

FABULOUS SUPPERS ON A SHOESTRING

Everyone's being economical these days. But just when people think they can make ends meet... someone moves the ends! Or so it would seem.

Suppers shown here were planned with economy in mind. It would be difficult to find a trio of menu items more economical than chicken, rice and onions. Serve each prepared separately. Or mix 'n' match to solve mealtime money problems.

This isn't a penny-wise-and-pound-foolish approach, either. For all three provide good nutrition without adding unwanted calories. Chicken, rice and onions are also low in sodium and cholesterol.

Chicken is the ideal choice for appetite-appeasing entrees, providing the complete protein needed daily in the diet. Low in fat content, chicken is one of the most versatile of meats, easily combined with other foods and different seasonings to create new tastes when it is served frequently.

Rice, the principal sustenance of half the world's population, is an excellent source of complex carbohydrates. Long, medium and short grain rice are nutritionally equal and can usually be used interchangeably in recipes. Most U. S. grown and processed white rice is enriched with iron, niacin and thiamine and costs just pennies a serving.

Sweet Spanish onions add bulk to the diet and contribute significant amounts of Vitamin C, the B vitamins and several minerals. Idaho-Oregon grown Sweet Spanish onions are the "jumbos" of the onion market, making them ideal for stuffing. They are also available in medium sizes and are known for their sweet, mild flavor.

To keep the food budget from flying out of control, clip coupons, buy special sale items and be sure to include chicken, rice, and onions often.

Elegant yet economical describes this supper menu featuring Glazed Baked Chicken with Stuffed Sweet Spanish Onions and a delectable Fruit and Vegetable Pilaf.

GLAZED BAKED CHICKEN

- | | |
|----------------------------------|-------------------------|
| 4 broiler-fryer chicken quarters | 1 1/3 cup soy sauce |
| 1/2 cup sherry | 1 teaspoon paprika |
| 1/2 cup honey | 2 cloves garlic, minced |

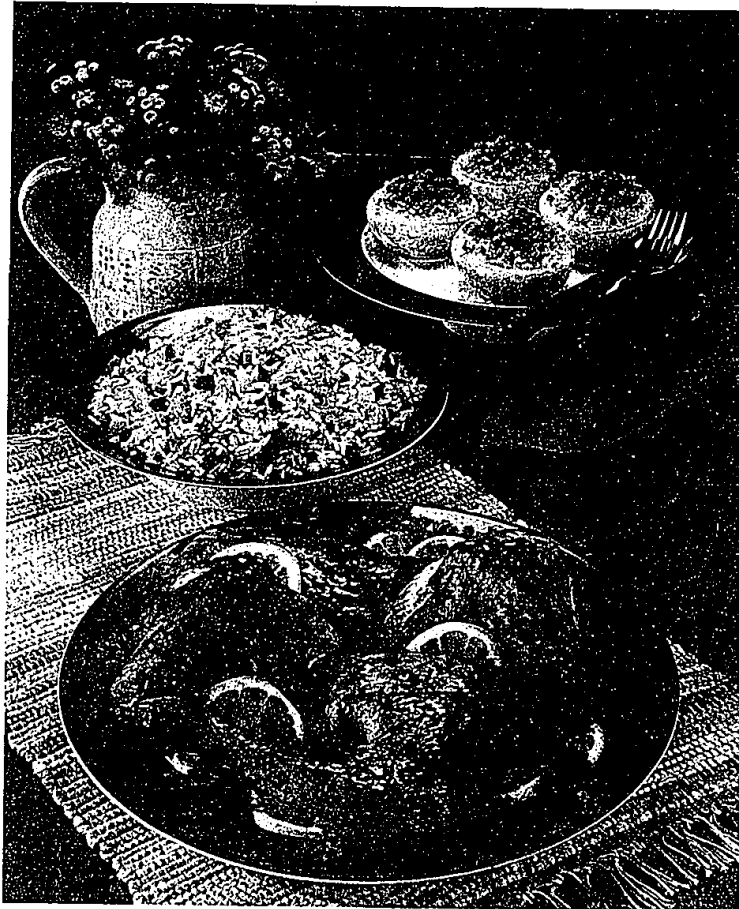
Place chicken in glass baking dish, skin side up. Combine remaining ingredients and brush on chicken. Place in 375° F. oven and bake 1 hour. Turn after 30 minutes. Brush with glaze frequently. Reserve some glaze to brush on onions. Garnish chicken with lemon slices and parsley. If desired, serve with Stuffed Sweet Spanish Onions and Fruit and Vegetable Pilaf. Makes 4 servings.

FRUIT AND VEGETABLE PILAF

- | | |
|---|--|
| 1 cup uncooked rice | 1 tart red cooking apple, cored and coarsely chopped |
| 2 cups chicken broth* | 1 rib celery, thinly sliced |
| 1/2 teaspoon salt | 1/4 cup slivered almonds |
| 1/2 teaspoon poultry seasoning or ground sage | 1/4 cup raisins, plumped |
| 1/8 teaspoon ground black pepper | 1 teaspoon sugar |
| 1 tablespoon butter or margarine | 1/4 cup half and half (cream and milk) |
| 1 carrot, finely diced | |

In saucepan, combine rice, broth, seasonings and butter. Bring to a boil. Stir once or twice, lower heat, cover and simmer 15 minutes, or until rice is tender and liquid is absorbed. Remove from heat; add remaining ingredients. Toss lightly, cover and let stand 5 minutes. Makes 4 to 6 servings.

*For extra flavor, use broth in which onions for Stuffed Sweet Spanish Onions were cooked.



STUFFED SWEET SPANISH ONIONS

- | | |
|--|--------------------------------------|
| 2 medium Sweet Spanish onions (3 inches in diameter) | 2 tablespoons grated Parmesan cheese |
| Chicken broth | 1 tablespoon chopped parsley |
| 1 package (10 oz.) frozen peas, cooked | 1/4 teaspoon dry mustard |
| 1/3 cup soft bread crumbs | 2 tablespoons butter, melted |
| | Glaze from Glazed Baked Chicken |

Peel and halve onions. Place in saucepan in 2 inches chicken broth. Bring to boil, cover and simmer 15 minutes, or until tender-crisp. Drain, reserving chicken broth for cooking the rice for the Fruit and Vegetable Pilaf. Gently lift centers from onions, leaving a shell, 2 to 3 rings thick. (Refrigerate or freeze onion centers to use in soups or casseroles.) Fill centers of onion shells with cooked peas. Mix bread crumbs with Parmesan cheese, parsley, mustard and butter. Sprinkle over onions. Brush outer sides of onion halves with glaze used for chicken. Broil 5 to 7 minutes or until lightly browned. Makes 4 servings.

Microwave Method: Place peeled and halved onions in shallow casserole with 1/2 inch chicken broth. Cover and microwave on high for 8 to 10 minutes or until tender-crisp. Remove center portions of onions and stuff and broil as directed above.

For a quick and casual company supper, stir fry bite-size pieces of marinated chicken breasts with crisp mellow rings of Sweet Spanish onions and slices of celery, water chestnuts and dried fruits. Serve over mounds of fluffy rice; pass additional soy sauce. *Altogether that's needed with the Golden Valley Stir-Fry is a tray of fresh fruits with a choice of cheese and beverage.*

GOLDEN VALLEY STIR-FRY

- | | |
|--|--|
| 3 whole broiler-fryer chicken breasts, skinned and boned | 2 medium Sweet Spanish onions, sliced and separated into rings |
| 4 tablespoons cornstarch, divided | 2 cups chicken broth |
| 1/4 cup soy sauce | 1-1/2 cups diagonally sliced celery |
| 2 tablespoons honey | 1 can (8 oz.) water chestnuts, drained and sliced |
| 1 teaspoon grated fresh ginger | 12 pitted moist dried prunes (moisture pack), cut in halves |
| 1 clove garlic, minced | 3 to 4 cups hot cooked rice cooked in chicken broth |
| 1/4 teaspoon ground black pepper | |
| 12 dried apricots, cut in halves | |
| 1/4 cup sherry | |
| 2 tablespoons vegetable oil | |

Cut chicken into 1-inch pieces. Combine 3 tablespoons cornstarch, soy sauce, honey, ginger, garlic and pepper in mixing bowl. Add chicken and mix well. Cover apricots with sherry. Set chicken and apricots aside for 15 minutes. Heat oil in wok or large skillet. Add chicken and cook, stirring over medium-high heat about 4 minutes or until chicken is opaque and firm. Add onion and celery, stirring 2 minutes. Pour in chicken broth. Cover and steam 2 to 3 minutes. Remove cover. Add celery, water chestnuts, prunes and apricots. Blend remaining cornstarch with 1/4 cup water. Stir into chicken mixture. Cook, stirring occasionally, 2 minutes or until liquid is clear and thickened. Serve over beds of fluffy rice. Pass additional soy sauce if desired. Makes 6 to 8 servings.

CHICKEN BROTH

Using discarded bones and skin to make chicken broth is another way to make every penny count. For instance, when preparing Golden Valley Stir-Fry, place skin and bones from chicken breasts in saucepan with 2 cups of water, 1/4 cup diced onion and the leaves from celery used in recipe. Simmer, covered, about 10 minutes. When cooking a whole chicken for use in casseroles or salad, always save the liquid. Broth may be stored in refrigerator for two or three days, or frozen for use later. Canned chicken broth is also available.

