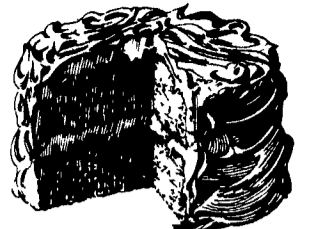


Home On The Range



Brown Bag Lunches That Will Send You Packing

It's always been a challenge to create school lunches kids will actually eat. Cookies and chips always seem to get snapped up, while sandwiches and fruit never make it out of the bag. Careful shopping can help make lunches both sweet and nutritious.

Lots of people—kids and adults—are choosing to "Brown Bag It" these days. Some carry lunches to control the quality and quantity of what they eat; others to cut costs, save time, or to cut calories. Besides, most people feel that a homemade lunch tastes better. Whatever the reason, the basis for most bag lunches is the sandwich.

A good lunch includes protein, fresh fruits or vegetables, bread and a beverage. Let's take a look at each of these. The only limit on sandwich combinations is your imagination and your refrigerator. Some of the suggestions may sound strange, but give them a try.

Protein

•Cheese: slice or grate; combine with pickles, nuts, onion or crushed pineapple.

•Nuts: try chopped walnuts and raisins with cream cheese.

•Peanut butter: in addition to the old standbys of jelly or honey, try raisins, sliced apple or banana, chopped prunes, Swiss cheese, lettuce and mayonaise.

•Egg: mix chopped, hard cooked egg with yogurt or mayonaise. For variety, add one of the following: onion, celery, green pepper, raisins, grated carrot or zucchini, nuts, olives, grated cheese or chopped pecans.

•Fish: if you cook fish for din-

ner, cook enough for tomorrow's sandwiches. Mix with mayonnaise or tartar sauce. Add lettuce for color and extra nutrition.

•Meat: what did you have for dinner last night? Meatloaf? Ham? Chicken? Roast beef? Slice it and add a pickle, or chop it and mix with other chopped goodies...celery, fruit or other vegetables.

•Processed lunch meats (bologna, salami) are tasty and quick, however they are expensive, and can be high in fat and sodium.

A brown bag lunch does not have to mean a sandwich. In fact, lunch without a sandwich opens up many possibilities, one of which is less preparation. Try:

•a hard cooked egg left in the shell—nature's protective covering.

•cold, cooked meat such as a chicken leg or several slices of roast beef or pork.

•cubes of cheese and meat

•cold pizza

•yogurt—good by itself or mixed with cut up fruits or vegetables.

Fruits and Vegetables

Pack at least one fruit or vegetable, preferably fresh. Offer some of the less common fruits. Try switching from apples and oranges to strawberries, pears, cherries, grapes, orange sections, sliced pineapple, melon wedges, berries, plums and pears or grapes once in a while. For a change from carrot sticks try lettuce wedges, cherry tomatoes, cauliflower and florets or cucumber strips.

If you're sending canned fruit, drain off the sugary syrup and put



Bored with the same old lunch? Try cream cheese on a bagel. Top with sliced apples and sprinkle with raisins, nuts and dates.

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.

24-

Breakfasts For Hungry People

Oct.

1-

Pork Month

8-

Pork Month

the fruit in a plastic container.

Bread

Provides energy, vitamins and fiber. Use either whole grain bread or enriched white bread. For variety, try rolls, bagels or crackers.

Beverage

Milk is recommended. Fruit juice is fine, if the lunch contains some cheese or yogurt for calcium. Avoid soda and high sugar drinks.

Snacks or Desserts

Try to keep them simple and low in sugar and fat. Some possibilities could be fresh fruit, oatmeal cookies, sunflower or pumpkin seeds, unsalted popcorn or peanuts.

A surprise can brighten your child's or your spouse's day. A note that says, "I love you," a short poem or a funny picture will certainly be a hit.

(Turn to Page B8)

Featured Recipe

Darlene Burkholder, Alburts, goes whole hog over pork—the other white meat.

"Pork has come a long way in recent years," she said, "It's lean and nutritious."

She believes that cooks unaccustomed to the new breed of pork often over cook it and destroy its natural flavor.

As the National Pork Women Council Director, a fulltime nurse and the wife of Stephen Burkholder who was named the PA Pork All-American, Darlene has a file full of fresh ideas for pork.

If you'd like to learn how you can win a barbecue apron through the exciting pork promotion that she has planned, read page B16.

In the meantime, try her favorite pork recipe.

Bavarian Pork Dinner

2 cups cubed red potatoes

¼ cup water

1 small onion

1 can 16 ounces washed/drained sauerkraut

2 pound boneless loin roast

1 medium apple (cored and thinly diced)

2 tablespoons packed brown sugar

1 tablespoon lemon juice

1 teaspoon caraway seed

2 tablespoons flour

1 cup apple juice

Browning Agents:

2 tablespoons worcestershire sauce

1 tablespoon dried parsley flakes

¼ teaspoon minced garlic

¼ teaspoon lemon pepper

In large floured cooking bag, combine potatoes, onion rings, and water. Microwave at high for 7 minutes or until potatoes "stick" done. During this, rub the exterior of the roast with the mixture for browning. To the potatoe/onion mixture, combine sauerkraut, brown sugar, lemon juice, diced apples, and caraway seed. Top with pork loin and close cooking bag, venting the tied end. Microwave at 30% power for 20-25 minutes, inverting the roast at this time. Microwave roast at 30% power for another 20-25 minutes. At this time, add the apple juice, flour combination. Microwave at 30% power for 5-10 minutes, or with roast reaches 155 degrees. Allow standing time of approximately 10-15 minutes. Garnish with cored apples and parsley.

Pork

Get out your recipe files and send your favorite pork recipe to Lancaster Farming. During October in honor of Pork Month, we will feature YOUR favorite recipes using pork products. Whether it is stir-fry, grilled, broiled, or cooked, we want to hear from you.

When you send a recipe, the state Pork Women's Council will mail you a free barbecue apron. The aprons, which are made from navy blue, high quality poly/cotton twill, are suitable for both men and women. LIMIT: ONE PER FAMILY. Make sure you include your name and full address so your apron will not be delayed. Send your recipe to Lancaster Farming Pork Promotion, P.O. Box 366, Lititz, PA 17543.