



Home on the Range

Savory Pizza Pies

(Continued from Page B2)

Used to be when people said pizza, immediately one envisioned a flat round crust topped with red tomato sauce and shredded cheese. No longer.

Pizza can be topped with everything and anything. From hearty burger and spinach toppings to cookie dough with a fruit topping.

No question about pizza's universal appeal. As a snack, as an appetizer, as an entree, or even leftover and cold, it is thoroughly enjoyed by one and all.

WHOLE WHEAT PIZZA CRUST

1½ tablespoons dry yeast
1 cup lukewarm water
Pinch sugar
Mix in a bowl and let stand until dissolved and foamy, about 5 to 10 minutes. Add:

2 tablespoons olive oil
1 teaspoon salt
1½ cup all-purpose flour
1 cup whole wheat flour
Stir until dough forms a mass.

Knead 8 minutes and work more whole wheat flour in as you knead (may use up to 1 cup). Let set until doubled in size, about 40 minutes.

Shape into pizza pan or on pizza baking stone. Fill as desired. Bake at 400 degrees about 18-20 minutes.

Eileen Murphy
Pa. Alternate Dairy Princess

GARLIC PIZZA

1 white crust, round or oblong
Brush with ½ cup butter, melted
1½ teaspoon garlic powder
Sprinkle top with a half pound shredded mozzarella cheese, muenster cheese or a mixture. Bake 375 degrees for 18-22 minutes.

Eileen Murphy
Pa. Alternate Dairy Princess

DEEP DISH PIZZA

2 refrigerator rolls of buttermilk biscuits
16-ounce jar pizza sauce
1 pound ground beef, browned
1½ cups shredded mozzarella cheese

Parmesan cheese
Press biscuits in bottom of 13x9-inch pan. Top with pizza sauce, ground beef, and mozzarella cheese. Sprinkle with parmesan cheese. Bake at 375 degrees for 40 minutes.

Judy Geissinger
Juniata Co. Dairy Princess

SPINACH PIZZA PIE

15-ounce package refrigerated pie crusts

Filling:
3 tablespoons butter
¼ cup chopped green bell pepper

½ cup chopped onion
2 garlic cloves, minced
1 pound frozen cut leaf spinach, thawed, squeezed to drain well
¼ - 1 teaspoon dried Italian seasoning
½ teaspoon salt

Dash crushed red pepper flakes
1½ cups shredded mozzarella cheese

5 plum tomatoes
½ cup grated parmesan cheese
Heat oven to 400 degrees. Prepare pie crust as directed on package for two-crust pie using 9-inch pan.

Melt butter in large skillet. Add bell pepper, onion, and garlic; cook and stir until vegetables are tender. Add spinach, Italian seasoning, salt, and red pepper flakes; mix well. Cook until thoroughly heated.

Spoon half of spinach mixture evenly into crust-lined pan. Top evenly with half each of the mozzarella cheese, tomatoes, and parmesan cheese. Repeat layering with remaining spinach mixture, mozzarella cheese, and tomatoes. Top with second crust; seal edges and flute. Cut slits in several places. Sprinkle top crust with remaining ¼ cup parmesan cheese.

Bake at 400 degrees for 35-40 minutes or until crust is golden brown. 8 servings.

CANADIAN BACON AND PINEAPPLE PIZZAS

6 English muffins, split
½ cup cream cheese with pineapple

6 slices sandwich-style Canadian bacon, coarsely chopped
¼ cup sliced green onions
8-ounce can unsweetened pineapple tidbits, drained

1½ cups shredded nonfat pizza cheese (blend of nonfat mozzarella and nonfat cheddar cheeses)

Toast muffin halves. Spread cream cheese over each muffin half. Divide Canadian bacon, green onions, and pineapple tidbits evenly among muffin halves; sprinkle each with pizza cheese. Bake at 425 degrees for 8 minutes or until pizza cheese melts.

Judy Geissinger
Juniata Co. Dairy Princess

CARAMELIZED ONION AND OLIVE PIZZA

2 tablespoons olive oil
1½ pounds onions, thinly sliced
2 teaspoons fresh rosemary
1 tablespoon balsamic vinegar
1 cup ripe olives, sliced
12-inch prebaked thick pizza crust

2 cups shredded mozzarella cheese

Add onions and rosemary to hot oil in non stick frying pan. Cook, stirring frequently, until onions begin to brown and browned bits begin to stick to pan bottom, about 15 minutes. Stir in ¼ cup water; scrape any browned bits free. Reduce heat to medium -low and continue to cook, stirring occasionally, until onions are golden and sweet tasting, 15-30 minutes longer; add water, 1 tablespoon at a time, if pan appears dry. Remove pan from heat and stir in vinegar, scraping any browned bits from the bottom. Gently stir in olives. Place crust, cup side up on pizza pan or baking sheet. Spoon onion mixture into center of crust and spread to fill hollow. Sprinkle with cheese. Bake in 450 degree oven until cheese is melted and tinged with brown, about 15 minutes. Serve warm, cut into wedges. Makes 8 to 10 servings.

COUNTRY PIZZA

1 pound loaf frozen white bread dough

½ cup yellow corn meal
8-ounces shite, crimini or shi-take mushrooms

¾ cup dried tomato halves
1 tablespoon olive or vegetable oil

8-ounces fully cooked, smoked turkey kielbasa-style sausage, thinly sliced

½ cup chopped fresh oregano leaves

2 cups grated mixed pizza cheeses (mozzarella and cheddar) or monterey jack cheese

Thaw bread dough. Heat oven to 450 degrees. Sprinkle corn meal on counter. Place dough on top and pat out to flatten, turning several times in meal. Roll out to 15- or 15-inch round (it will tend to be elastic and pull in). To make it easier to roll, pick up dough now and then to stretch from underneath with your knuckles. Sprinkle 12-inch nonstick or lightly oiled pizza pan with extra cornmeal and place dough in pan, pushing or rolling edge in to allow more thickness at rim.

Slice mushrooms. Cover tomatoes with boiling water in heat-proof bowl. Let sit 10 minutes then drain and snip into strips. Heat 1 tablespoon oil in large skillet, add sausage and mushrooms and saute about 5 minutes until sausage crisps. Remove from heat and mix in oregano.

Bake crust 7 to 9 minutes or until it begins to brown. Remove from oven. Sprinkle 1 cup cheese evenly over crust. Top with mushroom mixture then the tomatoes. Sprinkle remaining cheese in ring on top. Return to oven, and bake 6 minutes or until crust is crisp and cheese is melted.

Featured Recipe

Pennsylvania Alternate Dairy Princess Eileen Murphy submits lots of recipes to this section because she likes to cook.

Her job in promoting dairy products sometimes happens in unexpected places. When her family flew to Florida for vacation, she sat next to a man, who, after he heard she was a dairy princess, spread the news throughout the plane. Eileen was soon bombarded by people seeking her autograph.

While we don't have an autograph to give you, here is one of Eileen's signature recipes that you will savor in years to come.

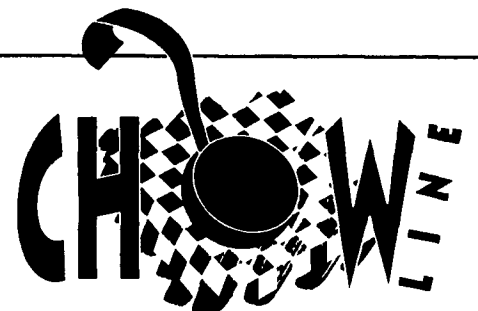
To read more about Eileen, look for a feature story on her in this section.

ANNETTE'S CHICKEN ROLL-UPS

1 medium onion, diced
½ cup butter
¾ cup dry white wine or chicken stock
½ teaspoon salt
½ teaspoon pepper
6 lasagna noodles, cooked and cut in half lengthwise
4 ounces mushrooms
3 chicken breast halves, chopped
½ teaspoon crushed tarragon
8-ounces cream cheese
½ cup sour cream
1 cup shredded muenster cheese
½ cup heavy cream (light also works)
1½ cups shredded Swiss cheese

Cook lasagna noodles, cut in half lengthwise; arrange in a circle and place in greased 9x13-inch pan. Cook and stir onion and mushrooms in melted butter over medium heat in a skillet until tender. Add chicken, wine, tarragon, salt and pepper and bring to a boil. Reduce heat to low and simmer 10 minutes. Spoon (using slotted spoon) chicken mixture into center of noodle circle. To liquid in skillet, add cream cheese, heavy cream, sour cream, ¼ cup Swiss cheese, and ½ cup muenster cheese. Cook and stir until melted (do not boil). Pour over noodles. Sprinkle with remaining cheese.

Bake in preheated oven at 325 degrees for 35 minutes until bubbly. Serves 4-6.



Too much fiber as nasty as too little

Is it possible to eat too much fiber?

It sure is. Too much fiber can cause gas, bloating, intestinal pain and diarrhea. It can also sweep minerals from your digestive tract before they have a chance to enter the blood. Consuming fiber in huge amounts can even cause impaction of the large intestine, especially in diabetics, a condition that often requires surgery to correct.

Sounds awful, doesn't it? Relax. Chances are, you don't have to worry about it. Nutrition authorities recommend consuming 20 to 25 grams of fiber a day, or 11.5 grams of fiber per 1,000 calories. Unfortunately, most Americans don't get half that amount.

Getting enough fiber has benefits, especially for a healthy functioning gastrointestinal system. Fiber helps move food waste along the GI tract, and it can help prevent diverticulosis, in which tiny pockets form in the colon. If these pockets become inflamed (a condition called diverticulitis), it is necessary to severely limit fiber intake.

Fiber could have other benefits, too. For example, soluble fiber can lower serum cholesterol and therefore may be beneficial to people susceptible to heart disease. In addition, there is some evidence that fiber may lower the risk of some types of colon cancer, but

that evidence is not conclusive.

To get enough fiber, try to incorporate two fiber-rich foods into each meal. At breakfast, choose a cereal with at least 5 grams of fiber per serving, whole-grain toast and a glass of fruit juice with pulp. At lunch and dinner, eat fruits and vegetables, especially with the skin on, whole-grain bread, and beans and other legumes. Snack foods can also be high-fiber. Choose raisins, prunes, dried apricots, nuts, seeds or popcorn instead of chips or chocolate.

High fiber foods include lentils (8 grams per half-cup), apples (5 grams per medium-sized fruit), peas (4 grams per half-cup), pinto or lima beans (3 grams per half cup), broccoli (3 grams per cup), oranges (3 grams per medium-sized fruit), brown rice (3 grams per half cup), carrots (2 grams per half cup). Some surprisingly lower in fiber foods: celery (less than 1 gram per medium sized stalk), cauliflower (1.25 grams per half cup) and many healthy-sounding but low-in fiber breakfast cereals. As with any processed food, check the Nutrition Facts label for detailed information.

Chou Lin is a student of The Ohio State University. Send questions to Chou Lin, c/o Martha Carroll, 2021 Coffey Road, Columbus, OH 43210 1044 or e-mail (carroll11@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.

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|-----------|-----|----------------------|
| January - | 31- | Low Fat Recipes |
| February | 07- | Muffin Mania Week |
| | 14- | Valentine's Day |
| | 21- | Potato Lover's Month |

(Turn to Page B8)