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## Make It With Rice

(Continued from Page B2)

cover and let stand for 5 minutes. Fluff with a fork. Serve immediately. Makes 5 servings.

This dish reheats well.

**Dale Smith**  
Lancaster Co.  
Dairy Promotion Committee

**Lancaster Farming's Classified Ads Get Results!**

### CHEESY GREEN CHILI RICE

1 large onion, chopped  
2 tablespoons butter  
4 cups hot cooked long grain rice  
2 cups (16-ounce) sour cream  
1 cup small-curd cottage cheese  
½ teaspoon salt  
¼ teaspoon pepper  
2 cans (4-ounce each) chopped green chilies, drained  
2 cups (8-ounce) shredded cheddar cheese  
In a large skillet, cook onion in butter until tender. Remove from the heat. Stir in

the rice, sour cream, cottage cheese, salt and pepper. Spoon half of the mixture into a greased 11x7x2-inch baking dish. Top with half of the chilies and cheese. Repeat layers. Bake, uncovered, at 375 degrees for 20-25 minutes or until heated through and bubbly. Makes 6-8 servings.

**Dale Smith**  
Lancaster Co.  
Dairy Promotion Committee

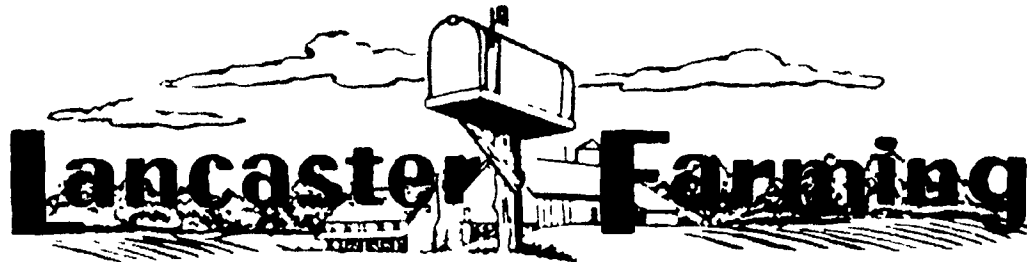
### BACON

### CHEESEBURGER RICE

1 pound ground beef  
1¼ cups water  
¾ cup barbecue sauce  
1 tablespoon prepared mustard  
2 teaspoon dried minced onion

½ teaspoon pepper  
2 cups uncooked instant rice  
1 cup (4-ounce) shredded cheddar cheese  
¼ cup chopped dill pickles  
5 bacon strips, cooked and crumbled  
In a large saucepan over medium heat, cook the beef until no longer pink; drain. Add water, barbecue sauce, mustard, onion and pepper. Bring to a boil; stir in the rice. Sprinkle with cheese. Reduce heat; cover and simmer for 5 minutes. Sprinkle with pickles and bacon. Makes 4-6 servings.

**Dale Smith**  
Lancaster Co.  
Dairy Promotion Committee



# FALL ISSUE - SATURDAY, OCT. 11, 2003

**Saturday, October 11**

**Focus On**

## TOTAL HORSE CARE

- Lessons from a popular farrier.
- Information about horse "dentistry".
- Proper horse feeding and overall care.
- Round pen training and proper riding trails.

**Advertising Deadline**  
**Thursday, Oct. 2**

**Contact your Advertising Sales Rep.**  
**or call 717-721-4416**



Breeding Percherons has been a part of the Allebach family's life for years. Pictured are three generations of Allebachs: from left, Abraham, Allebach at the halter of the stallion, King Congo, along with his son Gerald and Gerald's son Abraham, 3rd. The stallion's premier sire of North America in 2002 and has many champion and re-sults, including national champion, titles. Photo by Michelle Kunjappu

### Center Gets Equine Athletes Back On Track

**MICHELLE KUNJAPPU**  
Lancaster Farming Staff  
**KENNETH SQUARE** Chestnut (C) - Almost all athletes cope with injuries. With an eye on athletes' overall conditioning and treating horses that can't lift the door where it hurts, most strive to be a challenge. Fortunately, New Britain Center's Scott Lippert, Sports Med...



This is this Thoroughbred's third ultrasound. Dr. Diga not it can go back into training. She will compare the pictures from this ultrasound with images from previous ultrasounds. Photo by Michelle Kunjappu

**COMBINE POWER, BEAUTY, AND...**  
Mary and Mike and families have built a world of Percherons since 1970. In their combined 400-acre farm in Spring Mills, Pa., the stallions speak for themselves. Since the farm has begun exhibiting their Percherons on a consistent basis in 1977, the Wunders Farm has 15 half-blood animals that have won all-American titles at least once to own horses. (Turn to Page E2)



Araklan "Dad's Lady Grace" helped to teach Kathleen Anthony life lessons, which she recently emphasized in her book, "Lessons in Grace." Read more about her writing experience on page E8. Photo by Michelle Kunjappu



There are several issues for the mare owner to consider when evaluating which stallion is suitable, and what will produce that "perfect" foal. Photo by Rebecca Spain, Virginia Tech

### Breeding by The Odds?

**Dr. Rebecca A. Splaw**  
Department of Animal and Poultry Sciences, Virginia Polytechnic Institute and State University  
**BLACKSBURG, Va.** - As thousands of potential stallions flock to the breeding season, mare owners are faced with an important decision: Which stallion should they breed to the mare? Thousands of potential stallions flock to the breeding season, mare owners are faced with an important decision: Which stallion should they breed to the mare? Thousands of potential stallions flock to the breeding season, mare owners are faced with an important decision: Which stallion should they breed to the mare? (Turn to Page E8)