



Home on the Range

Edible Valentines That Say 'I Love You'

Valentine's Day may not be a major holiday, but it is a day of major celebration. Sweethearts send flowers and chocolates, cards are selected, and romantic dinners for two are the order of the day.

Looking for the perfect gift for a loved one on Valentine's Day? How about preparing one of these recipes — a gift from the heart that says "I love you."

PEANUT BUTTER MELTAWAYS

1½ pounds chocolate melting chips
½ cup melted vegetable shortening

18 ounces peanut butter
Melt chocolate, stirring until smooth. Add melted shortening and peanut butter until just blended. Pour into bowl and chill until the consistency of soft custard. Occasionally scrape sides and bottom. Beat with a mixer 30 seconds. Do not overbeat. Pour on wax paper-lined 10x13-inch baking pan. Place waxed paper on top and level off. Let stand in cool place until firm but not hard. Cut into squares. Makes about 80 pieces. When dipping chocolate, work quickly as the mixture will soften.

Mrs. Stoltzfus
Honey Brook

RED VELVET CAKE WITH FROSTING

1 1/2 cups sugar
1/2 cup shortening
1 teaspoon vanilla
2 eggs
2 ounces red food coloring
2 tablespoon cocoa
2 1/4 cups cake flour
1 teaspoon salt
1 cup buttermilk
1 tablespoon vinegar
1 teaspoon baking soda
Cream sugar, shortening and vanilla. Add 1 egg at a time and beat. Make a paste of food coloring and cocoa. Add to sugar mixture. Sift flour and salt. Beginning and ending with flour, alternate adding flour and buttermilk to sugar mixture. Beat. Combine vinegar and soda and add to batter. (fold in) Pour into two 8-inch cake pans and bake at 350° for 15 to 20 minutes.

Butter Frosting
3 tablespoon flour
1 cup sugar
1 teaspoon vanilla
1 cup butter
1 cup milk

Combine milk and flour and cook over medium heat until thick. Cool. Cream sugar, butter and vanilla until creamy. Add cooled milk and flour mixture and blend.

Erin Williams
Lebanon Co. Lil' Miss

PEANUT BUTTER FUDGE

makes 1 9" square pan

4 cups sugar
1 cup milk
2 tablespoon butter
1 tablespoon vinegar
4 eggs
1 pound smooth peanut butter
2 1/2 tablespoons marshmallow whip
1 teaspoon vanilla

1. Mix together in a saucepan the sugar, milk, butter, and vinegar. Boil slowly to the soft ball stage.

2. Remove from heat and stir in peanut butter, marshmallow whip, and vanilla.

3. When mixture begins to set, cut into serving pieces. Then refrigerate. Remove pieces from pan only after the candy is cold and hardened.

Stephanie Buck
Lebanon Co. Dairy Maid

SINFUL BROWNIES

1 cup butter
¾ cup cocoa
2 cups sugar
4 eggs
1½ cups flour

Frosting:
4 tablespoons butter
3 tablespoons vanilla
2 cups confectioners' sugar
2 to 3 tablespoons milk
Melt butter in saucepan; add cocoa. Stir and remove from heat. Stir in sugar, then eggs; Add flour, stir by hand until well blended. Pour into ungreased 9x13-inch pan. Bake at 350 degrees for 20 minutes. Frost while hot.

Frosting: Melt butter; blend in cocoa. Stir in vanilla and sugar. Add milk. Stir until consistency is spreadable.

Rachel Tanis
Pa. Alternate Dairy Princess



Make your sweetheart a romantic dessert of Shortbread Hearts, drizzle with chocolate, and serve with whipped cream and berries.

CREAMY RICE PUDDING

Serves 10

1 quart milk
1/2 cup rice
2 tablespoons butter
1/4 cup sugar
1/4 teaspoon salt
2 eggs
1 teaspoon vanilla

1. Stir together milk, rice, butter, sugar, and salt. Pour into double boiler and cook slowly for 1-1 1/2 hours until rice is soft.

2. Beat the eggs. Remove 1 cup hot milk and rice from double boiler and gradually add to the beaten eggs. Then add the egg mixture to the rest of the pudding. Stir in the vanilla. Serve either warm or cold.

Stephanie Buck
Lebanon Co. Dairy Maid

DIABETIC STRAWBERRY SAUCE

1 quart fresh or unsweetened frozen strawberries, thawed
3 envelopes aspartame sweetener
1 teaspoon orange juice
1 teaspoon fresh lemon juice

Combine all ingredients in a food processor or blender. Process or blend into a puree. Transfer to serving bowl. Cover and refrigerate.

Delicious served over waffles, diabetic rice pudding and yogurt. Yields 4 servings, 52 calories per serving.

B.J. Light
Lebanon

Featured Recipe

Apples originated in Asia and were first grown in Europe more than 5,000 years ago. They came to America with the Pilgrims in 1629, and made their debut in Pennsylvania in the 1680s at orchards planted by Swedish settlers along the Delaware River near Philadelphia.

Pennsylvania also served as home to folk legend Johnny Appleseed, who according to history, gathered apple seeds from the state's cider mills to plant orchards along the Ohio River and into Indiana.

Today, apples are grown in all 67 of the state's counties, yielding an annual crop of almost 13 million bushels, which ranks fifth nationally.

Apples are the perfect snack food: they're portable, great tasting, and good for you with only 80 calories each. They are also high in fiber and pectin, which are useful in reducing blood cholesterol and lowering the risk of certain types of cancer, as well as potassium, which may reduce the risk of stroke.

For more information and recipes on apples, write to Pennsylvania Apple Marketing Board, 2301 N.Cameron St., Harrisburg, PA 17110 (717) 783-5418.

BAKED CHICKEN BREAST WITH APPLE SLICES SAUTE

6 chicken breasts
3 tablespoons butter
Salt and pepper
2½ cups golden delicious apples
¼ cup sugar
1 teaspoon grated lemon rind
½ teaspoon cornstarch mixed with
1 tablespoon lemon juice
¼ cup water
1 teaspoon Worcestershire sauce
1 teaspoon prepared horseradish

Lay chicken breasts on baking sheet; dot with butter. Sprinkle with salt and pepper. Bake at 350 degrees for one hour or until tender. Combine apple slices, sugar, lemon rind, cornstarch mixed with lemon juice, water, Worcestershire sauce, and horseradish. Heat. Serve over chicken. Serves 6.

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 18- Cherry Recipes
25- Potato Lover's Month
March 4- Crock-Pot Recipes
11- Muffin Favorites