

Citrus Favorites

(Continued from Page B2)

CITRUS PIZZA

2 packages refrigerated crescent rolls
8-ounces cream cheese
1/3 cup sugar
1 teaspoon vanilla
12-ounces whipped cream
Spread two packages crescent rolls on cookie sheet or pizza pan, pinching edges together. Bake at 375 degrees until light brown. Allow to cool. Beat cream cheese, sugar, and vanilla until smooth. Beat in whipped cream until stiff peaks form, spread on cooled crust. Cut into serving size pieces. Top each piece with sliced strawberries and kiwi, well drained pineapple chunks, and mandarin oranges. Chill or serve immediately.

Lacey Zakostecky
Pa. First Alternate
Dairy Princess

THREE CITRUS MARMALADE

1 large juice orange
1 white grapefruit
1 large lemon
Water
Sugar
Wash and cut fruit into pieces, removing seeds. Place fruit in a food processor and puree. Measure puree and transfer to a large bowl. For each cup puree, add 3 cups water. Cover and let stand in cool place overnight.

The next day transfer mixture to enamel saucepan; bring to a boil; let cool. Let stand overnight in cool place.

Day three: measure mixture again. For each cup mixture, add 1 cup granulated sugar. Bring mixture to a boil over medium heat and cook until mixture thickens and jells.

Pour into sterile jars and seal. Yields: 4 to 6 8-ounce jars.

B. Light
Lebanon

BLACK BEAN CITRUS WRAP

8 7-8-inch fat-free flour tortillas
1/2 cup frozen chopped onion
1 tablespoon cooking oil
15-ounce can black beans, rinsed, drained
1/4 cup orange juice
1 fresh jalapeno pepper, seeded, finely chopped (optional)
6-ounces chopped cooked chicken or turkey
3 citrus (oranges, tangelos, tangerines) peeled, sectioned, seeded
1 cup shredded reduced-fat Monterey Jack cheese

Optional toppings:
Light dairy sour cream, red peppers, additional citrus sections
Stack tortillas and wrap tightly in foil. Heat in a 350 degree oven for 10 minutes to soften. Meanwhile in a large skillet, cook onion in hot oil over medium-high heat for 3 to 4 minutes or until tender. Remove from heat. Add beans, orange juice, and jalapeno. Using back of wooden spoon, mash bean mixture in skillet.

To assemble, spread some of the bean mixture down center of each tortilla. Top with some of the chicken, fruit sections, and cheese. Fold in two sides of tortillas to overlap filling. Fasten each with a wooden toothpick. Arrange toothpick side up, on a baking sheet. Cover with foil. Bake in a 350 degree oven for 12-15 minutes or until heated through. Discard toothpicks. Cut wraps in half. If desired, serve on shredded spinach, top with light dairy sour cream, and garnish with red peppers and citrus sections.

Per serving 519 calories, 32 g protein, 72 g carbohydrates, 12 g total fat, 8 g dietary fiber, 1,160 mg sodium. Daily values: 28 percent vitamin C, 11 percent vitamin A, 11 percent thiamine, 10 percent riboflavin, 21 percent niacin, 21 percent calcium, 24 percent iron, 14 percent potassium.

Florida Citrus

FRUIT PIZZA

Crust—soft sugar cookie recipe:

1 cup brown sugar
1 cup granulated sugar
1 cup butter
1 cup sour cream
3 eggs
1 teaspoon baking powder
1 teaspoon baking soda
3 cups flour

Cream together sugar and butter. Add eggs, beat well. Add dry ingredients alternately with sour cream. Put into two greased pizza pans. Bake at 425 degrees for 20 minutes or until done.

Filling:
8-ounces cream cheese, softened
1/2 cup sugar
8-ounces whipped topping
1 teaspoon lemon juice
Cream together ingredients and spread over cooled crust.

Glaze:
1/2 cup sugar
2 tablespoons corn starch
1 cup orange juice
1/4 cup lemon juice

Mix glaze ingredients together. Stir over medium heat. Heat until thick and glaze becomes somewhat clear. Let cool, top your pizza with your favorite fruit (kiwi, bananas, pineapples, mandarin oranges, blueberries, and strawberries).

Put glaze on top of fruit while still warm. Glaze helps prevent fruit from turning brown. Refrigerate until ready to serve.

Jamie Horning
Lancaster Co.
Alternate Dairy Princess

NEW ZEALAND BREAKFAST SPLIT

2 bananas, halved lengthwise
2 kiwi, peeled, sliced
1/2 cup vanilla yogurt
2 tablespoons granola

For each serving, lay two banana halves in a serving dish and top with half of kiwi slices. Dollop with 1/4 cup yogurt and sprinkle with 1 tablespoon granola to serve.

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.

March 27 - Easter Candy
April 3 - Easter Dinner
10 - Egg Possibilities
17 - Asparagus

KIWIFRUIT PANCAKES

6 prepared pancakes, 3 to 4 inches in diameter
1/2 cup cottage cheese
4 kiwifruit, peeled, sliced
Maple syrup

For each serving, lay one pancake on a serving plate and top with 2 tablespoons cottage cheese and half the kiwi slices.

Top with another pancake, 2 tablespoons cottage cheese, and more kiwi.

Top with last pancake, 1 heaping tablespoon cottage cheese and 1 kiwifruit slice. Drizzle with syrup.

Makes 2 servings.

LEMON CURD

2 cups granulated sugar
1 cup butter
1/4 cup lemon zest (no white flesh)

1/2 cup fresh lemon juice
4 large eggs, slightly beaten
Combine first four ingredients in the top of double boiler; bring water to a boil. Reduce heat to low, and cook until butter melts.

Stir about one-fourth of the hot mixture into the beaten eggs, slowly and carefully to keep the eggs from curdling. Add the above to the remaining hot mixture, stirring constantly.

Cook, stirring constantly, over medium heat until mixture thickens and coats spoon, about 15 minutes. Remove from heat and cool.

Cover and refrigerate up to two weeks. Yield: 3 1/4 cups.

Gertrude Haas
Lenhartsville

OVERNIGHT FRUIT SALAD

3 eggs, beaten
1/4 cup sugar
1/4 cup vinegar
2 tablespoons butter
2 cups green grapes
2 cups miniature marshmallows
20-ounce can pineapple chunks, drained

15-ounce can mandarin oranges, drained
2 medium firm bananas, sliced
2 cups whipping cream, whipped

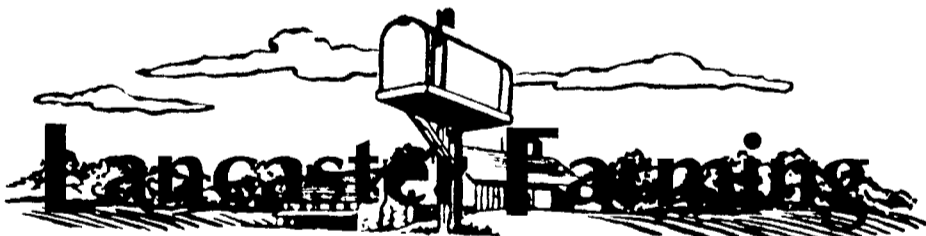
1/2 cup chopped pecans, optional
In a double broiler, over medium heat, cook and stir eggs, sugar, and vinegar until thickened and mixture reaches 160 degrees. Remove from heat; stir in butter. Cool. In a large serving bowl, combine grapes, marshmallows, pineapple, oranges, and bananas; add cooled dressing and stir to coat. Refrigerate 4 hours or overnight. Just before serving, fold in whipped cream and pecans. Yield: 12-16 servings.

M. Martin
Ephrata

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