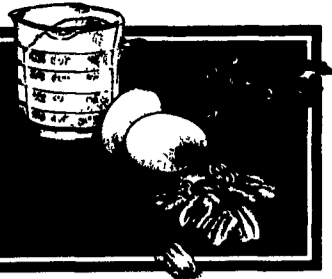




Home on the Range



Try These Udderly Fantastic Dairy Recipes

Udderly delicious dairy recipes continue to inspire cooks to use milk and dairy products. These recipes, which are part of the entries for *Lancaster Farming's* annual June Dairy Recipe Drawing, show the versatility offered by cooking with dairy products.

This is the third week, submissions to the recipe contest are printed. Next week will carry more entries.

On June 26, Pennsylvania Dairy Princess Nichole Meabon will select the winning entries through a drawing. Winners will be notified by mail and a list of the winners will be printed in the July 4 issue of this paper.

Remember, milk is a source of high quality protein that provides essential amino acids and an excellent source of nutrients including bone-building calcium, which plays a role in strengthening bones and helping to keep them dense to help prevent injuries.

A free copy of "Milk on the Training Table," which is filled with nutrition and fitness tips, is available by calling the Milk Hotline at 1-800-WHY—MILK. Or visit the milk web site at www.whymilk.com.

STRAWBERRY SWIRL

1 cup graham cracker crumbs
1 tablespoon sugar
½ cup butter, melted
2 cups sliced fresh strawberries*
3-ounce package strawberry-flavored gelatin
1 cup boiling water
½ pound marshmallows
½ cup milk
1 cup whipping cream, whipped
Mix crumbs, sugar, and butter.

Press firmly over bottom of 9x9x2-inch baking dish. Chill until set. Sprinkle 2 tablespoons sugar over fresh berries; let stand 30 minutes. Dissolve gelatin in boiling water. Drain strawberries, reserving juice. Add water to juice to make 1 cup; add to gelatin. Chill until partially set. Meanwhile, combine marshmallows and milk; heat and stir until marshmallows melt. Cool thoroughly, then fold in whipped cream. Add berries to gelatin, then swirl in marshmallow mixture to marble. Pour into crust;

chill until set. Cut in 9- or 12-inch squares.

*Or, use 10-ounce package frozen sliced strawberries, thawed.

I have been using this recipe since 1962. It's a sure winner, especially for a bridal shower. Enclosed is a picture of two our grandsons, Sam and Scout. Our son and his wife presented us with twin grandsons on June 8. Their father is a veterinarian with a practice limited to dairy cows. My husband and I live on a 280-acre farm and we celebrated our 50th wedding anniversary last year.

Jane Ferguson
Kirkwood



The Sholl family enjoys using dairy products.

STRAWBERRY SHORTCAKE

2 cups flour
½ cup sugar
1 cup milk
1 egg
3 teaspoons baking powder
2 tablespoons butter, softened
Sift flour and baking powder. Cream sugar and butter well. Add eggs to creamed mixture and mix. Add milk and flour. Mix. Makes

10-inch cake. Bake at 350 degrees for 25 minutes. Serve with strawberries, milk, and sugar.

My husband and I have three children, a son and two daughters. Our son works at Hook Dairy Farm for the past seven years. Our family enjoys dairy products.

Ruth Sholl
Mount Aetna

POTATO CASSEROLE

2 pounds frozen hash brown potatoes
½ cup butter, melted
1 can cream of chicken soup
2 cups cheddar cheese, grated
½ cup chopped onion
2 cups sour cream
1 teaspoon salt

Mix together all ingredients. Place in 3-quart buttered casserole dish. May be made the day before and refrigerated, covered. Remove from refrigerator about 2 hours before baking. Bake at 350 degrees for 45 minutes to 1 hour. Serves 12.

I am so happy to enter your contest again. I love your paper and especially the wonderful recipes. I collect cow items and keep trying every year to win.

June Baklik
Shelton, CT

O'HENRY BARS

4 cups oatmeal
1 cup butter
1 cup brown sugar
½ cup molasses

Mix ingredients. Spread into a 9- by 13-inch greased pan. Bake at 350 degrees for 15 minutes.

Melt 12 ounces of chocolate chips and ½ cup of crunchy peanut butter. Spread on top. Cut in bars.

We live on a dairy and pullet farm and appreciate "country living."

Anna Musser
Manheim



Gail DeWitt, her husband, and son live in Northampton County.

BROCCOLI LASAGNA

1 large bunch broccoli
½ teaspoon salt
16-ounce container 1% low-fat cottage cheese
2 eggs whites or ½ carton Egg Beaters
½ cup grated Parmesan cheese
3 tablespoons flour
½ teaspoon Italian herb seasoning

7-8-ounces spaghetti sauce or Italian tomato sauce

½ ounces part-skim mozzarella cheese, shredded

Cook broccoli and salt until almost done, drain and set aside. Preheat oven to 375 degrees. In food processor with knife blade attached, blend cottage cheese, egg whites, parmesan cheese, flour and Italian seasoning until smooth.

Spray a 12x8-inch baking dish with vegetable cooking spray.

Arrange half of broccoli in single layer, top with cottage cheese mixture, then layer with remaining broccoli. Spoon spaghetti sauce over broccoli and sprinkle with mozzarella cheese.

Bake, uncovered 35 minutes or until hot and bubbly in center. Let stand 5 minutes. Add a pound of cooked ground chicken before sauce. Serves 6.

My husband, seven-year-old son and I live in Lower Mt. Bethel, Northampton County. Despite growth in housing all around us, we can still look out our windows and see hay and cornfields. I'm always looking for low-fat recipes and this one fits the bill. It's an all-in-one-dish (meat, cheese, and vegetables). I serve it with garlic bread.

Gail DeWitt
Bangor

(Turn to Page B7)

Featured Recipe

June is dairy month. It's also the month when new county dairy princesses are being selected.

One of these is Jen Seiss, the recently-crowned Frederick County, Maryland dairy princess. Like all dairy princesses, Jen is a good source of recipes using dairy products. Here is one of her favorite recipes. Check with your county dairy princess to obtain a free recipe brochure.

ONION CHOWDER

½ cup diced bacon
2 cups chopped onions
2 cups water
3 cups diced raw potatoes
2 cups milk
½ cup evaporated milk
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon parsley
1 tablespoon flour
1 tablespoon water

Fry bacon in deep saucepan until brown. Add onions until sauteed. Add water and potatoes. When potatoes are tender, add milk, evaporated milk, salt, pepper, and parsley. Mix 1 tablespoon flour and 1 tablespoon water together until smooth and then stir into soup. Boil 2 minutes, stirring frequently.



Sam and Scout are the grandsons of Jane Ferguson, Kirkwood.