

Home on the Range

Eat For Health

Good nutrition means eating a well balanced diet from all the food groups. While "junk food," can be incorporated into a balanced diet, nutritious refers more to basic foods made without a lot of empty calories.

Food may be high calorie and nutritious if it is what is called a nutrient-dense food. That means it offers a large percentage of vitamins and minerals in comparison to the calories.

Variety is the key to a balanced health-promoting diet, for no one food contains all the nutrients needed. Only by eating a wide variety of foods from different categories is it possible for the body to receive the more than 50 nutrients that it needs daily.

CRUSTLESS CARROT QUICHE

2 cups finely shredded carrots
6 eggs
1 1/4 cups milk
1 tablespoon instant minced onion
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon pepper
1 cup shredded cheddar cheese

In medium saucepan, heat one-inch water to boiling. Add carrots. Cover, reduce heat and simmer until tender, about 5 minutes. Drain well in strainer or colander, pressing out water.

Meanwhile, beat together eggs, milk, onion, salt, ginger, and pepper until well blended. Stir in drained carrots and cheese. Pour into buttered 9-inch quiche dish or pie plate. Set dish in large baking or broiler pan. Place pan on rack in preheated 350 degree oven. Pour very hot water into baking pan to withing 1/2 -inch of top of custard.

Bake until knife inserted near center comes out clean, 30 to 35 minutes. Let stand 5 minutes before serving.

Am. Egg Board

QUICK AND EASY APPETIZER SOUP

3 10-ounce cans V8 juice
1/4 cup chopped basil leaves
Heat juice to a boil; remove from heat. Ladle into soup cup or bowl. Garnish with basil leaves. Serve with crackers or bread sticks. Serves 6.

Betty Light
Lebanon

PASTA WITH SWEET BEANS, BELL PEPPERS AND BASIL

1 tablespoon soy oil
1 cup chopped onion
1/2 teaspoon fennel seeds, crushed
2 cloves garlic, minced
2 cups frozen green soybeans
2 14.5-ounce cans diced tomatoes, no-salt added, undrained
1 pound yellow bell peppers, roasted and peeled
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper

1 pound penne rigate (short tubular pasta)
1/2 cup fresh basil, chopped
1/2 cup grated parmesan cheese
Heat oil in a large nonstick skillet over medium-low heat. Add onion, fennel seeds, and garlic; cover and cook five minutes, stirring occasionally. Add tomatoes and bring to a boil. Reduce heat and simmer uncovered 20 minutes. Cut peppers in half; clean out seeds.

Arrange peppers in a single layer on a baking sheet. Place in the oven under the broiler. Broil them until they are blistered and charred on all sides, about 10 minutes.

Remove and place in a heavy paper bag, close the end and let them sweat for five to 10 minutes. Scrape off charred skins. Cut into julienne strips about 2-inches long.

Bring a large pot of water to boil for the pasta. Add pasta and cook according to package directions, about 9-10 minutes.

Add bell pepper strips, green soybeans, salt and pepper to tomato mixture; cover and cook for five minutes.

Plate up pasta and top with the tomato mixture and basil. Sprinkle with freshly grated low-fat cheese.

Yield: 7 servings size 1 1/2 cups.
United Soy Board

BAKED OATMEAL

2 1/2 cups oatmeal
1 cup raisins
2 apples, sliced
2 bananas, sliced
4 cups water
1/2 teaspoon salt.

Bring water and salt to a boil. Add remaining ingredients. Bake at 350 degrees for one hour.

Optional 1 teaspoon vanilla
1/2 cup unsweetened, coconut
Naomi Beeker
Walnutport



Fruits and vegetables are most nutritious when eaten fresh.

BAKED BARLEY

3 cups barley
1 teaspoon salt
1/2 cup coconut
1/4 cup chopped dates
3 1/2 cups hot water
Mix ingredients in a greased 13x9-inch pan. Pour hot water over the ingredients and cover. Bake at 375 degrees until well done, about 30 minutes.

Variation: omit dates and add an entire 20-ounce can of unsweetened crushed pineapple. Mandarin oranges are a nice touch too.

Use rice or millet if desired. Decrease grain to 2 cups. Increase water to 5 1/2 cups. Bake one hour covered.

Naomi Beeker
Walnutport

FRUITED PORK SALAD

1/4 cup grapefruit juice
2 tablespoons red wine vinegar
1 tablespoon vegetable oil
1 teaspoon poppy seed
2 teaspoons honey
1/2 teaspoon Dijon mustard
1 pound pork tenderloin, cut crosswise into 1/4 -inch strips
Vegetable cooking spray
1 small head green leaf lettuce
2 small red grapefruit, peeled and sectioned
1 1/2 cups green seedless grapes
1 cup fresh strawberries

To prepare dressing, place grapefruit juice, vinegar, oil, poppy seed, honey and mustard in jar with tight-fitting lid. Shake well. Let stand 15 minutes; shake again. Set aside.

To prepare salad, spray large skillet with non-stick cooking spray; heat over medium heat. Add pork strips; cook about 3 minutes or until pork is tender, stirring frequently. Cover and remove from heat. Line 4 individual salad plates with lettuce. Place warm cooked pork strips in center of each lettuce-lined plate. Arrange grapefruit sections, grapes and strawberries around pork. Spoon dressing over salads.

Pork Council

TACO SALAD

1 pound ground turkey or lean beef
1 package taco seasoning
15-ounces chili beans, drained
6 cups lettuce, bite-size pieces
1 medium onion, diced
1 medium green bell, diced
2 medium tomatoes, diced
1/2 cup shredded cheddar cheese
1/2 cup salsa
1/2 cup Catalina dressing
1 cup sour cream

Brown turkey or beef in saucepan. According to package of taco seasoning, mix together with chili beans and simmer.

Prepare other vegetables. Divide lettuce onto four plates. Top with meat mixture, onions, green pepper, tomatoes, and cheese.

Mix together salsa and catalina dressing. Serve with the salad along with sour cream. 4 servings.

B. Light
Lebanon

(Turn to Page B9)

Featured Recipe

Enter your original recipe in the 1997 "50th Anniversary Pick Up The Pace" recipe contest and you could win a fabulous trip to San Antonio or \$3,000 in cash. Entries must be postmarked by May 1, 1997.

All it takes to win is one great-tasting, easy-to-prepare original recipe which uses at least 1/2 cup of Pace Picante Sauce!

Prizes include one Grand Prize trip for two to San Antonio or \$3,000 cash, four First Prizes of \$1,000 each, five Second Prizes of \$500 each and 100 Runners-up Prizes of the Pace Family Recipe Round-Up 50th Anniversary Cookbook.

Enter original recipes in any of five categories: A) 30-minute Family Favorite Main Dishes, B) Side Dishes, C) Soups, Stews and Chili, D) Appetizers and E) Salads.

For a copy of complete contest rules, send your name and address and a self-addressed, stamped envelope to: RULES, Foodsearch Plus, Inc., 258 Florida Road, Ridgefield, CT 06877.

CHICKEN WITH PICANTE BLACK BEAN SAUCE

Prep Time: 10 minutes
Cook Time: 35 minutes

2 teaspoons ground cumin
1/2 teaspoon garlic powder
6 skinless, boneless chicken breast halves (about 1 1/2 pounds)
1 tablespoon vegetable oil
1/2 cup PACE Picante Sauce
1/2 cup diced green or red pepper
1 can (about 8 ounces) whole kernel corn, drained
1 can (about 16 ounces) black beans, drained
2 tablespoons chopped fresh cilantro
1. Mix 1 teaspoon cumin and garlic powder. Sprinkle both sides of chicken with cumin mixture.

2. In medium skillet over medium-high heat, heat oil. Add chicken in 2 batches and cook ten minutes or until browned. Set chicken aside.

3. Add picante sauce, remaining cumin, pepper, corn and beans. Heat to a boil. Return chicken to pan. Reduce heat to low. Cover and cook ten minutes or until chicken is no longer pink. Sprinkle with cilantro.

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.

March-	8-	Peanuts and Other Nuts
	15-	Lemon, Pineapple
	22-	Your Favorite Pie
	29-	Easter Candy