



# MICROWAVE MINUTES

By JOYCE BATTCHER

If you think it's too hot to bake, think again. Discover how to micro-bake a variety of foods and keep cool this summer.

To get you started with some easy micro-baking recipes, Pillsbury has a free booklet, "Great Recipes for the Microwave." It offers nine recipes for main dishes, snacks and desserts, all starting with refrigerated doughs. The booklet also includes a chart of reheating times for oven-baked refrigerated dough products and instructions for microwaving refrigerated pie crusts to use with a favorite filling.

For a single free copy, send your name, address and zip code to: Great Recipes for the Microwave, Pillsbury, P.O. Box 5886, Minneapolis, MN 55460.

I've chosen two of the recipes to share with you. Both are tasty and attractive looking, but watch out for the toffee. I be you won't be able to eat just one piece!

Watch "Microwave Minutes" for more micro-baking recipes and hints all through the summer.

## Italian Beef Pie

- 1 package (15 ounces) All Ready Pie Crusts\*
- 1 teaspoon flour
- 1 pound ground beef
- 1 can (17-ounce) whole-kernel corn, drained
- 1 cup prepared spaghetti sauce
- 1/4 cup Parmesan cheese
- 2 eggs, beaten
- 1 cup (4 ounces) shredded mozzarella cheese
- 1/4 cup sliced ripe olives

Using 9-inch microwave-safe pie pan, prepare crust as directed on package for unfilled one-crust pie. (Refrigerate remaining crust for later use.) Flute, if desired. Generously prick bottom, sides and curve of pie crust in pan. Microwave on High. For low wattage ovens (400 to 600 watts), microwave 7 to 10 minutes; for high wattage ovens (600 to 700 watts), microwave 5 to 7 minutes, rotating 1/2 turn halfway through cooking. Crust is done when it appears dry and flaky and golden brown spots just begin to form.

(Caution, pie pan will be hot to handle.)

Place ground beef in microwave-safe large bowl; microwave (High) 4 to 5 minutes or until no longer pink, stirring halfway through cooking; drain. Add corn, spaghetti sauce, Parmesan cheese and eggs; stir until well blended. Pour into cooked pie crust; cover with waxed paper. Microwave (High) 6 1/2 to 10 minutes or until knife inserted near center comes out clean, rotating 1/2 turn halfway through cooking. Sprinkle with mozzarella cheese and olives. Cover with waxed paper and let stand about 5 minutes or until cheese melts. Makes 6 to 8 servings.

\*Crust directions are for using a Pillsbury All Ready Pie Crust. With a "from scratch," frozen crust or mix, microwaving time is about 4 to 5 minutes on High, or until crust appears dry and blistered.

Note: If you compare directions in the booklet with the above, you'll notice that I changed directions slightly to get the center of the pie done and to keep cheese from toughening.

Each serving — 1/4 of pie: 363 calories, 19g protein, 22g fat, 22g carbohydrate, 589mg sodium, 110 mg cholesterol.

### 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.

# Ida's Notebook

Ida Risser



Our grandchildren live thousands of miles away. So if we are lucky we see them once or twice a year. Therefore, it is seldom that I am asked to babysit for them.

But pets are another story. When my son and his wife flew to Chicago to attend a wedding, I was asked to tend their two dogs. One is a year-old German Shepherd mix, "Bandit", that loves to jump up on me to show his affection. This is not my idea of the ideal behavior when I must feed him on a Sunday morning.

Their other dog is an Australian Shepherd puppy, "Joshua", that is very good at losing his feed and water dishes. We never did find the one until a few days had gone by. He is to be trained to herd cows, but being a pessimist, I'll have to see that to believe it.

My four days with Cindy's black kitten, "Stormy", is another story. This is a house cat, and it did use its litter box which I greatly appreciated. However, it had so

much energy and wasn't satisfied to explore the floor plan of the seven rooms on the first floor but continually walked over the furniture. Now this led to sitting on the windowsills between the flower pots and behind the lace curtains. I will say that it was very careful and only knocked one pot on the floor.

One day I coaxed it out the back door and it hid under the lily leaves and would not come when I called it. So when I finally caught it, I put it back in the house, and then it actually cried to come out again. It was afraid it would get lost in the heavy foliage that surrounds our lawn, and then when Cindy came for it, it would be gone.

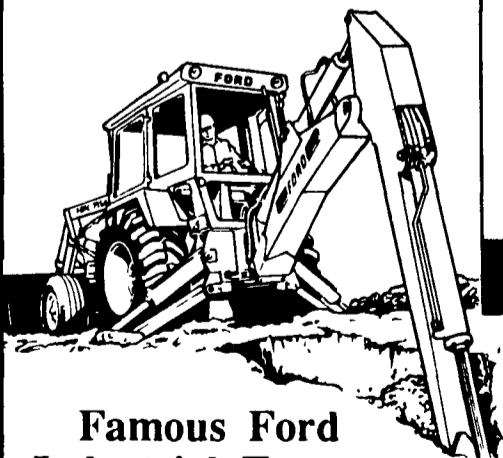
Anyway, she arrived from North Carolina one evening to get her pet. She let it in the yard and it promptly climbed a tall tree as a thrush was scolding it. We could not coax it down, and so my son had to get a tall ladder and go up after it or I'd still be pet sitting.

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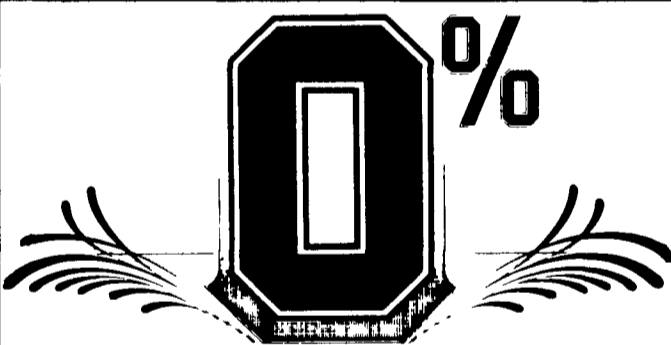
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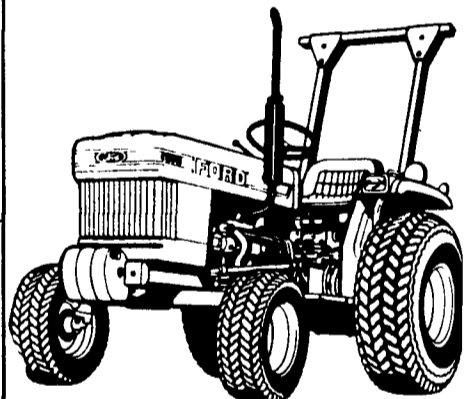
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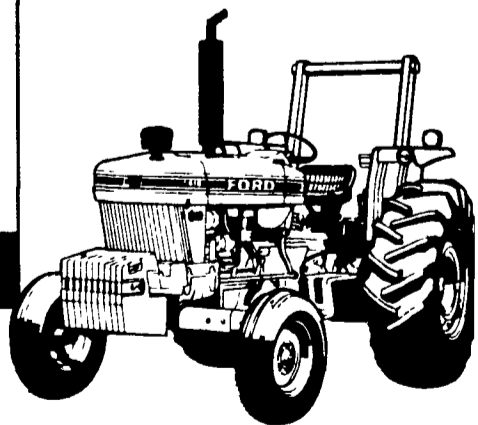
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