

# Home on the Range



Bring a smile to kids' faces with fun surprises such as Hairy Bananas and Peanut Butter Banana Roll-Up.



Cookies and fresh fruit are reliable standbys for desserts in packed lunches.

## Pack Flavor And Fun Into Sack Lunches

By the time lunch rolls around, most school kids have long since burned off any breakfast calories they consumed. In fact, they're usually so ravenous, they'll eat just about anything.

Why not surprise kids and pack something new and different to take along to school? With a few simple ingredients you can bring a smile to kids' faces and rest assured they'll get a good lunch, complete with delicious fresh fruits such as bananas, pineapple, and mangos.

### PAMELA PINEAPPLE MUFFIN

¾ cup sugar  
 ½ cup peanut butter  
 ¼ cup butter, softened  
 ½ cup low-fat milk  
 2 eggs  
 2 cups all-purpose flour  
 1 teaspoon baking soda  
 1 cup finely chopped fresh pineapple

Beat together sugar, peanut butter, and butter in bowl until light and fluffy. Stir in milk and eggs.

Stir flour, baking soda, and pineapple into batter, until just moistened. Spoon into paper or foil-lined cupcake holders.

Bake at 350 degrees for 20 minutes or until toothpick inserted in center comes out clean.

### PEANUT BUTTER BANANA ROLL-UP

8-inch flour tortilla  
 1 tablespoon peanut butter  
 1 tablespoon jelly  
 2 tablespoons raisins  
 1 banana  
 Spread tortilla on one side with peanut butter, spread on jelly. Sprinkle raisins over jelly. Place banana at one end of tortilla. Roll tortilla up with banana inside until closed. Wrap in plastic wrap.

### TROPICAL SMOOTHIE

1 cup pineapple juice  
 1 mango, peeled, seeded, chopped  
 1 ripe banana  
 Combine pineapple juice, mango, and banana in blender container. Cover; blend until smooth. Pour into well-chilled thermos to keep cool until lunch.

### HAIRY BANANAS

¼ cup crushed vanilla wafer cookies  
 ½ cup crushed dry cereal  
 3 tablespoons miniature chocolate chips  
 3 bananas  
 6 teaspoons peanut butter  
 Mix cookies, cereal, and chocolate chips on plate.

Spread each banana with 2 teaspoons peanut butter. Roll banana in chocolate mixture and press on ingredients. Wrap in plastic wrap; place in lunch box.

### SUNSHINE CHICKEN SALAD ROLL-UPS

10-ounce can chunk white chicken, packed in water  
 ½ cup chopped pineapple  
 ¼ cup non-fat mayonnaise  
 ¼ cup seedless grapes, cut up  
 ¼ teaspoon ground cinnamon  
 3 8-inch flour tortillas  
 Drain and flake chicken. Stir together chicken, pineapple, mayonnaise, grapes, and cinnamon in medium bowl.

Spread about half a cup chicken mixture over each flour tortilla. Roll up tortilla; cover with plastic wrap. Place in lunch box with pack of blue ice, to assure the sandwich is kept cool until lunch.

### Putting Variety Into Brown Bag Lunches

What are your reasons for carrying a lunch to work or school? Is it for convenience, necessity, or just to save money? Whatever the reason, the following tips will help you keep your brown bag lunch in step with the dietary guidelines. (Even if you're not a "brown bagger," you can use this approach for other activities too, like picnics or hikes.)

- Use a variety of foods from the major food groups

- Keep calories in mind. Fats and sugars can quickly add more calories than you need. Lunchtime beverages and desserts are two possible sources of extra sugars and fats.

- Use only small amounts of high-fat foods, such as butter, margarine, mayonnaise, sour cream, and fatty meats.

- Include foods with dietary fiber, such as fruits, vegetables, and wholegrain breads.

- Choose low-sodium foods, such as fresh fruits and vegetables and lean meat and poultry, most often.

## 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 listed below.

September	19 - National Rice Month
	26 - Pizza Varieties
October	3 - Pork Month
	10 - National Apple Month

## Featured Recipe

Homemade cookies remain a basic favorite in packed lunches. Unfortunately, not everyone can bake a perfect cookie.

If you need help with basic baking and want some wonderful recipes, a free booklet "Land O' Lakes Butter Baking Basics" is available.

To order a free copy, call 1-800-782-9602, or send your name and address to Land O Lakes Butter Baking Basics, P.O. Box 26341, Shoreview, MN 55126-0341.

### MOM'S CHOCOLATE CHIP COOKIES

Cookies:  
 1½ cups butter, softened  
 1¼ cups firmly packed brown sugar  
 1 cup sugar  
 2 eggs  
 1 tablespoon vanilla  
 3¾ cups all-purpose flour  
 1 cup quick-cooking oats  
 2 teaspoons baking soda  
 1 teaspoon salt

Choose from the following stir-ins:  
 2 4-ounce bars milk chocolate, cut into small chunks  
 12-ounce package semi-sweet chocolate chips  
 1½ cups candy-coated chocolate pieces  
 1½ cups raisins

Heat oven to 350 degrees. In large mixer bowl, combine butter, brown sugar, and sugar. Beat at medium speed, scraping bowl often, until creamy (1 to 2 minutes). Add egg and vanilla; continue beating until well mixed (1 minute).

Reduce speed to low; add all remaining cookie ingredients. Continue beating, scraping bowl often, until well mixed.

By hand, stir in chocolate pieces.  
 Drop by rounded tablespoonfuls 2-inches apart onto ungreased cookie sheets. Bake for 10 to 12 minutes or until very lightly browned. For even baking, rotate cookie sheets halfway through baking time). Let stand one minute before removing from cookie sheets.

5 dozen cookies.  
**Beyond the basics**  
 Cocoa Chocolate Chip Cookies: Omit quick-cooking oats and substitute ¼ cup unsweetened cocoa.

Peanut Chocolate Chip Cookies: Omit quick-cooking oats and substitute 1 cup peanut butter.

Easy Chocolate Chip Bars: Prepare cookies as directed above; spread dough into lightly greased 15x10x1-inch jelly roll pan. Bake for 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely. Cut into 48 bars.