



# Home on the Range



## Chicken Dishes

### CARIBBEAN CHICKEN WITH HONEY PINEAPPLE SAUCE

4 boneless, skinless chicken breast halves  
 1/2 cup honey  
 1/4 cup Dijon mustard  
 2 tablespoons pineapple juice  
 1/2 teaspoon lemon juice  
 Rinse chicken breasts under cold water and pat dry with paper towels. Combine remaining ingredients in small saucepan; heat over medium high heat about 5 minutes or until mixture simmers. Do not boil. Remove sauce from heat and keep warm. Dip each chicken breast in sauce; place in foil-lined baking pan coated with non-stick cooking spray. Bake chicken in 325 degree oven 15-20 minutes or until chicken is no longer pink in center. Spoon remaining sauce over chicken. Serve immediately.

Renee Blatt  
 PA Honey Queen

### MICHELLE'S CHICKEN CACCIATORE

2 tablespoons flour  
 1 teaspoon Italian seasoning  
 4 skinless, boneless chicken breast halves  
 2 tablespoons olive oil  
 2 cups sliced, fresh mushrooms  
 1/2 cup thinly sliced onion  
 1 quart spaghetti sauce  
 1 cup shredded mozzarella or provolone cheese  
 8-ounces angel hair pasta or thin spaghetti  
 In shallow dish, combine flour and Italian seasoning. Coat chicken with mixture. In large skillet, over medium-high heat, brown chicken in hot olive oil; remove chicken from skillet. Add mushrooms and onions to skillet; cook and stir on medium heat until tender. Add pasta sauce and chicken. Cover and simmer 15-20 minutes or until chicken is fully cooked. Top each chicken breast with cheese. Serve with hot pasta.

Michelle Long  
 Port Royal

### CHICKEN AND CHEESE

1/4 cup butter  
 1/4 cup flour  
 3 chicken bouillon cubes  
 2 cups milk  
 3 cups cubed cooked chicken  
 1/2 pound mushrooms, sliced  
 4 cups cold, cooked rice  
 1 cup grated sharp cheddar cheese  
 Melt butter. Blend in flour and crumbled bouillon cubes. Gradually stir in milk. Stir until thickened. Add chicken and mushrooms to sauce. Put rice in greased 8x8-inch baking dish. Spoon chicken mixture over rice and top with cheese. Bake in 350 degree oven for 30 minutes. Serves 6.

Elizabeth Young

Lancaster Co. Dairy Princess

### YODER'S CHICKEN CACCIATORE

2 pounds chicken parts  
 2 tablespoon shortening  
 Combine and pour over meat:  
 1 can tomato soup  
 1/4 cup water  
 1/4 cup wine  
 2 garlic cloves  
 1 teaspoon oregano  
 Salt  
 1/2 cup green diced pepper  
 1/2 cup diced onion  
 Cover and cook slowly 45 minutes.

Mrs. Daniel Yoder  
 Lewistown

### ITALIAN WEDDING SOUP

1 whole chicken  
 Salt, pepper and bouillon, to taste  
 1/2 box pastina or other tiny pasta  
 2 eggs  
 1/2 to 3/4 cup chopped spinach  
 Cover the chicken in water and bring to a boil. Add a little salt and bouillon. Simmer for 2-3 hours. In the meantime, hard boil two eggs. Cool eggs, chop, and set aside.  
 Remove chicken from pan; bring broth to a boil and add the pastina. Boil pastina 5-7 minutes or until the pasta is cooked but still firm. Remove the meat from the chicken and add about a third of the chopped meat to the pot. Add the chopped eggs and chopped spinach. Season with salt to taste and add up to 1/4 teaspoon pepper.

Melissa Lapp  
 Cassadago, NY

### SOUTHERN-STYLE HONEY BARBECUED CHICKEN

4 chicken pieces  
 Salt and pepper to taste  
 1 cup thinly sliced onions  
 1/4 cup tomato sauce  
 1/4 cup honey  
 1/4 cup vinegar  
 2 tablespoons Worcestershire sauce  
 1 teaspoon paprika  
 Place chicken in large foil-lined baking dish. Sprinkle with salt and pepper. Combine remaining ingredients; mix well. Pour mixture over chicken. Bake, uncovered, at 375 degrees for 30 minutes. Turn pieces and bake 20 minutes longer or until chicken is glazed and no longer pink. Serve immediately. Makes 4 servings.

Renée Blatt  
 PA Honey Queen

### PARTY ITALIAN WEDDING SOUP

2 (24-ounce) cans chicken broth  
 10-ounce package frozen spinach  
 2 onions, chopped  
 2 cups chopped carrots



A three-ounce serving of chicken breast contains less than 120 calories and can be prepared in minutes. Sauces and other toppings add calories but adds flavor and versatility.

2 stalks celery, chopped  
 1 pound boneless, skinless chicken breasts or thighs, cut into bite-sized pieces  
 1 pound ground beef  
 1 cup dry bread crumbs  
 1 egg  
 1 cup uncooked pasta, your choice  
 Salt and pepper to taste

In large pot over medium heat, combine chicken broth, spinach, celery, onions, and carrots.

In a separate large bowl, combine ground beef, bread crumbs, and egg and mix well. Form into small balls and add to broth, reduce heat to low and allow soup to simmer one hour. Add the pasta and cook 30 minutes longer.

Jean Chubb

### CHICKEN PARMESAN

2-4 whole chicken breasts, deboned, skinned  
 Salt and pepper  
 1 small onion, sliced  
 1 cup sour cream  
 3 tablespoons butter  
 1 cup mushrooms, sliced  
 1 can cream of chicken soup  
 Melt butter, brown chicken in butter. Arrange chicken, onion, and mushrooms in baking dish. Sprinkle with salt and pepper. Mix together sour cream and soup; pour over chicken. Bake at 400 degrees for 40-50 minutes.

Jill Hoover  
 Lancaster Co.

Alternate Dairy Princess  
 (Turn to Page 67)

## Featured Recipe

Chicken can be prepared in an almost endless variety of ways. Grill, roast, bake, oven fry, broil, microwave, saute, stir-fry, poach, or simmer and chicken provides the same complete protein as red meat.

The spectacular growth in chicken consumption in the past 40 years can be attributed to convenience, nutrition, and price value.

A three-ounce serving of chicken breast contains less than 120 calories and can be prepared in minutes. Grill or bake seasoned chicken breast and top with your favorite sauce.

Many wonderful combinations of poultry with vegetables, fruits, pasta, and other food exist. Some of the most popular are those combining poultry, cream, cheese, and other milk products.

Here is one from 1999-2000 Pennsylvania Dairy Princess Lori Lynn Connelly. She crowned the new state princess when 33 county dairy princesses competed for the state crown last Saturday evening.

A recipe booklet containing a recipe from each of the contestants was given to each guest. Even if you did not attend the pageant, you can still attain a copy of the recipe booklet by contacting your local dairy princess or by sending a self-addressed stamped business-size envelope to Pennsylvania Dairy Princess and Promotion Services, Inc., 214 S. St., Box 640, Clarion, PA 16214.

Turn to page B2 to read about the pageant, and enjoy Lori's recipe that combines chicken and dairy products.

### CHICKEN LASAGNA

8-ounces lasagna noodles  
 1 can cream of chicken soup  
 1 can cream of mushroom soup  
 1 cup grated parmesan cheese  
 2 cups shredded cheddar cheese  
 1 cup sour cream  
 1 cup chopped onion  
 1/4 cup chopped pimento  
 1 1/2 cups chopped cooked chicken  
 1/2 teaspoon salt

Cook noodles. Blend soups, grated cheese, sour cream, onion, pimento, and garlic salt. Stir in chicken. Spread mixture on bottom of pan. Alternate layers of lasagna, chicken mixture, and shredded cheddar cheese. Do layers three times and end up with shredded cheese. Bake in 13x9-inch pan at 350 degrees for 40-45 minutes.

## Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### October

- 7 - National Pork Month
- 14 - National Apple Month
- 21 - Pumpkin, Squash Recipes
- 28 - Autumn Family Favorites