The way meals are viewed is chang-ing. It used to be salads for summer and cassroles for winter. Now it is perfectly acceptable to serve a cas-serule on the path on a summer eve-ning and a hearty salad by a roaring fire in the winter.

Whether summer or winter, more households seem to be in a perpetual hurry. If it isn't the kids, it's the work-ing parents who are just getting home

or in a rush to get out to the next event. But that doesn't mean that meals need to be slipshod or boring. Awareness about health and nutrition has ruled out the bread-and-cold-artic evening meal

to be supeace we will be a supeace to be supeace with an outrition has ruled out the bread-and-cold-cuts evening meal. Yet to keep costs down, some time needs to be spent getting things ready. Two rice recipes that solve the problem follow. One is a saind; the other a casscrole. Both are nutritious and can be prepared with minimum effort. Which recipe to use? Keep both. If the

family is in the mood for a hot or cold entree, you'll be ready.

Rice is always ideal for meals that have to be prepared in a hurry. It's always on the shelf waiting to be measured and cooked. No mass, no fuss, no bother . . . and no waste.

SHRIMP RICE SALAD
3 cups cooked rice, cooled
5 cu. frozen cooked shrimp, thawed
1 can (8 cu.) placapple chunks*, halved
1 can (8 cu.) placapple chunks*, halved

(drain; reserve juice)

I tart red apple, cored and chopped

I cup alliced celery

% cup seedless green grapes, haived

% cup soor cream

« cup mayonnaise

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tops 2 thep, butter or margarine 3 cups cooked rice 1 can (17 oz.) whole kernel corn, drained 1 can (14% to 16 oz.) tomatoes, crushed:

I is cups (6 oz.) grated Swiss cheese deggs, beaten

• eggs, beaten
I cup cream style cottaged cheese
'A cup milk
I'd tsp. salt
I tsp. marjoram leaves, crushed
'A tsp. ground black pepper
Paprika

In large skillet cook green pepper

QUICE 'N' EASY DINNER IN A DISH Microwave Method:

Microwavé Melhod:

Mett butter in 2-quart microproof dish on high (maximum power) 1 minute. Add green pepper and onions. Cover and cook on high 1 minute, or until tender crisp. Sitr in rice, corn, tomatoex, and Swigs cheese. Combine remaining ingredients except papritar, sitr into rice mixture. Dust lightly with paprita. Cook at 70 percent power 30 minutes, or until edges are firm and center is slightly soft, rotating dish ¼ turn every 5 minutes. Let stand about 5 minutes before serving.



Chicken for the whole family

When we eat chicken at our bouse, Windy and Rico don't take a back seat. The resident dogs love chicken parts as much as my wife dislikes the skin. So a recipe from a colleague was made to order.

I had doubts about combining yogurt and chicken, but then once I frowned on sour cream and fried eggplant.

Yogurt chicken turned out a pleasant urprise on two fronts: dictwise and

palatewise.

Skinless chicken means less calories.

No salt is good news for those watching their blood pressure.

But if you're not on a special diet, a little sait and black pepper can be stirred into the yogurt before applying it to the chicken. Some mineed garlic can be added, too.

I look forward to tryfng flavored yo-

I look forward to trying mayores yogurt.

The corn-flake crumbs take the place of the skin — or flour — and brown evenly.

I had a package of cut-up chicken, which I bought on sale, in the freezer that needed to be cooked, My wife sup-ally doesn't give Windy and Rico chicken wings, but we decided they deserved a treat. We don't feed them from the table, but offers spice up their dog food. When it's chicken for all at home, no one is disappointed.

YOGURT CHICKEN
1 container (8 oz.) plain yogurt, stirred

up 3 chicken leg quarters, skinned 1¼ chicken breasts, skinned 1 cup corn flake crumbs

Brush yogurt all over chicken. Thoroughly dredge chicken in crumbs and place meaty sides up on cookie sheet. Bake in 350-degree oven 45 minutes. Serves 3-4.

CANINE DELIGHT Chicken skin 3 chicken wings 2 chicken necks

Place chicken skin and parts in me-dium pot, cover with water and boil 1½ hours, adding water when neces-sary. Add a little rice, cook 30 minutes and let cool. Cut up akin and gizzards, debone wings and remove meat from necks. Stir into dog food. Yields 4 serv-ings.

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Try some bacon for brunch

Canadian-style bacon makes an ex-cellent brunch choice. Thin silices of Canadian-style bacon are arranged atop the completed brunch dish for an impressive party presentation.

BACON BRUNCH DISH

12 oz. Canadian-style bacon, cut into

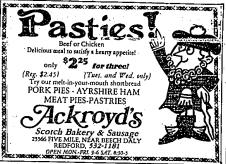
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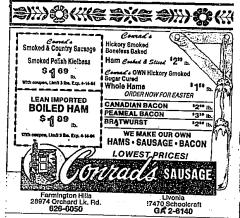
3 ibsp. flour 2 map, riour
1% cups milk
14 tap, bottled hot pepper sauce
14 tap, sait % cup shredded colby cheese

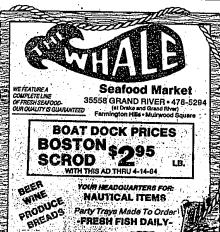
¾ cup shredded colby cheese

Reserve 12 silect bacon, cut remaining alices into 1 x 1-inch pieces. Cook onlon in 2 tablespoors butter in large frying pan until onlon is transparent. Add okra and cook slowly 8 to 10 minutes or until okra is tender. Combine bacon pieces, okra mixture and tomatoes. Melt 2 tablespoons butter in small saucepan; add bread crumbs, string lightly to coat. Place ¼ cut crumbs cevenly over bottom of 11% x 7½-inch baking dish. Place half the bacon mixture over crumbs, sprinkle with another ¼ cup crumbs. Top with remaining bacon mixture. Hoat remaining 2 to the spoons butter in saucepan, and tiour,

stirring until smooth. Gradually add milk, bot pepper sauce and sait and cook, stirring constantly until thick-ened. Sit in cheese. Pour sauce evenly-over bacon mixture sprinkle with re-maining crumbs. Bake in a moderate oven (550°) 30 minutes, Arrange re-served bacon silices on top and continue baking 6 minutes. 4 to 5 servings.









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Call The National Council on Alcoholism in Your Area. Or write NCA, 733 Third Avenue, N.Y., N.Y. 10017