



Home On The Range



Pizza Pizzazz

Teen-agers from coast to coast will unanimously agree — a weekend is not complete without a piping hot, cheese-laden pizza.

In fact, more pizza is eaten on Saturday night than any other day of the week. Whether eaten on a date, ordered after a game, or baked as a midnight snack, pizza rates high as a favorite food. On an average, 22.5 pounds of pizza are consumed per person per year.

Not just weekend fare, pizza is also a top pick for quick and healthy weeknight menus. Whole grain pizza crust is a good source of complex carbohydrates, while meat and vegetable toppings provide protein, vitamins, and minerals. And, of course, the essential pizza ingredient — cheese — boosts calcium and protein.

Mellow mozzarella is a favorite pizza cheese; however, colby, cheddar, provolone and blue cheese make great toppers, too. For extra flavor, a combination of cheeses is sure to please. Try pairing Monterey Jack with parmesan or extra sharp cheddar with romano.

For a made-to-order pizza that's ready in minutes, use your imagination to combine on-hand ingredients. Top anything from a rice cake to a toasted English muffin half with pizza toppings.

BLT POCKET PIZZA

4 slices bacon
1 whole wheat pita bread, 6-inches in diameter
Shredded iceberg lettuce
2 large tomato slices, each cut in half
2 tablespoons chili sauce, divided
½ cup shredded mozzarella cheese, divided

To cook bacon, place three thicknesses of paper toweling on paper plate. Arrange bacon on paper towel. Cover with another paper towel. Microwave on high for 3 to 4 minutes. Let stand 5 minutes. Place bacon on paper toweling to cool, about 5 minutes longer. Crumble bacon; set aside.

Cut pita bread in half vertically. Carefully open pocket. Place a small amount of lettuce and 2 tomato halves in each pocket. Spread top of each half of pita bread with 1 tablespoon chili sauce. Top each with half the crumbled bacon and half the cheese. Place both pita halves on a microwaveable plate. Microwave, uncovered, on high 1½ to 2 minutes, turning once. Serve immediately.

CRAZY CRUST PIZZA

1½ pounds ground beef
1 cup flour
1 teaspoon salt
1 teaspoon oregano
¼ teaspoon pepper
2 eggs
¾ cup milk
¼ cup chopped onion
4 ounces well-drained mushrooms, optional
1 cup pizza sauce
1 cup shredded mozzarella cheese

In a medium skillet, brown beef and seasonings to taste. Drain well. Lightly grease and flour 12- or 14-inch pizza pan. Prepare batter. In small bowl, combine flour, salt, oregano, eggs, and milk. Mix until smooth. Pour batter into pan, tilting pan so batter covers the bottom. Arrange meat, onion, and mushrooms over batter. Bake on low rack in oven at 425 degrees for 25 to 30 minutes or until browned. Remove from oven. Drizzle with sauce and sprinkle with cheese. Return to oven for 10 to 15 minutes.

For a 13x9-inch pan, use the following measurements:

¾ cup flour
1 teaspoon salt
1 teaspoon oregano
¼ teaspoon pepper
1 egg
¾ cup milk
¾ pound ground beef
½ cup pepperoni
2 tablespoons onion
4 ounces canned mushroom, drained
½ cup pizza sauce
½ cup mozzarella cheese

Tina Forry
Quentin

BREAKFAST PIZZA

4 eggs
2 tablespoons milk
½ teaspoon salt
Dash pepper
1 tablespoon butter
4 slices of hot toast
4 tablespoons catsup or pizza sauce
½ cup shredded cheese

Mix eggs, milk, salt, and pepper with rotary beater. Melt butter in a skillet. Pour egg mixture and cook over low heat. Cook until eggs are thickened but still moist. Stir gently. Spread catsup on hot toast. Place toast on baking sheet and spoon scrambled eggs onto each piece. Sprinkle cheese on top of eggs. Place under broiler until cheese melts.

Heidi Negley
Cumberland Co. Dairy Princess



What better way to learn about the versatility of lamb and the delicious mild taste than by serving Proto Pizza.

PIZZA RICE CASSEROLE

2 cups cooked rice
Brown rice in large skillet with the following:
¼ pound - 1 pound ground beef
1 onion, chopped
When browned, add:
2 cups tomato sauce
¼ teaspoon garlic salt
1 teaspoon sugar
1 teaspoon salt
¼ teaspoon oregano or Italian seasoning
¼ teaspoon pepper

1 teaspoon parsley flakes
You may substitute canned pizza sauce for tomato sauce and spices.

Simmer ground beef and sauce for 15 minutes. Combine 1½ cups cottage cheese with the cooked rice. Put half of rice mixture in a greased 2 quart casserole dish. Top with one third of meat mixture.

Alternate layers, ending with meat sauce. Bake at 325 degrees for 25 minutes. Sprinkle ½ cup grated, sharp cheddar cheese over top, and bake 10 more minutes.

Sonja Zehr
Croghan, NY

STROMBOLI

4 cups flour
1½ cups lukewarm water
1 teaspoon salt
1 package yeast
2 ounces vegetable oil

Mix together water, salt, yeast, and vegetable oil. Add 2 cups flour slowly. Mix with a fork until flour is moist. Add remaining 2 cups flour. Mix with hands. Make dough into 3 balls. Knead a little. Lightly grease balls with shortening. Let lay 15 minutes. Roll out each ball on a lightly floured surface. In the center, arrange 4 slices of white American cheese. Spread with mustard. Top with ham and pepperoni. Lay 4 pieces of cheese on top. Fold up sides of dough and seal. Sprinkle with oregano. Bake until lightly browned for 5 minutes on top rack of oven, 5 minutes on lower rack, then 5 minutes on top.

Tina Forry
Quentin

MEXI-VEGGIE PIZZA

2 7-inch flour tortillas
½ cup shredded Colby cheese, divided
¼ cup refried beans
3 tablespoons Mexicorn, drained
1 tablespoon salsa
Place one tortilla on microwaveable plate. Sprinkle with half the

cheese. Place second tortilla on top of cheese. Spread refried beans over tortillas. Sprinkle with corn over beans. Top with salsa then remaining cheese. Microwave uncovered, on high for 1 to 1½ minutes, turning once. Serve immediately.

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Featured Recipe

Speed scratch cooking is just the ticket when everyone needs a quick break and a nutritious refueling because it pairs convenience products with scratch ingredients. The convenience products are the likes of corn muffin mix, instant pudding, prepared spaghetti sauce, refrigerated pie crust, and shredded cheese. The scratch items include the meat or poultry, vegetables and/or fruits you add to the convenience products for a homemade taste.

The following ideas illustrate how fast and fun speed scratch cooking can be.

- Shape and bake meatballs; add to purchased spaghetti sauce jazzed up with grated Parmesan cheese. Serve in a pasta nest (gently pack cooked spaghetti in a buttered ring mold; unmold).

- Layer thinly sliced deli ham, sliced Swiss cheese, chopped green onion and red bell pepper on one-half of a refrigerated pie crust that has been lightly spread from dijon-style mustard; fold pie crust envelope-style, crimping edges with fork to seal. Bake according to package directions until golden brown.

- Prepare instant pudding mix with milk according to package directions; layer in dessert dishes with fresh fruit and cubes of store-bought angel food or pound cake.

- Add cubes of avocado, chopped cilantro, shredded Monterey Jack cheese and leftover cooked chicken to drained canned black beans; toss with prepared salsa and serve over salad greens.

PASTA PIE

6 servings

2½ cups hot cooked pasta*
¾ cup grated Parmesan cheese
2 tablespoons butter
2 cups (8 ounces) shredded Mozzarella cheese, divided
1 pound ground beef
1½ cups prepared spaghetti sauce
¼ teaspoon oregano leaves
1 small green pepper, thinly sliced into rings

Preheat oven to 350°F. Combine pasta, ½ cup Parmesan cheese and butter; toss. Press into buttered 9-inch pie plate or 9-inch baking dish. Top with half of Mozzarella. Brown ground beef; drain. Add spaghetti sauce and oregano; mix well. Spoon meat mixture over pasta. Sprinkle with remaining Parmesan cheese. Bake for 20 to 30 minutes or until heated through. Sprinkle with remaining Mozzarella cheese. Return to oven just to melt cheese. Garnish with green pepper.

*Elbow macaroni, penne, mostacciolini, rigatoni or mostaccioli.

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.

January

30- Veal Favorites

February

6- Muffin Mania Week

13- Food That Says "I Love You"

20- Cherry Month