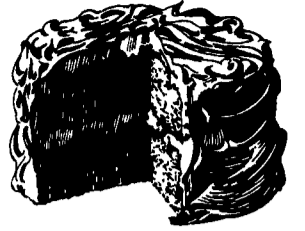


Home On The Range



Dairy Favorites From Our Readers

This year marks the 56th annual June Dairy Month. To salute dairy farmers and encourage consumers to use dairy products in cooking, Lancaster Farming offered cowmania prizes for favorite recipes using at least one dairy product such as butter, milk, cream, cheese, yogurt, or ice cream.

Thanks to our readers for submitting hundreds of recipes. These recipes will be printed throughout the month of June. Pennsylvania Dairy Princess Robin Wilbur will draw the winning entries and the contest winners will be announced in the June 27th issue of Lancaster Farming.

Until then, you can be a winner by making these recipes for friends and family.

BEEF ENCHILADAS

1 pound ground beef
1 teaspoon minced garlic
1 teaspoon chili powder
¼ teaspoon salt and pepper
½ cup enchilada sauce
6 large (7-inch) corn tortillas
2 teaspoons vegetable oil
1 cup shredded cheddar cheese
1 cup (4 oz.) whole green chilies, drained and cut into strips.
Combine beef, garlic, chili powder, salt and pepper in microwave-proof pie plate. Microwave on high, stirring twice, until cooked, about six minutes. Drain. Stir in ½ cup sauce. Brush tortillas with oil. Stack, cover and microwave until soft, about one minute.

Combine cheese and place half in strips down center of tortillas. Top each with two strips chili and ½ cup beef mixture. Roll up and place seam side down in microwave-proof dish. Top with remaining sauce and cheese. Cover. Microwave on medium-high (70% power) five minutes. Serve with sour cream. Makes four servings.

My name is Norma J. Bausher and my husband's name is Daniel. We have a 20-month-old son, Drew, and a 7-month-old daughter, Danielle. We are employed on the George and Mary Troutman

Jr. dairy farm, Myerstown. The dairy farm consists of 160 acres of corn and alfalfa and 80 registered Holstein cows. My husband is in charge of the dairy cows and I help part time. We have only been on the farm for one year and really enjoy it. Raising two children and helping with the milking makes this recipe quick and easy to use on a busy summer day.

I also enjoy doing yard and garden work. I really enjoy doing some sewing and reading if I find the time. We all are members of the Midway Church of the Brethren and I'm a member of Farm Women Group #7 and the Lebanon County Dairy Princess Committee.

For 11 years I had been a secretary at the Lebanon County Extension Office until October of 1991, and I'm really enjoying being a full-time mother and farmwife. It was a change at first, but I'm getting used to it and keeping busy.

Norma J. Bausher
Myerstown R1

APPLE PIE

3 cups apples
¾ cup brown sugar
1 tablespoon flour
½ teaspoon cinnamon
2 tablespoons milk
2 tablespoons butter
Mix together apples, sugar, flour, and spice until well blended. Place mixture in unbaked crust. Add milk and butter over the top. Put crust on top. Bake at 350 degrees for 45 to 60 minutes.

We live on a 60-acre farm in Dauphin County. We have a dairy, raise our own heifers, farm corn and hay. We have a garden and enjoy gardening, our flower beds, and outdoor jobs.

We have one daughter, 2 years old, one dog, cats, 3 Bob-whites, and cows and horses, of course. We have quite a bit of cows in my kitchen so we enjoy entering in this cow bit thing.

Martha Smucker
Millersburg



Healthy, great-tasting recipes show how versatile dairy products can be in appetizers, salads and dressings, entrees, beverages, and desserts.

EASY CREAMED TOMATOES

¼ cup butter
4 cups tomatoes, canned
¾ cup flour
1 teaspoon salt
¼ teaspoon crushed red pepper or pizza pepper
4 cups milk

Melt butter in saucepan. Gradually add tomatoes. Heat to boiling over direct heat and mash tomatoes. Blend flour with milk, stir until smooth. Add to the tomatoes. Boil gently until thickened, stirring constantly. Add pepper and salt. Serve piping hot over toast or biscuits. Makes 6 to 8 servings.

I live on a 140-acre farm with my husband, Lucius, and son, Jody. We raise beef cattle. Our son graduated from Virginia Tech in December. I enjoy creating new recipes. Also I am a leader of a very active 4-H Club and am involved with church activities. Each week, I look forward to receiving our copy of Lancaster Farming. The B section especially interests me.

Joann Fraizler Hensley
McGaheysville, Va. 22840-9648

BAKED ALASKA

1 box chocolate cake mix
4 egg yolks
½ cup water
Mix together and bake at 350 degrees for 20 minutes. Freeze cake. When frozen, spread on vanilla ice cream.

Meringue:
4 egg whites, beaten until foamy
½ cup sugar
½ teaspoon cream of tartar
When ice cream is frozen, spread meringue on top of ice cream. Put under broiler until golden brown. Return to freezer immediately.

This is a refreshing dessert that we enjoy. It is especially good if it is thawed a little before eating.

We live on a 45-cow dairy farm with our three children, Kevin, 5; Bethany, 3; and Kaylene, 4 months; in western Lancaster County.

Mrs. Elvin Reiff
Mt. Joy

BEST ZUCCHINI BARS

2 cups sugar
1 cup oil
3 eggs
2 cups flour
1 teaspoon cinnamon
1 teaspoon salt
2 teaspoons soda
2 teaspoons baking powder
1 teaspoon vanilla
2 cups shredded, ungrated zucchini

1 small carrot, shredded
¼ cup oatmeal

Frosting:

½ cup soft butter
2 teaspoons vanilla
2½ cups confectioners sugar
3 ounces cream cheese
Beat together sugar, oil and eggs. Beat in flour, vanilla, etc. Fold in zucchini, carrots and oatmeal. Mix well! Bake at 350° for 15 to 20 minutes. Cook bars - frost - cut into bars.

Emma Glick
Quarryville

SPAGHETTI PIE

7 ounces spaghetti noodles
Cook with salt, drain and then add:
2 tablespoons butter
½ cup Velveeta cheese
2 eggs, beaten
Then press into baking dish:
1 cup cottage cheese
1 pound hamburger browned w/ onion

2 cups spaghetti sauce.
Mix with meat then pour over top of noodles and cottage cheese. Bake one hour at 250° covered with foil then take out and put mozzarella cheese on top and bake five minutes uncovered.

My husband, Paul, is a dairy farmer and we have four children, three girls and one boy.

Shirley Horning
Stevens

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Featured Recipe

Cook Without Cooking!?

During the sultry days of summer, don't get caught up in the kitchen! *Cookless Cooking*, a new leaflet from the American Dairy Association, features quick and easy recipes that require no cooking — except for boiling water! To have refreshing, dairy delicious appetizers, salads, sandwiches, snacks and desserts at your fingertips, send a stamped, self-addressed business-size envelope to: *Cookless Cooking*, Middle Atlantic Milk Marketing Association, Cromwell Center, Suite 106; 810 Glencagles Court, Towson, MD 21204.

Dad's Favorite Salad 4 servings

Dressing:

1 carton (8 ounces) plain yogurt
½ cup crumbled Blue cheese
1 teaspoon sugar
½ teaspoon EACH: salt, celery seed
¼ teaspoon dried basil

Salad:

3 cups torn lettuce
1 cup torn spinach
½ cup EACH: sliced fresh mushrooms, red onion rings
For dressing, combine ingredients in small bowl. Refrigerate, covered, 1 to 1½ hours to allow flavors to blend. For salad, toss ingredients in bowl; cover and refrigerate. To serve, pour dressing over greens and toss.

NOTE: For a main dish salad, add strips of cooked beef, chicken or turkey.

Serving size: ¼ of recipe (without meat)
Calories per serving: 101



Daniel and Norma Bausher with Drew and Danielle.