

Cookbook

Chicken recipes aid those calorie-conscious eaters

By CHARLOT M. DENMON
Staff Correspondent

Increased interest in physical fitness in today's world has made many persons aware of proper diet, including counting calories, using less salt and spices and carbohydrates and avoiding high cholesterol foods.

Many Back Mountain homemakers have been reducing the amount of red meats they serve to their families and serving more chicken or fish. Chicken, one of the housewife's best friends when preparing meals, can be as simple or as complicated as the budget, time and creativity permits. It is also low in cholesterol and calories. Millions of persons throughout the world enjoy fish, which like chicken, can be prepared as a simple light lunch or prepared in such a way that it can be served as a delicious gourmet entree.

Both chicken and fish are excellent sources of protein and can be prepared in so many ways they can bring more variety to meals and make people sit up and take notice.

The recipes shared with The Dallas Post readers this week are easy and inexpensive, but equally delicious. Most take very little time to prepare and are ideal for serving to family or for a festive occasion.

The Fish Provencal is made of bite size pieces of haddock simmered in a vegetable sauce and is best served over toast. Haddock Fillets in a tangy marinade, served with steamed fresh broccoli and tiny, new potatoes cooked unpeeled and a light lemon fluff for dessert, will bring compliments from your guests.

Chicken a la Orange with Mint

gives an entirely different flavor to the ordinary chicken. Acadian Chicken is a new creation and turns poultry from the lowly barnyard bird into an exotic entree especially if served with asparagus, hot rolls, and strawberry sorbet or fresh strawberry pie. Chicken Lasagna is economic but deceptively rich although low fat mozzarella and ricotta cheese can be used to reduce calories and cholesterol.

FISH PROVENCAL

- 1 1/2 lbs. haddock fillets
- 2 onions, sliced thin
- 1 stalk celery, chopped fine
- 1 c. peas, frozen or fresh
- 2 tomatoes, sliced
- 1 bay leaf
- 1 clove garlic, minced
- 1/4 c. fresh dill
- 1/4 c. margarine
- 1/4 t. pepper
- 1/2 c. dry white wine+
- 2 c. milk+
- 4 slices bread, toasted

Cut fish into one and half inch pieces, saute onions and celery in margarine until tender but crisp. Put fish and remaining ingredients except milk (may substitute half and half) and dill into saucepan. Cover and bring to boil. Reduce heat and simmer for 10 minutes. Heat milk to scalding, add to cooked fish mixture and stir until blended. Serve while hot with toasted bread (preferably French or Italian). Garnish with parsley if desired. +Water may be used instead of wine.

TANGY MARINATED FISH FILLETS

- 1 1/2 lbs. haddock fish fillets
- 2 t. red wine vinegar
- 1 clove garlic, minced
- 1/2 t. dry mustard
- 1/4 t. paprika
- 1/4 t. oregano

- Dash cayenne pepper
- 1/4 c. salad oil
- 1/4 c. margarine
- 2 T. chopped parsley

Wipe fish on both sides with damp cloth and place in single layer in a shallow baking dish. In a bowl, stir together vinegar, garlic, mustard, paprika, oregano and pepper. Beat in oil gradually until well blended. Pour marinade over the fish, cover and refrigerate for 30 minutes. Brush broiler pan rack with oil and place in oven while it preheats for five minutes on "broil." Remove fish from dish, keeping marinade. Place fish on rack, brush top and sides with marinade. Broil without turning until lightly browned on top, six to eight minutes. Add margarine and parsley to marinade in a small pan. Place over medium heat until hot and bubbling, three to five minutes. Serve at once, pouring some of the sauce over each serving.

ORANGE-MINT CHICKEN

- 3 lbs. cut-up chicken
- 2 oranges
- 1/2 c. flour
- 1/2 t. paprika
- 1/4 c. salad oil
- 1 c. chicken broth
- 3 stalks fresh mint or 2 t. dried mint

Wash and dry chicken pieces (may use chicken breasts or breasts and legs). Grate rind of one orange and squeeze juice from same orange over chicken. Slice think the second orange and set aside. Mix flour and paprika (teaspoon salt, if desired), and roll chicken pieces in flour mixture. Heat oil in heavy pan, brown chicken on both sides in the oil. Remove and place in 13x9 dish or pan leaving space between pieces. Sprinkle chicken with grated orange rind and pour broth around chicken in the pan. Top with sliced



Orange Mint Chicken

Orange Mint Chicken is ready to bake in the oven for the family dinner.

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orange and mint. Bake uncovered at 375 degrees for 40 minutes or until chicken is tender and juices are clear when chicken is pierced.

ACADIAN CHICKEN

- 4 chicken breasts, skinned
- 2 1/2 t. salt, optional
- 1/2 t. pepper
- 4 T. margarine
- 3 chicken bouillon cubes
- 3 c. boiling water
- 2 T. lemon juice
- 1 t. dried onion flakes
- 1 lb. carrots, peeled, sliced thin
- 1 3-oz. pkg. cream cheese
- 1 c. sour cream
- 2 T. green onion, chopped fine
- 3 T. green pepper, chopped fine
- 2 t. sliced pimiento
- 1/2 t. Worcestershire sauce
- 1/4 t. hot pepper sauce

Sprinkle chicken on both sides with black pepper and salt (if used). In large heavy pan cook chicken breasts in melted margarine over medium heat until golden brown on

both sides. Remove and place in shallow baking pan. In saucepan, dissolve bouillon cubes in boiling water, pour half over chicken. Sprinkle with lemon juice and onion flakes. Cover with foil, bake one hour or until chicken is tender. To remaining bouillon add carrots and cover. Simmer 10 to 15 minutes or until tender. Drain and add remaining ingredients, heat through. Remove chicken to serving platter, add carrot mixture to juice in pan, mixing well. Pour over chicken and serve.

CHICKEN LASAGNA

- 10 lasagna noodles, cooked
- 2 c. diced, cooked chicken
- 2 T. margarine
- 1 med. onion, chopped
- 1/3 lb. mushrooms, sliced
- 1 16-oz. can tomatoes
- 1/2 t. each basil & oregano
- 1/3 t. pepper
- 3 T. margarine
- 3 T. flour

- 1 10-oz. can chicken broth
- 1/2 c. half and half
- 1 c. shredded mozzarella cheese
- 1/2 c. ricotta cheese

Melt butter in skillet, saute onions until transparent. Add mushrooms, basil, oregano, pepper. Cook for a few minutes. Blend tomatoes in blender add to mushrooms. Simmer while making cream sauce, adding more tomatoes if needed. Stir in chicken. Melt margarine in saucepan, stir in flour, cooking and stirring for two or three minutes. Add broth, stirring until thickened; stir in half and half over low heat. Spoon small amount of cream sauce in baking pan. Place two cooked noodles in baking dish, add one third of chicken mixture and one third cream sauce. Sprinkle each layer with cheese. Repeat with noodles, meat and sauce and cheeses until filled. Sprinkle top with Parmesan cheese and bake at 350 degrees for 20-25 minutes.

SCHOOL MENUS

(Following are cafeteria menus for area school districts for the following week.)

WEST SIDE TECH

- Oct. 8 - 14
Breakfast
- WEDNESDAY - Ham and French toast-butter-syrup, orange juice, milk or cereal, pastry, juice, milk.
- THURSDAY - Variety of cereal, banana, pastry, milk.
- FRIDAY - Assorted cereal, chilled juice, prune bread-cream cheese, milk.
- MONDAY - In service.
- TUESDAY - Cereal assortment, chilled fruit juice, cup cake, milk.
- Lunch
- WEDNESDAY - Oval spice-cheese on soft bun, lettuce-tomato, vegetable soup-crackers, chips, brownies, milk.
- THURSDAY - Pork bar-b-que on seeded bun, French fries, chilled pineapple, orange creamsicle cake, milk.
- FRIDAY - French bread pizza, tossed salad, choice of dressing, apple fig oatmeal bars, milk.
- MONDAY - In service.
- TUESDAY - Deluxe hamburger, lettuce-tomato-cheese, assorted condiments, PA grown apples, oatmeal cookies, milk.

GATE OF HEAVEN SCHOOL

- Oct. 8 - 14
- WEDNESDAY - Tacos, pears, cake, milk.
- THURSDAY - Hot dogs, baked beans, fruit cocktail, scooter pie, milk.
- FRIDAY - Shrimp shapes, French fries, green beans, peaches, cookies, milk.
- MONDAY - School closed.
- TUESDAY - Spiced ham sandwich, onion rolls, potato rounds, applesauce, cookies, milk.

DALLAS SCHOOLS

- Oct. 8 - 14
- WEDNESDAY - Spicy, hot chili con carne, fresh bread-butter or

grilled cheese sandwich w-celery stick, snappy green beans, choice of milk or juice. Bonus: Ice cream treat.

THURSDAY - Italian style veal parmesan w-side of spaghetti or hot dog on roll w-meat sauce (optional), tossed salad w-dressing, fresh apple wedge, choice of milk or juice.

FRIDAY - Fillet of fish sandwich w-tartar sauce or wimpie on roll, oven baked French fries, chilled cling peaches, choice of milk or juice.

MONDAY - School closed.

Teacher in-service.

TUESDAY - Meatball hoagie on fresh bun or grilled cheese w-ham sandwich, potato chips, corn kernels, chilled pears in juice, choice of milk or juice. Buy a lunch - receive a bookmark.

LAKE-LEHMAN SCHOOLS

- Oct. 13 - 17
- MONDAY - Early dismissal. Cheeseburger on bun, potato puffs, baked beans, pears, milk.
- TUESDAY - Deli hoagie, pickle chips, chicken noodle soup-saltines, peaches, milk.
- WEDNESDAY - National School Lunch: Hispanic menu, Tacos, Mexican corn, orange wedges, Calypso cookie, milk.

THURSDAY - World Food Day: Salisbury steak, mashed potatoes w-gravy, broccoli, roll-butter, ice cream, milk.

FRIDAY - National School Lunch: British menu: Fish & chips, Picadilly slaw, scones and honey, English trifle, milk.

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