

# Home on the Range

## Chicken Offers Unlimited Ideas

Chicken, the number one protein choice of American consumers is a lean option for unlimited range-to-table entrees. It's versatile and partners with almost any food item to create delicious meals tailored to today's fast-paced lifestyles.

### CHICKEN VEGETABLE PUFF

9-inch unbaked pie shell  
3 tablespoons butter  
¼ cup sliced green onion  
3 tablespoons flour  
1½ teaspoons instant chicken bouillon  
¼ teaspoon salt  
¼ teaspoon pepper  
1 cup milk  
4 eggs, separated  
1½ cups diced cooked chicken  
10-ounce package frozen mixed vegetables, cooked, drained  
½ teaspoon cream of tartar  
Preheat oven to 350 degrees. Melt butter in medium-sized saucepan. Saute onion until tender, about 3 minutes. Stir in flour, bouillon and seasonings until smooth. Remove from heat. Gradually stir in milk. Bring to boil over medium heat, stirring frequently. Boil and stir one minute. Blend a small amount of hot mixture into slightly beaten egg yolks. Return all to saucepan. Cook over low heat one additional minute. Remove from heat. Stir in chicken and vegetables. Beat egg whites until frothy. Add cream of tartar, continue beating until stiff but not dry. Fold into creamed mixture. Turn into pie shell. Bake 40 to 45 minutes or until a knife inserted near center comes out clean. Serve immediately. Serves 6.

Rebecca Ruppert  
Berks Co.  
Alternate Dairy Princess

### CHICKEN CRUNCH

3 cups cooked chicken, cut into pieces  
1 can cream of chicken soup  
1 can water chestnuts  
4-ounce can mushrooms  
¼ cup mayonnaise  
½ cup chopped celery  
1 tablespoon chopped onion  
2 hard-boiled eggs, cut up  
1 can Chinese noodles (small)  
Mix together chicken, celery, eggs, onion, water chestnuts, and mushrooms. Mix mayonnaise and soup together. Fold into first mixture. Put into 2-quart casserole and top with Chinese noodles. Bake at 350 degrees for 45 minutes. Serves 6.

Sue Creveling  
Bainbridge

### CHICKEN LASAGNA

8-ounces lasagna noodles  
1 can cream of chicken soup  
1 can cream of mushroom soup  
3 cups cooked and deboned chicken  
¼ -1 cup parmesan cheese  
1 large package sour cream  
1 cup chopped onions  
1 cup sliced black olives  
¼ cup pimento  
½ teaspoon garlic salt  
2 cups cheddar cheese  
Parsley and paprika  
Grease 9x13-inch pan with butter. Cook noodles, set aside. Cook and debone 3 pounds chicken. Put in bowl, set aside. In a medium bowl, mix cream of chicken and cream of mushroom soup with sour cream, parmesan cheese, onions, olives, pimento, and garlic salt. Add mixture to chicken. Stir, set aside. Layer noodles on bottom of greased pan. Add part of mixture, sprinkle with parsley and paprika. Cover with part of cheese on top. Repeat layers (noodles, mixture, and cheese. Bake at 350 degrees for 20 minutes; uncover and add more cheese. Bake 10 minutes.

From 29 contestants, Nichole Meabon from Erie County was selected Pennsylvania Dairy Princess at the 41st anniversary pageant last Saturday night.

First Alternate Heather Marie Riley of Crawford County and Second Alternate Eileen Murphy of Bradford County will assist Nichole in representing the dairy industry at state functions. Turn to the feature story in this section for pictures and information about the pageant.

Nichole Meabon  
Pa. Dairy Princess  
Erie Co.

### BASIC CHICKEN STOCK

3 pounds chicken backs and necks  
4 ribs celery, chopped  
6 carrots, unpeeled, thick sliced  
2 large yellow onions, peeled and quartered  
8 peppercorns  
3 quarts cold water  
Place chicken in a soup pot along with the remaining ingredients. Add cold water and bring pot to a simmer. Cook for 2 hours. Put contents of pot through a strainer, discarding the solids and reserving liquid.  
Broth will taste flat. Salt is usually added in the recipe the broth is used in.

B. Light  
Lebanon



Two tasty ways to serve chicken are Chicken Lasagna and In soup.

### NORTH AFRICAN CHICKEN WITH COUSCOUS

4 broiler-fryer chicken breast halves, boned, skinned, cut in bite-size pieces  
2 tablespoons vegetable oil  
1 medium red pepper, chopped  
6 green onions, white and green part included, cut in ¼ -inch pieces  
2 large cloves garlic, minced  
1½ teaspoons coriander  
½ teaspoon turmeric  
¼ teaspoon salt  
¼ teaspoon crushed red pepper flakes  
2 cups chicken broth  
1½ cups frozen peas, thawed  
1 cup quick-cooking couscous  
Toasted slivered almonds  
Chopped fresh parsley  
In large deep frypan, place oil and heat to medium-high temperature. Add chicken and cook, stirring frequently, about 5 minutes or until chicken is brown. Add red pepper, onion, garlic, coriander, turmeric, salt, and crushed pepper flakes. Cook, stirring, 3 to 4 minutes or until vegetables are tender-crisp. Add broth and peas; heat to boiling. Stir in couscous; cover and remove from heat. Let stand 5 minutes. Uncover and fluff mixture with fork. Garnish with toasted almonds and parsley. Makes 4 servings. Per serving: 418 calories, 39 g protein, 9.4 g fat; 47 g carbohydrate, 69 mg cholesterol; 564 mg sodium.

Delmarva Poultry  
(Turn to Page B8)

## Featured Recipe

September is National Chicken Month. During this month-long event, consumers across the country will find chicken prominently featured at supermarkets, restaurants, and other food service outlets.

As part of the National Chicken Month celebration, Delmarva Poultry Industry Inc., the trade association for the poultry industry on the Delmarva Peninsula, has created a new publication, One-Dish Chicken Dinners. The brochure is filled with seven creative, healthful recipes, each of which is easy to assemble and cooks in a single pan or dish.

To receive a copy of this publication, send a self-addressed, stamped, business-sized envelope to One-Dish Chicken, c/o Delmarva Poultry, R. 6, Box 47, Georgetown, DE 19947-9575.

While you're waiting for the brochure, here is a winning recipe from the Delmarva Chicken Cooking Contest.

### CHUNKY CHICKEN CHILI CHOWDER

8 broiler-fryer chicken thighs, boned, skinned, cut in bite-size pieces  
½ cup chopped green onion  
2 tablespoons prepared pesto  
1 tablespoon chili powder  
1 teaspoon cumin  
16-ounces fat-free chicken broth  
15-ounce can black beans, drained, rinsed  
1 cup mild, thick and chunky salsa  
Cilantro pesto\*  
Reduced-fat sour cream  
Shredded Monterey Jack cheese blend  
In large, deep, non-stick frypan, place chicken, onion, pesto, chili powder, and cumin; heat to medium-high temperature. Cook about 8 minutes, stirring to blend. Add broth, beans, and salsa. Reduce heat and cook, uncovered, over low heat 10 minutes or until chicken is fork tender. Spoon into bowls; top with sour cream and cheese. Garnish with cilantro pesto. Makes 4 servings.

\*Cilantro Pesto: In small bowl, mix together ½ cup minced cilantro, 1 tablespoon lime juice and 1 tablespoon prepared pesto; serve with chowder.

## 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.

October-	4-	Apple Recipes
	11-	National Pork Month
	18-	Cooking With Lamb
	25-	Pumpkin, Squash