

Home On The Range



Pizza, Pasta, And More

When you're looking for a party theme, think pasta or pizza. The robust flavor and simplicity is a perfect match for today's casual, impromptu entertaining style.

Pizza and pasta have been popular with American cooks for generations, but in recent years, a new wave of interest has been created.

One reason for the heightened popularity is a greater availability of step-saving products that deftly translate flavor without requiring hours of slaving over a hot stove while the sauce simmers. Already shredded cheeses also prove to be timesavers when making pizza and pasta.

And, don't forget to try new varieties of pizza, such as shrimp, vegetable or fruit.

Entertain with flair — try these recipes.

PIZZA DOUGH

- 2 cups pastry flour
- 1/2 cup oil
- 3/4 cup milk
- 3 teaspoons baking powder
- 1 teaspoon salt

Combine ingredients and knead a few seconds. Spread dough on cookie sheet or pizza pan. Top with pizza sauce and cheese. Bake at 350 degrees for 12 minutes.

Rebecca Zook
Myerstown

HEALTHY LASAGNA

- 1 box uncooked regular or whole wheat lasagna noodles
- 1 package thawed and drained spinach
- 1 container small curd cottage cheese
- 1 egg, beaten
- 1 package skim mozzarella cheese, shredded
- 1 small can mushroom pieces (or fresh)
- 1 container favorite spaghetti sauce
- Parmesan/Romano cheese, grated

In a 13x9-inch pan, coat bottom of pan with light layer of spaghetti sauce. Layer 1 layer of noodles on bottom. Mix egg with cottage cheese. Place layer of mixture on noodles. Layer well drained spinach, mushrooms, sauce, and mozzarella cheese. Repeat layers until pan is almost full. End with noodles on top. Cover with sauce.

Cook in microwave for 30 minutes at 50 percent power. Check to see if noodles are soft.

Or bake in 350 degree oven for 45 to 60 minutes. Sprinkle parmesan/Romano cheese on top.

Sue Pardo

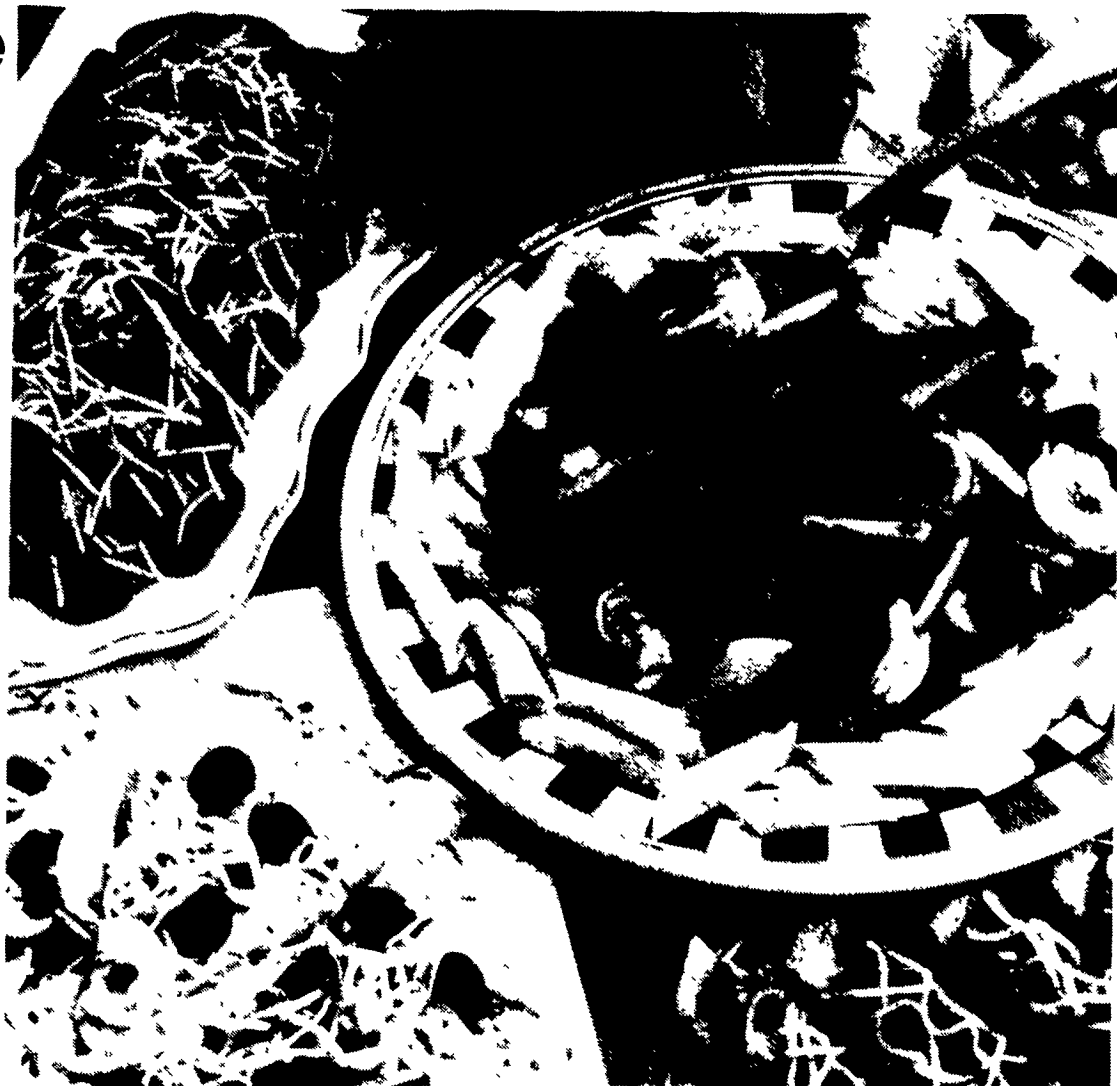
PIZZA

- 1 pizza shell (Boboli is best)
- 1 container spaghetti/pizza sauce
- Onion, green pepper, mushrooms
- Mozzarella, Parmesan or pizza cheese
- Pepperoni or sausage, cooked
- Garlic powder
- Oregano
- Basil

Preheat oven to 400 degrees. Heat pizza shell without filling on pizza pan or cookie sheet for 5 to 8 minutes. Remove from oven. Spread layer of sauce and add your favorite spices. Heat 3 to 5 minutes. Clean and chop vegetables — these can be partially cooked in the microwave for 1 to 2 minutes. Drain vegetables and place on pizza. Heat 3 to 5 minutes. Sprinkle cheeses on top and add pepperoni or sausage. Heat 3 to 5 minutes or until cheese is melted.

Contributor writes: We live in the country where there is no pizza delivery. We keep the large pizza shells in the refrigerator. The small shells fit easier in the freezer and in the toaster oven. The pizzas are thick enough that cooking this way makes sure the crust is well done and not soggy.

Sue Pardo



A party with pasta and pizza can be easy and fun by using ready-made sauces and shredded cheese.

PASTA WITH BROCCOLI

- 1 1/2 pounds broccoli, rinsed
- 4 large cloves garlic
- 1 small hot red chili, seeded and cored or 1/4 teaspoon red pepper flakes
- 1/2 cup olive oil
- 2 tablespoons butter
- 1 1/2 cups chicken stock
- 1/4 teaspoon salt
- 1 1/2 pounds pasta
- 1/4 pound Parmesan cheese, grated

Transfer garlic and pepper to large skillet. Add olive oil and cook over low heat about 3 minutes. Add all the broccoli. Cook, covered, over medium heat about 5 minutes, stirring occasionally. Add butter and chicken stock. Simmer, uncovered, until liquid reduces by half, about 10 minutes. Transfer to bowl; cover.

Meanwhile, cook and drain pasta. Return everything to stove and cook over low heat about 3 minutes. Stir in half of the grated cheese. Add salt to taste. Serves 6 to 8.

Pat Eichman
Schuylkill Co. Fair Cookbook

'LITE' LASAGNA-WRAPPED SALAD

- 1 1/2 cups frozen cut green beans
- 9 green lasagna noodles
- 1/4 cup calorie-reduced creamy Italian salad dressing
- 3-ounce package Neufchatel cheese, softened
- 3 tablespoons crumbled Blue cheese
- 12-ounce can whole kernel corn, drained
- 1 1/2 cups snipped fresh bean sprouts
- 1 cup shredded lite American cheese
- 1/4 cup low-fat cream-style cottage cheese, drained
- 1 green onion, finely chopped
- 2 small tomatoes, thinly sliced
- 1/2 cup calorie-reduced mayonnaise

Tomato wedges (garnish)

Cook beans and noodles according to directions. Rinse well, drain; set aside. Stir together salad dressing, Neufchatel, and Blue cheese. Stir 1/2 cup of mixture into cooked beans; add corn. Set aside. Combine bean sprouts, 1/4 cup American cheese, cottage cheese, and onion. To assemble, arrange noodles in center of 9-inch springform pan, spoke fashion, evenly in pan, allowing ends to extend over edge of pan. Layer sliced tomatoes, then sprout and cheese mixture. Trim noodles so that 1-inch extends over sides of pan. Arrange noodle trimmings over sprout mixture. Add bean mixture. Fold ends of noodles over top layer. Combine remaining blue cheese mixture and mayonnaise; spread over top of salad. Sprinkle remaining American cheese on top. Cover; chill for 1 hour. (To serve, remove sides of pan and carefully lift salad from bottom of pan onto serving plate). 471 calories per serving. Serves 8 to 10.

VEGETABLE PIZZA

- 2 packages refrigerated crescent rolls
- 2 8-ounce packages cream cheese
- 1 cup salad dressing
- 1 package dry Hidden Valley Ranch salad dressing
- 1/2 cup chopped green pepper, onions, tomatoes, mushrooms, black olives, broccoli, cauliflower, mushrooms
- 1/4 cup shredded cheese

Spread crescent rolls on large cookie sheet. Smooth perforated edges to make one smooth crust. Bake at 375 degrees for 8 minutes. Cool. Mix cream cheese, salad dressing, and ranch dressing. Spread on cooled crust. Chop vegetables and layer on top. Sprinkle with shredded cheese.

Refrigerate. Cut into small pieces when ready to serve. Serves 20 to 30.

Pam

(Turn to Page B8)

Featured Recipe

On October 27, Mike Harrold will be installed as the newly-elected president of Lancaster County Poultry Association. Mike and his wife, Betsy, moved from North Carolina into the county in 1989.

With that move, Betsy brought along a generous dosage of southern hospitality that she lavishes on guests who rave about her southern cooking.

Her cooking skills complement her husband's promotion of poultry products. Her poultry specialties include egg rolls, smoked turkey breast, turkey ham, chicken salad, hot wings, and steaming Brunswick Stew.

"Before I moved to Lancaster County, I had never heard of chicken corn soup or red beet eggs," said Betsy. In her area, Brunswick stew, which uses chicken stock, is similar in popularity to the chicken corn soup of this area.

To warm up chilly fall days, try this Brunswick Stew from Betsy's kitchen.

And don't forget to read the feature story about the Harrolds, which starts on page A1.

BRUNSWICK STEW

- 3 pound fryer
- 2 medium onions
- 2 1/2 pounds potatoes
- Salt and pepper
- 1 pound frozen lima beans
- 1 pound frozen shoepeg corn
- 1 quart crushed tomatoes
- Red pepper, to taste

Boil chicken and onions together in water for 40 minutes. Take out chicken and cut in pieces. Add potatoes, cook 15 minutes after broth boils. Add beans, simmer on high for 15 minutes. Add chicken and tomatoes. Bring to a boil and stir. Simmer 1/2 hour. Add corn, salt, and pepper. Turn off, let set overnight and freeze in portions desired.

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.

October

31- National Cheese Month

November

- 7- Breads, Muffins
- 14- Wheat-free Recipes
- 21- Thanksgiving Favorites