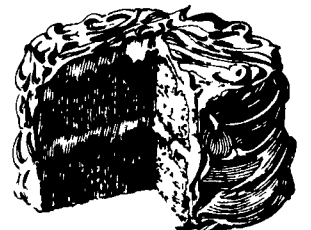


# Home On The Range



## It's Okay To Fowl Up These Recipes

Poultry is enjoying a tremendous growth in popularity as consumers become more sophisticated about health and nutrition. And the increase will continue with experts forecasting that chicken will become the number one meat by 1990.

Chicken brings more to the table than good flavor. Lower in calories and fat than most meats, chicken provides the complete protein the body requires daily. It does not need rich sauces or other calorie-laden ingredients to enhance its flavor. It is delicious baked or roasted with nothing but its own natural seasoning. The addition of calorie-free herbs or spices can give chicken entirely different tastes. And it can be teamed with most nutritious fruits and vegetables for light, healthy meals.

Removing the skin on chicken cuts the already low fat content almost in half.

If your culinary talents love being stimulated, try your hand at these fabulous recipes.

### CHICKEN AND RICE

- 1½ pounds boneless chicken thighs, cut in chunks
- 2¼ cups water
- 3 bouillon cubes
- 1 teaspoon salt, divided
- 1 cup long grain rice
- 1 can (4 ounces) mushroom stems and pieces
- ½ cup flour
- ½ teaspoon pepper
- ¾ cup vegetable oil

In medium saucepan, place water, bouillon cubes and ¼ teaspoon salt. Place on high temperature and heat to boiling, stirring to dissolve cubes. Add rice, cover, reduce heat to low and cook until rice is done and liquid is absorbed, about 20 minutes. Stir in mushrooms and cover again for about 3 minutes. While rice is cooking, mix together flour, remaining ¼ teaspoon of the salt and pepper; add chicken and turn, coating all sides. In frypan, place oil and heat over medium high temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides and fork can be inserted in chicken with ease. Remove pan from heat; drain and discard all oil. Stir in rice-mushroom mixture, mixing well. Serves 4.

### HERBED 'N' SPICED CHICKEN

- 8 broiler-fryer chicken parts
- ½ cup nonfat yogurt
- ½ teaspoon curry powder
- 1 cup herb-seasoned stuffing mix
- 1 teaspoon salt
- ½ teaspoon pepper

Grease a 9x13-inch baking pan. Mix together yogurt and curry powder. Pour dry stuffing mix into blender or food processor and process until crumbs form. Sprinkle chicken with salt and pepper, brush with yogurt mix and roll in stuffing crumbs. Place chicken in a single layer, skin side up, in baking pan. Bake in 350 degree oven for about 55 minutes or until fork can be inserted in chicken with ease. Serve hot or place in refrigerator to chill. Makes 4 servings.

### ORANGE-GLAZED CHICKEN TIDBITS

- ¼ cup low-calorie orange marmalade
- 2 tablespoons soy sauce
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- 15 ounces skinned and boned chicken breasts cut into 1-inch pieces

In medium mixing bowl combine all the ingredients except chicken. Add chicken pieces and toss to coat. Cover and refrigerate for 30 minutes. Toss again after 15 minutes. Transfer to broiling pan and broil 5 minutes. Turn, brush with marinade and broil three minutes longer. Serves 4.

Lois Minnich  
Auburn, Me.

### MY FAVORITE STIR-FRY

- 2 large jars prepared brown gravy
- 2 tablespoons soy sauce
- 2 whole skinless chicken breasts cut in thin strips
- 1 pound veal, cut in thin strips
- 2 bags frozen vegetables: broccoli, water chestnuts, etc.
- 1 bag frozen snow peas
- Rice

- 1 can shrimp, drained
- Salt and pepper to taste

In wok or large pan, stir-fry the frozen veggies. Add the chicken and shrimp. Heat gravy and soy sauce. Cook rice according to directions for six servings. To serve: put rice on plate, vegetables and meat on top with gravy. Variations: Instead of rice use noodles or macaroni.

Gloria Sweigart  
Manheim



**LIGHT 'N' LEAN CHICKEN BREASTS** have all the appeal of elegant spa cuisine: light, lovely and luscious.

### CHICKEN PASTA SALAD

- 1 chicken, cooked, skinned and boned
- 1 package (16-ounces) frozen broccoli
- ¼ teaspoon salt
- 1 package (8-ounces) shell macaroni, cooked
- 2 large tomatoes, cut into large cubes
- ½ cup coarsely chopped red onion
- ½ teaspoon pepper
- 1 cup Italian salad dressing (made from dry mix)

In saucepan, steam broccoli over boiling water for about 5 minutes. Remove broccoli from pan, drain and sprinkle with salt. In large bowl while ingredients are still warm, place chicken, broccoli, shell macaroni, tomatoes and onion; sprinkle with seasoned croutons and black olives. Serves 6.

### LIGHT 'N' LEAN CHICKEN BREASTS

- 4 chicken breast halves, skinned
- ½ teaspoon pepper, divided
- 2 cloves garlic, halved
- 1 cup low sodium chicken broth
- ½ cup dry white wine
- ¾ cup skim milk
- 2 teaspoons arrowroot
- 1 teaspoon finely chopped chives

Spray a non-stick frypan with reduced-calorie vegetable cooking spray. Heat to medium temperature; add chicken and sprinkle with ¼ teaspoon of the pepper. Cook, turning, about 20 minutes or until brown on all sides. Reduce temperature to low, add garlic halves and continue cooking until tender, about 10 minutes. Remove chicken to warm plate, leaving garlic in

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## Featured Recipe

Add fun to your youngsters' milk-break with an Apple 'N Spice Pizza Cookie.

This cookie of the 80's is made with the old-fashioned ingredients that never go out of style. White sugar blends with brown sugar into a pure sweet taste that gives this cookie a classic flavor. A wholesome touch is added with apples, oats and pecans.

Covered with melted chocolate chips and a confectioners' sugar drizzle, one wedge is bound to bring encores for milk.

This easy-to-make cookie is versatile, too -- the batter can be turned into simple drop cookies or shaped into a 14-inch pizza treat.

### Apple 'N Spice Pizza Cookie

- ¾ cup (1½ sticks) butter, softened
- ¾ cup granulated sugar
- ½ cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1½ cups unsifted all-purpose flour
- 1½ teaspoons ground cinnamon
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- 1 cup shredded apple (1 medium)
- ¾ cup uncooked oats

### Topping

- 1 pkg (6 oz) semi-sweet chocolate chips
- 1 cup chopped pecans
- ½ cup sifted confectioners' sugar
- 2 teaspoons milk

Preheat oven to 375°F. Generously grease 14-inch round pizza pan. In large electric mixer bowl, beat butter and sugars until creamy. Beat in egg and vanilla. Add flour, cinnamon, baking soda and salt; beat until batter is smooth. Stir in apple and oats. Spread batter evenly into pizza pan. Bake 20 to 25 minutes or until golden.

Remove from oven. Sprinkle chips onto hot cookie. Let stand 5 minutes until chips soften and look shiny. Spread with a metal spatula to make frosting. Sprinkle nuts on top. Cool completely.

In small bowl, combine confectioners' sugar and milk; mix until smooth. Drizzle on top of pizza cookie. Yield: a 14-inch cookie.

### Apple 'N Spice Drop Cookie

Prepare batter for pizza cookie but stir in chips and nuts. Drop batter by rounded tablespoons, 2 inches apart, onto ungreased baking sheets. Bake in 375°F. oven, 12 minutes or until edges are golden. Let cool on baking sheets 1 minute. Transfer to wire rack. Cool completely. (Omit confectioners' sugar drizzle.) Yield: 2 dozen jumbo cookies.

## 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.

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|--------------|------------------------------|
| <b>Sept.</b> |                              |
| 17-          | Brown Bag Lunches            |
| 24-          | Breakfasts For Hungry People |
| <b>Oct.</b>  |                              |
| 1-           | Pork Month                   |
| 8-           | Pork Month                   |