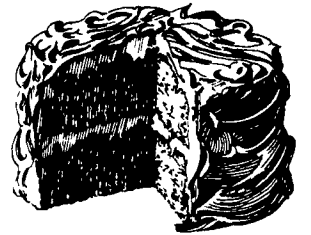


Home On The Range



Penny-Wise Potatoes Provide Essential Nutrients

Looking for a good buy at the grocery store? Then reach for potatoes. They cost just pennies per serving and provide good nutrition for the money.

In fact, potatoes are one of the most economical sources of thiamin, vitamin C and iron. And, potatoes are an inexpensive table protein as well.

The best diet is one based on a variety of familiar foods that are good for us. And that includes the potato. One 2½-inch diameter potato has only 100 calories. A bigger potato means only a few extra calories.

That the potato is versatile is an added bonus. It comes in different types and can be boiled, baked, steamed, fried or combined with other ingredients to create hundreds of unique and delightful dishes for your family.

DUTCH STEWED POTATOES

- 1 onion, sliced
- 1 tablespoon fat, melted
- ½ teaspoon salt
- Dash of pepper
- 1 teaspoon minced parsley
- 2 cups diced uncooked potatoes
- 1½ cups boiling water
- 2 teaspoons flour

Cook onion in fat 5 minutes. Add salt, pepper, parsley and potatoes; cover with boiling water and cook until tender. Thicken with flour which has been mixed with a little cold water. Makes 4 servings.

Martin L. Roy
Warrenton, Va.

RATATOUILLE TOPPED POTATOES

- 4 Idaho baking potatoes (about 8 ounces each)
- ¼ cup butter
- 1½ cups thinly sliced onion
- 1 clove garlic, crushed
- 2 cups sliced zucchini
- 2 cups cauliflowerettes
- 1 cup coarsely chopped green pepper
- 1 8-ounce can prepared pizza sauce
- 1 cup tomato sauce with tomato bits
- 1 teaspoon Italian seasoning
- 1 teaspoon Worcestershire sauce
- 2 cups shredded Cheddar cheese
- ¼ cup butter

Preheat oven to 400°F. Pierce potatoes with tines of a fork. Spread with butter. Bake until tender, about 50 minutes. Meanwhile, melt ¼ cup butter in large skillet. Sauté onion and garlic until tender, about 10 minutes. Stir in zucchini, cauliflower, green pepper, pizza sauce, tomato sauce, seasonings and Worcestershire. Simmer, covered, 13 to 15 minutes or until vegetables are tender-crisp. To serve, split each potato to open. Spread each with 1 tablespoon butter and ¼ cup Cheddar cheese. Spoon ¼ of vegetable mixture over each. Top with ¼ cup Cheddar cheese. Serve immediately.

GOURMET POTATOES

- 6 medium potatoes
- 2 cups shredded cheddar cheese
- ¼ cup butter
- 1½ cups sour cream (room temperature)
- ½ cup chopped green onions
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons butter

Cook potatoes in skins. Cool. Peel and shred. In saucepan over low heat, combine butter and onions and cook for 5 to 10 minutes. (Do not brown.) Add cheese. Stir occasionally until almost melted. Remove from heat and blend in sour cream, salt and pepper. Fold in potatoes and bake in a 2-quart casserole. Sprinkle with paprika. Bake 25 minutes or until heated through in medium oven. Bake at 350°F. Serves 8.

Anna Martin
Reinholds

HAM AND POTATO CRUNCH SALAD

- ½ cup butter
- 2 cups instant mashed potato flakes, dry
- ¼ teaspoon onion salt
- 1 6-ounce jar marinated artichoke hearts, drained (reserve liquid)
- 1 cup chopped celery
- ½ cup vegetable oil
- ¼ cup tarragon vinegar
- 1 teaspoon salt
- 1 2-ounce jar diced pimientos, drained
- 2 cups cut-up fully cooked smoked ham
- 6 cups coarsely shredded iceberg lettuce
- ½ cup shredded Jarlsberg or Swiss cheese

Heat butter in 10-inch skillet over medium-low heat until melted. Stir in potatoes and onion salt. Cook, stirring constantly, until potatoes are dark brown, 5 to 8 minutes; reserve.

Chop artichoke hearts; place in 2-quart saucepan. Stir in reserved artichoke heart liquid, the celery, oil, vinegar, salt and pimientos; heat until hot. Mix ham, lettuce and artichoke heart mixture in large bowl. Sprinkle with browned potatoes and cheese. Serve immediately. Makes 6 servings.

WHITE POTATO CUSTARD

- Line 9-inch pie plate with pastry.
- Add 2 tablespoons butter to 1 cup mashed potatoes. Beat well. Add:
- 1 cup sugar
- 3 eggs, slightly beaten
- 2 cups milk, small amount at a time
- 1 teaspoon vanilla

Fill pie shell with custard and sprinkle top with nutmeg. Bake in pre-heated oven at 450°F. for 15 minutes. Reduce heat to 350°F. and continue baking 25 to 30 minutes or until knife inserted in center comes out clean.

Frances Homa
Alpha, N.J.

CHEESY

SCALLOPED POTATOES

- ½ cup salad dressing
- 2 tablespoons flour
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 cup milk
- 1 cup shredded cheddar cheese
- 4 cups thinly sliced or shredded potatoes

Combine salad dressing, flour, salt and pepper. Gradually add milk; cook, stirring constantly, over low heat until thickened. Add cheddar cheese; stir until melted. Place potatoes in 10x6-inch baking pan. Pour sauce over potatoes. Bake at 350°F. for 55 to 60 minutes or until potatoes are tender. Makes 6 servings.

Marian Stoltzfus
Parkesburg

CALORIE CONSCIOUS STUFFED POTATOES

- 2 medium Russet potatoes
- ¾ cup low-fat cottage cheese
- 1 tomato, chopped and drained
- ¼ cup minced parsley
- 2 tablespoons minced chives or green onions
- ¼ teaspoon each salt and pepper
- Dash of crushed dill weed
- 1 tablespoon grated Parmesan cheese

Scrub potatoes; pierce with fork. Bake at 400°F. for 50 to 60 minutes or until tender. Remove lengthwise slice from each potato; scoop out pulp leaving a ¼-inch shell. Mash pulp; stir in cottage cheese, tomato, parsley, chives, salt, pepper and dill weed. Fill shell with cottage cheese mixture; sprinkle with Parmesan cheese. Bake at 400°F. for 15 minutes or until thoroughly heated. Makes 2 main dish servings. Each serving has approximately 250 calories.

MUSHROOM-POTATO CASSEROLE

- 1 cup shredded Gruyere cheese
- 1 cup shredded Cheddar cheese
- ½ cup sour cream
- ½ cup dry curd cottage cheese
- 1 medium onion, finely chopped
- 1 teaspoon dried leaf thyme
- 2 pounds (approximately 4) potatoes, pared, thinly sliced
- ½ pound fresh mushrooms, sliced
- 2 tablespoons flour
- Salt and pepper to taste
- ¼ cup wheat germ
- 3 tablespoons butter or margarine

In medium bowl, combine cheese, sour cream, cottage cheese, onion and thyme. Butter shallow 2-quart baking dish; arrange one-third of the sliced potatoes in dish. Top with half the cheese mixture and half the mushrooms tossed in flour. Sprinkle with salt and pepper. Repeat with remaining ingredients, finishing with a layer of potatoes. Sprinkle with wheat germ. Dot with butter. Bake in 350°F. oven for 1 to 1½ hours or until potatoes are tender. Cool 10 minutes before serving. Makes 4 servings.

POTATO CHIP APPLE CRISP

- 2 cups finely crushed potato chips
- ¼ cup confectioner's sugar
- ¼ cup whole wheat flour
- 1 tablespoon grated lemon peel
- 1 tablespoon vegetable oil
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 5 large tart apples, pared, cored and sliced
- ¾ cup sugar
- 1 tablespoon all-purpose flour
- ¼ cup oatmeal

(Turn to Page B8)



Top baked potatoes with butter, Cheddar cheese and ratatouille for a fast, savory entree.

Featured Recipes

This week's featured recipes come from Betty Kroll, a 60-year-old farm woman from Mannington Township, N.J. On their family farm, Betty and her husband, Henry, raise corn, hay, about 60 head of cattle and 30 horses.

Here, Betty shares her recipes for pound cake (her special birthday, wedding and all-occasion cake), and for lemon meringue pie (she makes three - one for her home and two for friends and company). To learn more about Betty, look for the story featuring her in this week's B section.

Pound Cake

- 3 cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup butter
- ½ cup shortening
- 3 cups sugar
- 6 eggs
- 1½ teaspoons rum extract
- 1 teaspoon lemon
- 1 cup milk

Cream shortening and sugar until light and fluffy. Add one egg at a time. Add extracts (takes 10 minutes to beat). Add dry ingredients alternately with milk.

Pour into 10-inch greased and floured tube or bundt pan. Bake at 325°F. for 1½ hours. Cool in pan for 15 minutes on rack. Then turn out and finish cooling. If putting glaze on, poke holes in top. Prepare lemon glaze or powdered sugar topping. Glaze: ½ cup sugar, ¼ cup water, ¼ teaspoon lemon extract. Boil 2 minutes. Do not overcook. Pour glaze while hot.

Lemon Meringue Pie

- 1 cup cornstarch
- ¾ cups sugar
- ½ teaspoon salt
- 6 cups boiling water
- 9 eggs, separated
- 1 cup lemon juice, fresh squeezed
- 6 tablespoons butter
- 3 teaspoons grated rind (3 lemons)
- 3 baked pie shells
- 2 tablespoons cornstarch
- 1 cup cold water
- 4 tablespoons sugar
- ¼ teaspoon salt
- 12 tablespoons sugar
- 1 teaspoon creme of tartar

Cook, cornstarch, sugar and salt over boiling water until clear. Stir in small amount in egg yolks. Blend well and cook on low heat. Remove from heat. Add grated rind, lemon juice and butter. Pour into shell. Combine cornstarch, cold water, sugar and salt. Cook until clear.

Beat cream of tartar and egg white, slowly add sugar. Beat well. Add cooled cornstarch mixture. Spoon meringue to seal edges. Bake at 350°F. for 12 to 15 minutes.

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.

February

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Cake Frosting

March

7-

Stir-fry Favorites

14-

Cakes