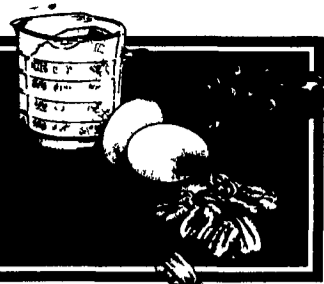




Home on the Range



Lunch Is In The Bag

Brown bagging your lunch can be a delicious way to eat healthier and save money. To make a truly memorable sandwich, you have to use the very best ingredients.

With low fat cold cuts, fat-free mayonnaise, lettuce and tomato, a sandwich amounts to less than 200 calories, and provides protein, grain, and vegetable carbohydrates. Serve it with an apple, orange or banana for an easy low-fat lunch.

Sandwiches can also be fun. To make lunch a little more interesting, try these exciting sandwich ideas from Carl Buddig and Company, maker of low-fat quality cold cuts:

- Want to encourage your children to eat their sandwiches? Why not name the "Sandwich of the Day."

For a Batman and Robin, stuff a pita bread with ham and turkey, add chopped apples, mix with low-fat mayo and pine nuts.

For a Pilgrim's Po Boy, spread cream cheese and jellied cranberry sauce on a hoagie bun, then top with sliced turkey.

Surprise your child with an April Fool's. Roll up ham and turkey slices (2 or 4 of each), serve on a hot dog bun with ketchup, mustard, and relish.

For a Ham 'n Goosebumps, serve ham on rye with a mustard-mayo combination. On the side, serve red gelatin with grapes.

- Why should kids have all the fun? Grown-ups also enjoy special sandwiches for special events.

For Columbus Day, sail a Pinta Pita—golden brown pita pockets stuffed with turkey, chopped lettuce, and tomato pieces right into their lunch bags.

On Halloween, the gang could go for a Ghostbuster, french bread or a soft roll loaded with sliced turkey and melted mozzarella cheese.

For Christmas time, the Santa Submarine features Ho Ho Ham, with red, ripe tomato slices with a leafy green lettuce served on a soft roll.

For the Fourth of July, why not serve Texas Barbecue Beef—sliced beef piled on a soft bun. Serve open faced with tangy barbecue sauce.

Here are some lunch suggestions from Betty Light.

- Frozen bread: Using frozen bread ensures the sandwich tastes fresh and keeps filling fresh until lunch time.

- Freeze juice: Fill juice in container 1/2-inch from top and stick in

freezer the night before. Helps keep lunch cool and assures cold drink for lunch.

- Keep sandwiches from getting soggy: Butter bread from crust to crust before spreading filling on bread.

When using lettuce, wrap it separate and then place it on the sandwich when ready to eat.

Make your sandwiches with spread filling the night before and place in coldest part of refrigerator.

- Ham: have deli slice ham very thin; freeze ham in single portions. Spread bread, place in plastic wrap and place that in the lunch with the frozen ham on the side so it can be put together before eating.

Vegetables: Wrap lettuce, celery, carrots or any veggie in a moist paper towel before placing in plastic bag. Keeps veggies moist and use towel to wipe hands at the end of lunch.

- Frozen cake: Wrap each serving in plastic wrap and stick in freezer. At lunchtime, the cake will be ready-to-eat and won't be soggy from melted frosting soaking into cake.

- Use insulated lunch bags.

PEANUT BUTTER AND HONEY MIX

1 cup peanut butter
Honey to taste

When peanut butter in jar is half empty, add enough honey to taste. Use within a month.

Betty Light
Lebanon

GARDEN SALMON SANDWICHES

1 can salmon
3-ounces cream cheese, softened
1/2 cup mayonnaise
1 tablespoon lemon juice
4 bagels, halved
Choice of fresh vegetable toppings

Drain and flake salmon. Blend cream cheese, mayonnaise, and lemon juice; spread over halved bagels. Top with salmon. Garnish with choice of vegetables. Makes 4 servings.

Suggested fresh vegetable toppings: Alfalfa sprouts, sliced green pepper, sliced cucumber, sliced mushrooms, diced tomato, chopped green onion, and parsley.

Toasted halved English muffins or sliced rye bread may be used in place of bagels.



For packed lunches, take advantage of in-season fruits whenever possible.

BANANA DOG

Hot dog roll
Peanut butter and honey mix
1 banana

Spread hot dog roll with peanut butter and honey mix. Wrap in plastic wrap. Place in lunch bag with banana.

At lunch time, peel banana and place in the roll with peanut butter.

Betty Light
Lebanon

HEATH BAR

40 saltine crackers (unbroken)
1 cup butter
1 cup brown sugar
12-ounces milk chocolate chips
Ground nuts

Line a cookie sheet with foil. Line the foil with unbroken saltine crackers. Cook together butter and brown sugar. Boil slowly 3 minutes. Pour over crackers. Bake 7 minutes at 375 degrees. Remove from oven. Sprinkle with milk chocolate chips. Spread evenly over crackers. Sprinkle with ground nuts. Cool 20 minutes. Cut along cracker edges.

Delicious and easy.

Josephine Matenus
Dallas

LUNCH BOX TREAT

Cake:
2 cups sugar
2 cups flour
1/2 teaspoon salt
2 teaspoons baking powder
2 teaspoons butter
1 cup milk
4 eggs
1 teaspoon vanilla

Topping:

Grease and flour 11x17-inch pan. Mix above cake ingredients together and beat; pour into prepared pan. Bake at 350 degrees for 15 minutes. Take from oven and spread room-temperature peanut butter on top. Put in freezer for one hour. Melt chocolate candy bar on top. Keep in refrigerator.

E-town Brethren-
In-Christ Cookbook

(Turn to Page B6)

Featured Recipe

Don't be chicken, enter the Delmarva Chicken Cooking Contest. The contest is open to residents of 12 eastern states and the District of Columbia. Twenty finalists will be chosen by recipe judging to receive an expense-paid weekend to the cook-off finals set for June 12-14, 1998 on the scenic Delmarva Peninsula.

First prize is a Caribbean dream vacation with \$1,000 in spending money and gifts from Cutco Cutlery, McCormick and Company, and Mid-Atlantic Propane Gas Association. Second- and third-place winners will receive \$2,500 in cash and gifts from Cutco and McCormick companies. Special awards will be given to the best quick and easy and best dark meat chicken recipe.

Recipe entries must be original and previously unpublished. Broiler-fryer chicken, whole or any combination of parts, is the only required ingredient. Recipes should make four to eight servings. Judging will be based on appeal, ease of preparation, taste, and appearance.

Deadline for entering is Feb. 1, 1998.

Here is the 1996 winning recipe from Julie Fox, Annapolis, Md.

CHICKEN WITH MUSHROOMS AND FRESH SAGE CREAM

4 broiler-fryer chicken breast halves, boned, skinned
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
3 teaspoons olive oil
2 cloves garlic, minced
1 1/2 cups sliced crimini mushrooms or white button mushrooms
1/2 cup chopped green onion
1/2 cup dry white wine
8-ounces low-fat cream cheese, cubed
1/2 cup grated parmesan cheese
1/2 cup low-fat milk
2 tablespoons chopped fresh sage
4 cups hot cooked linguine
Parmesan cheese
Fresh sage

On hard surface with meat mallet or similar flattening utensil, pound chicken to 1/4-inch thickness. In a shallow dish, mix together flour, salt, and pepper. Add chicken, one piece at a time, turning to coat on all sides. In large non-stick frypan, place oil and heat to medium-high temperature. Add chicken and cook, turning, about 8 minutes or until chicken is brown and fork tender. Arrange chicken on platter; cover loosely and keep warm. To drippings in frypan, add garlic, mushrooms, green onion, and wine.

Cook, covered, over medium-low heat 3 minutes or until vegetables are tender. Add cream cheese, parmesan cheese, milk, and sage; stir constantly until cheeses melt and sauce is smooth. Place linguine on four serving plates; arrange chicken on linguine. Spoon mushrooms and sage cream over chicken. Pass additional parmesan cheese and garnish with fresh sage. Makes 4 servings.

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.

September-	13-	National Rice Month
	20-	National Honey Month
	27-	National Chicken Month
October-	4-	Apple Recipes