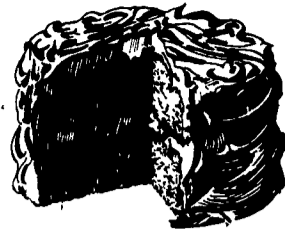


# Home On The Range



## Recipes To Celebrate National Nutrition Month

March is National Nutrition Month. It's a good time to review your family's eating habits and the meals you prepare on a regular basis.

Some meals are not only loaded with nutritious protein, calcium, and iron but also with calories and fat. It's fine to serve these occasionally but try to cut down on the fat content and include more fiber.

Fiber is an important part of a healthful diet. A good way to include fiber in the diet is eating a bowl of whole-grain or high-fiber cereal.

Another way is in snacks. Snacks are as varied as your imagination. Keep track of foods you're likely to snack on, then switch to more healthy choices, such as cereal-based snacks. You can give added flavor and crunch to any snack by using a high-fiber cereal as an added ingredient or topping.

- Stir 1 to 2 tablespoons high-fiber cereal into each serving of scrambled eggs just before serving.

- Sprinkle cereal on a serving of creamed cottage cheese.

- In place of croutons, toss high-fiber cereal into salad greens or on top of hot or cold soups.

- Dust fruit-flavored yogurt or ice cream with crushed cereal.

- Top fresh, canned or frozen fruit with cereal.

- Fill half of a small cantaloupe or honeydew melon with high-fiber cereal and milk.

- Add crunch to mashed or baked potatoes or other cooked vegetables by sprinkling on cereal just before serving.

### FRUIT SMOOTHIE AND FROZEN POPS

1 cup vanilla low-fat yogurt  
 ½ cup apple juice  
 1 cup fresh or frozen strawberries  
 1 banana

Blend all ingredients in blender or food processor until smooth. Drink as is or freeze in molds or paper cups. Yields about 3 cups or 10 to 11 pops.

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### STIR FRY CHICKEN WITH CARROTS AND PEPPERS

1 pound boneless chicken breast or turkey tenders  
 ¼ teaspoon ginger  
 1 green onion, minced  
 1 tablespoon cornstarch  
 3 tablespoons water  
 ½ cup sliced carrots  
 1 cup sliced green pepper  
 1 tablespoon oil  
 1 tablespoon low-sodium soy sauce  
 ¼ teaspoon sugar  
 ½ cup chicken broth  
 Cooked rice

Slice chicken into thin strips. Mix the cornstarch and water in a bowl. Add the minced onion and ginger to the cornstarch. Add all of this to the chicken and toss to coat. The cornstarch will help the onion and ginger stick to the chicken. Let stand 15 minutes. Heat the oil in a skillet over medium high heat. Add the chicken in small batches. Cook until white using utensils to toss and turn the meat rapidly. Remove the cooked chicken to separate pan. Put the carrots in the same pan and stir fry 2 to 3 minutes more. Sprinkle with soy sauce and sugar. Stir in chicken broth and heat quickly. Then simmer covered until carrots are crisp but not soft. Return chicken to pan, stir to reheat, and serve immediately with rice.

### STUFFED SWEET POTATOES

3 large sweet potatoes  
 ¼ cup crushed juice packed pineapple, drained  
 ¼ cup reserved pineapple juice  
 ¼ cup chopped dates  
 ¼ teaspoon cinnamon  
 ¼ teaspoon salt  
 Scrub potatoes and prick with fork. Bake in 400 degrees for 1 hour or microwave 8 minutes until tender. Halve potatoes lengthwise and scoop out pulp. Mash and combine with a mixture of the remaining ingredients. Pile into shells. Bake in 350 degree oven 15 minutes or microwave until potatoes are heated through.

Serves 6 at 100 calories, 2 grams fiber, and less than 1 gram fat for ½ stuffed potato. 1% calories from fat.

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Serve easy and delicious stir-fry chicken and broccoli for a nutritious dinner.

### BROCCOLI AND CAULIFLOWER

3 cups broccoli florets  
 3 cups cauliflower florets  
 ¼ cup coarsely chopped red pepper or pimiento  
 ½ cup chicken or vegetable broth

1 teaspoon cornstarch  
 2 teaspoons lemon juice  
 ¼ teaspoon dried dill weed  
 Steam broccoli and cauliflower until tender-crisp. Lightly oil a 1½ quart heat-proof bowl. Arrange pieces in bowl so that florets and peppers are pressed to bottom and sides. Tightly pack center with remaining florets. Bake in 350 degree oven for 10 minutes. In small saucepan, blend broth and cornstarch until smooth. Heat until thickened. Blend in lemon juice and dill. Place serving dish over vegetable bowl and invert. Pour sauce over vegetable mold.

Serves 9 at 20 calories, 2 grams fiber, and less than 1 gram fat per ⅓ cup serving. 11% calories from fat.

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### ZESTY GET-UP-AND-GO SNACK

3 cups Cheerios cereal  
 3 cups Crisp Baked Bugles  
 3 plain rice cakes, broken in bite-size pieces  
 2 cups fat-free pretzel sticks  
 2 tablespoons margarine, melted  
 1 tablespoon unsweetened apple juice

1 teaspoon Italian seasoning  
 ½ teaspoon garlic powder  
 ½ teaspoon onion flakes  
 Heat oven to 300 degrees. Mix cereal, corn snacks, rice cake pieces and pretzels in jelly roll pan. Mix remaining ingredients. Drizzle over cereal mixture; toss until evenly coated. Bake 10 minutes, stirring once. Store in tightly covered container.  
 18 servings (½ cup each).

### KIDNEY BEAN AND TUNA SALAD

15½-ounce can no-salt added kidney beans, drained  
 6½-ounce can water packed tuna, drained  
 2 tablespoons reduced-calorie mayonnaise  
 2 tablespoons plain low-fat yogurt  
 ½ cup chopped celery

¼ cup chopped green pepper  
 3 tablespoons pickle relish or substitute 1 tablespoon minced onion, ¼ teaspoon dill and ¼ teaspoon black pepper  
 Mix together and chill.

Serves 4 at 150 calories, 4 grams fiber, and 3 grams fat per ¼ cup serving; 18% calories from fat.

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(Turn to Page B8)

## Featured Recipe

Polenta, traditional Lenten fare, dates back further than any dish in Italian cuisine, but it's only recently that many Americans have discovered this cornmeal dish. A staple in all parts of Italy, polenta can be fried, baked, or — as is often the choice — eaten simply with butter and cheese.

The American Dairy Association has developed and kitchen tested its own delicious variation of the popular polenta casserole using creamy provolone to contrast the distinctive tang of blue cheese.

### TWO-CHEESE POLENTA

4½ cups milk  
 1½ cups yellow cornmeal  
 2 tablespoons butter  
 ½ cup finely chopped onion  
 ¼ cup finely chopped carrot  
 2 cloves garlic, minced  
 1 tablespoon chopped fresh parsley  
 1½ teaspoon chopped fresh basil  
 ¾ teaspoon chopped fresh oregano  
 1 bay leaf  
 28 ounces Italian peeled tomatoes, coarsely chopped  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 8 ounces thinly sliced provolone cheese  
 1 cup crumbled blue cheese

Bring the milk to a boil in a 3-quart heavy saucepan. Reduce heat to simmer. Add the cornmeal in a thin, steady stream, stirring constantly. Cook and stir over medium heat until mixture is thick and pulls away from the sides of the pan, about 15 to 20 minutes. Immediately pour mixture into lightly buttered 9x5-inch pan. Cool to room temperature.

Meanwhile, melt butter in a 3-quart saucepan. Add onion, carrot, garlic, parsley, basil, oregano, and bay leaf. Saute until vegetables are soft, about 5 minutes. Stir in tomatoes, salt and pepper. Simmer over medium heat until thickened, about 25 minutes, stirring occasionally. Discard bay leaf.

Preheat oven to 400 degrees. Invert the polenta onto a cutting board and cut into ½-inch slices. Spread approximately 1 cup sauce in the bottom of a 13-inch oval gratin or casserole. Arrange the polenta and cheese slices in overlapping layers. Spoon the remaining sauce over the layers. Sprinkle the blue cheese over the top. Bake for 25 to 30 minutes or until lightly browned. Serve immediately.

## 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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|-------|-----|---|
| March | 19- | Candy Recipes                                 |
|       | 26- | Easter Favorites                              |
| April | 2-  | What Can You Do With Eggs?                    |
|       | 9-  | Rhubarb, Dandelion and other Spring Favorites |