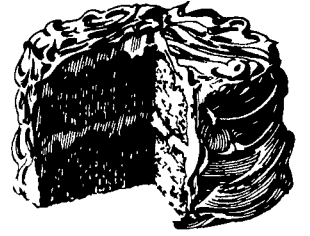


# Home On The Range



## Perk Up Packed Lunches

A new school year signals the start of morning rush hour in many households. The kitchen is often the scene of family traffic jams as students gobble down on-the-run breakfasts while mothers hastily pack lunches. To put an end to some of the morning confusion and to meet the challenge of creative, nutritious lunches, here are some suggestions:

—Create a packed lunch menu that allows you to shop and plan ahead for supplies. This enables you to incorporate supermarket specials, leftovers and foods from the freezer into tempting, well-balanced box lunches.

—Spread butter or mayonnaise right up to the edges on both slices of bread to prevent sandwich fillings from seeping through and jellies and jams from "weeping."

—Spread bread slices or buns on the countertop and, using a large spoon, spread the mayonnaise. Then fill the sandwiches assembly line fashion.

—Stack sandwiches and cut all at one time.

—Make sandwiches ahead and freeze. Frozen items will thaw in time for lunch. Pack separate bags of tomatoes, lettuce and other garnishes to add at lunch time.

—Pack chips, cookies and other snack items one week in advance then store baked items in the freezer and salty snacks in an air-tight container.

—Fresh fruit that needs no preparation except washing makes preparation easy. Not only does it save time but fruit is more nutritious than other desserts. When fresh fruit is hard to find, try dried fruit. Some mothers ask how those prepackaged fruit rolls compare with dried fruit. Fruit rolls are higher in sugar and low in other nutrients. A recent issue of "Nutrition Action Healthletter" sums up the situation by saying: "Fruit rolls are to dried fruit what American cheese food is to cheddar."

Now that you know all these hints, you'll want some new ideas for lunch box specials. When noontime rolls around, the sandwich still rules supreme. But find-

ing the same old thing day after day is likely to turn off even the most easily satisfied eater. Here's a new idea for sandwich lovers:

### Loaf-In-A-Round

To make this hearty sandwich, cook meatloaf formed in the same size as a large round loaf of French bread. Slice bread in half horizontally. Pull out soft center from each half, leaving walls 1/2—1-inch thick. Make bread crumbs from bread that has been removed and use in your meatloaf recipe or save for another use. After the meat has cooked, stuff it into the hollowed-out bread loaf and weigh the loaf down with a plate or heavy object. This forces the meat's juices into the bread which helps it hang together. Cool loaf at least 20 minutes before cutting. Freeze in sandwich portions for easy morning packing.

### YUMMY GRAHAM CRACKER BARS

1/2 cup butter, melted  
2 cups firmly packed brown sugar  
2 cups graham cracker crumbs  
2 cups flaked coconut  
1/2 cup milk  
36 (2 1/2-inch squares) graham crackers  
1 package (3 ounces) cream cheese  
2 tablespoon butter  
1/2 teaspoon vanilla  
1 1/2 to 1 3/4 powdered sugar

Heat and mix butter, brown sugar, graham cracker crumbs, coconut and milk together.

Arrange whole graham crackers in a single layer to cover bottom of 9x13 pan. When coconut filling is thick, spread quickly over whole graham crackers. Top with remaining whole crackers, pressing them lightly into coconut filling. Cool.

Soften cream cheese. Stir in butter and milk. Stir in powdered sugar until it makes a thick, smooth frosting. Frost bars. Cut into bars and freeze until ready to pack lunches.

### CARROT-OATMEAL BARS

2 cups grated carrots  
1/2 cup butter  
1/2 molasses

1/2 cup sugar  
2 eggs  
1/2 cup dry milk powder  
1/2 water  
1 cup rolled oats  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/2 nutmeg  
2 tablespoon orange juice (optional)  
1 tablespoon grated orange rind (optional)  
1 cup raisins or broken nuts (optional)

Preheat oven to 350 degrees. Wash, scrub and grate carrots. Combine butter, sugar, carrots, eggs, dry milk, water and rolled oats. Beat well. Add remainder of ingredients. Bake 30 minutes. Let cool before storing in an air-tight container.



Lunch packers will love this sandwich. Make it ahead and freeze for easy lunch packing. Look for the recipe, Loaf-In-A-Round, in this section.

## 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 Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

Sept.

12- Irresistible Breakfasts  
19- Oven-Ready Dinners  
26- Apple Lovers' Recipes

## Featured Recipe

"You don't have to be a professional chef to make delicious and interesting meals," according to Ed Potter at the "Meating Place" red meat exhibit at Ag Progress Days, Rock Springs in August.

Thousands of visitors converged on the "Meating Place" where Potter, a Certified Culinary Chef and Certified Culinary Educator transformed light pink to bright cherry red meats into tantalizing entrees.

Sizzling cajun and delicate herb fragrances mingled with the mouth watering smells of beef, pork, lamb and veal during the three-day show. Potter demonstrated just how easy the new cooking methods and recipes are . . . even for the novice.

The featured recipe was prepared at "The Meating Place" by Ed Potter.

### VEAL FRANCHAISE

Prep. time 15 minutes. Makes 4 servings.

1 lb. veal cutlets, cut in 2 oz. portions  
flour, as required  
4 eggs, beaten  
1/4 cup white wine  
1 TBL lemon juice  
1/4 cup salad oil  
1 tsp. garlic, minced  
1 TBL butter, clarified  
1 TBL parmesan cheese, grated  
1/4 cup chicken stock  
1 TBL parsley, chopped  
season to taste

Flatten cutlets. Dredge in flour, then dredge in beaten egg. Saute in oil until light brown. Reserve meat, discard oil. Add wine. Return meat to pan, add cheese and stocks. Simmer until liquid is reduced in half. Season and serve



Ed Potter, Certified Culinary Chef, from Stewartstown, demonstrated to 800 Ag Progress visitors each day. Potter made quick and tantalizing beef, veal and pork entrees which were then sampled by the crowd.