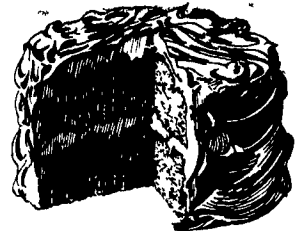


Home On The Range



One-Dish Meals Satisfy Hungry Appetites

One-dish meals are increasing in popularity. They are fast, use a minimal amount of dishes, and offer great taste.

Many one-dish meals can be prepared ahead of time, warmed up, and still maintain great flavor.

One-dish meals are often a good way to use leftovers. Be original. Don't be afraid to combine different ingredients or improvise a recipe. You may discover a great-tasting dish.

BEEF PIE

- 1 pound ground beef
- ¼ cup onion, chopped
- 1 cup vegetables, cooked
- ¼ cup water
- 1 10½ ounce can beef gravy
- 1 teaspoon Worcestershire sauce
- 2 tablespoons butter
- 1 cup milk
- 2 eggs
- 1 cup flour
- ¼ teaspoon salt
- ¼ teaspoon pepper

Brown ground beef and onion; drain. Add vegetables and ¼ cup beef gravy. Set remaining gravy aside. In a 10-inch quiche or pie plate, place butter and put in 425-degree oven.

Meanwhile in small mixing bowl, combine milk and eggs. Add flour, salt and pepper; beat until smooth. Remove dish with butter from oven. Pour egg mixture into hot dish. Spoon meat mixture evenly, keeping 1-inch from the edge. Return to oven. Bake for 25 to 30 minutes or until browned and puffed. Add the ¼ cup water and Worcestershire sauce to remaining gravy, heat and serve as topping with beef pie.

Darceta Albers
Peotone

GOLDEN RICE CASSEROLE

- 1 pound ground beef
- ¼ cup onion, chopped
- 2 cups water
- 1 teaspoon salt
- 1 cup uncooked rice
- 2 large carrots, shredded or sliced thinly
- ½ cup chopped green pepper, optional
- ¼ to ½ pound cooking cheese

Brown meat; drain. Add remaining ingredients except cheese. Cover and simmer 30 minutes. Add cheese; heat until cheese is melted.

Contributor writes: "This is one of my favorite quick and easy one dish meals."

Joanne Gehman
New Holland

KAREN'S BRUNCH COLLAGE

- 8 eggs
- 1 cup skim milk, divided
- 1 teaspoon onion salt
- ½ teaspoon basil leaves, crushed
- ¼ teaspoon pepper
- 1 cup cooked ham, chopped
- 1 tablespoon butter
- 6 slices whole wheat bread, toasted and halved
- ½ cup shredded Cheddar cheese
- 1 10-ounce package broccoli, chopped, thawed, drained
- 6 thin slices tomato

Beat together eggs, ½ cup milk and seasonings until blended. Stir in ham. In 8- to 10-inch omelet pan or skillet over medium heat; heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Continue until eggs are thickened but still moist. Do not stir constantly. Remove from heat.

In greased 8x8x2-inch baking dish, evenly layer 6 of the halved toast slices, scrambled egg mixture, ¼ cup of the cheese and remaining toast slices. Pour remaining milk over top. Sprinkle evenly with broccoli, top with tomato slices and sprinkle with remaining cheese.

Cover and bake in preheated 350 degree oven until heated through, about 25 minutes. Cut into squares and serve.

HASH BROWN QUICHE

- 6 eggs, divided
- ¾ teaspoon celery salt, divided
- 2 cups frozen shredded hash brown potatoes, thawed
- ½ cup sliced almonds
- 2 cups frozen vegetable blend
- ½ cup diced cooked chicken
- 1 cup milk

In medium bowl, beat together 1 egg and ¼ teaspoon celery salt. Stir in potatoes and almonds until well combined. To form crust, press potato mixture onto bottom and up sides of lightly greased 9-inch pie plate. Bake in preheated 375 degree oven for 5 minutes. Remove from oven. Sprinkle with vegetables and chicken.

Beat together milk, remaining eggs, and remaining celery salt until well blended. Pour over vegetables and chicken. Bake in preheated 375 degree oven until knife inserted near center comes out clean, about 45 minutes. Let stand 5 minutes before serving.

Am. Egg Board

FIESTA TAMALE PIE

- 1 8½-ounce package of corn muffin mix
- 1 egg
- 1½ cups milk
- 1 pound ground beef
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 can condensed tomato soup
- 1 can whole kernel corn, drained
- 1 6-ounce can tomato paste
- 1½ teaspoons chili powder
- 1 teaspoon salt
- ½ cup shredded cheddar cheese
- Dash paprika

Prepare corn muffin batter with corn muffin mix, egg, and milk. Set aside. Mix ground beef, onion, and garlic in 8x8-inch square baking dish. Microwave on high until meat loses pink color, 5 to 9 minutes, stirring once to break up meat. Drain. Stir in soup, corn, tomato paste, chili powder and salt. Microwave at high, 3 minutes. Spread corn muffin batter over beef mixture. Microwave at medium high for 5 minutes. Microwave at high until center is set, 4 to 8 minutes. Sprinkle with cheese and paprika during the last 2 minutes of cooking. If microwave oven does not have a carousel, rotate dish one quarter every 2 minutes.

Contributor writes that this is an easy microwave dish that has all four food groups represented.

Mrs. Jamie Bagley
Shunk

CASSEROLE

- 1½ pounds ground beef
- 4 slices bacon
- 1 large onion
- 1½ cups raw potatoes
- 1½ cups celery
- 1½ cups carrots
- 1½ cans peas
- 1 can mushroom soup
- 1½ cups macaroni
- 1 pint tomatoes
- ½ pound grated cheese

Brown ground beef and onion. Pour into casserole dish and add cooked carrots, celery, potatoes, peas, and macaroni. Fry bacon and lay on top. Pour tomatoes over mixture. Sprinkle grated cheese on top. Bake 1½ hours at 350 degrees.

Marie Horning
Mifflinburg

HAM & BEAN POT PIE

- 1½ pounds ham butt
- 2½ cups kidney beans
- 2 cups sifted flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons shortening
- ½ cup water
- 1 egg

Pot pie dough: Combine 2 cups flour with baking powder and salt. Cut in shortening. Add water to beaten egg. Mix well with flour. Roll very thin and cut in 2-inch squares. Cover ham with water. Cook 2½ hours. Remove ham, cut off bone. Bring broth to boil, drop in dough. Add ham and kidney beans. Boil 20 minutes.

Mary Jane Heidlebaugh



CHICKEN VEGETABLES MAKE PASTA SAUCE

Pasta recipes may be simple or complex.

ONE-DISH HAM SUPPER

- 1 16-ounce package elbow macaroni
- 2 packages frozen green beans, thawed
- ½ cup sour cream
- ½ cup butter
- 1 cup onion, sliced
- ½ cup flour
- 2 teaspoons Worcestershire sauce
- 1 teaspoon prepared mustard
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 cups milk
- 3 cups shredded Swiss cheese
- 4 cups diced cooked ham
- ½ cup parmesan cheese
- ½ cup green pepper ring

Cook macaroni according to package directions; drain and toss with beans and sour cream. Pre-

heat oven to 350 degrees. Melt butter in 3-quart saucepan. Saute onion until tender. Blend in flour, Worcestershire sauce, mustard, salt, and pepper. Remove from heat. Gradually stir in milk. Bring to a boil, stirring constantly. Boil 1 minute. Add Swiss cheese; stir until cheese is melted. Divide macaroni mixture between 2 buttered 2½ quart shallow baking dishes; pour ¼ of cheese mixture over each. Arrange ham over macaroni. Top with remaining cheese sauce. Sprinkle with parmesan cheese. Bake 30 minutes. Garnish with green pepper.

Serves 12. "Excellent for entertaining friends and family."

Angela Lang,
York Co. Dairy Princess

(Turn to Page B8)

Featured Recipe

If you're an egg lover and your doctor has told you to control the fat and cholesterol in your diet, don't despair!

Under the American Heart Association's prudent diet, four egg yolks a week are acceptable and egg whites may be consumed freely, since they contain no fat or cholesterol.

You can cut the cholesterol content of any of your favorite egg recipes such as omelets, quiches, and scrambled eggs in half by using two egg whites for one whole egg for half the eggs in the recipe.

You can substitute two whites for one whole egg in most recipes. For each whole egg replaced by two egg whites, add a teaspoon of oil and reduce the liquid in the recipe by 1½ tablespoons. Add a drop or two of yellow food coloring if you like.

Two egg whites are equivalent in protein to one ounce of meat. An egg white contains almost twice the amount of amino acids including the nine essential amino acids and only about a quarter of the calories of the yolk. Twenty percent of the daily total amino acid requirement for men and 25 percent for women is supplied in one egg white. All this for just 17 calories.

Here's a recipe that is drastically reduced in calories, fat, and saturated fat without losing the flavor and character of the dish.

SPINACH QUICHE

- ½ cup crushed bran or whole wheat crackers
- 2 whole eggs and 4 egg whites, beaten
- ½ cup skim milk
- ½ cup plain lowfat yogurt
- ½ cup dry curd cottage cheese
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup shredded part-skim mozzarella cheese
- 1 package (10-ounces) frozen chopped spinach, thawed and well drained.

Preheat oven to 350 degrees. Spray 9-inch pie pan with non-stick spray. Mix crumbs with small amount of egg mixture to moisten. Spread in bottom of pie pan. Beat together eggs, milk, yogurt, cottage cheese, salt and pepper; stir in mozzarella cheese and spinach. Pour into prepared crust. Bake at 350 degrees for 35 to 40 minutes, or until a knife inserted near center comes out clean.

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 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- February 2- Muffin Mania Week
- 9- Lamb
- 16- Potato Lovers Month
- 23- Heart Healthy Eat