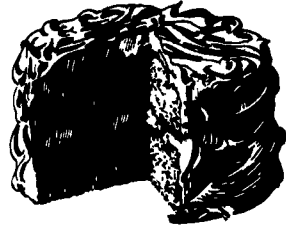


# Home On The Range



## Scrumptious Summertime Vegetables

"Nothing beats the taste and texture of locally grown produce," says Debra Bryant, Wayne County Extension director. While we may pick or buy the tastiest and best produce, what we do with it until it reaches the table makes a big difference in taste and how many vitamins remain in them.

Too much heat, light, moisture or air can damage even the best produce. As soon as the vegetables are picked, chemical changes start. For example, tomatoes will keep on ripening and developing more flavor. Sugar peas and sweet corn will lose sugar and turn tough shortly after being picked. Other vegetables like potatoes, carrots, and onions will keep for months if stored properly.

When cooking vegetables, use the smallest amount of water possible. Vitamins and other nutrients leach out into the water and will be lost. Try microwaving or stir-frying vegetables to keep the flavor, crispness, and nutrients.

Summer's bounty of garden-fresh vegetables invites wholesome eating and a never-ending variety of tasty, nutrition-packed meals. Make good use of fresh vegetables by trying these recipes.

### CHICKEN WITH GARDEN FRESH VEGETABLES

1 broiler-fryer chicken, skinned, boned, cut in strips  
3 large tomatoes, cut in chunks  
1 large green pepper, cut in 1-inch slivers  
1 cucumber, sliced  
4 green onions, sliced  
12-ounces marinated artichoke hearts, chopped  
2 tablespoons wine vinegar  
½ cup sliced black olives  
¼ cup sesame seeds, toasted  
In large mixing bowl, place chicken while still warm. Add tomatoes, green pepper, cucumber, and green onions. Drain artichoke hearts and reserve marinade. Add artichoke hearts and black olives to chicken-vegetable mixture; toss gently to mix well. Mix reserved marinade with wine vinegar; pour over chicken. Cover and refrigerate until well chilled. At serving time, top with sesame seeds. Makes 6 generous servings.

### GINGER CHICKEN AND CARROTS

4 broiler-fryer chicken breast halves, skinned  
6 carrots, scraped, sliced  
½ cup chopped sweet red pepper  
4 tablespoons lemon juice  
1 teaspoon salt  
½ teaspoon ground ginger  
2 tablespoons grated crystallized ginger  
2 tablespoons butter-flavored vegetable oil spread

In 2-quart greased casserole, place carrots. Top with chicken breasts and sprinkle with red pepper. In small bowl, mix together lemon juice, salt, and ground ginger; pour over chicken. In small saucepan, place grated crystallized ginger and vegetable spread. Place over medium high temperature and cook, stirring, until melted; pour over chicken. Cover casserole and place in 350 degree-oven. Cook about 1 hour or until carrots are tender and fork can be inserted in chicken with ease. To serve, spoon carrots and sauce over chicken. Makes 4 servings.

Nat. Broiler Council

### VEGETABLES WITH HERB BUTTER

1 pound small new potatoes, scrubbed  
2 cups sugar snap peas  
¼ cup butter  
2 teaspoons chopped fresh basil  
1½ teaspoons chopped fresh thyme leaves  
1 teaspoon chopped fresh tarragon  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper

Cut potatoes into halves or quarters. Place in medium saucepan with enough water to cover. Bring to boil; reduce heat and simmer, covered, until barely tender about 10 minutes. Add peas; continue simmering uncovered about 3 to 5 minutes, until tender. Drain. Discard water from saucepan; add butter. Cook over medium heat until butter is melted; stir in herbs. Return vegetables to pan; add salt and pepper. Toss lightly; heat through.



Ginger Chicken and carrots is a healthful and satisfying low-calorie meal with warm-weather appetite appeal.

### FRESH SUMMER VEGETABLE MEDLEY

2 tablespoons unsalted butter  
2 white onions, chopped  
1 pound small zucchini, trimmed and cut into ¼-inch rings  
1½ pounds ripe tomatoes, preferably plum type and cut into 1-inch chunks  
1 large green bell pepper, cleaned and chopped  
½ cup loosely packed fresh oregano  
Salt and freshly ground black pepper  
4 cups corn kernels, preferably freshly cut

Melt butter in a large skillet over medium-high heat. When the butter is foaming, add the onions and saute until they begin to turn soft, about 8 minutes.

Stir in zucchini, tomatoes, and oregano. Add the pepper. Season with salt and pepper, cover and cook until tomatoes have given up much of their juice, about 15 minutes.

Stir in the corn, cover and continue cooking until it is tender, 5 to 8 minutes. Adjust seasoning, if necessary, and serve.

Melissa Torok  
Pittstown, NJ

### SPICY LEMON CHIVE BUTTER

For corn on the cob  
¼ cup butter, softened  
2 tablespoons minced chives  
2 tablespoons minced parsley  
2 teaspoons lemon juice  
¼ teaspoon ground red pepper  
Combine butter and seasonings in small bowl, mixing until well blended. Refrigerate, covered, 1 hour to allow flavors to blend. Spread on corn on the cob, grilled poultry and seafood.

Pa. Dairy Promotion

## Featured Recipe

According to the Viennese, a torte is a round cake, but not every round cake is a torte. What makes the difference? Quality. In a city known to seasoned travelers as a pastry paradise, where layer after layer of the flat round torten cakes are stacked to create towering confections, the Linzertorte stands out. Though it is only one layer high, that layer is exceptionally rich and delicious.

Unlike other tortes that require considerable more time to prepare multiple layers and complex fillings, the Linzertorte is well suited for today's quick and easy lifestyle. It can even be frozen in advance of a special occasion, then thawed in the refrigerator.

For special occasions throughout the year make Cheesy Peach Torte. For the sake of authenticity, serve it with confectioners' sugar and whipped cream.

### CHEESY PEACH TORTE

Yield: one 9-inch round cake

#### Crust:

½ cup all-purpose flour  
½ cup whole wheat flour  
½ cup finely ground pecans  
¼ cup sugar  
½ teaspoon baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
¼ cup (1½ sticks) butter

#### Filling:

1 container (15 oz.) part-skim Ricotta cheese  
1 package (3 oz.) cream cheese, softened  
½ cup peach preserves  
3 eggs  
¼ cup peach liqueur  
½ teaspoon almond extract  
Confectioners sugar

For crust: Preheat oven to 350°F. Combine flours, nuts, sugar, baking powder and spices. Cut in butter until mixture resembles fine crumbs. Press half of mixture onto bottom of 9-inch springform pan. Bake 12 minutes. Refrigerate remaining crumb mixture.

For filling: Beat cheeses in small mixer bowl on high speed until light and fluffy. Beat in remaining ingredients until well blended. Pour over partially baked crust. Return to oven and continue to bake 30 to 35 minutes or until filling is set. Remove from oven and sprinkle remaining crumb mixture evenly over top. Bake 15 to 20 minutes or until lightly browned. Remove from oven and cool completely on wire rack. Refrigerate, covered, several hours.

To serve: Place on serving plate. Carefully run spatula around edges; remove sides of pan. Dust top of cake lightly with confectioners' sugar.

## 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.

### August

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