

Favorite Italian Meals

(Continued from Page B2)

- 2 tablespoons buttermilk
- 2 teaspoons melted butter
- lemon wedges

Preheat oven to 450 degrees. Spray baking sheet with Pam. Mix first five ingredients. Place fish on baking sheet. Brush with one tablespoon buttermilk. Press half of crumb mix onto surface. Turn fish and repeat. Drizzle butter over top. Bake 12-15 minutes. Serve with lemon wedges.

Melissa Wolfe
SUN Area Dairy Princess

ITALIAN CHEESE-IT CASSEROLE

First Layer

- 1 pound lean ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 clove garlic, minced

Second Layer

- 4 cups water
- 1 teaspoon salt
- 3 pound zucchini or summer squash, chopped
- 4-ounce chopped green chiles
- 1 medium onion, finely chopped
- 2 tablespoons butter

- 1 cup shredded cheddar cheese
- Third Layer
- 2 eggs
- 2 cups cottage cheese
- 2 teaspoons chopped parsley
- 2 tablespoons grated Parmesan cheese

1. For the first layer: put ground beef, salt, pepper, and garlic in a skillet over moderate heat. Stir mixture with a wooden spoon, breaking up into large chunks of meat as it cooks. Cook until well done. Drain fat, and spoon mixture into a two quart casserole dish.

2. For the second layer: put water and one teaspoon salt in a three quart saucepan. Bring to a boil over high heat, and add squash. Cook for 5-8 minutes or until very tender. Pour into a colander, drain well.

3. Transfer squash back to the saucepan and mash with potato masher or electric mixer until squash is well broken up. Add green chiles, onion, and butter. Mash until thoroughly combined. Spread over beef mixture. Sprinkle with cheddar cheese. Preheat over to 350 degrees.

4. For the third layer: put eggs into a medium sized bowl; beat with a wire whisk or portable mixer until light. Fold in cottage cheese and parsley. Spoon over squash layer in the casserole.

5. Sprinkle casserole with Parmesan cheese (you might even add a little more cheddar if desired), and place on the center rack of the oven. Bake for 35-40 minutes or until casserole is thoroughly heated and top layer is set. Serve immediately.

Cristin Crile
Washington County Dairy Princess

CHICKEN CACCIATORE

- 1 whole chicken
 - 3 tablespoons olive oil salt and pepper
 - 1 large onion
 - 16-ounce can stewed tomatoes, cut up into small pieces
 - 8-ounce can tomato sauce
 - 1 teaspoon minced garlic
 - 1 bay leaf
 - 1 teaspoon oregano
 - 1 teaspoon basil
 - 1 teaspoon parsley
 - 1 tablespoon sugar
 - 2 cups sliced mushrooms
 - grated Romano cheese
 - spaghetti noodles
- Cut chicken into 10 pieces and

remove all skin. Rinse and let drain. In a large skillet put olive oil, heat and gently place in the chicken piece. Sprinkle with salt and pepper. Brown evenly on all sides.

Remove from pan and add onion. Cook until it is transparent and then add the stewed tomatoes, tomato sauce, garlic, bay leaf, oregano, basil, parsley, and sugar.

Mix well and then layer the thicken on top. Cover and simmer for about an hour to an hour and a half.

Add sliced mushrooms. Cover and simmer for an hour. Remove from heat and place on a warm platter. Sprinkle with grated Romano cheese. Serve with spaghetti noodles and warm Italian bread for dunking.

Lee Laverty
Mount Joy

SAUSAGE AND PEPPERS

- 1 jar of Italian sauce (any flavor)
- 16-ounce can diced tomatoes
- 2 pounds Italian sausage (still frozen)
- 1 bay leaf

- 1 tablespoon minced garlic
- 1 teaspoon parsley
- 1 teaspoon sugar
- 3 peppers (combination of red, yellow, and green)
- 1 large sweet onion
- spaghetti noodles

Add jar of spaghetti sauce to a large pot along with the diced tomatoes. Into this place Italian sausage, bay leaf, minced garlic, parsley, and sugar. Cover pot and simmer for about 1 1/2 hours.

While this is simmering, cut up peppers into one-inch slices.

also slice on large sweet onion. Add to sausage and sauce and simmer for about an hour. Do not let the peppers and onions to get too soft.

Place mixture in a large bowl and serve with rice or spaghetti noodles. This is also a great picnic pleaser served on hero bread.

I prefer to use frozen sausage as when they cook in the sauce, they become very moist and do not dry out. If there is too much fat in the sauce, skim it off.

Lee Laverty
Mount Joy



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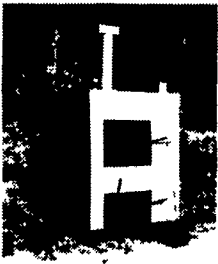
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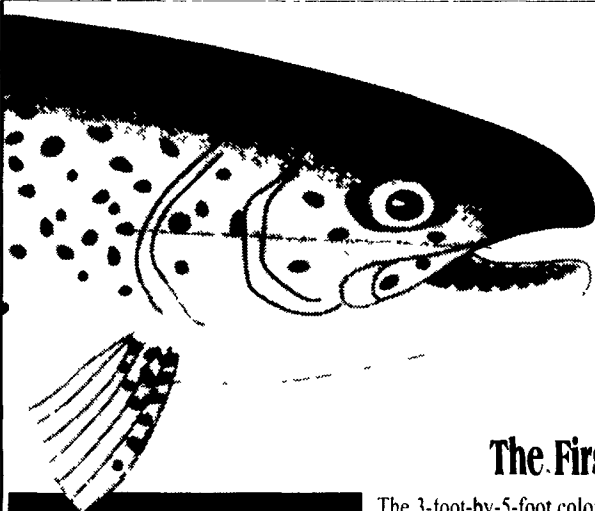


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The map sold extremely well - until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to the landfill

The few remaining dog-eared copies became a prized fisherman's possession Professor Higbee was offered \$400 for one of his last maps And state agencies were forced to keep their copies under lock and key

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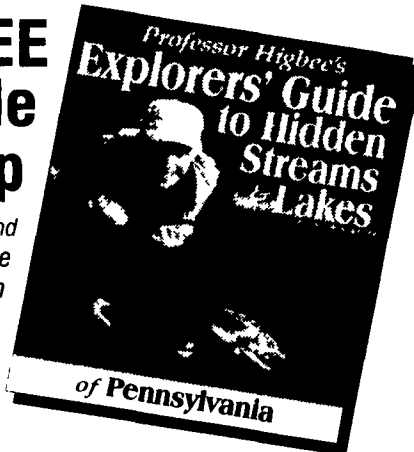
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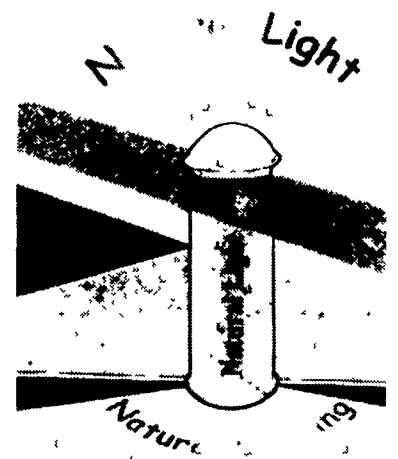
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