



# Home on the Range

## Nutrition In A Nutshell

When you want crunch, something to munch, and nutritional punch, reach for nuts—peanuts, walnuts, almonds. . . .

Nuts are delicious by themselves and the different varieties provide distinctive taste and texture to enrich any dish.

Technically nuts are seeds, and characteristic of seeds, contain concentrated amounts of nutrition—protein, vitamins such as vitamin E, as well as important minerals.

In the case of peanuts, nutrition in a nutshell means 26 percent protein with no cholesterol. Unsalted, they qualify as a low sodium food. They supply dietary fiber or roughage valuable to the body's waste elimination process.

Here are some delightful recipes from our readers to incorporate nuts into your diet.

### ICE CREAM DESSERT

2 1/2 cups Rice Chex, crushed  
 1/2 cup coconut  
 1/2 cup chopped walnuts  
 3/4 cup packed brown sugar  
 Mix above with 1/2 cup melted butter. Put half of mixture on bottom of 13x9-inch pan. Cut up half gallon vanilla ice cream and place on top. Spread top with remaining crumb mixture. Freeze. Enjoy!

Eileen Murphy

Pa. Alternate Dairy Princess

### PEANUT BUTTER POUND CAKE

2 1/2 sticks butter  
 2 cups sugar  
 6 eggs  
 1 teaspoon vanilla  
 1/2 cup peanut butter  
 2 cups all-purpose flour  
 1 teaspoon baking powder  
 1/2 teaspoon salt  
 1/2 cup peanuts, finely chopped (optional)

Cream butter and sugar until light yellow. Beat in eggs, one at a time, until thoroughly blended. Add vanilla, then beat in peanut butter.

Sift flour with baking powder and salt. Add flour mixture, a little at a time until well blended.

Line bottom of a nine or 10-inch tube pan with wax paper. Spoon in batter and bake at 350 degrees for 45 minutes; reduce heat to 325 degrees and bake 15 to 20 minutes longer, until cake tests done.

Cool in pan on wire rack for 10 minutes, then remove and cool completely. If desired, toward the end of baking while cake is still soft, sprinkle 1/2 cup finely chopped peanuts onto batter to give it a crunchy topping.

Eileen Greenaway  
 Somerville, NJ



Readers swamped us with recipes for peanut butter pie. Although many were similar, we never knew there were so many different varieties. Several peanut butter pie recipes are included in today's selection.

## Featured Recipe

Penn State Dairy Princess, Lisa Haas, suggests you try one of these lucky treats to celebrate St. Patrick's Day

### CHOCOLATE PEPPERMINT MILK SHAKE

1 pint vanilla ice cream  
 1/3 cup chocolate flavor milk mix  
 2 cups cold milk  
 Dash peppermint extract  
 Vanilla ice cream  
 Crushed peppermint stick candy

Place 1 pint ice cream and milk in blender container; cover. Blend until smooth. Add milk and extract. Whip just until foamy. Serve immediately. Top each serving with a scoop of ice cream and sprinkle with candy, if desired. Yields: 5 cups.

### EASY CHEESY PIZZA ON THE GRILL

Crust:

3/4 cup water  
 1 tablespoon butter  
 1 1/2 teaspoons quick-rising active dry yeast (1/2 package)  
 1/2 teaspoon sugar  
 1 2/3 cups all-purpose flour  
 1/4 teaspoon salt  
 Additional all-purpose flour as needed  
 2 teaspoons yellow cornmeal

Mushroom-Pepper Topping:

2/3 cup prepared pizza or pasta sauce  
 1 cup thinly sliced fresh regular or shiitake mushrooms  
 1 cup very thinly sliced bell pepper (red, yellow and/or green) or thinly sliced drained bottled roasted peppers  
 1 1/2 cups (6 ounces) shredded Mozzarella cheese  
 2 tablespoons grated Parmesan cheese  
 Fresh or dried herbs, if desired

Heat water and butter together until warm (110 F to 115 F). (Butter may not melt completely.) Stir in yeast and sugar; let stand 5 minutes or until bubbly. Mix flour and salt in food processor with metal blade (or in mixer with dough hook). Slowly add yeast mixture through feed tube. Process until dough cleans inside of bowl; add additional flour 1 tablespoon at a time if mixture is too moist. Continue processing about 45 to 60 seconds or until smooth and elastic. Transfer to buttered medium bowl; cover loosely with waxed paper. Let rise in warm place about 25 minutes or until doubled in bulk. Heat gas grill to medium to medium-low or prepare charcoal grill for medium to medium-low coals. Punch down dough. Transfer to lightly floured surface. Divide dough into two balls. Roll and stretch each ball into 8-inch circle; sprinkle both sides evenly with cornmeal. Place on grid over medium or medium-low coals; cover and cook 2 to 3 minutes or until bottom is golden brown. Turn; spread with sauce. Sprinkle evenly with mushrooms, peppers, Mozzarella, Parmesan and herbs. Close grill; cook 6 to 8 minutes or until crust is golden brown and cheese is melted. Yields: two 8-inch pizzas.

### PEANUT CRUNCHIES

1 cup shortening  
 1/2 cup sugar  
 1 cup light brown sugar  
 1 teaspoon vanilla  
 2 eggs  
 2 cups flour  
 1 teaspoon baking soda  
 2 cups rolled oats  
 1 cup chopped peanuts  
 Cream sugars and shortening. Add vanilla and eggs, stir. Add dry ingredients, oats, and peanuts. Drop from a teaspoon on well-greased cookie sheet.

Bake at 375 degrees for 10-15 minutes.

These are a favorite of my Grandpa Harris, eaten, of course, with a glass of milk.

Eileen Murphy  
 Pa. Alternate Dairy Princess

### NUT BRITTLE

2 cups nuts  
 2 cups granulated sugar  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 1 teaspoon vanilla extract  
 Butter the bottom of 13x9-inch pan. Layer nuts over bottom of pan.

In a frying pan, gradually heat sugar, stirring constantly until a golden syrup is formed. Remove from heat and immediately stir in salt, baking soda, and vanilla. Pour syrup over the nuts in the pan. When cold, break into small pieces.

B. Light  
 Lebanon

### CHOCOLATE PEANUT CLUSTERS

6-ounces chocolate chips  
 1/4 cup light corn syrup  
 1 1/2 teaspoon vanilla  
 2 tablespoons confectioners' sugar  
 1 1/2 - 2 cups dry roasted peanuts  
 Combine chocolate chips and syrup in top of double boiler over hot water. Cook and stir over low heat until chocolate is melted. Remove from heat. Add vanilla and confectioners' sugar. Combine with peanuts and stir well to coat. Drop from spoon onto a buttered baking sheet. Chill. Store in cool place. Makes about 30 clusters.

Note: can be made with other nuts of your choice. Raisins may also be substituted for part of the nuts.

Pat Elligson  
 Millers, MD

### FROZEN PEANUT BUTTER PIE

1 cup creamy peanut butter  
 8-ounces cream cheese  
 1/2 cup sugar  
 1/2 cup milk  
 4-ounces whipped topping, thawed  
 1 graham cracker crust  
 Blend peanut butter, cream cheese, and sugar in small mixer bowl. Gradually beat in milk. Fold in whipped topping, blending well. Spoon into crust. Freeze until firm—at least for four hours. Garnish with chocolate sauce or additional whipped topping.

Let stand at room temperature for 10 minutes before serving. Store in freezer.

Lois Smith  
 Lampeter

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## 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.

March	21-	Fiber Foods
	28-	Flavored Coffees, Cocoa, etc.
April	4 -	Candy Recipes
	11 -	Easter Dinner