

## GO EASY, BREEZY FOR SPRING



Salute the spring with menus light and easy as the season. Chicken is a year-round favorite, but it's so adaptable that new and sprightly flavors make it brighten spring menus. Always compatible and available, canned cling peaches add special color and texture to Ginger Walnut Chicken and Rich and

Spicy Chicken and Peaches. Fruit cocktail is a surprise ingredient in the individual Fruit-Jeweled Aspic Salads. For dessert, try a flavorful Peach Souffle. And what better way to complement a meal than with iced tea?

## GINGER WALNUT CHICKEN

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|-------------------------------------|------------------------------------|
| 1 whole broiler-fryer chicken       | 1 teaspoon salt                    |
| 1 can (16 ounce) cling peach halves | 2 teaspoons ground ginger, divided |
| 1/2 teaspoon soy sauce              | 1 teaspoon paprika                 |
| 3 tablespoons lemon juice, divided  | 1 tablespoon cornstarch            |
| 1 tablespoon grated onion           | 1 teaspoon grated lemon rind       |
|                                     | 1/3 cup walnut halves              |

In shallow baking dish, place chicken breast side up. Drain peaches, saving syrup. Set peaches aside. In small bowl, mix together 3 tablespoons peach syrup, soy sauce, 1 tablespoon lemon juice and grated onion. Pour over chicken. Mix together salt, 1 teaspoon ginger and paprika. Sprinkle over chicken. Cover with foil and bake in 400 degree F. oven 40 minutes. Remove from oven. Combine remaining peach syrup with 2 tablespoons lemon juice, remaining ground ginger, cornstarch and grated lemon rind. Cook over medium heat, stirring constantly until thick and clear. Arrange peaches around chicken in baking pan. Place walnut halves in center of each peach. Pour thickened glaze over chicken and peaches. Sprinkle with remaining walnuts. Return to oven uncovered, baking 20 minutes or until leg moves freely when lifted or twisted. Makes 4 generous servings.

## RICH AND SPICY CHICKEN AND PEACHES

(NOT ILLUSTRATED)

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|---------------------------------------|---|
| 1 broiler-fryer chicken, cut in parts | 1 can (16 ounce) tomatoes, including liquid |
| 2 tablespoons margarine               | 1/4 cup vinegar                             |
| 1 cup chopped onion                   | 2 tablespoons prepared mustard              |
| 2/3 cup chopped green pepper          | 2 tablespoons steak sauce                   |
| 1 clove garlic, minced                | 2 teaspoons salt, divided                   |
| 1 can (20 ounce) sliced cling peaches | 1/4 teaspoon pepper                         |

In shallow baking dish, place chicken parts. Broil, uncovered, 4-6 inches from heat, for about 20 minutes or until light brown. While chicken is browning, melt margarine in large fry pan over medium heat. Add onion, green pepper and garlic and saute about 5 minutes or until onion is clear. Remove 10 slices of peaches and reserve until later. Measure remaining peach slices and add syrup to make 2 cups. Pour peaches, syrup and tomatoes into blender and blend for 30 seconds. Stir into vegetables in fry pan; add vinegar, mustard, steak sauce and 1 teaspoon salt. Simmer, uncovered, for 20-30 minutes, reducing sauce to half the original amount (it will be very thick). Remove chicken from oven; sprinkle with remaining salt and pepper and cover with sauce. Bake in 325°F. oven for 20 minutes or until fork can be inserted in chicken with ease. Remove from oven and arrange slices of peaches around chicken. Broil 5 minutes, watching carefully to prevent over-browning. Makes 4 generous servings.

## FRUIT-JEWELED ASPIC SALADS

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|---|------------------------------------|
| 1 can (17 ounce) fruit cocktail                 | 1/2 cup chopped celery             |
| 1 envelope unflavored gelatin                   | 2 tablespoons chopped green pepper |
| 1 package (3 ounce) strawberry flavored gelatin | 3 drops Tabasco sauce              |
| 1 can (16 ounce) stewed tomatoes                |                                    |

## Dressing:

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|--------------------|-------------------------------|
| 1 cup sour cream   | 1 tablespoon lemon juice      |
| 1 tablespoon honey | 2 teaspoons grated lemon rind |

Drain fruit cocktail, saving syrup. Soften unflavored gelatin in 1/4 cup saved syrup. Heat remaining syrup to boiling, combine with strawberry gelatin in large bowl. Add softened unflavored gelatin stirring until all gelatin is completely dissolved. Add tomatoes and juice, celery, green pepper and Tabasco sauce. Fold all but 1/2 cup fruit cocktail into gelatin mixture. Pour into individual 1 cup molds or into 5-cup mold. Refrigerate until firm (at least 2 hours). Combine ingredients for dressing. Unmold salad onto bed of lettuce. Garnish molds with remaining fruit cocktail. Pass honey-sour cream dressing. Makes 4-6 servings.



## PEACH SOUFFLE

(NOT ILLUSTRATED)

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|-------------------------------------|-----------------------|
| 1 can (16 ounce) cling peach slices | 3 tablespoons sugar   |
| 2 tablespoons kirsch                | 3 egg yolks           |
| 2 tablespoons cointreau             | 4 egg whites          |
| 1/8 teaspoon salt                   | 1/8 teaspoon cinnamon |

Drain peaches. Puree peaches in blender or force through sieve. Sprinkle pureed peaches with kirsch, cointreau, salt and sugar. Place in saucepan and heat to scalding. Remove from heat and cool to lukewarm. Beat in egg yolks. Beat egg whites with cinnamon until stiff. Fold peach-egg mixture into egg white. Turn batter into buttered 1-1/2 quart souffle dish. Bake in 425-degree F. (hot) oven for 20 minutes. Serve immediately. Makes 6 servings.

Iced Tea...  
Three Ways to  
Make It Great

With cold water and tea bags: Fill a quart jar or pitcher with cold water. Add 8 to 10 tea bags (remove tags). Cover and let stand at room temperature or in refrigerator at least 6 hours or overnight. Remove bags, squeezing against side of container. Makes 1 quart. Recipe may be doubled.

With cold water and instant powder or mix: Allow 2 rounded tablespoons of instant tea powder for each quart of cold water. Stir to dissolve. If using lemon-flavored iced tea mix, use 1/2 cup (or 2 envelopes) to a quart of cold water.

With boiling water and tea bags or leaves: Bring 1 quart of cold water to a boil in a saucepan. Remove from heat and immediately add 15 tea bags or 1/3 cup loose tea leaves. Stir, cover and let stand 5 minutes. Stir again and strain into a pitcher holding another quart of cold water. Makes 2 quarts.