



MICROWAVE MINUTES

By JOYCE BATTCHER

Toss together a winter salad with a few fresh ingredients and your microwave's help.

A hearty main-dish salad, like one of today's recipes, is served warm to take the bite off cool March days and give a hint of mild spring days to come.

Both salads call for micro-stir-frying meat or poultry. Small thin strips or cubes cook most evenly. For flavor and color, coat them with a mixture of paprika and other seasonings. Cover with waxed paper, microwave on High and stir at times indicated.

The salad dressing for both salads uses a combination of vinegar, sugar and pan drippings from stir-frying in the first step. Since the pork and chicken cuts are both very low in fat, the tiny amount left in drippings adds just the right touch of flavor, but keeps both salads low in calories.

Serve either salad with warm rolls or garlic bread. Wrap rolls or bread in foil and start warming them in your conventional oven as you start to make the salad. Or pop a pan of refrigerated biscuits in to bake before starting the salad. In

about 10 minutes, you'll be ready to sit down and eat.

Hot Pork and Pear Tossed Salad
5-6 cups bite-size pieces of salad greens

2 medium firm winter pears, cored and thinly sliced

4 green onions, including green tops, cut in 1-inch slivers

1 pound pork tenderloin or boneless lean chops

1 teaspoon seasoned salt

1 teaspoon paprika

1/3 cup coarsely broken walnuts

2 tablespoons cider or herb vinegar

2 tablespoons sugar

Freshly ground black pepper

In large serving bowl, toss together salad greens, pears and green onions; set aside.

Cut pork into 1 1/2 x 1/4 -inch strips. (If using chops, trim off all visible outside fat.) In a microwave-safe 1-quart casserole, stir together pork strips, seasoned salt and paprika until pork is well coated with spices; add walnuts. Cover with waxed paper. Microwave (High) 4 to 5 minutes, stirring each 2 minutes or until pork is done. With a slotted spoon,

remove pork strips and walnuts to salad mixture; toss to mix. Quickly add vinegar, sugar and black pepper to pork drippings. Microwave (High) 45 to 60 seconds. Stir to dissolve sugar. Quickly pour mixture over salad and toss. Serve immediately. Makes 6 servings.

Each serving: 153 calories, 9g protein, 9g fat, 12g carbohydrate, 259mg sodium, 18mg cholesterol.

Hot Chicken and Cabbage Salad
1 package (3 ounces) chicken flavor oriental noodle (ramen) soup mix

1/2 teaspoon paprika

1/2 pound boneless skinned chicken breasts, cut in 1/2 x 1/4 -inch pieces

1 tablespoon sugar

1 tablespoon oil

2 tablespoons white vinegar

1/8 teaspoon salt (optional)

2 cups thinly sliced cabbage

1 or 2 green onions, including green tops, thinly sliced

3 or 4 medium mushrooms, sliced

Crumble noodles from soup mix; set aside. In microwave-safe

2-quart casserole, stir together seasoning packet from soup mix and paprika. Stir in chicken until well coated. Cover dish with waxed paper. Microwave (High) 2 to 3 minutes, stirring after each minute, or until chicken is done. Quickly stir in sugar, oil, vinegar and salt until sugar is dissolved. Add cabbage, onions, mushrooms and crumbled noodles; toss to coat with dressing. Cover with waxed paper. Microwave (High) 1 to 2 minutes, stirring after 1 minute. Cabbage should be warm and slightly wilted; noodles will remain slightly crisp. Serve immediately. Makes 2 large servings.

Each serving: 345 calories, 31g protein, 41g fat, 26g carbohydrate, 446mg sodium, 73mg cholesterol.

Questions and answers -
Q. I have a small microwave oven. Most of the time I cook only for one person — myself. Often I cook or reheat very small amounts of food. The instructions that came with my microwave caution against running

(Turn to Page B16)

KUBOTA COVERS THE FIELD



KUBOTA LAWN & GARDEN TRACTORS

Model	CYL	HP	Transmission
G3200	2	10	Standard
G4200	2	12	Standard
G4200H	2	12	Hydrostatic
G5200H	3	14	Hydrostatic
G6200H	3	16	Hydrostatic

KUBOTA M SERIES TRACTORS

Model	CYL	PTO HP	Speeds	
			Forward	Reverse
M4030	6	43 00	8/4	
M5030	6	49 00	16/4	
M6030	3	57 00	16/4	
M7030	4	68 00	16/4	
M8030	4	76 00	16/4	
M4950	6	49 57	12/4	
M5950	3	58 00	12/4	
M6950	3	66 44	12/4	
M7950	4	75 44	12/4	
M8950	4**	85 00	24/8	

*Manufacturer's estimate **Turbo aspirated

Visit your Kubota dealer to find out which Kubota will be best in your field.



Nothing like it on earth.™

Kubota has the field covered with dozens of diesel tractors. From 10 horsepower lawn and garden tractors to 85 PTO horsepower turbo charged farm tractors.

And while they vary in size, all are built by Kubota to exacting quality specifications. All are powered by Kubota diesel engines. They're sturdy and dependable, fuel efficient, and require little maintenance.

Multi-cylinder design

makes them quiet and they run with less vibration.



KUBOTA B AND L SERIES TRACTORS

Model	CYL	HP	Choice of Transmission
B4200	2	12 5*	Standard
B5200	3	13*	Standard
B6200	3	15*	Standard or Hydrostatic
B7200	3	17*	
B8200	3	19*	
B9200	4	22 5*	
PTO HP			
L245HC	3	21*	Standard
L2050	3	20*	Standard
L2250	3	21*	Mechanical shuttle shift
L2550	3	23 5*	Mechanical shuttle shift
L2550GST	3	23 5*	Glide shift
L2850	4	27*	Mechanical shuttle shift
L3350	4	32*	8x8 or Hydraulic shuttle shift
L3750	5	36*	
L4150	5	40*	

Call The Kubota Dealer Nearest You Regarding **6.5% APR FINANCING** Good Through April 30, 1988

PENNSYLVANIA

Alburtis
CANNIS-BILCO
215-966-3733

Avondale
THOMAS POWER EQUIP.
215-268-2181

Bloomsburg
TRACTOR PARTS CO.
717-784-0250

Carlisle
PETERMAN FARM EQUIP., INC.
717-249-5338

Chambersburg
STOUFFER BROS., INC.
717-263-8424

Dover
STRALEY FARM SUPPLY, INC.
717-292-2631 -4443

Honesdale
MARSHALL MACHINERY, INC.
717-229-7117

Invin
LASPINA EQUIPMENT
412-864-5147

Jersey Shore
THOMAS L. DUNLAP
717-398-1391

Lebanon
KELLER BROS. TRACTOR CO.
717-49-8501

Lutz
KELLER BROS. TRACTOR CO.
717-626-2121

Limerick
THE HAY PRESS
215-489-0611

McAlisterville
INCH EQUIPMENT CO.
717-463-2191

Mifflinburg
MIFFLINBURG FARM SUPPLY INC.
717-966-3114

Reading

NICARRY EQUIPMENT CO.
215-926-2441

Reynoldsville
MCGARVEY EQUIP. CO.
814-853-8637

State College-DuBois
KISSELL EQUIPMENT CENTER
814-237-3325 371-0854

Wellsboro
BENEDICT'S FORD TRACTOR
717-724-2839

West Chester
M.S. YEARSLEY & SONS
215-696-2990

MARYLAND

Hagerstown
ARNETT'S GARAGE
301-733-0515

Rising Sun
AG IND. EQUIP. CO. INC.
301-658-5568

NEW JERSEY
Andover
ANDOVER TRACTOR & EQUIP. INC.
201-786-5525

Fairfield
CALDWELL TRACTOR & EQUIP. INC.
201-227-6772

Flemington
PONIATOWSKI BROS. EQUIP. CO.
201-782-3514

Hainesport
MATERIAL HANDLING SYSTEMS
609-267-6100

Hammonton
RODIO TRACTOR SALES, INC.
609-561-0141

Your Kubota Dealer Invites You To Come In And See The Full Line Of Kubota Tractors & Implements