



# Home on the Range

## Taste-Tempting Eye-Openers

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### RHUBARB NUT MUFFINS

- 1 1/2 cups flour
- 1/2 cup packed brown sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1 egg, slightly beaten
- 1/2 cup buttermilk
- 1 teaspoon vanilla
- 1 cup diced rhubarb
- 1/2 cup chopped walnuts

**Topping:**

- 1/2 cup packed brown sugar
- 1/2 cup chopped nuts
- 1/2 teaspoon ground cinnamon

In a large bowl, combine flour, brown sugar, baking soda, and salt. Combine oil, egg, buttermilk, and vanilla; stir into dry ingredients just until moistened. Fold in rhubarb and walnuts. Fill greased or paper lined muffin cups two-thirds full. Combine topping ingredients; sprinkle over muffins. Bake at 375 degrees for 20-25 minutes. Cool 10 minutes. Yield: 10 muffins. Centre Co. Fair Promotion Committee

### LEMON POPPY SEED MUFFINS

- 1/2 cup poppy seeds
- 2 tablespoons honey
- 2 tablespoons water
- 3 tablespoons lemon juice
- 1/2 cup butter, softened
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon lemon zest
- 3/4 cup plain yogurt
- 1 1/4 cup flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Combine seeds, honey, and water in a small saucepan and cook over medium heat, stirring occasionally until it resembles wet sand. (This keeps the seeds moist in the recipe). Cool, add juice. In a bowl, cream butter and sugar. Add eggs, zest, yogurt, and seed mixture.

In another bowl, combine dry ingredients. Add dry ingredients to liquid and stir to combine. Fill muffin cups. Bake at 375 degrees for 20 minutes.

Eileen Murphy  
Pa. Alternate Dairy Princess

### ALL-BRAN MUFFINS

- 1 cup all-bran
- 1/2 cup milk
- 1/2 cup molasses
- 1 egg
- 1/2 cup shortening
- 1/2 cup raisins or finely-cut pitted dates

1 cup flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
Combine all-bran, milk, and molasses. Let stand until most of moisture is taken up. Add egg and shortening; beat well. Stir in raisins.

Sift together, baking powder, and salt. Add to all-bran mix. Stir only until combined. Fill greased muffin pans 3/4 full. Bake at 400 degrees, about 20 minutes. Makes 12 muffins.

*These muffins have been a family breakfast favorite for 40 years.*

Eileen Greenaway  
Somerville, N.J.

### MASHED POTATO MUFFINS

- 2 tablespoons butter
- 2 tablespoons sugar
- 2 large eggs
- 1/2 cup milk
- 1 cup mashed potatoes
- 1 cup cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon salt

Preheat oven to 400 degrees. Grease muffin tins. Cream together butter and sugar; add eggs, milk, and mashed potatoes, and mix until well blended.

Combine corn meal, baking powder, and salt and stir in just until dry ingredients are moistened. Fill greased muffin tins two-thirds full and bake 20 to 25 minutes.

B. Light  
Lebanon

### HAM AND CHEESE MUFFINS

- 2 cups self-rising flour
- 1/2 teaspoon baking soda
- 1 cup milk
- 1/2 cup mayonnaise
- 1/2 cup chopped cooked ham
- 1/2 cup shredded cheddar cheese

In a large bowl, combine flour and baking soda. Combine remaining ingredients; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups two-thirds full. Bake at 425 degrees for 16-18 minutes or until muffins test done. Yield: 1 dozen. Centre Co. Dairy Promotion Committee



Muffins are no longer limited to breakfast. They keep popping up in lunches, dinners, and in-between meal snacks.

### BASIC MUFFINS WITH VARIATIONS

- 2 cups sifted all-purpose flour
- 2 tablespoons granulated sugar
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 large egg, well beaten
- 1 cup milk
- 1/2 cup butter, melted and cooled slightly

Preheat oven to 400 degrees. Grease and lightly flour muffin tins. Sift together flour, sugar, baking powder, and salt into medium bowl.

Mix egg, milk, and butter. Add to the dry ingredients and stir until flour is moistened. Spoon into muffin tins and bake for 20 to 25 minutes.

Bacon muffins: Stir 1/2 cup crumbled cooked bacon into the dry ingredients. If desired, use bacon fat for half the butter.

Blueberry muffins: Increase sugar to 1/2 cup and stir 1/2 cup flour into the blueberries, then fold into batter.

Peach muffins: Increase sugar to a half cup. Add 1/2 cup peaches peeled and diced into the milk mixture.

Date muffins: Stir a half cup sliced, pitted dates into dry ingredients.

Nut muffins: Stir 1/2 cup chopped nuts into the dry ingredients.

Cranberry muffins: Stir 1/2 cup chopped cranberries and 1/2 cup sugar into dry ingredients.

Rye muffins: Omit one cup all-purpose flour and add 1 cup rye flour.

Soy bean muffins: Omit half or all the all-purpose flour and

replace it with soy flour. If all soy flour is used, increase baking powder to 4 teaspoons.

Whole wheat muffins: Omit one cup all-purpose flour and increase sugar to 1/2 cup.

Upside down muffins: In the

bottom of each cup in the muffin tins, place 1/2 teaspoon melted butter and 1 teaspoon brown sugar. Add a few nuts, raisins, or stewed dried fig or apricot. Cover with the batter and bake as directed.

B. Light  
Lebanon

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## Featured Recipe

As the Pennsylvania Dairy Princess, Nichole Meabon uses her communication skills in touting the goodness of dairy products. She plans a career in ag communications, journalism, or advertising in order to infiltrate the farmer's viewpoint into the world view.

Nichole, her parents Randy and Paula Meabon, and a brother Bradley, 16, milk 110 cows, and farm about 500 acres in Wattsburg, Erie County.

Read more about this busy high school senior in the feature story in this section. Clip out and enjoy making this recipe, one of Nichole's favorites.

### CHICKEN LASAGNA

- 8-ounce package lasagna noodles
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 3 cups cooked chicken
- 1/4 to 1 cup parmesan cheese
- 1 large package sour cream
- 1 cup chopped onions
- 1 cup sliced black olives
- 1/2 cup pimento
- 1/2 teaspoon garlic salt
- 2 cups cheddar cheese
- Parsley and paprika

Grease a 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, cheese). Bake at 350 degrees for 20 minutes; uncover, and add more cheese. Bake 10 minutes.

## 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.

February	14-	Valentine's Day
	21-	Potato Lover's Month
	28-	Cooking for the Diabetic
March	07-	National Nutrition Week