



# Home on the Range

## Ring In The New Year With These Tasty Tidbits

(Continued from Page B2)

### REAL RASPBERRY PUNCH

1 pint milk  
 1 cup vanilla ice cream  
 1 pint raspberry sherbet  
 1 cup ginger ale  
 Mix ingredients in a blender until frothy or in a large bowl, mix softened ice cream and sherbet together, slowly add milk. Add ginger ale. Makes 4 cups.

Erica Davis  
 Berks Co. Dairy Princess

### TACO DIP

8 ounces sour cream  
 1 small onion  
 8 ounces cream cheese  
 1/2 teaspoon garlic salt  
 Combine and spread in shallow serving dish. Layer next items on top in order:

Salsa, chopped lettuce, chopped green pepper, chopped tomato, shredded cheese. Serve with corn chips or fill taco shells. Serves 4-6.

Erica Davis  
 Berks Co. Dairy Princess

### BRUSCHETTE

#### Italian Salsa

6 plum tomatoes, chopped fine  
 2 cloves minced garlic  
 2 tablespoons fresh basil, chopped fine  
 1 medium red onion, minced  
 1 red pepper, chopped fine  
 2-3 tablespoon olive oil  
 2-3 tablespoons balsamic vinegar

Salt and cracked pepper to taste  
 Mix together all ingredients and refrigerate overnight. Serve with plain crackers or thinly sliced Italian bread that has been hardened. Also serve with slices of fresh mozzarella cheese.

Lee Laverty  
 Dover, N.J.

### CRAB PUFFS

5 English muffins, split  
 1 can crab meat, white  
 1 stick butter  
 5-ounces Kraft Old English Spread

1 1/2 tablespoons mayonnaise  
 1/2 teaspoon seasoned salt  
 1/2 teaspoon garlic salt  
 Mix and spread on muffins. Freeze on cookie sheet for 30 minutes. Quarter muffins. Freeze. Keep frozen until ready to serve, then broil 7 minutes.

Jean Sarver  
 Millerstown

### LIVER PATE

1 pound liverwurst  
 1/4 cup mayonnaise  
 1/4 cup finely chopped onion  
 2 cloves garlic, minced  
 1/4 teaspoon dried basil leaves  
 8-ounce package cream cheese, softened

3 drops hot pepper sauce  
 1 teaspoon mayonnaise  
 2 tablespoons sliced pimento  
 2 tablespoons fresh parsley  
 In a large bowl, mash the liverwurst, add mayonnaise, chopped onion, garlic, and basil leaves, heat until smooth. Shape into any shape on a plate. Refrigerate. Mix cream cheese, pepper sauce, mayonnaise, beat until creamy. Spread over pate shape on plate. Decorate with pimento and parsley. Refrigerate until pasty. Serve with rye bread or crackers.

### SMOKEY CHEESE RING

8-ounces cream cheese, softened  
 7-ounces round smokey Gouda cheese, shredded

1/4 cup mayonnaise  
 2 1/2 -ounces sliced dried beef, finely chopped  
 1/4 cup thinly sliced green onions  
 1/4 cup chopped fresh parsley  
 1 tablespoon pimento, finely diced  
 Parsley sprigs  
 Pimento pieces

Line a 8-inch pie pan with plastic wrap and set a 6-ounce custard cup upside down in middle of pan. In a medium bowl, combine cream cheese, Gouda, and mayonnaise. Mix well. Stir in dried beef, onions, parsley, and pimento. Transfer to prepared pan. Wrap with plastic wrap and refrigerate.

Turn out on plate; remove plastic wrap, garnish with parsley and pimento. Serve with crackers, melba toast, bagel chips, etc.

B. Light  
 Lebanon

### CHEERS RAINBOW PUNCH

1/2 gallon rainbow sherbet  
 1/2 gallon raspberry or vanilla frozen yogurt  
 1/2 gallon milk  
 8 cups cran-raspberry juice  
 1 teaspoon vanilla

In a large punch bowl, soften sherbet and frozen yogurt. Gradually blend in milk and juice with a spoon until thoroughly blended. Stir in vanilla. Serve immediately. Makes about 40 servings.

Jill Broschart  
 Sullivan Co. Alt. Dairy Princess

### CHEESE SPREAD

1 1/2 cups shredded cheddar cheese

1 1/2 cups shredded Swiss cheese  
 2 8-ounce packages Neufchatel or light cream cheese, softened  
 1/4 cup finely shredded carrots  
 2 tablespoons chopped fresh parsley

1/2 teaspoon onion powder  
 1/4 teaspoon dried oregano leaves

1/4 cup milk  
 2-ounce jar chopped pimiento, drained

Line a 4-cup mold or casserole dish with plastic wrap. Combine all ingredients, blend well, then press firmly into the prepared mold. Wrap with plastic wrap. Refrigerate overnight.

Carefully unmold onto serving plate, remove plastic wrap. Garnish with parsley or as desired and serve with crackers, bagel chips, melba toast, etc. Yields: 4 cups.

B. Light  
 Lebanon

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 1 cup vanilla ice cream  
 1 pint raspberry sherbet  
 1 cup ginger ale

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Erica Davis  
 Berks Co. Dairy Princess

### CHEESE LOGS

2 8-ounce packages softened cream cheese  
 2 cups grated milk cheddar cheese

1 tablespoon chopped pimento  
 1/4 cup finely ground chopped nuts

1 tablespoon grated onion  
 1 teaspoon lemon juice  
 1 tablespoon chopped green pepper  
 2 teaspoons Worcestershire sauce

Blend cheeses thoroughly. Stir in pimento, green pepper, onion, Worcestershire sauce, and lemon juice. Chill. Shape into log shape. Roll in nuts. Wrap individually; chill for at least one hour. Slice and place on crackers or serve as help yourself.

Erica Davis  
 Berks Co. Dairy Princess

### SPINACH BALLS

1 package frozen spinach  
 1 medium onion, finely chopped  
 1/4 cup melted butter  
 1/4 teaspoon thyme  
 1/2 teaspoon black pepper  
 1 1/2 cups stuffing mix  
 2 beaten eggs  
 1/2 cup parmesan cheese  
 2 cloves garlic

Cook spinach until there is little water left. Squeeze out water. Combine spinach with remaining ingredients. Roll into little balls. Bake at 350 degrees for 20-30 minutes. Makes 30 balls.

For those who do not like spinach, I can say from experience that you do not even taste it!

Erica Davis  
 Berks Co. Dairy Princess

## Featured Recipe

New Year's celebrations call for refreshing drinks. A great-tasting punch from Lebanon County Dairy Princess Andrea Bashore is Frosty Apple Delight. Milk punch is sometimes referred to as refreshing and nutritious dairy "mocktails," because the drinks mock the alcoholic ones. These non-alcoholic beverages are delicious and good for you.

Turn to page B2 to read more about the Bashore family and the incident that changed their perspectives on living.

### FROSTY APPLE DELIGHT

1 gallon milk  
 1 quart cider  
 Can apple juice concentrate  
 1 1/2 quarts vanilla ice cream (softened)  
 Cinnamon  
 Nutmeg

In a bowl, blend milk, apple cider, and vanilla ice cream until frothy. Serve in a chilled punch bowl and add cinnamon and nutmeg to taste. Serves 30.

### GRASSHOPPER

5 cups milk  
 8 scoops vanilla or mint chocolate chip ice cream  
 2 teaspoons peppermint extract  
 5 drops green food coloring

Combine ingredients in blender until smooth. Top with whipped cream. Yields 1/2 gallon.

Jill Broschart  
 Sullivan Co. Alt. Dairy Princess

Need ideas on what to do with leftover turkey? Call the Campbell's Leftover Hot Line 1-800-453-3868, for taped information of ideas and recipes for leftover turkey.



## Zinc, vitamin C might help cold symptoms

### Is vitamin C or zinc better for colds?

There is some evidence that both can reduce the symptoms of the common cold, although scientific consensus remains up in the air.

Zinc made headlines last year when the Cleveland Clinic published a study of 100 cold sufferers who took lozenges containing 13.3 milligrams of zinc lozenges or placebos. Coughs, headaches, sore throats and nasal congestion tended to clear up one to three days earlier in those who took the zinc lozenges. However, many of the participants taking the zinc lozenges reported a bad taste in their mouths, and a good portion said they felt nauseous.

Researchers said the zinc must be taken within the first 24 hours that symptoms appear. Study participants took one lozenge every two hours—which meant that some took as much as 106 milligrams of zinc per day. That's more than seven times the Recommended Dietary Allowance for adult men. And nutritionists warn against taking that much zinc on a regular basis. Too much zinc can impair the immune system, reduce high-density lipoproteins—the "good" cholesterol—and interfere with the body's ability to absorb another nutrient, copper.

Vitamin C has also been the

subject of several studies in relation to relieving cold symptoms. A few studies indicate that vitamin C might be a natural antihistamine, reducing a cold's symptoms of swollen nasal tissue, for example. And at least one study indicates that vitamin C might help some people, in some circumstances, fight off colds.

The study appeared in 1993 in the *American Journal of Clinical Nutrition*. In it, only 14 percent of long-distance runners who took 600 milligrams of vitamin C daily for three weeks before a 54-mile race suffered from upper respiratory tract infections, while a whopping 68 percent of the runners who took a placebo became infected. However, the researchers could find no difference between vitamin C and a placebo in non-runners. The reason could be that long-distance running puts a lot of stress the body and lowers its resistance to infection. In such extreme circumstances, vitamin C might help.

One good thing: Overdosing on vitamin C has few, if any, side effects. The Recommended Dietary Allowance is 60 milligrams daily. What the body doesn't need, it flushes out of its system.

Chow Line is a service of The Ohio State University. Send questions to: Martha Carroll, 2021 Coffey Road, Columbus, OH 43210-1044, or e-mail to carroll.11@osu.edu.

## 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.

January -	3-	Using Citrus Fruits
	10-	Build A Better Breakfast
	17-	Soups & Stews
	24-	Pizza Month