

Home on the Range

Memorial Day Picnic To Remember

Prepare salads ahead of time. On Memorial Day, fire up the grill and prepare one of these tasty meat recipes.

Yams and potatoes are also great for grilling. Simply peel, slice, and parboil until crisp-tender. Place on grid sprayed with non-stick cooking spray. Brush with orange juice and honey sauce, then sprinkle with Molly McButter Flavor Sprinkles.

You can even give a loaf of French bread a homemade flavor. Cut the French loaf in half lengthwise and place on foil; sprinkle with Molly McButter Roasted Garlic Flavor Sprinkles; top with chopped and seeded large tomato, and 1 tablespoon chopped fresh basil. Spray bread with olive oil cooking spray. Broil for one minute or until golden brown.

Add the Lemon-Strawberry Punch and finish off with Crunch Bars, and you have a memorable Memorial Day cookout.

SHRIMP ON THE 'BARBIE'

2 tablespoons olive oil
 ½ cup apple juice or water
 1 tablespoon Mrs. Dash Extra Spicy Seasoning
 8 medium green onions
 1 pound medium shrimp, shelled, deveined
 12 cherry tomatoes

Mix oil, juice, and Mrs. Dash in small bowl. Trim onions to 3 inches and cut 1-inch long parallel slits in one end of each. Soak onions in ice water for 10 minutes to curl the slitted ends. Arrange scallions on 4 skewers with shrimp and tomatoes. Brush kabobs liberally with seasoning mixture. Grill for 2 minutes. Turn kabobs, brush with remaining seasoning mixture and grill an additional 2 to 4 minutes or until done. Garnish with lemon wedges or parsley, if desired.

PARMESAN-FILLED TORTILLINI PASTA SALAD WITH SWEET RED PEPPER AND ARTICHOKE HEARTS

9 ounces refrigerated cheese filled tortellini
 ½ cup carrots, peeled, diced
 ½ cup sweet red pepper, diced
 ½ cup canned artichoke hearts, drained and quartered
 8 calamata olives
 2 tablespoons pesto, homemade version* optional
 2 tablespoons olive oil, optional
 Freshly ground black pepper to taste
 ¼ cup Parmesan cheese, freshly shredded

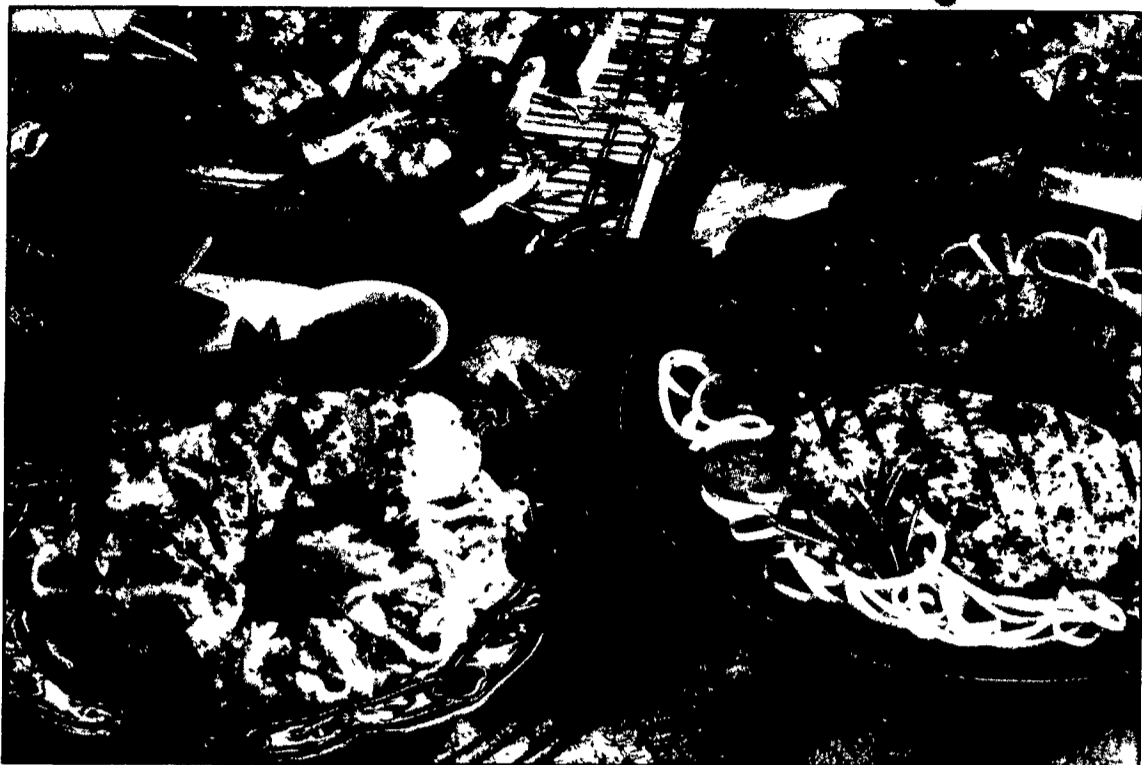
Prepare tortellini according to package directions, rinse under cold water and drain well. Place in serving bowl. Cook carrots in boiling water until tender, approximately 4 minutes. Rinse under cold water and drain. Add carrots, red pepper, artichokes, and olives to pasta. Toss with pesto. Add 1-2 tablespoons olive oil if mixture seems dry. Season with ground black pepper to taste. Refrigerate 1-4 hours to allow flavors to meld. Toss with shredded Parmesan cheese immediately prior to serving.

Homemade Pesto:
 1 cup packed fresh basil leaves
 1-2 tablespoons pine nuts
 1 large garlic clove, crushed
 1-2 tablespoons Parmesan cheese, freshly grated
 ¼ cup olive oil

Place basil, pine nuts, and garlic into blender or food processor. Blend until finely minced. Add cheese and oil and process until blended. Transfer to small container; cover and chill. Use within 3-4 days. Recipe may be doubled.

Serving size 1 cup, calories 300, 11 fat, 6 carbs.

Am. Dairy Association



Fire up the grill and prepare (clockwise from top) Shrimp on the "Barbie," Turkey Cutlets Italiano, and Oriental Sesame Chicken.

ORIENTAL SESAME CHICKEN

4 boneless, skinless chicken breasts
 2 tablespoons Mrs. Dash original seasoning
 1½ cups sweet and sour sauce
 3 teaspoons toasted sesame oil, divided
 Boiling water
 2 (5-6-ounce) packages Oriental noodles
 Toasted sesame seeds (optional)

Place chicken in large baking pan. In small bowl, combine Mrs. Dash, sweet and sour sauce, and 1 teaspoon oil. Pour mixture over chicken, reserving, half ½ cup; cover and marinate in refrigerator 1 to 2 hours, turning once. Grill 5 inches from heat for 5 minutes. Turn, brush with marinade remaining in pan and grill 7 more minutes or until done. Pour boiling water over noodles; let soak 3 minutes, drain. Stir-fry in 2 teaspoons oil. Toss noodles with reserved sauce mixture. Top with cooked chicken. Sprinkle with sesame seeds, if desired.

Note: Try substituting 4 cups cooked rice or prepared mixed greens for the cooked noodles.

Serves 4; 530 calories, 8 g fat, 28 g carbohydrates.

TURKEY CUTLETS ITALIANO

1 tablespoon Mrs. Dash Dillant Garlics Classic Italiano Seasoning
 1 teaspoon crushed rosemary
 2 tablespoons olive oil
 2 tablespoons lemon juice
 1 pound skinless, boneless turkey cutlets
 8-ounces linguine noodles, cooked
 3 tablespoons Molly McButter Roasted Garlic Flavor Sprinkles
 Combine Mrs. Dash, rosemary, oil and juice. Pour over turkey. Turn to coat. Refrigerate 20 minutes to marinate, turning once. Grill, turning and brushing with marinade until turkey is done. Serve immediately atop linguine tossed with Molly McButter.

Serves 4, 400 calories, 5 g fat, 49 g carb.

GOURMET CREAMY POTATO SALAD

2½ pounds potatoes
 ½ cup boiling vinegar
 4 eggs, beaten
 1 tablespoon butter
 1 cup heavy cream
 2 tablespoons sugar
 4 tablespoons parsley
 2 tablespoons chopped onion
 1 teaspoon dry mustard
 1 teaspoon salt
 ½ teaspoon white pepper
 Dash cayenne

Cook potatoes, peel, and slice while hot. If using red skin or new potatoes, there is no need to peel. Using whisk, gradually beat hot vinegar into eggs, cook stirring in top of double boiler over simmering water until thick. Stir in butter and cream, parsley, onion, mustard powder, salt, pepper, and cayenne, mix well. Add to hot potatoes. Stir and refrigerate until well chilled.

Lee Laverty
 Dover, NJ

CRUNCH BARS

½ cup butter
 ¾ cup sugar
 2 eggs
 1 teaspoon vanilla
 ¾ cup flour
 ¼ teaspoon baking powder
 ¼ teaspoon salt
 ½ cup walnuts, chopped
 2½ cups mini marshmallows
Crunch Bars Topping:
 1 cup chocolate chips
 1 cup peanut butter
 1½ cups rice crispy cereal

Melt chocolate chips over low heat in double boiler. Stir in peanut butter, fold in rice crispy cereal. Put top part in 13x9x12-inch greased pan. Bake at 350 degrees for 15-20 minutes. Remove from oven and arrange marshmallows over top. Return to oven for a half minute. Cool 30 minutes and spread on topping.

Malinda Lapp
 Lincoln University

(Turn to Page B8)

Dairy Recipe Drawing

In celebration of June Dairy Month, it's time to enter Lancaster Farming's annual Dairy Recipe Drawing.

To enter the drawing, select your favorite recipe, which must include a substantial amount of at least one dairy product. Dairy ingredients include milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and any hard and soft cheeses. Please check your recipe carefully. Margarine and non-dairy substitutes such as whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. We reserve the right to disqualify entries if these guidelines are not followed.

The difference between this contest and the weekly recipes is that you are asked to include a few paragraphs about yourself and your family. Although it is not required, a photograph of your family adds a wonderful touch to accompany the printed submission. Photos will be returned if you write your name and address on the back of the photo.

Only one entry per family allowed. This contest is for adults, not children. Send your recipe, photo, and accompanying information with your complete address to Lou Ann Good, Lancaster Farming Cow Mania Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522. If we do not have your complete address, we can not mail your prize.

Send entries immediately. Envelopes must be postmarked by June 1 to be eligible for the drawing.

Winners will be selected through a drawing and will be sent a prize. A list of the winners will be printed in the June 27th issue.



The perfect combo for your Memorial Day picnic is Grilled Chicken and Provolone Panini and Parmesan-Filled Tortellini Pasta Salad with Sweet Red Pepper and Artichoke Hearts.