



Home On The Range



Recipes That Don't Give Your Bones A Break

"Have you been giving your bones a break lately?" Melissa Spory, from Boswell, asks people.

Melissa is the Somerset County Dairy Princess and she believes that question is important enough to ask every time you sit down to eat.

That's because every person has 206 bones in his or her body, and every single bone needs calcium everyday. "Everyday bone tissue changes. New bone is added and old bone is broken down and removed. Calcium is combined with other minerals to form a framework that gives strength to bones. If the calcium was removed from your bones, they could be bent and twisted like a pretzel."

Calcium not only makes strong healthy bones but also helps your heart to beat, your muscles to work, and your blood to clot. Since calcium is not produced in your body, it has to be supplied in your diet. If it isn't supplied, your body will take calcium out of your bones and into the blood to continue to functioning properly. When this happens often, bones become brittle and osteoporosis, a bone-thinning disease may be the result.

This gradual weakening of the bones is not only tragic but preventable. Try these calcium-rich recipes and don't give your bones a break.

CREAM OF BROCCOLI SOUP

- 2 10-ounce packages frozen chopped broccoli
- 2 cans cream of mushroom soup
- 2 1/2 cups milk
- 4 tablespoon butter
- 1/2 teaspoon tarragon
- Dash pepper

In large saucepan, cook broccoli according to package directions. Drain well. Cut large pieces of broccoli down to bite size. Add remaining ingredients and heat through until butter is melted. Makes 8 servings.

SPICE UP PLAIN MILK

- 1 1/2 cups peeled, sliced peaches
 - 1 pint peach ice cream
 - 2 cups milk
- Puree peaches in blender until smooth. Add ice cream and blend until well combined. Add milk and blend until frothy. Makes 5 cups to be served in tall chilled glasses topped with a scoop of ice cream.

Mercy Keeney
Bradford Co. Dairy Princess

OVEN-FRIED MOZZARELLA STICKS

- 2 cups mozzarella cheese
- 4 teaspoons butter, melted
- 1 tablespoon, milk
- 2 eggs
- 1/4 cup plain dry bread crumbs
- 2 teaspoons Italian seasoning, crushed
- 1/2 teaspoon garlic powder
- 1/4 cup flour

Cut cheese into 3x1/2 -inch sticks. In pie pan beat eggs and milk. In another pie pan, combine bread crumbs, Italian seasoning, and garlic powder. Place flour in small bowl. Coat cheese sticks with flour then egg mix and bread crumbs. Place in single layer on plate and cover. Chill 2 to 3 hours. Place cheese sticks on foil-lined baking sheet. Drizzle with butter, bake at 400 degrees until crisp, 8 to 10 minutes. Let stand 5 minutes before serving.

Melissa Spory
Somerset Co. Dairy Princess

EASY HOMEMADE ICE CREAM WITH OREO COOKIES

- 3 egg yolks
- 14-ounces sweetened condensed milk
- 2 tablespoons water
- 4 teaspoons vanilla extract
- 1 cup coarsely crushed oreo chocolate cookies
- 2 cups whipping cream, whipped

In large bowl, beat egg yolks, stir in condensed milk, water and vanilla. Fold in cookies and whipped cream. Pour into aluminum foil-lined 9x5-inch loaf pan or 2-quart container. Cover, freeze 6 hours or until firm. Scoop ice cream from pan or peel off foil and slice.

Lisa Stuchal
Butler Co. Alternate Dairy Princess

HOT VIRGINIA DIP

- 2 8-ounce containers cream cheese, softened
- 8-ounces sour cream
- 8-ounces dried beef, chopped
- 2 tablespoons milk
- 2 tablespoons chopped onion
- 1 cup chopped pecans

Mix together all ingredients except pecans. Pour into baking dish and top with pecans that have been sauteed in butter. Bake 350 degrees for 20 minutes.

Serve with assorted crackers. Serves approximately 10 to 15 people.

Susan Myers
Green Lake



Spinach Cheese Pie is an excellent source for plenty of calcium, riboflavin, and protein.

ECLAIR CAKE

- 1 box graham crackers
 - 3 1/4 cups milk
 - 2 small boxes vanilla pudding
 - 8-ounces whipped cream
- Butter bottom of 9x12-inch pan. Lay crackers in bottom of pan. Mix milk and pudding for 2 minutes. Add whipped cream. Pour half of mixture over crackers. Cover with another layer of crackers. Pour remaining mixture over crackers and cover with third layer of crackers. Refrigerate 2 hours. Frost and refrigerate 24 hours before serving.

Frosting:
6 tablespoons cocoa
2 tablespoons oil
2 teaspoons light corn syrup
2 teaspoons vanilla
3 tablespoons butter
1 1/2 cups confectioners' sugar
3 tablespoons milk

Rhoda Bosserman
Gettysburg

POTATO CRUST CHEESE PIE

- 3 medium potatoes
- 1 medium onion
- 4 eggs
- 1 1/2 cups shredded Swiss or cheddar cheese
- 1 1/4 cups milk
- 3 tablespoons chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper

Scrub but do not peel or cook potatoes. Shred potatoes and onion. Pat dry on paper towel. Mix with 1 beaten egg. Press mixture onto bottom and sides of buttered

9-inch pie plate to form crust. Sprinkle with cheese. Beat together eggs and milk. Add remaining ingredients. Pour over cheese. Bake at 375 degrees for 45 minutes or until knife inserted into center comes out clean. Yield: 6 to 8 servings.

MILK SHAKE

- 2 scoops ice cream
 - 1 cup milk
- Place ice cream and milk until frothy. Pour into tall chilled glass and serve immediately.

Mercy Keeney
Bradford Co. Dairy Princess

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Featured Recipe

This year, the CHEERS campaign has joined Nationwide Insurance Company's "Prom Promise" program to offer students healthy and delicious alternative beverages during their "Challenge" period. As part of the campaign, the Pennsylvania Dairy Promotion Program is offering special party packs to schools. These packs include cups, napkins, banners, recipe brochures, and more. Interested students, parents and school officials can receive the materials by calling (717) 787-6903.

A free brochure, "Refreshing and Nutritious Dairy Mocktails," is also available to consumers who send a self-addressed and stamped envelope to "Dairy Mocktails," the Pennsylvania Dairy Promotion Program, 2301 N. Cameron Street, Harrisburg, PA, 17110. A sampling of CHEERS recipes follows.

Orient Express

- 1 pint orange sherbet
- 2 cups milk
- 2 tablespoons instant tea powder
- 1 cup pineapple juice
- 4 tablespoons lemon juice
- 4 cups milk

In a large mixing bowl, soften orange sherbet. In 2 cups milk, dissolve tea powder; set aside. Blend pineapple and lemon juices into sherbet. Gradually blend in milk-tea mixture and remaining 4 cups milk. Serve immediately. Serves 10.

Pennsylvania Pina-Colada

- 4 cups milk
- 2 cups ginger ale
- 2 cups crushed pineapple (packed in its own juices)
- 2 teaspoons coconut flavoring
- crushed ice (from 15 ice cubes)

In a chilled punch bowl, blend milk, ginger ale, pineapple and coconut flavoring. Add crushed ice and blend with rotary or hand held mixer. Serve immediately. Serves 8.

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.

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