

"Microwave Magic"

By:
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As the weather is getting warmer and time to start an outside cleanup, it is still nice to come into dinner to a warm meal. Cabbage is inexpensive right now so why not try some cabbage recipes?

Stuffed Cabbage Rolls Country Style

- 1/2 cup cornbread stuffing mix
- 1/2 teaspoon dried basil, crushed
- 1/4 pound bulk pork
- 1/4 pound ground pork
- 1/2 cup tomato sauce
- 1 tablespoon water
- 1/2 teaspoon sugar
- 1/2 teaspoon dried basil, crushed
- 1/2 teaspoon dried oregano, crushed
- 4 large cabbage or romaine leaves
- 1 beaten egg
- 1 small onion, finely chopped
- 1 stalk celery, finely chopped
- 1/2 teaspoon salt
- dash of pepper
- 1/2 cup water

For sauce: In a nonmetal bowl stir together tomato sauce, 1 tablespoon water, sugar, basil and oregano. Micro-cook covered, on 100 percent power (HIGH) for 1 1/2 minutes. Set aside.

Remove center vein of cabbage or of romaine leaves, keeping each leaf in one place. Place leaves in a 12x7 1/2 x2 inch baking dish. Cover with vented clear plastic wrap. Micro-cook covered, on 100 percent power (HIGH) for 1 to 3 minutes or until leaves are limp.

For filling: stir together egg, chopped onion, chopped celery, salt, pepper, breading and seasoning. Add meat; mix well. Divide meat mixture into four equal portions. Place one portion of meat mixture on each cabbage or romaine leaf. If using small

leaves, overlap 2 leaves for each portion. Fold in sides. Starting at unfolded edge, roll up each leaf, making sure folded edges are included in roll.

Arrange rolls in a 12x7 1/2 x2 inch baking dish. Pour 1/2 cup water over rolls. Cover with vented clear plastic wrap. Micro cook, covered, on 100 percent power (HIGH) for 14 to 17 minutes, rotating the dish a half turn after 8 minutes. Remove rolls to a serving dish. Reheat sauce, covered, on 100 percent power (HIGH) for 1 to 1 1/2 minutes or until warmed through. Spoon some sauce over rolls; pass the remaining sauce. Makes 2 servings.

Stuffed Cabbage Rolls Italian Style

- 2 tablespoons fine dry seasoned bread crumbs
- 1/2 cup shredded zucchini
- 2 tablespoons grated Parmesan Cheese
- 1/2 teaspoon dried oregano, crushed
- 1/2 pound ground beef

Follow the same directions as above.

Stuffed Burger

- 1 pound ground beef
- 1/2 cup finely chopped onion
- 4 slices Swiss cheese
- Alfalfa sprouts
- 1/2 cup dairy sour cream
- 3 tablespoons fine dry bread crumbs
- Dash of pepper
- 4 hamburger buns, splits

In a mixing bowl stir together dairy sour cream, fine dry bread crumbs, and pepper. Add meat; mix well. Shape meat mixture into eight 1/4 inch thick patties. Place equal amounts of stuffing on each

of four patties. Spread stuffing to within 1/2 inch of the edge. Top with remaining meat patties and seal edges. Place patties in an 8x8x2 inch baking dish.

Micro-cook, uncovered, on 100 percent power (HIGH) for 3 minutes. Turn patties over; rotate dish a half turn. Micro-cook, uncovered, on 100 percent power (HIGH) for 3 to 5 minutes or until patties are done. Cook about 6 minutes for pork or until pork is well done. Drain off fat. Top patties with topper. Micro-cook, uncovered, on 100 percent power (HIGH) for 1 to 2 minutes more or until topper is heated through. Serve patties on split hamburger buns. Top with garnish. Season with salt and pepper if desired. Makes 4 servings.

Vegetable Salad California

- 1- 10 ounce package frozen cauliflower
- 1- 8 ounce can cut gree beans, drained
- 1 small onion sliced and separated into rings
- 4 slices bacon
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 2 tablespoons chopped pimiento
- 1/2 teaspoon salt

Place frozen vegetable in a small casserole. Micro-cook, covered, on 100 percent power (HIGH) for 4 to 5 minutes or until vegetable is just tender, stirring once. Cut up any large pieces of cauliflower. Drain vegetable and set aside.

Cut bacon into 1 inch pieces. Place bacon in a 1 1/2 quart Casserole. Micro-cook, covered with paper toweling, on 100 percent

power about 4 minutes or until crisp-cooked, stirring once. Drain off fat. Stir sugar, vinegar, pimiento and salt into bacon. Stir in cooked frozen vegetable canned vegetable and fresh vegetable. Micro-cook, uncovered, on 100 percent power (HIGH) for 2 to 4 minutes or until heated through. Stir before serving. Makes 6 servings.

Rice Pilaf

- 1/4 cup water
- 2 tablespoons snipped parsley
- 1/2 teaspoon dried thyme, crushed
- Dash of pepper
- 1/2 cup finely chopped cooked chicken
- 1/2 cup sliced celery
- 2 tablespoons butter
- 1- 10 1/2 oz. can condensed chicken broth

1 cup long grain rice

In a 2 quart casserole combine chopped onion, sliced celery, and butter. Micro-cook, covered, on 100 percent power (HIGH) for 3 to 4 minutes or until vegetables are tender. Stir in chicken broth, rice, liquid, and seasoning. Micro-cook, covered, on 100 percent power (HIGH) for 4 to 6 minutes or until mixture begins to boil. Stir rice mixture.

Micro-cook, covered, on 50 percent power (MEDIUM) for 15 to 19 minutes or until rice is just tender. Stir in extra ingredient; micro-cook, covered, on 100 percent power (HIGH) for 1 to 2 minutes or until rice mixture is heated through. Let stand, covered, for 3 to 5 minutes. Makes 4 servings.

Research Guides Meat Board

CHICAGO, Ill. — The National Live Stock and Meat Board has used research as its cornerstone for programs since 1922 and in the area of nutrition research, the Meat Board has been a leader in establishing meat as part of a healthful, nutritious diet.

This year, the Meat Board Nutrition Research Subcommittees approved 12 research projects that will provide the industry additional knowledge to support the role of meat in the diet. Four beef checkoff-funded projects were approved and eight additional projects representing leveraged investments of beef, veal, pork and lamb dollars were approved. Ten universities will conduct the research, totaling more than

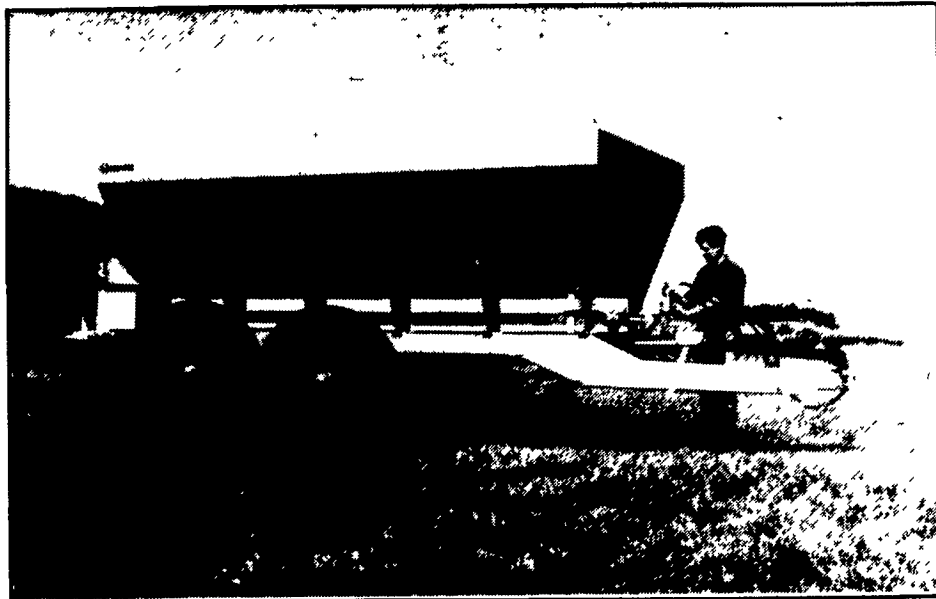
\$436,000, focusing on the nutritional role of meat in the normal diet, nutrient interaction, bioavailability and other diet/health issues.

According to Bob Norris, Meat Board chairman, the research results will help answer questions important to nutrition and health professionals and help the industry respond more directly to specific issues.

"Our meat industry programs utilize data collected from research to create messages that communicate meat's proper role in a healthful diet," Norris says. "Research works behind the scenes to give our industry the factual foundation it needs to conduct our demand-building programs."

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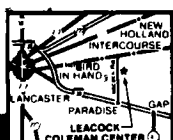
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