

Rice solves the problem of what to prepare in a hurry

The way meals are viewed is changing. It used to be salads for summer and casseroles for winter. Now it is perfectly acceptable to serve a casserole on the patio on a summer evening 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 working 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 sloppy or boring. Awareness about health and nutrition 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 salad, the other a casserole. 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 entrée, 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 muss, no fuss, no bother... and no waste.

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

(drain; reserve juice)
1 tart red apple, cored and chopped
1 cup sliced celery
¼ cup seedless green grapes, halved
¼ cup sour cream
¼ cup mayonnaise
1 tsp. sugar
1 tsp. lemon juice
¼ tsp. salt

Combine rice, shrimp, pineapple, apple, celery, and grapes. Blend remain-

ing ingredients with 2 tablespoons reserved pineapple juice. Toss lightly with rice mixture. Chill. Serve on salad greens, if desired. Makes 6 servings.
*Or use 1 can (8 ounces) pineapple tidbits.

QUICK 'N' EASY DINNER IN A DISH
¼ cup chopped green pepper
¼ cup sliced green onions, including tops
2 tbsp. butter or margarine
3 cups cooked rice
1 can (17 oz.) whole kernel corn, drained
1 can (14½ to 16 oz.) tomatoes, crushed and drained
1½ cups (8 oz.) grated Swiss cheese
4 eggs, beaten
1 cup cream style cottage cheese
¼ cup milk
1½ tsp. salt
1 tsp. marjoram leaves, crushed
½ tsp. ground black pepper
Paprika

In large skillet cook green pepper

and onions in butter until tender-crisp. Stir in rice, corn, tomatoes, and Swiss cheese. Combine remaining ingredients except paprika; stir into rice mixture. Turn into buttered 2-quart baking dish. Dust lightly with paprika. Bake at 350 degrees for 45 minutes, or until edges are firm and center is slightly soft. Let stand about 5 minutes before serving. Makes 6 servings.

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

Melt butter in 2-quart micropoof dish on high (maximum power) 1 minute. Add green pepper and onions. Cover and cook on high 1 minute, or until tender-crisp. Stir in rice, corn, tomatoes, and Swiss cheese. Combine remaining ingredients except paprika; stir into rice mixture. Dust lightly with paprika. Cook at 70 percent power 20 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.



pilot light

Greg Melikov

Chicken for the whole family

When we eat chicken at our house, Wendy 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 surprise on two fronts: dietwise and palatable.

Skinnless 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 salt and black pepper can be stirred into the yogurt before applying it to the chicken. Some minced garlic can be added, too.

I look forward to trying flavored 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 usually doesn't give Wendy and Rico chicken wings, but we decided they deserved a treat. We don't feed them from the table, but often 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
1½ 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
Gizzards
Rice

Place chicken skin and parts in medium pot, cover with water and boil 1½ hours, adding water when necessary. Add a little rice, cook 30 minutes and let cool. Cut up skin and gizzards, debone wings and remove meat from necks. Stir into dog food. Yields 4 servings.

Try some bacon for brunch

Canadian-style bacon makes an excellent brunch choice. Thin slices 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 ¼-inch slices
1 large onion, finely chopped
6 tbsp. butter or margarine, divided
2 cups (8 oz.) sliced okra
3 medium tomatoes, peeled, seeded and chopped
¼ cup dry bread crumbs
3 tbsp. flour
1½ cups milk
¼ tsp. bottled hot pepper sauce
¼ tsp. salt

¾ cup shredded colby cheese

Reserve 12 slices bacon; cut remaining slices into 1 x 1-inch pieces. Cook onion in 4 tablespoons butter in large frying pan until onion 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, stirring lightly to coat. Place ¼ cup crumbs evenly over bottom of 11½ x 7½-inch baking dish. Sprinkle with another ¼ cup crumbs. Top with remaining bacon mixture. Heat remaining 2 tablespoons butter in saucepan; and flour,

stirring until smooth. Gradually add milk, hot pepper sauce and salt and cook, stirring constantly until thickened. Stir in cheese. Pour sauce evenly over bacon mixture sprinkle with remaining crumbs. Bake in a moderate oven (350°) 30 minutes. Arrange reserved bacon slices on top and continue baking 5 minutes. 4 to 5 servings.



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