

Home Economists Learn About Poultry Products

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Lancaster Farming Staff
LANCASTER Co.) — For home economics teachers searching for ideas and resources to use in classroom instruction, the Lancaster County Poultry Association provided abundant handouts and information during the annual dinner the association holds for teach-

ers in Lancaster and Lebanon counties.
Changes in nutritional labeling and requirements mandate that teachers need constant updating on government regulations and nutritional findings.

Mindy Rottmund, home economist for Pennfield Farms, told teachers how they can help stu-

dents understand the food pyramid, the research-based food guide, which helps consumers know what and how much to eat from each food group.

Rottmund also explained how Pennfield develops, tests, and releases new food products. Rottmund was instrumental in developing Pennfield's chicken patties in

four different seasonings. The patties use no MSG, salt, preservatives, artificial colors or flavorings. The patties are baked instead of fried, but to adhere the coating to the patty, it is flash-fried for three seconds. Unfortunately the flash-frying makes the fat content higher than Pennfield had hoped. The company is now researching ways to alleviate the flash frying step.

Poultry remains one of the best all-around health foods, according to Rottmund. It is lower in calories and fat than most meats and provides the complete protein the body requires daily.

R.W. Sauder handed a carton of hard-boiled eggs to every one in attendance. The eggs are sealed, which gives them a refrigerated life of three weeks.

Teachers were informed that the Poultry Association will award a \$50 U.S. Savings Bond to a senior home economics student who demonstrates outstanding interest and knowledge of poultry foods.

Hundreds of recipes showing many different methods of cooking and serving poultry were included in the handouts to those attending the dinner. Teachers say they use these recipes for classroom cooking instruction.

Here are some of the recipes.

SAVORY HERBED CHICKEN

- 8 broiler-fryer chicken thighs, skin removed
- 1/2 teaspoon pepper, divided
- 1 medium onion, thinly sliced
- 4 small summer squash, sliced
- 4 medium tomatoes, sliced
- 1/2 teaspoon savory, marjoram or thyme leaves
- 1/4 teaspoon paprika

- 1 1/2 cups cocktail vegetable juice
- 2 tablespoons grated parmesan cheese

Sprinkle chicken with 1/2 teaspoon pepper. Break onion slices into rings and arrange half of the rings in bottom of shallow glass baking dish. Place chicken on top and arrange remaining onion rings on chicken. Add sliced squash and sliced tomatoes; sprinkle with savory or chosen herb, paprika, and remaining 1/2 teaspoon pepper. Pour vegetable juice over all; sprinkle with parmesan cheese. Cover tightly with foil and refrigerate until ready to cook, if desired. One hour before serving, place in preheated 350 degree oven; bake 1 hour or until fork can be inserted in chicken with ease. Extra sauce may be served over rice or thin noodles in a side dish. Serves 4.

CHUNKY CHICKEN AND CUCUMBER SALAD

- 1 broiler-fryer chicken, cooked, skinned, boned, cut into chunks
 - 2 cucumbers, peeled, cubed
 - 1 red sweet pepper, chopped
 - 1 tablespoon apple cider vinegar
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/4 teaspoon seasoned salt
 - 4 ounces plain non-fat yogurt
- In medium bowl, mix cucumber and pepper, sprinkle with vinegar, salt and pepper. Let set about 5 minutes. Stir in chicken, seasoned salt and yogurt, tossing gently. Cover and refrigerate until completely chilled. Serve on dark curly endive. Makes 4 servings.



The annual dinner for home economists, sponsored by the Lancaster County Poultry Association, updates teachers on nutrition and new products in the poultry industry. At the dinner, Guy Martin, vice president of Lancaster County Poultry Association, hands a carton of hard-boiled eggs to teacher Arleen Mauder.

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