

Cookbook

Jane Cummings

Local woman shares easy-to-make ideas

By CHARLOT M. DENMON
Staff Correspondent

Jane Cummings enjoys cooking but prefers easy-to-prepare dishes because of her busy schedule. Two boys, a two-year-old and a fifth grader, four pedigreed Lhasa Apso dogs, one of whom recently had six pups, and her part-time position at Trucksville Dog and Cat Hospital make for busy days.

Her husband, John, is employed at Dopka Construction in Plains and, after a hard day's work, enjoys a hearty meal so Jane keeps a file of easy to prepare but tasty recipes close at hand.

Many of our readers may remember Jane, who worked as production manager at The Dallas Post for several years. She is also active in 4-H and works as an assistant leader with the Evergreen 4-H Club. She also bowls on the Jean Shop team in the Imperialette League at Bonomo's Lanes in Dallas.

Jane enjoys crocheting and recently completed a 3-D animal spread for her son David's bed. She also designed and made a crochet wall hanging which she entered in "Crochet World" magazine contest. The hanging won third prize and will be published with directions in a future issue of the magazine.

Her fifth grade son, Christopher is a member of Back Mountain Little League, plays mini-football and takes lessons in Kung-Fu. Her husband plays on a Back Mountain slo-pitch softball team.

"Taking care of our home, working and chauffeuring my son and husband back and forth during baseball and football season keeps me busy, so that's the reason I look for hearty but tasty dishes such as those listed below," said Jane.

COUNTRY STYLE CHICKEN

2/3 c. butter
1/2 c. fine bread crumbs (1 slice done in blender)
2 T. grated Parmesan cheese
1 t. each basil and oregano
1/2 t. garlic salt
1/4 t. salt
2 chicken breasts, split
1/4 c. chopped green onion
1/4 c. chopped parsley

Remove skin from chicken before coating. Melt butter, combine bread crumbs, cheese, basil, oregano, garlic salt and salt. Dip chicken in butter then in crumbs to coat. Place skin side up in ungreased nine inch square baking dish. Bake at 375 degrees for 50-60 minutes. Meanwhile, add onion, parsley to remaining butter. When chicken is golden brown pour butter sauce over it and return to oven for 3-5 minutes.

SAUSAGE SKILLET DISH

1 lb. loose sausage
1 c. chopped onion
1/4 c. green pepper, diced
1 can No. 2 stewed tomatoes
1/2 c. water
1/2 c. grated cheese
1 8-oz. pkg. noodles

In a heavy skillet over medium heat brown sausage, breaking meat with fork as it cooks. Drain off most of fat and stir in onion and green pepper. Cook four minutes until onion is golden brown. Add tomatoes and water over low heat about 25 minutes. Stir several times while cooking. Add cheese and mix until melted. Taste sauce and add seasonings to taste. Cook and drain noodles according to directions on package. Do not rinse. Combine sauce and noodles, mix well and serve at once.

BAKED FILLED CUPCAKES

1/2 c. flour
2 t. baking powder
1/2 t. salt
1/2 c. creamy or chunky style peanut butter
1/4 c. margarine
1 c. firmly packed lt. brown sugar
2 eggs
1 t. vanilla
1/2 c. milk
1 c. semi-sweet chocolate pieces

Grease 18 2 1/2 inch muffin cups. Mix flour, baking powder and salt. In a bowl stir together peanut butter and margarine until creamy. Gradually stir in sugar. With spoon blend in eggs and vanilla, add dry ingredients alternately with milk blending until just smooth. Spoon about one teaspoon in each prepared muffin cup. Make slight well in each and fill with 10-12 pieces of chocolate. Top with second teaspoon of batter. Bake at 350 degrees for 25 minutes.



Making dinner

David, Christopher and Jane Cummings get ready to prepare one of Jane's easy-to-make but tasty dishes.

Dallas Post/Charlot M. Denmon

Use Easter leftovers

Holidays usually mean an over abundance of delicious foods, painstakingly prepared. Easter is no exception. Many easy-to-prepare recipes can be used to make Easter ham leftovers just as special as the holiday meal itself!

Warm weather brings spring fever, so why not encourage spring by preparing left-over ham slices on the grill. A tasty pineapple, brown sugar and nutmeg baste is perfect for a special lunch or dinner entree, using the Broiled Ham Slice with Pineapple Ring recipe below.

Another spring fever favorite, which can be done on the grill or in the oven is Aloha Ham Loaves using ground smoked ham, in single serving loaves topped with pineapple. Pineapple Herb Sauce can also give your left-over ham slices just the added zip.

Using ham in kabobs is a great taste sensation. Orange Glazed Ham Kabobs intermingled with oranges, green and red pepper pieces, with a sauce base of orange juice, tomato paste and a touch of ginger are sure to please.

Why not serve ham and eggs? Eggs Benedict, using a toasted English muffin, split and toasted, hot smoked ham, poached egg topped with hollandaise sauce makes a royal breakfast - or special lunch.

Sprinkle sever cubes of smoked ham over your salads and in omelets, or substitute ham in your favorite recipes for a different twist.

Today's pork is lean, high in protein and a good source of iron, making it as nutritious as it is delicious.

For a free color booklet on "Facts About Ham", send a self-addressed, stamped business envelope to HAM FACTS, Pennsylvania Meat Marketing Program, Bureau of Markets, 2301 North Cameron Street, Harrisburg, PA 17110-9408.

ALOHA HAM LOAVES

2 lb. ground smoked ham
6 slices canned pineapple
6-1/2 square pimiento
1 can (5 1/2 oz.) evaporated milk
1/2 teaspoon curry powder
1 tablespoon instant minced onion
1 egg, beaten
1/2 cup crushed unsalted crackers
2 tablespoons catsup
1 tablespoon snipped parsley

Place a pineapple slice in the bottom of each 6 aluminum pans. Fill center of each pineapple slice with a square of pimiento. Mix 2 tablespoons evaporated milk with curry powder and sprinkle 1 teaspoon of liquid over each pineapple slice. Add remaining evaporated milk to instant onion. Lightly but thoroughly combine ground ham, egg, cracker crumbs, catsup and parsley; mix in evaporated milk with onion. Divide meat mixture in sixths and place 1 portion on pineapple ring in each pan, pressing lightly to mound. Cover each pan tightly with aluminum foil, securing around rim of pan. Place on grill and cook at low to moderate temperature 45 to 55 minutes or until done. Invert plans to remove loaves and serve pineapple side up. Makes 6 servings.

PINEAPPLE HERB SAUCE

1 cup unsweetened pineapple juice
1/4 cup finely chopped onion
2 tablespoons light brown sugar
2 tablespoons catsup
2 teaspoons cornstarch
1 teaspoon Worcestershire sauce
1/4 teaspoon rosemary, crushed
1/4 teaspoon marjoram

Combine ingredients in saucepan; stir until free of cornstarch lumps. Cook until thickened and clear, stirring constantly. Simmer 5 minutes to blend flavors. Keep warm. Makes 1 cup sauce.

School menus

Following are cafeteria menus for area school districts for the following week:

LAKE-LEHMAN SCHOOLS

May 7 - 11

Senior High School

MONDAY - Chicken patti or pork bar-b-q on bun w-relish, French fries or small salad, peaches, cookies, milk.

TUESDAY - Steak hoagie or hot dog on bun w-peppers, onion rings, green beans, pudding, milk.

WEDNESDAY - Tacos or hamburger on bun w-trimmings, buttered corn, ice cream, milk.

THURSDAY - Turkey bar-b-q on bun w-relish, potato puffs, baked beans, jello, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, fruit cup, milk.

Junior High & Elementary

MONDAY - Chicken patti on bun w-relish, minestrone soup-saltnines, peaches, donut, milk.

TUESDAY - Steak hoagie, onion rings, buttered green beans, pudding, milk.

WEDNESDAY - Tacos w-trimmings, buttered corn, ice cream, milk.

THURSDAY - Turkey bar-b-q on bun w-relish, potato puffs, baked beans, jello, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, fruit cup, milk.

WEST SIDE TECH

May 7 - 11

MONDAY - Chilled fruit juice, ham patty on soft roll, buttered corn, cheese tray, pudding-whipped cream, milk.

TUESDAY - Fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, brownies, milk.

WEDNESDAY - Open face turkey sandwich w-gravy, mashed potatoes, cranberry sauce, rice pudding w-raisons, milk.

THURSDAY - Ham-cheese sandwich, tossed salad w-dressing, vegetable soup-crackers, chocolate chip cookies, milk.

FRIDAY - Wimpie on soft bun, seasoned peas, fruit combo, soft pretzels, milk.

Moms invited to eat at school

Because Mother's Day is so special to remember...On Wednesday and Thursday, May 9 and 10 Dallas School District's ARA Services invite all grades Kindergarten through sixth students to invite their Mom's to lunch.

The Mother's Day menu is: roast turkey, sage dressing with gravy, buttered whipped potatoes, chilled fruit salad, buttered roll, Mother's Day cake, and choice of milk, on May 9 for all intermediate and Westmoreland 1st and 2nd grade

students. On May 10, Honey baked chicken, macaroni salad, candied carrots, roll and butter, chocolate pudding. For all township and Westmoreland 3rd and 4th graders and Mrs. Drayer's class. Adult lunches are \$1.40 and may be paid on May 9 and 10.

Students were sent home flyers and blanks to return to their schools by May 4. We all look forward to having the Mom's for lunch. P.S. Dad's are welcome too.



Luncheon planned

Nancy Grabenstetter, Hill the Florist, will present a program on flower arranging at the Dallas Women of Kiwanis Salad Luncheon to be held on Monday, May 16, at noon at the Shavertown United Methodist Church.

Dallas Post/Joan Kingsbury

Meadows Apts. residents enjoyed Easter dinner

The residents of the Meadows Apartments enjoyed their annual Easter dinner recently. It was catered by the Regency of Wilkes-Barre. The recreation room had been decorated by the residents. The tables were decorated with bright colored cloths and napkins. The Meadow Larks presented several selections and the Kitchen Band entertained several selections full of fun. Wilbur Hoyt gave a humorous reading.

The meal consisted of the following delicious foods: roast beef, fried

chicken, baked ham, mashed potatoes, green beans, relish tray, fresh fruit cup, rolls, apple pie and coffee.

The residents of the Meadows also decorated the nursing home for Easter with several kinds of decorations, some made by the residents. Each holiday of the year the Meadows' residents decorate the nursing home. Many hours of enjoyment are spent in making these decorations for the nursing home and also for the rec room of the Meadows Apartment.

Learning to shake the salt habit

Mrs. Kotch stated sodium is a mineral needed by the body, but excessive consumption is associated with high blood pressure otherwise known as hypertension. Table salt contains 40 percent sodium and 60 percent chloride.

To help people change their heavy use of salt in their meal preparation, Mrs. kotch demonstrated the various herb and spice combinations eliminating the use of table salt and still have a good tasting dish.

The audience had the opportunity to taste the salt substitute on vegetables. They also tasted an old fashioned Gingerbread prepared without sugar and salt.

Over 25 persons recently participated in a two hour program learning a variety of simple ways to reduce salt in their daily meals.

Mrs. Josephine Kotch, Extension Home Economist for Luzerne County, discussed foods high in sodium content. Those foods prepared by manufacturers requiring little preparation at home, smoked meats, combination dishes, examples - 1 hot dog 2 oz. size contains 675 mg of sodium - soups contain a range of 1152 mg to 892 mg. Ms. Kotch also compared the foods that contain sodium naturally and those low in sodium content. 1 apple 2 mg - carrot and celery sticks 22-34 mg - plain popcorn, 1 cup, 1 mg.

Mrs. Kotch called attention to the fact that many Americans consume up to 1-4 teaspoons of sodium a day or 6000 mg. The average American recommended intake should be 1100 to 330 mg. daily, approximately 1 teaspoon. Actually 500 milligrams a day is enough for most adults.

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