

Home on the Range

Fresh Ideas For Citrus Fruit

Oranges, grapefruits, and lemons are great for fresh fruit, but don't limit them to fruit salad and fruit drinks. These citrus fruits add unique flavors to meat dishes, rice, dairy products, and eggs.

Try these recipes than experiment on your own. You'll be glad you did.

CARROT ORANGE LOAF

2 cups whole wheat flour, unsifted

½ cup sugar

1½ teaspoons baking powder

1 teaspoon ground cinnamon

½ teaspoon baking soda

½ cup vegetable oil

¼ cup skim milk

3 egg whites

1 teaspoon grated orange peel

2 cups shredded carrots

Preheat oven to 350 degrees. Oil a loaf pan; set aside. Combine flour, sugar, baking powder, and cinnamon; set aside. In a large bowl, mix oil, milk, egg whites, and orange peel. Add dry ingredients. Mix just until combined. Stir in carrots. Pour into prepared pan. Bake until a cake tester inserted in center comes out clean, about 45 minutes. Cool in pan for 10 minutes. Loosen with a metal spatula; turn onto a wire rack to cool.

Yield: 16 slices.

ORANGE-BAKED PORK CHOPS

10 pork loin chops
1½ cups orange juice, unsweetened

2½ tablespoons honey

¼ teaspoon dried thyme

1¼ teaspoon grated orange peel

¼ teaspoon dry mustard

1 teaspoon onion powder

1 tablespoon soy sauce

Trim fat from meat. Broil chops on a rack in preheated broiler, turning once, until lightly browned. Place chops on rack in shallow pan. Preheat oven to 350 degrees.

Combine remaining ingredients; pour over chops. Cover and bake one hour.

Mixture is also good when served over ham slices.

Sarah Clark
Breezewood

ORANGE BREAKFAST BRACER

3 tablespoons frozen orange juice

1 teaspoon honey

1 cup cold buttermilk

Orange slice

Place orange juice concentrate and honey in blender container; cover. Mix until well combined. Add buttermilk. Blend until frothy. Serve immediately. Garnish with orange slice, if desired. Serving size: 10 ounces.

Shannon Semmel
Northampton/Lehigh Co. Dairy Princess



Citrus fruit is adaptable to a variety of uses. Here's a light, attractive idea called Lemon Rice Dessert from the USA Rice Council.

LEMON RICE DESSERT

3-ounce package lemon-flavored gelatin dessert

1 cup boiling water

½ cup cold water

1 cup cooked rice, chilled

1½ cups frozen whipped topping, thawed

¼ cup sliced almonds

¼ cup chopped maraschino cherries

1 tablespoon grated lemon peel
Dissolve gelatin in boiling water; add cold water. Place bowl in ice water and stir until gelatin is the consistency of unbeaten egg whites; stir in rice. Fold in whipped topping until smooth. Lightly fold in almonds, cherries, and lemon peel. Continue to stir gently (over ice) until thickened. Pour into dessert dishes. Cover and chill until ready to serve.
Makes 8 servings.

SHAKER LEMON PIE

4 large lemons, thinly sliced, leave rind on

14 ounces granulated sugar

8 eggs

4 pie crusts

Slice lemons very thin, place in a bowl, sprinkle with sugar, place in refrigerator and marinate for 24 hours.

Beat eggs until foamy; gently stir into the lemon slices.

Line two 9-inch pie pans. Ladle in the lemon mixture and add the second crust. Sprinkle one teaspoon of sugar over the crust. Bake in preheated oven for 450 degrees for 15 minutes. Reduce heat to 375 degrees and bake for 20 minutes more.

B.J. Light
Lebanon

ORANGE MUSTARD PORK

1 pound lean boneless pork

¼ cup unsweetened orange juice

2 tablespoons Dijon mustard

1 tablespoon brown sugar

1½ teaspoons cornstarch

2 cups sliced fresh mushrooms

½ cup sliced green onions

2 teaspoons vegetable oil

3 cups cooked brown rice

11-ounce can mandarin orange segments in juice, drained

2 tablespoons slivered almonds, toasted

Thinly slice pork diagonally across the grain. Combine juice, mustard, sugar, and cornstarch; set aside. Cook mushrooms and onions in oil in large skillet over medium-high heat. Remove from skillet. Add pork; cook until browned. Stir in mushroom mixture, rice, and reserved juice mixture. Cook, stirring frequently, until thoroughly heated. Add oranges; toss lightly until heated. Transfer to serving dish and sprinkle with almonds. Makes 4 servings.

ORANGE-APRICOT SHERBET

1 cup light cream

1 cup sugar

¼ cup corn syrup

1 cup canned apricot nectar

1 cup fresh orange juice

¼ cup fresh lemon juice

2 teaspoons grated orange rind

1 teaspoon grated lemon rind

2 egg whites

Combine cream, sugar, and corn syrup in saucepan. Heat to scalding. Remove from heat and cool. Stir in apricot nectar, orange juice, lemon juice, orange and lemon rind. Pour into a metal pan and freeze until firm.

Beat egg whites until stiff. Put frozen sherbet in chilled bowl and beat until fluffy (work quickly so sherbet doesn't melt). Fold in egg whites. Return to pan and freeze until firm.

B.J. Light
Lebanon

(Turn to Page B8)

Featured Recipe

If you are interested in learning how to eat healthier, attend a free class called Eat to Live, Live to Eat. Sponsored by Penn State Cooperative Extension and taught by Paula Leuenberger, R.D., the same two-hour class will be repeated morning and evening during the next three months on Tuesday, May 16, Tuesday June 13, and Monday, August 7, from 9:30 a.m. to 11:30 a.m. or 7 to 9 p.m. The free sessions are held at the Lebanon Valley Agricultural Center, 2120 Cornwall Road, Lebanon. To register, please call (717) 270-4391.

The classes are designed to help you modify your favorite recipes for health reasons; evaluate foods for fat, salt, fiber, and sugar content; read and use the new nutrition labels; sort out choices in fats, oils, and margarines, recognize and plan healthy menus, and make healthy choices when eating out.

If you want a tasty reduced-fat main dish, here is one from Alletta M. Schadler, county extension director for Lebanon County.

ANGEL-HAIR PASTA WITH HERBED CHICKEN

1 teaspoon olive oil

2 tablespoons finely chopped onion

½ cup diced carrots

3 boneless, skinless chicken breast halves, diced

½ teaspoon basil

½ teaspoon oregano

¼ teaspoon thyme

¼ teaspoon freshly ground black pepper

1½ cups small broccoli florets

12-ounce can evaporated skim milk

9-ounce package fresh angel-hair pasta

¾ cup freshly grated Parmesan cheese

Heat oil in large non-stick skillet. Add onion and carrot and saute over medium heat until onion is soft but not brown, about 5 minutes. Add some water if it seems too dry.

Add diced chicken to pan and saute until no longer pink, about 5 minutes. Sprinkle with basil, oregano, thyme and freshly ground black pepper. Add broccoli, cover and steam for 5 minutes. Stir in milk and warm but do not allow to boil.

Meanwhile, boil water for pasta and cook according to package directions; drain well. Stir pasta into sauce mixture; add cheese. Cover pan 3 to 5 minutes or until sauce has thickened slightly. Serve immediately. Makes 4 servings. Each contains about 461 calories, 64 mg cholesterol, 8 g fat, 455 mg sodium.

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.

May

- 6- Tropical Fruit Favorites
- 13- Mother's Favorite Recipe
- 20- Rhubarb, Strawberries
- 27- Dinner's On The Grill