

Don't let kitchen traffic jams spoil your day

A school day signals the start of morning rush hour in many households. The kitchen is often the scene of family traffic jams as household members prepare on-the-run breakfasts and hastily pack bag lunches.

To put an end to some of the morning confusion and to help provide more creative, nutritious take-along lunches, here are some suggestions:

- Create a bag lunch menu that allows you to shop and plan ahead for supplies.
- Keep utensils, countertops and cutting boards clean.
- Spread butter, margarine or mayonnaise right up to the edges on both sides of bread to prevent sandwich fillings from seeping through and jellies and jams from "weeping."

- Spread bread slices or hamburger buns out and, using an ice cream scoop, fill sandwiches assembly line fashion.
- Stack several sandwiches together and cut all at once.
- Cut sandwiches for youngsters in small, fun shapes — hamburger buns into pie-wedge quarters or bread into diagonal strips.

- For dieties, put sandwich filling into a scooped-out tomato or roll up in a lettuce leaf. Seal into a sandwich bag.
- Use salad dressings such as thousand island or creamy garlic to make excellent spreads for meat sandwiches.
- Keep foods hot by boiling soups and steers or chill, then pouring into vacuum containers.
- Keep foods cold by packing into lunch bags or boxes along with a chilled can of juice, frozen sandwich or

cookies. Frozen items will thaw in time for lunch.

- Pack fragile items such as potato chips, pretzels or cookies with a cushion of air before sealing bag.
- Pack separate bags of sandwich garnishes such as lettuce, tomato and green pepper slices, and celery sticks. Salad greens stay especially crisp if first wrapped in a damp paper towel.
- Pack a sandwich bag with crisp raw vegetables and another with a delicious dip as an afternoon snack.
- Pack a mixture of sunflower seeds, raisins and nuts to keep energy level high at the work place or during breaks.

- Pack a creative mixture of cheeses in one bag and a variety of crackers and breads in another.
- Save money by purchasing large containers of chips, cookies and other snack items. Portion-pack them in sandwich bags and seal tightly to preserve freshness.

Following are some ideas for creative take-along lunches.

BANANA QUICK BREAD SANDWICH WITH PEANUT BUTTER-BACON FILLING

Filling:
1 loaf Banana Quick Bread (recipe below)
1 tbs. peanut butter per sandwich
1 slice crumbled bacon per sandwich

Mix 1 slice crumbled bacon with 1 tablespoon peanut butter for each sandwich. Slice bread into 1/4-inch slices and spread with filling. Assemble finished sandwich and store in individual sandwich bags.

BANANA QUICK BREAD
1 1/4 cup flour
1/4 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1/2 cup sugar
1/2 cup shortening
2 eggs
2 tbs. milk
1 cup mashed ripe bananas (2-3 medium)

1/4 cup chopped nuts

Pre-heat oven to 350 degrees. Mix together the flour, baking powder, soda and salt. Set aside.
Using an electric mixer, cream sugar and shortening until light, scraping sides of bowl often. Add eggs, one at a time, and the milk, beating until smooth after each addition. Fold in nuts. Pour batter into a lightly greased 8x4x2-inch loaf pan. Bake for 60-65 minutes. Cool in pan 10 minutes. Remove from pan, cool.

CHICKEN SALAD SANDWICH IN HARD ROLL

Dressing:
1/2 cup sour cream
1/2 cup mayonnaise

2 tbs. pickle juice
2 dashes hot pepper sauce
1/4 tsp. salt
Filling:
3 cups cubed cooked chicken
1/2 cup chopped celery
1/2 cup sliced green onions
2 tbs. chopped gherkins
6 hard rolls

Combine ingredients for dressing. Add chicken, celery, onions and pickles. Slice top off hard roll, hollow out and fill with chicken salad mixture. Replace top. Store individually in sandwich bags. Makes 6 sandwiches.
For more lunch-to-go ideas, write "Sandwiches," Dow Consumer Products, P.O. Box 68511, Indianapolis, Ind. 46268.

Olive oil dressing is fine on spinach salad

If spinach salad has been an all-American favorite, how come people are now afraid to eat it? Fear of cholesterol? Not in the salad, but in the bacon fat dressing usually associated with it.

Pure olive oil has no cholesterol. But unlike other vegetable oils, olive oil does more than just add liquid to a salad dressing. It adds taste.

SPINACH MUSHROOM SALAD
8 cups (about 1 lb.) spinach, torn into bite-sized pieces
8 oz. fresh mushrooms, sliced
2 small tomatoes, sliced

1 sweet green pepper, cut into strips

QUICK TOMATO DRESSING

1/2 cup tomato sauce
2 tbs. lemon juice
4 anchovy fillets, finely chopped
2 scallions, sliced
1 tsp. basil
Salt and pepper to taste
1/2 cup olive oil

Combine all dressing ingredients in a bowl and mix or whisk well to blend. Drizzle over salad ingredients and toss. Serves 6.

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WHAT TO DO ABOUT YOUR THANKSGIVING TURKEY

Meats are a staple food of most people in this country. In fact, for many of us it would seem like we hadn't eaten if we didn't have some meat with our meal. Meats are an excellent source of protein, vitamins and minerals, but most people don't realize what is done to most commercially available meats. For example, in chickens and turkeys, the breasts are the most popular part of the animal, so they are bred nowadays to produce larger and larger breasts in relation to the other bodily parts. The animals are kept in small cages with many others, and are injected with hormones to make them grow faster, and with larger breasts. They are usually fed chemically treated feed, including numerous antibiotics, and usually never see the light of day, let alone touch their feet to the ground. What this means is that any drug, hormone or other toxic agent will remain in the meat when we eat it. Because the animals never get any exercise, it necessarily means that the meat will be fatter and have a blander, if not altogether flavorless taste.


Naturally raised meats, on the other hand, are never injected with hormones or any other chemical substance to make them grow differently than nature intended them to. They are also free range animals, meaning that they graze and move about on the ground, producing a leaner, more flavorful meat.

The Good Food Company has naturally raised fresh and frozen turkeys available this Thanksgiving and year round. Our fresh turkeys are free range and hormone free, with small amounts of antibiotics in the feed, while our frozen Shelton turkeys are naturally raised and organically fed. Both types are \$1.69 lb., and should be ordered or picked up early.

The folks at Good Food Company wish you a healthy, Happy Thanksgiving.

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