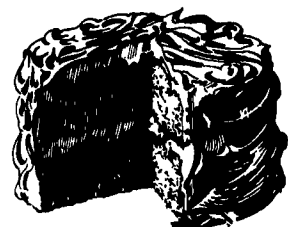


Home On The Range



Do Chicken Right

Chicken is America's choice. It can be prepared in an almost endless variety of ways. Chicken provides the same complete protein as red meat and a 3-ounce serving of chicken breast contains less than 120 calories.

The spectacular growth in chicken consumption in the past 40 years can be attributed to convenience, nutrition, and price value.

Trying to reduce your fat intake but finding it difficult to sacrifice such favorite foods as Mom's batter fried chicken? Don't despair. Try a delicious new twist on traditional oven-fried chicken — Lemon-Apricot Chicken and many of the other recipes that appear in this column.

LEMON-APRICOT CHICKEN

4 tablespoons butter, melted
1 egg
2 tablespoons water
1 cup Bisquick baking mix
1 tablespoon grated lemon peel
½ teaspoon garlic powder
6 small boneless, skinless chicken breast halves

Lemon-apricot sauce

Heat oven to 425 degrees. Spread 1 tablespoon melted butter in jelly roll pan. Beat egg and water slightly. Mix baking mix, lemon peel, and garlic powder. Flatten chicken breasts to ½-inch thickness. Dip chicken breasts in egg mixture, coat with baking mix. Place chicken in pan; drizzle with remaining melted margarine. Bake uncovered 20 minutes. Turn; bake 10 minutes longer. Prepare Lemon-Apricot Sauce. Cut chicken crosswise into ½-inch slices; pour sauce over chicken. Garnish with lemon slices. Serves 6.

Lemon-Apricot Sauce

½ cup apricot preserves
2 tablespoons lemon juice
½ teaspoon soy sauce
½ teaspoon ground ginger
Mix all ingredients in saucepan; heat through.

LEMON YOGURT CHICKEN

8 ounces lemon yogurt
1 teaspoon ground ginger
½ teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon coriander
2 whole chicken breasts, split
Combine yogurt and spices. Place chicken and yogurt in 2-quart rectangular baking dish. Cover and refrigerate 8 hours or overnight; spoon yogurt over chicken occasionally. Preheat oven to 375 degrees. Bake 40 to 45 minutes or until chicken is tender; baste frequently.

OVEN FRIED CHICKEN

Heat oven to 425 degrees. Heat 1 tablespoon butter in a 13x9x2-inch baking pan.

Mix desired coating for chicken. Using 2½ to 3½ -pounds chicken, cut into desired-size pieces, coat with coating mix and place in pan with melted butter, skin side down. Bake uncovered until done.

Broiler Fryer — 35 minutes, turn, bake 15 minutes longer.

Breast halves — 30 minutes, turn, bake 15 minutes longer.

Drumsticks — 45 minutes, turning several times during baking.

Basic Coating

¾ cup all-purpose flour
1½ teaspoon paprika
1½ teaspoon salt
¼ teaspoon pepper

Italian Coating

¾ cup all-purpose flour
1 tablespoon Italian seasoning
1½ teaspoon paprika
1½ teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon pepper

Mexican Coating

½ cup all-purpose flour
2 tablespoons cornmeal
1 to 2 tablespoons chili powder
1½ teaspoon paprika
1½ teaspoon salt
¼ teaspoon pepper

Parmesan Coating

½ cup grated Parmesan cheese
½ cup all-purpose flour
1½ teaspoons paprika
1 teaspoon salt
¼ teaspoon pepper

Pecan Coating

½ cup all-purpose flour
½ cup ground pecans
1 teaspoon paprika
¼ teaspoon pepper

Sesame Herb Coating

¾ cup all-purpose flour
2 tablespoons sesame seeds
2 teaspoons dried thyme
2 teaspoons sage
2 teaspoons parsley flakes
1½ teaspoon paprika
1½ teaspoon salt
¼ teaspoon pepper

Betty Light
Lebanon



Perk up your meals with Lemon-Apricot Chicken, a refreshing entree with added convenience for today's lifestyles.

CHICKEN CHEESE BALL

8-ounce package cream cheese
2 to 3 tablespoons mayonnaise
6-ounce can chicken
1½ tablespoons minced onion
1 tablespoon chopped parsley

Garlic salt, to taste

Chopped nuts, if desired

Beat together cream cheese and mayonnaise. Add chicken with broth (use judgement on the amount of broth) and garlic salt. Beat until fluffy. Add onion and parsley and mix well. Refrigerate overnight. Roll in chopped nuts or parsley if desired. Serve with assorted crackers.

CURRIED CHICKEN SALAD

2 cups cooked, diced broiler-fryer chicken
5-ounces water chestnuts, drained, sliced

½ pound seedless grapes

½ cup thinly-sliced celery

½ cup slivered toasted almonds

¼ cup mayonnaise

1 teaspoon curry powder

2 teaspoons soy sauce

2 teaspoons lemon juice

11-ounces mandarin oranges, drained

In large bowl, mix together chicken, water chestnuts, grapes, celery, and almonds. In small bowl, place mayonnaise, curry powder, soy sauce and lemon juice; stir to mix well. Up to 4 hours before serving, gently stir mayonnaise mixture and mandarin oranges into chicken mixture. Chill in refrigerator and serve on lettuce.

HONEY MUSTARD BAKED CHICKEN

4 chicken breasts

Salt and pepper, to taste

4 tablespoons butter, melted

½ cup honey

¼ cup Dijon mustard

¼ teaspoon curry powder

Season breasts with salt and pepper. Combine butter, honey, mustard, and curry powder. Spoon half of the sauce into a shallow baking dish, add breasts and turn to coat well. Bake at 350 degrees uncovered for approximately one hour or until tender. Turn and baste breasts with remaining sauce often during cooking.

Helen Spencer
Hopewell, N.J.

TERIYAKI GRILLED CHICKEN

4 broiler-fryer chicken breasts
¼ cup cooking oil
¼ cup soy sauce
1 teaspoon ground ginger
1 clove garlic, minced
2 tablespoons molasses

Mix together cooking oil, soy sauce, ginger, and garlic. Place chicken in deep glass baking dish or plastic bag; pour marinade over chicken. Refrigerate 4-6 hours or overnight, turning chicken occasionally. Drain chicken, reserving marinade. Place chicken on prepared grill, skin side up, about 8 inches from heat and grill, turning about 30 minutes. Stir molasses into reserved marinade and use to baste chicken during last 10 minutes of cooking. Makes 4 servings.

VINEGAR-FLAVORED GRILLED CHICKEN

4 broiler-fryer chicken quarters
¾ cup white wine vinegar
¾ cup water
3 tablespoons margarine
2 tablespoons Worcestershire sauce

2 tablespoons garlic salt
1 tablespoon ground pepper
In small saucepan, place vinegar, water, margarine, Worcestershire sauce, salt and pepper; bring to a boil. Brush sauce on chicken. Place chicken on prepared grill, skin side up, about 8 inches from heat. Cook, turning and basting liberally with sauce every 5-10 minutes, about 60-70 minutes or until fork can be inserted in chicken with ease. Makes 4 servings.

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Featured Recipe

Whether prepared in the oven or on the stove top, casseroles are versatile and convenient meals that combine favorite foods and flavors in one satisfying dish. The latest leaflet from American Dairy Association features nine family-pleasing casserole recipes that combine favorite foods and dairy goodness in every bite. Try Tortilla Chicken Casserole, Cheese 'n Vegetable Dinner, Cheesy Turkey-Artichoke Casserole, Beef 'n Noodle Casserole and more. To order, send a self-address, stamped business-size envelope to: Casseroles! Dairy & Nutrition Council Mid East, 3592 Corporate Drive, Suite 114, Columbus, OH 43231.

Here is a recipe from American Dairy Association for you to enjoy.

CHICKEN AND PARMESAN POTATO BAKE

4 Servings

6 tablespoons butter, melted
2 cloves garlic, minced
2 tablespoons chopped fresh rosemary OR 1½ teaspoons dried rosemary, crushed
1 teaspoon lemon pepper
2 medium baking potatoes (about ½ pound each), halved, cut into ½-inch wedges
1 whole chicken (about 2½ pounds), cut into 8 pieces
1 medium onion, coarsely chopped
Salt (optional)
2 medium zucchini (about 6 to 7 inches long), halved, cut into 1-inch pieces
3 tablespoons Parmesan cheese

Preheat oven to 375°F. Stir together butter, garlic, rosemary and lemon pepper. Place potatoes in bottom of 3-quart shallow baking dish. Brush generously with butter mixture. Arrange chicken over potatoes. Sprinkle with onion, then salt, if desired. Drizzle with remaining butter mixture. Bake 50 minutes. Remove from oven. Add zucchini; baste with pan juice. Bake 15 minutes longer or until vegetables and chicken are tender. Sprinkle with Parmesan cheese; continue baking an additional 5 minutes.

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.

September

- 11- All Varieties Of Beans
- 18- What Can You Do With Rice?
- 25- Poultry And Eggs

October

- 2- National Pork Month