

# Taste buds won't chicken out with marinade and seasonings

Take two people, two meals and one chicken and what do you have? A delicious Orange Roast Chicken and Chicken Salad Provençal. Both recipes have basically the same seasoning, but what a difference in results.

The seasoning consists of thyme, garlic and original Worcestershire sauce in both recipes. Using the same seasoning in each dish is not so unlikely when you think how Worcestershire "rounds out" the flavor in all sorts of different meat, fish and vegetable dishes.

To prepare the Orange Roast Chicken, marinate the bird overnight first in a seasoned orange juice mixture. The chicken is basted during cooking with the marinade, which forms the succulent gravy.

Refrigerate the other half of the chicken and the next day (or so) make the salad with the cut-up meat plus cherry tomatoes, celery and olives in a red wine vinegar and olive oil dressing seasoned (again) with Worcestershire, thyme and garlic powder. It may sound like a double dosage, but it really works deliciously.

- 1/4 cup salad oil
- 2 tbsp. original Worcestershire sauce
- 1 tsp. grated orange peel
- 1 tsp. salt
- 1 tsp. thyme leaves, crushed
- 1/2 tsp. garlic powder
- 1/4 cup water
- 1 1/2 tsp. cornstarch

Prick chicken skin all over with fork tines; place in a snug fitting

bowl or doubled plastic bag. To prepare marinade combine orange juice, oil, Worcestershire sauce, orange peel, salt, thyme and garlic; pour over chicken. Cover or seal bag and refrigerate 12 to 24 hours. Preheat oven to 350 degrees.

Place chicken in a single layer in a roasting pan, reserving 1/4 cup marinade to make a sauce. Baste chicken occasionally during roasting with

marinade in roasting pan. Cook until juices run clear when chicken is pierced with a knife, about 1 1/2 hours; cover chicken with foil if chicken browns too quickly.

Meanwhile in a small saucepan combine water, cornstarch and 3/4 cup reserved marinade. Cook and stir until clear and thickened, about 1 minute.

## SAVORY BAKED CHICKEN

- 3 lb. chicken, quartered
- 1 cup orange juice



This Mediterranean dish breaks the tuna sandwich habit.

## Fish pie bakes own tasty crust

The Mediterranean is rich with tuna. So it's no wonder Italy and, more particularly, the islands of Sicily and Sardinia are famous for imaginative tuna dishes.

Bring the warmth and romance of the Mediterranean to the dinner table in this quick and easy Impossible Italian Tuna Pie. Aptly flavored with sliced ripe olives, chopped tomato and green pepper, oregano, garlic and basil, it's a delicious way to add international flavor to the menu.

Simply layer tuna and vegetables in pie plate. Mix the remaining ingredients in a blender, pour into plate and bake. The crust forms magically as it bakes. Served with a glass of wine, warm Italian bread and a simple salad, it's like a mini-vacation during dinner.

**IMPOSSIBLE ITALIAN TUNA PIE**  
The pie that does the impossible by making its own crust.

- 1 can (6 1/2 oz.) tuna, drained and flaked
- 1 medium onion, chopped (about 1/2 cup)
- 1 large tomato, chopped (about 1 cup)
- 1 can (2.2 oz.) sliced ripe olives, drained
- 1/2 cup chopped green pepper
- 3 eggs
- 1 1/2 cups milk
- 1/2 cup Bisquick baking mix
- 1 1/2 tsp. dried oregano leaves
- 3/4 tsp. salt
- 1/2 tsp. dried basil leaves
- 1/2 tsp. pepper
- 2 cloves garlic, finely chopped

Heat oven to 400 degrees. Grease pie plate, 10 x 1 1/4 inches. Layer tuna, onion, tomato, olives and green pepper in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand beater. Bake until knife inserted in center comes out clean, 25 to 30 minutes. Cool 5 minutes. 6 to 8 servings. High Altitude Directions (3500 to 6500 feet): Bake 35 to 40 minutes.

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## A defense against cancer can be cooked up in your kitchen.



Fruits, vegetables, and whole-grain cereals such as oatmeal, bran and wheat may help lower the risk of colorectal cancer.

Foods high in fats, salt- or nitrite-cured foods like ham, and



fish and types of sausages smoked by traditional methods should be eaten in moderation.

There is evidence that diet and cancer are related. Some foods may promote cancer, while others may protect you from it.

Foods related to lowering the risk of cancer of the larynx and esophagus all have high amounts of carotene, a form of Vitamin A which is in cantaloupes, peaches, broccoli, spinach, all dark green leafy vegetables, sweet potatoes, carrots, pumpkin, winter squash and tomatoes, citrus fruits and brussels sprouts.

Be moderate in consumption of alcohol also.

A good rule of thumb is cut down on fat and don't be fat. Weight reduction may lower cancer risk. Our 12-year study of nearly a million Americans uncovered high cancer risks particularly among people 40% or more overweight.

Now, more than ever, we know you can cook up your own defense against cancer. So eat healthy and be healthy.

Foods that may help reduce the risk of gastrointestinal and respiratory tract cancer are cabbage, broccoli, brussels sprouts, kohlrabi, cauliflower.

No one faces cancer alone.



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