Eat Up! There's Nothing Better!

LOU ANN GOOD
Lancaster Farming Staff

NEFFSVILLE (Lancaster Co.) — Since Debbie Landis was named both Lancaster County and Pennsylvania poultry ambassador, she has become known for her advice regarding poultry: "Eat Up! There's nothing better!"

Debbie takes her own advice to heart. "Our family has always liked eating poultry, but we eat even more since I became the ambassador," she said.

Piqued by an interest in the variety of ways to prepare poultry, Debbie is always looking for new recipes. An experienced cook, she often prepares the dishes herself.

Now that friends and family know that she has perfected her omelet-making skills, Debbie often has requests to flip omelets in the air.

"It took two hours of practice to learn how to do that," said Debbie who now has the knack for flipping omelets.

One of the reasons that Debbie enjoys using poultry in cooking is the ease and variety available. She especially likes using frozen chicken breasts, which can be defrosted quickly in a microwave oven.

A senior at Lancaster Mennonite High School, Debbie manages to squeeze in poultry promotions among school activities such as student life and faculty editor for the school yearbook and as a member of the National Honor Society. She is preparing a videotape of her playing the keyboard to submit for acceptance in a musical tour with a youth mission team.

A world traveler, Debbie just returned from a two-week visit to Kenya and Tanzania, Africa where she participated in a safari and visited both modern and tribal communities.

After high school graduation, Debbie plans to attend either a Christian college in New England or Eastern College in Philadelphia, where she will study communications and sociology.

Whatever her future holds, her time spent as a poultry ambassador will no doubt affect her eating habits for a lifetime.

"I found a lot of wonderful poultry recipes," she said.

Brochures with a selection of Debbie's favorite poultry recipes are available to our readers. Send a self-addressed stamped envelope for your free copy to Debbie Landis at 2806 Countryside Dr., Lancaster, PA 17601.

Here is a recipe for an attractive dish prepared recently by Debbie. The recipe is easy enough to prepare when time is limited but attractive enough to serve to guests.

In Debbie's words, "Eat up! There's nothing better!"

A wok is perfect complement to the many poultry dishes that Debbie prepares.

Poultry Ambassador Debbie Landis offers Glazed Chicken and Grapes, a quick and attractive recipe.

GLAZED CHICKEN AND GRAPES

4 skinned boneless chicken breasts
2 tablespoons butter
⅓ cup apple jelly
2 teaspoons lemon juice
Dash salt
1 cup seedless grapes, halved

Cook chicken in butter over medium high heat for 8 to 10 minutes or until meat is no longer pink, turning over once during cooking. Transfer chicken to serving platter. Cover and keep warm while making sauce.

Combine jelly, lemon juice, and salt in skillet. Cook and stir until jelly is melted. Add grapes. Heat through. Spoon over chicken. Serves 4.

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