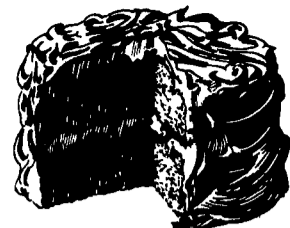


# Home On The Range



## Summer Salad Sensations

Pick up almost any magazine or newspaper and you will find an article on how people are eating healthy and "lite." Healthy food, can and should be, taste-tempting and attractive. What better item to include on your menu than salads.

According to a recent Gallup Survey, 138 million Americans eat a salad at least every other day. Salads provide an easy way to add fruits, vegetables, and breads, all of which are recommended for a healthy diet.

Summertime and the living is easy — the cooking should be, too. It's the time of the year when we think quick, cool, and light. Add great taste, and you've described the recipes that follow.

### '90S STYLE CHICKEN SALAD

- 2 whole broiler-fryer chicken breasts, halved, skinned
- 4 broiler-fryer chicken thighs, skinned
- 3 cups chicken broth
- 5 teaspoons curry powder, divided
- 1 can mandarin oranges, drained
- ½ cup unsalted cashew halves
- ½ cup chopped pitted dates
- 2 teaspoons diced red pepper
- 1 cup mandarin orange yogurt
- ½ cup reduced calorie mayonnaise
- ¼ cup flaked coconut
- ¼ cup finely chopped chutney
- Curly lettuce cups
- Flaked coconut
- Chopped cashews

In deep saucepan, place chicken. Add broth and 4 teaspoons curry powder. Cover and simmer about 30 minutes or until chicken is fork tender. Remove from heat and allow chicken to cool in broth. When cool, separate meat from bones. Discard bones, skin, and broth. Cut chicken in bite-size pieces. In large bowl, place chicken, oranges, cashew halves, dates, and red pepper; set aside. In a small bowl, make dressing by mixing together yogurt, mayonnaise, coconut, chutney, and the remaining teaspoon of curry powder; blend well. Fold yogurt dressing into chicken-orange mixture. Arrange lettuce cups on large platter. Fill with salad; garnish with coconut and cashews. Makes 6 servings.

Lynn S. Akers  
Salem, VA

### VEAL-ARTICHOKE WITH GARLIC-CHIVE DRESSING

- 6-ounce jar marinated artichoke hearts
  - 2 tablespoons white wine vinegar
  - 1 teaspoon minced chives
  - 1 clove garlic, crushed
  - 1 small red bell pepper, cut into short thin strips
  - 1 pound veal leg cutlets
  - Assorted salad greens
- Drain artichokes; reserve marinade. Stir together 1½ tablespoons reserved marinade, vinegar, chives, and garlic in large bowl. Coarsely chop artichoke. Add to dressing-mixture in bowl. Stir in red pepper. If necessary, pound veal leg cutlets to ¼-inch thickness. Cut into 3x1-inch strips. Combine veal strips with 2 tablespoons reserved artichoke; allow to stand 5 minutes. Heat nonstick skillet over medium-high heat 5 minutes. Drain veal strips well. Cook half of veal in preheated skillet just until cooked through, 2 to 3 minutes; stir occasionally. Remove veal from skillet and add to bowl with artichoke mixture. Allow skillet to reheat, then cook remaining veal strips and add to artichoke mixture. Toss veal-artichoke mixture to coat with dressing. Serve immediately over salad greens. If desired, veal mixture may be refrigerated, covered, to chill before serving. Makes 4 servings.

### ALFREDO PASTA SALAD

- 1½ quarts plain low-fat yogurt
  - 1½ cups mayonnaise
  - 4 ounces parmesan cheese, grated
  - 6 tablespoons dried basil leaves
  - 4 teaspoons garlic salt
  - 1½ teaspoons onion powder
- Stir together yogurt, mayonnaise, cheese, and spices. Refrigerate several hours or overnight.
- 24 ounces Rotini
  - 3 cups peas, cooked and drained
  - 3 cups sweet red peppers, chopped
  - ¼ cup green onions, chopped
  - 24 hard-cooked eggs, chopped
- Cook pasta according to package directions; drain. Transfer to large bowl. Add peas, red peppers, and green onions.

Stir in dressing. Mix together until well combined. Add hard-cooked eggs and combine gently. Cover; chill several hours to blend flavors.



New Generation Potato Salad is perfect for taking to potlucks and family reunions — it travels easily and pleases the crowd with a flavorful, piquant Blue cheese-yogurt dressing.

### NEW GENERATION POTATO SALAD

- 3 pounds red-skinned potatoes
  - ½ cup thinly sliced green onions
  - ¼ teaspoon garlic salt, divided
  - ¼ teaspoon freshly ground black pepper
  - 1 cup plain yogurt
  - 2 tablespoons buttermilk
  - 4 ounces crumbled Blue cheese
- Cut potatoes into ¾-inch pieces. Cook in boiling water to cover 15 to 20 minutes or until tender, drain. Combine potatoes, onions, ¼ teaspoon garlic salt and pepper; toss gently to combine. Stir together yogurt, buttermilk, Blue cheese, and remaining ¼ teaspoon garlic salt. Add to potatoes; toss gently to coat. Cover and chill at least 2 hours.

### NINE DAY PICKLED CABBAGE

- 1 medium-sized cabbage head
  - 1 medium onion
  - 4 stalks celery
- Blend vegetables or use salad shooter or grate by hand. Add: 1 cup sugar and stir. Cover with dressing made with the following ingredients:
- ½ cup oil
  - ½ cup vinegar
  - 1 teaspoon salt
  - 1 tablespoon sugar
- Combine ingredients and bring to a rolling boil for 1 minute. Pour mixture over cabbage and add bits of green and red pepper. (Tastes better the longer it stands).
- Florence Wilson  
Earleville, Md.

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## Featured Recipe

Clinton County Dairy Princess Ivy Seyer sends this recipe to celebrate national Ice Cream Month.

ICE CREAM is the food produced by freezing, while stirring, a pasteurized mix composed of one or more dairy ingredients, sweetening agents, flavorings and with or without eggs or egg products, stabilizer, emulsifier or other optional ingredients. Federal standards require that plain ice cream contain at least 10 percent milkfat and 20 percent total milk solids by weight.

FROZEN CUSTARD, FRENCH ICE CREAM AND FRENCH CUSTARD ICE CREAM conform to the definition for ice cream except that one or more of the optional egg ingredients is used in a specified quantity.

ICE MILK is prepared from the same ingredients as ice cream, but its milk content is between 2 to 7 percent and the total milk solids content is not less than 11 percent. When drawn from the freezer and sold without hardening, it is called soft serve.

FRUIT SHERBET consists of a dairy ingredient, fruit or fruit juice and sweetening. Water, flavorings, sweeteners and stabilizers are added. Sherbets contain a minimum of 1 percent and maximum of 2 percent milkfat, with 2 to 5 percent total milk solids. Sherbets have more sugar ice cream.

WATER ICE is similar to sherbet except that no dairy products or egg ingredients are used.

### Spirited Raspberry Frozen Yogurt

- Yield: 2 quarts
  - 2 packages (10 oz. each) frozen raspberries in juice, thawed
  - 1 package (0.3 oz.) sugar-free mixed berry gelatin
  - 1 quart vanilla flavor yogurt
  - 1/3 cup almond-flavored liqueur OR 1 teaspoon almond extract
- Drain raspberries, reserving juice. Add enough water to juice to make 1 cup. Heat to boiling. Dissolve sugar-free gelatin in liquid; cool completely. Place raspberries in blender container or work bowl of food processor. puree until smooth. Combine yogurt, liqueur and gelatin mixture in large mixing bowl; stir in pureed raspberries until well blended. Pour into freezer can. Churn-freeze according to manufacturer's directions. Remove from freezer can. Place in plastic container with tight fitting lid. Ripen several hours or overnight in freezer.

Serving size: 1/2 cup  
Calorie per serving: 110  
Protein 4 g, fat 1 g, carbohydrate 22 g  
Calcium 110 mg, riboflavin (B2) .14mg

## 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.

- July 18- Summer Vegetables Dishes
- 25- Summer Fruits
- August 1- Tomato Recipes
- 8- Pot Luck