



Cookbook



Dallas Post/Charlot M. Denmon

Preparing dinner

Susan Nutche of Midway Manor puts a pan of Chicken with Rice in the oven to bake for dinner for her husband and her son.

Susan Nutche

With her time limited, she likes easy-to-prepare meals

By CHARLOT M. DENMON
Staff Correspondent

Susan Nutche of Midway Manor, Shavertown, enjoys preparing dinner for her family but with a husband and three sons she doesn't usually have a lot of time to prepare tasty, nutritious meals so she looks for recipes easy to prepare.

Her three sons, Jason, age six; Jeffrey, who will be four in April; and Jonathan, six months, keep her busy with washing, ironing, chauffeuring them back and forth to school, the doctor or the store. Her husband, John, is a self-employed contractor who spends long hours at his work and when he comes home he looks forward to a hearty dinner.

As a result, Susan likes to prepare one-dish meals whenever possible, entrees she can serve with a salad and/or pasta. She finds chicken is not only economical but is an entree which can be prepared in a variety of ways.

Although she has at least a dozen or more recipes in which chicken is the main food, Susan shares four of her family's favorites with this week's Dallas Post readers.

Her recipe for Chicken Cacciatore is easy to prepare and served with a tossed salad makes a complete meal. If desired, one can also serve linguini cooked a la dente and tossed with butter, parsley flakes and grated Parmesan cheese as an added touch. The Nutche's also classify Chicken with Rice as one of their favorites. This is a dish which should be served hot with a garden salad. Other special favorites of the boys and their dad are Mustardy Fried Chicken Breasts and Chicken and Zucchini Marinara.

All of these recipes are easy to prepare and do not require a lot of preparation or cooking time.

- CHICKEN CACCIATORE**
- 6 boneless chicken breasts
 - 2 med. onions
 - 3 cloves of garlic, minced
 - 1 green pepper, sliced thin
 - 1 1-lb. can tomatoes
 - 1 8-oz. can tomato sauce
 - 1 lb. mushrooms, sliced (fresh or canned)
 - 1 t. salt
 - 1/4 t. pepper
 - 1 t. dried oregano

In skillet, brown chicken breasts in 1/4 cup hot salad oil. Remove chicken. In same skillet, cook sliced onions, garlic and green pepper till tender but not brown. Return chicken to skillet. Combine tomatoes, tomato sauce, salt, pepper, mushrooms, and oregano. Pour mixture over chicken. Cover and simmer 30 minutes. Cook chicken uncovered 15 minutes longer or till tender; turn occasionally. Skim off excess fat. Ladle sauce over chicken in dish. Serve with tossed salad and, if desired, linguini.

CHICKEN WITH RICE

- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 3/4 c. uncooked long grain rice
- 1 c. plus 2 T. water
- 6 chicken breasts or legs (some of both)

Mix soups, water, and rice in 9x13 inch glass baking dish; cover with dried or fresh parsley flakes. Place single layer of chicken skin side up with each piece touching. Sprinkle envelope of Lipton onion soup over top. Cover with aluminum foil and bake at 325 degrees for two hours. Serve while hot with salad.

MUSTARDY FRIED CHICKEN BREASTS

- 4 chicken breasts
- 1/2 t. salt
- Dash black pepper
- 1 egg
- 2 T. prepared mustard
- 1/4 c. Parmesan cheese
- 1/4 c. bread crumbs
- 2 T. oil
- 1 green pepper, seeded, sliced
- Parsley sprig for garnish

Wipe chicken breasts with damp paper towels. Sprinkle with salt and black pepper. In a bowl, beat together egg and mustard; in separate bowl, combine Parmesan

cheese and bread crumbs, mixing well. Dip each chicken breast in egg mixture, then roll in cheese mixture until evenly coated. Lay chicken on waxed paper and allow coating to set about 10 minutes. Saute chicken on both sides in heated oil for 15 to 20 minutes or until chicken is tender. Arrange on serving platter. Sprinkle with green pepper slices and garnish with parsley sprig. Delicious served with butter-sauteed potato balls, asparagus and blueberry tarts for dessert.

CHICKEN & ZUCCHINI MARINARA

- 1/4 c. fine dry bread crumbs
- 1/2 c. grated Parmesan cheese
- 2 whole boneless, skinless chicken breasts, halved
- All-purpose flour
- 1 egg, slightly beaten
- 2 T. oil
- 1 15 1/2 oz. marinara sauce, Italian style
- Few sprigs parsley, chopped
- 1/4 t. hot pepper sauce
- 3/4 lb. (about 2 cups) sliced zucchini
- 4 oz. Mozzarella cheese, shredded

Mix bread crumbs and 1/4 cup Parmesan cheese. Coat chicken with flour. Dip into egg, then coat both sides with crumb-cheese mixture. Heat oil in 10-inch skillet with cover, add chicken. Brown on both sides over medium heat. Mix marinara sauce, parsley and hot pepper sauce. Spoon half of it over chicken. Arrange zucchini slices over chicken. Sprinkle with Mozzarella cheese and 1/4 cup Parmesan cheese. Top with remaining sauce. Cover and bring to boil, reduce heat and simmer for 25 minutes or until chicken is tender. Serve with favorite pasta tossed with butter, parsley flakes, oregano and sprinkle pasta with Parmesan cheese if desired.

Cheerleading camp scheduled

College Misericordia cheerleaders will host a cheerleading camp for children at the Dallas campus. The camp sessions will be held on Feb. 9, from 9 a.m. to 12 noon and 1 to 4 p.m., for children through the eighth grade. A \$5.00 fee is required for each session. Members of the Misericordia squad are Pamela Kintner, Mehoopany; Jennifer Gosart, West Wyoming; Diane

Argonis, Mich.; Lora Oches, East Keansburg, N.J.; Barbara Shaw, Bloomsburg; Beth Hoffman, Harding; Linda Noll, Scranton; Tammy Pittcavage, Edwardsville; Lorie Duran, Kulpmont, Pa.; Maureen Moffitt, Carbondale; and Jill McHugh, Honesdale. For further information and registration for the children's camp, contact the college at 675-2181, ext. 330.

School menus

Following are cafeteria menus for area school districts for the following week:
LAKE-LEHMAN SCHOOLS
Feb. 4 - 8
Senior High School

MONDAY - Hot dog or kielbasi on bun, potato puffs, baked beans, peaches, milk.
TUESDAY - Meatball hoagie, corn chips, green beans, pudding, milk.

WEDNESDAY - Hamburg bar-b-q on bun, French fries, applesauce, cookies, milk.
THURSDAY - Oven baked chicken, mashed potatoes w-gravy, peas, roll-butter, ice cream, milk.

FRIDAY - Pizza or egg salad sandwich, carrot-celery sticks, potato chips, fruit cup, milk.

Junior High & Elementary
MONDAY - Meatball hoagie, corn chips, green beans, pudding, milk.

TUESDAY - Hot dog on bun, cheese squares, potato puffs, baked beans, cookies, milk.

WEDNESDAY - Hamburg on bun, pickle chips, minestrone soup-sal-tines, peaches, milk.

THURSDAY - Oven baked chicken, mashed potatoes-gravy, peas, Parker House roll-butter, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

WEST SIDE VO TECH
Feb. 4 - 8

MONDAY - Wafer steak on soft bun, Boston baked beans, chilled peaches, oatmeal raisin cookies, milk.

TUESDAY - Boiled ham-cheese-lettuce on seeded bun, chicken noodle soup-crackers, blueberry tarts, milk.

WEDNESDAY - Open face turkey sandwich-gravy, mashed potatoes, cranberry sauce, ice cream, milk.

THURSDAY - Spaghetti-meat sauce, grated cheese, tossed salad-dressing, Tech Squares, milk.

FRIDAY - Grilled cheese, chips, tomato soup-crackers, pickle spears, big chip coolies, milk.

BISHOP O'REILLY HIGH SCHOOL
Feb. 4 - 8

MONDAY - Steak hoagie on bun w-onions, golden fried onion rings, cherry gelatin, choice of milk.

TUESDAY - Spaghetti w-meat sauce, Italian roll-butter, applesauce spice cake, choice of milk.

WEDNESDAY - Hamburg patty topped w-melted cheese on bun, French fries, chilled peaches, choice of milk.

THURSDAY - Cold meat hoagie, chips, banana pudding w-whipped topping, choice of milk.

FRIDAY - Breaded haddock on roll, lettuce-tartar sauce, potato puffs, green beans, fruit cocktail, choice of milk.



Walk planned

Grand opening festivities for the "Mercy Heart & Sole Walk" which is being sponsored by Mercy Hospital, Wilkes-Barre, and the Wyoming Valley Mall, will be held at the mall on Sunday, Feb. 10 at 2 p.m. The Heart & Sole Walk is a special course located at the mall which has been designated to promote walking as a valuable form of exercise. It can be used by anyone at any time during the normal mall business hours. The program is being offered "free of charge" as a public service by Mercy Hospital and the mall as a means of enhancing the level of fitness among the community. For more information contact Mercy at 826-3687. Mercy Heart & Sole walkers are shown here preparing for the course. From left, Rosalie Stella, R.N.; Marilyn Bagnick, R.N., Cardiac Rehabilitation Supervisor; Sr. Paulette Berrang, R.S.M.; Joe Gmitter, Harold Saunders and Ed Hooper.

Home Economist is trained in nutrition

Whether they call it prevention, fitness, wellness, or just being sensible, more people than ever are taking better care of themselves. A big part of this is good nutrition, but the sheer volume of nutrition information can leave many of us confused. Who do we believe?

One source consumers may overlook is their county Extension home economist. In Luzerne County this is Josephine Kotch located at 5 Water Street, Courthouse Annex, Wilkes-Barre, Pa. 18711, a professional trained in nutrition, food storage, preparation and preservation, all important aspects of a total approach to food and nutrition.

Did you know that, except for acid foods such as tomatoes, all foods should be canned in a pressure canner? Or that potatoes and onions shouldn't be stored together? Or that you can save money by conserving energy during food preparation?

Penn State's Cooperative Extension Service is an out-of-school approach to education. The idea is to take research and other tested information and translate it into practical applications for rural, suburban and urban families.

Regular in-service training by Penn State-based faculty is what

keeps Mrs. Kotch at the forefront in nutrition. If you have a concern, a question or are interested in Mrs. Kotch as a speaker for your group, contact Luzerne County Extension Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, Pa. 18711 or phone 825-1701 or 459-0736, ext. 701.

All Extension educational programs are available to all residents in the county and everyone is invited to participate.



Welcome Baby

The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON call.

I'm your WELCOME WAGON representative and my basket is full of free gifts for the family. Plus lots of helpful information on the special world of babies.

Call now and let's celebrate your baby.

675-0350

Welcome Wagon

For Valentine's Day

Remember Me Always



Remember a special time the two of you shared? You can make that memory last forever by putting it on a Speidel Ident. You can choose from dozens of styles, and your special message can make it one of a kind. Come in today and put your feelings into words. **Speidel**

Oscar ROTH Jeweler

659 N. MEMORIAL HWY.
DALLAS, PA.
675-2623

ATTENTION!

Back Mountain Community Organizations

THE DALLAS POST

**Wants to know what you're doing
When is your next meeting?
Who are your new officers?
What project are you working on?**

**Call Dotty
at
675-5211**

**And we'll let the community know
all about your organization.**



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