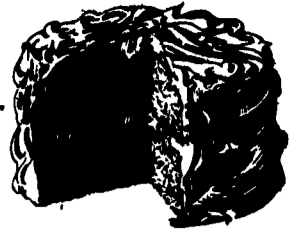


Home On The Range



Muffins For Breakfast, Lunch And Dinner

In addition to several recipes from our readers, many of today's recipes are from the Pennsylvania State Grange Cookbook.

The spiral-bound 422 page cookbook is easy-to-read and has a storehouse of recipes contributed by Grange members. The Grange is the state's largest rural-farm organization with more than 35,000 members and serves more than 500 rural communities.

Order the cookbook by sending \$14.50 (includes shipping and handling) and your name and complete address to Pa. State Grange, 1604 N. Second St., Harrisburg, PA 17102 or call (717) 552-3865.

The mission of the Grange is to improve the quality of life in communities. Proceeds from the cookbook provide funds to serve community projects.

SWEET POTATO MUFFINS

½ cup butter, softened
1¼ cups sugar
2 eggs
1¼ cups mashed sweet potatoes
½ cup milk
1½ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ cup raisins
½ cup chopped pecans
2 tablespoons sugar
¼ teaspoon cinnamon

Cream butter in mixer bowl until light and fluffy. Add 1¼ cups sugar, beating at medium speed. Add eggs, one at a time, beating well after each addition. Stir in sweet potatoes and milk. Combine flour, salt, baking powder, 1 teaspoon cinnamon and nutmeg. Add to creamed mixture, stirring until moistened. Fold in raisins and pecans. Spoon into greased muffin cups, filling ¾ full. Combine 2 tablespoons sugar and ¼ teaspoon cinnamon in small bowl. Sprinkle over batter. Bake at 400 degrees for 20 minutes. 12 muffins.

Colleen Shields
Avis



CRANBERRY ALMOND MUFFINS

2 cups flour
½ cup brown sugar
¼ cup sugar
2 teaspoons baking powder
1 teaspoon salt
1¼ cups milk
½ cup vegetable oil
1 egg
2 teaspoons almond extract
1 cup cranberries, chopped
Sugar
½ cup slivered almonds
Preheat oven to 350 degrees. Grease a 12-cup muffin tin.

Combine flour, both sugars, baking powder, and salt in a medium mixing bowl. Combine milk, oil, egg, and almond extract in a separate mixing bowl. Add liquid ingredients to dry, stirring just until dry ingredients are moist. Stir in cranberries.

Fill muffin cups ¾ of the way full with batter. Sprinkle tops of muffins with sugar and almonds. Bake for about 25 minutes or until golden brown. Cool 5 minutes in the pan; remove to wire rack to cool completely. Makes 12 muffins.

APPLESAUCE MUFFINS

1½ cups homemade whole wheat baking mix*
1 tablespoon sugar
½ teaspoon cinnamon
1 egg white, slightly beaten
½ cup unsweetened applesauce
¼ cup water

Combine homemade whole wheat baking mix with sugar and cinnamon in a large bowl. Mix egg white, applesauce, and water in a small bowl. Stir into dry ingredients until moistened. Fill greased muffin cups ¾ cup full. Bake at 400 degrees for 20 minutes or until golden brown. 8 muffins.

Homemade Whole Wheat Baking Mix*

3 cups whole wheat flour
3 cups all-purpose flour
3 tablespoons baking powder
1½ teaspoons salt
¾ cup nonfat dry milk powder
¾ cup shortening

Combine flours, baking powder, salt, and milk powder in bowl. Cut in shortening with pastry blender until mixture is crumbly. Store in airtight container in refrigerator for up to 3 months. Use for biscuits or muffins. Yield: 7 cups mix.

Jane Treichler
Virginville



Special Bran Muffins may also be baked as bread loaves. Mincemeat combined with bran cereal results in terrific-tasting flavor.

APRICOT MUFFINS

1¼ cup all-purpose flour
½ cup sugar
1 tablespoon baking powder
2 cups Common Sense Oat Bran cereal
1¼ cups apricot nectar
2 egg whites
¼ cup vegetable oil
½ cup chopped, dried apricots
Stir together flour, sugar, and baking powder; set aside.

In large bowl, combine oat bran cereal, apricot nectar, egg whites and oil until thoroughly mixed. Stir in apricots. Add flour mixture, stirring only until combined. Portion batter evenly into 12 greased muffin cups. Bake at 400 degrees for 25 minutes or until golden in color.

Calories: 200, fat 5 g, chol 0 mg.
Nancy Kramer
Newmanstown

SPECIAL BRAN MUFFINS

3 cups bran flakes or other bran cereal
2 cups buttermilk
1 cup water
1¼ cups sugar
9-ounce package None Such Condensed Mincemeat, crumbled
½ cup butter, melted
2 eggs
2½ cups unsifted flour
2½ teaspoons baking soda

Preheat oven to 425 degrees in large bowl, combine bran cereal, buttermilk, and water; mix well. Stir in sugar, mincemeat, butter, and eggs. Combine flour and baking soda; add to mincemeat mixture in small amounts just until blended and moistened. Let stand 20 minutes to soften cereal. Fill greased or paper-lined muffin cups ¾ full. Bake 15 to 20 minutes or until golden brown. Remove from pans. Serve warm.

For loaves: Prepare batter as above, divide into two well-greased and floured 9x5-inch loaf pans. Bake in preheated 350 degree oven for 1 hour or until wooden pick inserted near center comes out clean. Cool 10 minutes; remove from pans. Cool.

LOW-FAT AND HIGH-FIBER MUFFINS

2 egg whites, beaten
1 cup skim milk
1 tablespoon oil
1 cup miller's bran
1 cup flour
½ cup brown sugar
1 tablespoon baking powder
½ teaspoon baking soda
1 teaspoon salt
1½ teaspoons cinnamon

Combine egg whites, milk, oil, bran, flour, brown sugar, baking powder, baking soda, salt, and cinnamon in large bowl; mix well. Spoon into greased muffin cups. Cook at 400 degrees for 20 to 25 minutes or until golden brown. Cool on wire rack. May add blueberries or raisins. 12 muffins.

Barbara Whritenour, Mineola

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Featured Recipe

Muffin Tin Meatloaves and Quick Parmesan Mashed Potatoes is a meatloaf updated for today. Lean ground beef mixed with bread crumbs, Italian seasoning and shredded zucchini is baked in a muffin tin to make individual loaves. The zucchini adds color, flavor, and helps keep the mini loaves moist. Key to tender, juicy meatloaf is two-fold: mix the ingredients lightly but thoroughly; overmixing can cause the meatloaf to become firm and compact; cook just until no longer pink and the juices run clear.

Homemade mashed potatoes were never so easy as these — just microwave unpeeled potatoes with water and garlic until tender. Mash until smooth (skins and all) then add the milk and Parmesan cheese. Micro-cooked carrots and peas and a whole wheat roll complete this family meal.

MUFFIN TIN MEATLOAVES

1½ pounds lean ground beef
1½ cups shredded zucchini
1 cup soft bread crumbs
1 egg, slightly beaten
1 teaspoon dried Italian seasoning
½ teaspoon salt
¼ cup ketchup

Heat over to 400 degrees. In a large bowl, combine all ingredients except ketchup, mixing lightly but thoroughly. Place approximately ½ cup beef mixture into each of 12 medium muffin cups, pressing lightly; spread ketchup over tops.

Bake in 400 degree oven for 20 minutes or until no longer pink and juices run clear.

Meanwhile prepare Quick Parmesan Mashed Potatoes. Remove meatloaves from pan; serve with potatoes.

QUICK PARMESAN MASHED POTATOES

1½ pounds potatoes, scrubbed, quartered
3 tablespoons water
3 large cloves garlic, crushed
½ cup low-fat milk
3 tablespoons grated Parmesan cheese
¼ teaspoon salt

In 2-quart microwave-safe container, combine potatoes, water, and garlic. Cover and microwave on high for 12 to 14 minutes or until potatoes are tender.

Mash potatoes until smooth. Add milk, cheese, and salt, beating until light and fluffy.

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.

February

12- Heart Happy Recipes
19- National Cherry Month
26- Potato Lovers' Month

March

5- Peanut Month