



MICROWAVE MINUTES

By JOYCE BATTCHER

You'd like something a little special to serve to out-of-town guests? Yet you don't want to spend all day cooking or heat up the conventional oven? Then try today's recipes.

These recipes are also perfect for an easy, nutritious family meal. Serve either with tender-crisp cooked broccoli spears or raw broccoli tossed with other vegetables and a tangy yogurt dressing. For dessert, fresh fruit or a scoop of refreshing sherbet add a light

touch.

Both of today's recipes are quick and easy to make. **Chicken Chinese Quiche** microwaves in about 25 minutes compared to baking about 50 minutes in a 350 degree F. oven. **Seafood Sauce** cooks in less than 10 minutes, without constant stirring and no danger of scorching.

Both are made with nutritious high-calcium dairy foods. In honor of June Dairy Month, I've included the amount of calcium for

each serving in the nutritional analysis below each recipe.

Both dishes can be made ahead and reheated. See directions under each recipe.

Both can be made lower in calories and fat by using lower-calorie dairy products. Also, serving **Seafood Sauce** over high-calcium, low-calorie cooked broccoli, instead of a croissant makes a big difference.

I've tried both recipes using skim milk. It works perfectly and cuts some fat and calories off of each. I also chose a low-fat natural cheese. Again, I get perfect results with a lower-fat mozzarella or Cheddar cheese. I reduced the amount of butter in the **Seafood Sauce**. You can only do this in the microwave-- on the range, the mixture would burn and stick onto the pan bottom. (Don't be fooled and substitute regular margarine for butter, if you are only looking for less calories and fat. Regular margarine has the same amount as butter.)

A word about cheeses. Lower-fat cheese is one made with skim milk or part skim milk. You usually have to check labels and the fine print to see which cheeses are lower in fat. Mozzarella made with part skim milk is common in supermarkets, but I've found only one national brand that makes a lower-fat Cheddar. You might also look in large supermarkets and specialty food shops. They often offer a large variety of lower-fat cheeses.

Don't try to substitute process cheese foods or process cheese products in these recipes, unless you add more thickening. These cheeses are higher in moisture, so will dilute the mixture and not give quite the right consistency. (They are also much higher in sodium.)

Seafood Sauce in Cheesy Croissants

- 1 package (10 ounces) frozen peas
- 3 tablespoons butter
- 3 tablespoons chopped celery
- 2 tablespoons grated onion
- 3 tablespoons all-purpose flour
- 1 1/2 cups milk
- 1 can (5 ounces) crabmeat, drained
- 1 can (4 1/4 ounces) shrimp,

drained

- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper, preferably white
- 3/4 cup (3 ounces) shredded Cheddar cheese
- 6 croissants, split
- About 3 tablespoons shredded Cheddar cheese

Thaw peas in freezer box (if box contains foil, remove peas to a microwave-safe dish) by microwaving (High) about 1 minute; drain and set aside.

In microwave-safe 2-quart casserol, place butter, celery and onion; cover with waxed paper. Microwave (High) about 1 to 2 minutes or until vegetables are tender. Stir in flour. Microwave (High) about 30 seconds or until bubbly. Gradually stir in milk; stir until smooth. Microwave (High) 4 to 5 minutes or until thick, stirring after each 2 minutes. Stir in thawed peas, crabmeat, shrimp, lemon juice, Worcestershire sauce and pepper. Microwave on Medium (50% power, 325-350 watts) 5 to 6 minutes or until hot, stirring once. (Or, microwave on High for 3 to 5 minutes, stirring twice.) Stir in 3/4 cup Cheddar until melted. Split croissants; spoon seafood mixture on bottom halves, saving a small amount for tops. Cover with croissant tops; spoon remaining sauce on top and sprinkle each with about 1/2 tablespoon additional Cheddar. Serve immediately. Makes 6 servings.

Each serving: 409 calories, 21g protein, 234mg calcium, 23g fat, 29g carbohydrate, 763mg sodium, 95mg cholesterol.

To make ahead and reheat: Cook sauce for 4 to 6 minutes, or until thick, as above. Stir in lemon juice, Worcestershire sauce and pepper. Cover and refrigerate. Before serving, stir in thawed peas, crabmeat and shrimp. Microwave on Medium 6 to 7 minutes or until hot, stirring once. (Or, microwave on High 4 to 5 minutes, stirring twice.) Continue as above.

Lower calorie: use only 2 tablespoons butter, same amount of skim milk and Cheddar cheese made with skim milk. Cook as

above. Serve on broccoli spears.

Each serving: 214 calories, 22g protein, 346mg calcium, 8g fat, 18g carbohydrate, 446mg sodium, 75mg cholesterol.

Chicken Oriental Quiche

- 1 1/2 cups (6 ounces) shredded Brick cheese
- 1 microwaved or baked pastry crust in microwave-safe pie plate
- 3/4 cup cooked diced chicken
- 1/2 cup thinly sliced green onions
- 1/2 cup chopped water chestnuts
- 1 1/2 cups half-and-half
- 1 tablespoon cornstarch
- 3 eggs, beaten
- 1 teaspoon soy sauce
- 1/2 teaspoon pepper

Garnish: Chow mein noodles, slightly crushed

Evenly sprinkle cheese into microwaved crust. In a medium bowl, stir together chicken, onions and water chestnuts; spread over cheese. In same bowl, stir a small amount of half-and-half into cornstarch until smooth. Add remaining half-and-half, eggs, soy sauce and pepper; mix until smooth. Pour over chicken mixture. Microwave (High) 5 to 6 minutes or until mixture puffs about 1 1/2 inches along edges. Then stir gently, being careful not to break crust bottom and stirring cooked edges to center. Smooth top. Continue microwaving on Medium (50% power, 325-350 watts) 23 to 25 minutes or until knife inserted near center comes out almost clean. Let stand about 10 minutes or until firm. Sprinkle with chow mein noodles. Serve warm or cold. Makes 6 to 8 servings.

Each serving: 1/4 of pie: 300 calories, 13g protein, 208mg calcium, 22g fat, 16g carbohydrate, 338 mg sodium, 138 mg cholesterol.

To make ahead and reheat: Prepare as above. Let stand 10 to 20 minutes; cover and refrigerate. To reheat whole quiche: Cut into wedges; arrange, about a half inch apart, on a microwave-safe round serving plate. Cover loosely with plastic wrap and microwave on Medium for 4 to 5 minutes (rotating plate once) or until quiche feels warm, but not hot. For one slice (1/4 of pie): microwave, covered, on Medium 1 to 1 1/2 minutes or until warm, but not hot. Check after 1 minute.

Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes, % Extra Newspaper Features, P.O. Box 6118, Rochester, MN 55903. Please include a self-addressed, stamped, business-size envelope.

Boost Your Diet

(Continued from Page B6)

CORN PUDDING

- 2 cups corn, fresh or frozen
- 2 eggs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon sugar
- 2 tablespoons butter
- 1 tablespoon flour
- 1 cup milk

Combine above ingredients and place in blender. Mix a few minutes until blended. Pour into buttered baking dish. Bake at 350 degrees for 35 minutes. Serves 6.

Nanette Bushong

Lancaster Co. Dairy Princess

OPEN-FACE SANDWICHES

- Frankfurters
- Sharp cheese
- Tomato slices
- Bread

For each serving, toast bread on one side, under broiler. Place toasted side down on cookie sheet. Top each with 3 lengthwise halves of frankfurters; then cheese slice and tomato slice. Broil under oven broiler until cheese bubbles.

Betty Biehl
Mertztown

CHOCOLATE CHIP CAKE

- 2 cups all purpose flour
- 1 1/2 cups sugar
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 1/2 cups dairy sour cream
- 3/4 cup butter
- 1 teaspoon vanilla
- 3 eggs
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 cup semi-sweet chocolate pieces

Heat oven to 350 degrees. Grease 13x9-inch pan. In large bowl, combine first nine ingredients. Blend 1 minute at low speed; beat 3 minutes at medium speed. Pour half of batter (about 2 1/2 cups) into greased pan. In small bowl, combine 1/2 cup sugar and cinnamon. Sprinkle half of sugar mixture and chocolate pieces over batter. Repeat with remaining batter, sugar mixture and chocolate pieces. Bake 35 to 40 minutes until toothpick in center comes out clean.

Jenny Bigelow
Blair Co. Dairy Princess

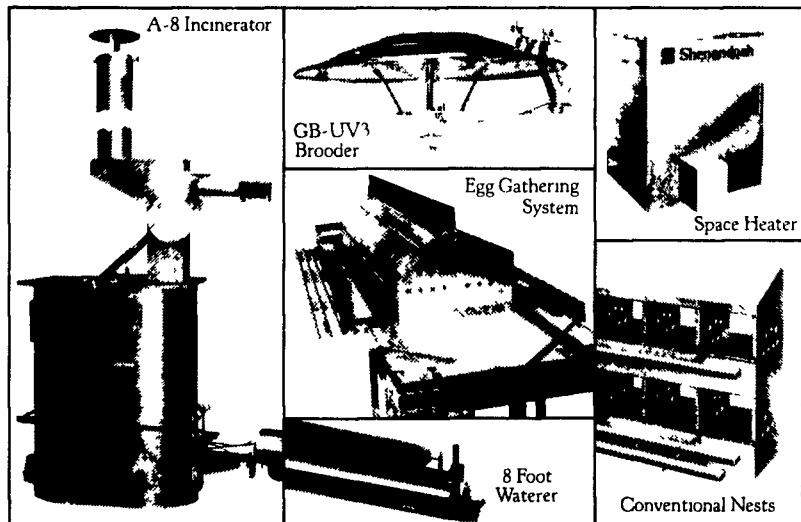
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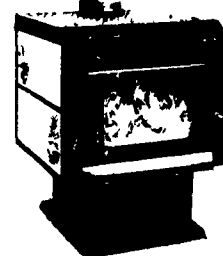


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