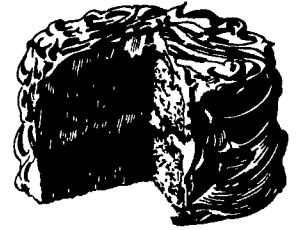


# Home On The Range



## Salute To National Nutrition Month

Mealtime will be getting a whole new look in 1993. The reason? Americans are hungry for nutritious, healthy food — and they want it fast. Consider these facts and figures:

- It's projected Americans will buy \$33 billion worth of low-cholesterol and low-fat foods in 1993.

- More than a third of American households are eating more fresh vegetables than they did a year ago.

- Microwaves are now in 80 percent of American's households and they are being used more frequently and in more ways than ever before.

- The average woman spends 60.7 minutes a day preparing dinner; 44 percent say this is less time than she spent in the same task three years ago. The ideal meal preparation time, however, is less than 30 minutes.

Corning has released a new cookbook of 200 kitchen-tasted, good-tasting recipes. Nutritious and easy to prepare, they combine fresh ingredients with low-fat, low-sodium, and low-cholesterol requirements.

To order a copy of the cookbook, which costs \$19.95 plus postage and handling, call 1-800-999-3436.

### APPLE CAKE

5 tablespoons plus 1 teaspoon tub Promise margarine  
 1½ cups sugar  
 Eggbeaters equal to 3 eggs  
 2¼ teaspoon baking powder  
 2¼ cup flour  
 1 teaspoon vanilla  
 Pinch salt

Cream margarine. Add sugar and cream well. Add egg beaters and beat well. Add flour sifted with salt and baking powder; add vanilla. Spread in 17x12x1-inch jelly roll pan. Cover with sliced, pared apples arranged neatly and pushed into dough. Sprinkle with mixture of ½ cup sugar and ¼ teaspoon cinnamon. Pour over this ½ to ½ cups melted Promise margarine. Cool slightly. Bake at 350 degrees for 35 to 45 minutes.

Nancy Kramer  
 Newmanstown



Old-fashioned herbed lamb stew cooks quickly and the percent of calories from fat is right on the magic 30 percent number with only 51 mg cholesterol.

## Featured Recipe

Cottage cheese is so much more than an accompaniment to fruits and vegetables. Its pleasing, mild flavor makes it a natural for cooking and baking, too. *Cottage Cheese Creations*, a new recipe leaflet now available from American Dairy Association®, features a variety of recipes — dips, spread, dressings, main dishes, breads and desserts — made with this versatile dairy product.

To order your copy of *Cottage Cheese Creations*, send 25 cents plus a self-addressed, stamped business-size envelope to:

Cottage Cheese Creations  
 American Dairy Association  
 P.O.-Box 760  
 Rosemont, Illinois 60018

Here is a recipe from the leaflet.

### CHOCOLATE CHEESE PIE

Yield: one 9-inch pie

#### Butter Crust:

1 cup all-purpose flour  
 2 tablespoons confectioners' sugar  
 ½ cup (1 stick) butter

#### Cheese Filling:

1½ cups cottage cheese  
 1 package (3 ounces) cream cheese  
 3 eggs  
 ¼ cup sugar  
 2 squares (1 ounce each) semi-sweet chocolate, grated  
 ¼ cup dairy sour cream  
 Chocolate curls

Preheat oven to 400° F. For crust, place flour, sugar and butter in work bowl of food processor; process until smooth.\* Press evenly onto bottom and sides of 9-inch pie plate. Prick bottom and sides several times with fork. Bake 8 to 10 minutes. Reduce oven temperature to 325° F. For filling, place cottage and cream cheeses in work bowl of food processor; process until smooth. Add eggs, one at a time, processing until smooth; scrape work bowl as needed. Add sugar and process until incorporated. Sprinkle half the chocolate on crust; pour in half the cheese mixture. Repeat. Bake 60 minutes or until knife inserted near center comes out clean. Place on wire rack; spread sour cream over top. Cool completely. Garnish with chocolate curls.

\* Or beat at medium speed of electric mixer until smooth.

Serving size: ¼ of pie

Calories per serving: 441

Protein 11 g, fat 27 g, carbohydrate 40 g

Calcium 82 mg, riboflavin (B2) .31 mg

### OLD FASHIONED HERBED LAMB STEW

1 tablespoon oil  
 1 pound lean boneless American lamb  
 2 tablespoons flour  
 2 cups water  
 8-ounces tomato sauce  
 1 cup chopped onion  
 1 clove garlic, minced  
 1 tablespoon fresh chopped oregano  
 ¼ teaspoon black pepper  
 1 cup peeled, diced potato  
 1 cup peas, frozen  
 1 cup sliced carrots  
 1 cup sliced zucchini or yellow squash  
 1 cup mushrooms, sliced, optional  
 2 tablespoons fresh parsley, chopped  
 Salt to taste

In a Dutch oven or heavy saucepan, heat oil to medium hot. Add lamb and saute until lightly browned. Lower heat and add flour to lamb, stirring constantly. Cook until thickened. Slowly add water, tomato sauce, onion, garlic, salt, and black pepper, blending well.

Cover and cook over low heat for 30 minutes, or until meat is tender. Stir occasionally. Add vegetables, parsley, and oregano. Cook 30 minutes longer or until vegetables are tender.

Am. Lamb Council

### APPLE SALAD

8 apples, unpeeled  
 2 bananas  
 ½ cup raisins  
 ½ cup coconut  
 ½ cup peanuts or walnuts  
 Juice of ½ lemon  
 1 cup mini marshmallows  
 Dice apples and place in lemon juice water to keep from browning. Drain apples and add remaining ingredients.

#### Sauce:

½ cup peanut butter  
 ½ cup cream  
 ½ cup sugar  
 ½ cup mayonnaise  
 Mix together and pour over apples.

Linda Zimmerman  
 Lititz

### FROZEN APPLESAUCE AND FRUIT

11-ounces mandarin orange segments, drained  
 10-ounces frozen strawberries, thawed  
 1 cup chunky or regular applesauce  
 1 cup white seedless grapes  
 2 tablespoons orange juice  
 In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer 30 minutes before serving.

Calories 107, fat 0, cholesterol 0.

Nancy Kramer  
 Newmanstown

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## 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.

### April

- 3- Easter Favorites
- 10- Peanut Butter Recipes
- 17- Cooking With Eggs
- 24- Basic Mix Recipes