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(F5B)



Give International "Flavor" to Your Cooking



Today, consumers no longer have to cross oceans or borders to experience truly international cuisine. However, with so little time available, elaborate recipes, exotic ingredients and hours of preparation, who has the time?

Simplicity and convenience result in successful and flavorful meals with stuffing and rice mixes. Below are two tempting international dinners — one French and the other Mexican.

Roasted Stuffed Chicken Cordon Bleu is very easy to prepare. Just stuff chicken breast with ham, Swiss cheese and savory chicken flavored stuffing mix and voila! You've created an elegant French-style entree.

No need to visit the Eiffel Tower or walk down the Champs Elysee to satisfy the sophisticated palate. This dish can also be prepared ahead of time so when you're ready just bake and serve.

INVITE YOUR FRIENDS over for a real Mexican treat. Serve ground beef with guacamole and a Spanish rice mix. Add an authentic touch and top with dollops of sour cream and crunchy tortilla chips on the side. Don't forget the green finger peppers!

One bite of this meal and you'll think you're walking down the halls of Montezuma.

What about appetizers, side dishes and desserts? No need to worry as a complete menu for any taste includes fruit and cheese. For either international selection a fresh fruit plate served with cheese and lightly toasted almonds adds a variety of flavors.

Use fruit that are in season now . . . melons, plums, peaches, nectarines and grapes. Complement the menu by using bite size pieces of cheese. Be adventurous and break the American cheese habit. Try the exotic tastes of Jalpeno, Brie, Feta and Havarti.

If your dessert tastes need something a bit sweeter, a simple scoop of vanilla ice cream topped with mint chocolate squares is delightful way to end a meal.



French Menu

Roast Stuffed
Chicken Cordon Bleu
Asparagus
Romaine Lettuce
with Roquefort Dressing
Chocolate Mousse
Cafe Au Lait



Mexican Menu

Refried Beans
Sliced Orange
Red Onion Salad
Caramel Custard
Mexican Coffee

CHICKEN BREASTS CORDON BLEU

(Makes 6 servings)

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| 1 pkg. (6 ounces)
Chicken Flavor Bread Stuffing Mix | 6 chicken breasts, boned (about 4 pounds) |
| 1-3/4 cups hot water | 6 slices boiled ham |
| 1/4 cup butter or margarine | 6 slices Swiss cheese |
| 1/2 cup chopped parsley | melted butter or margarine |
| | garlic powder |

In large bowl combine contents of flavor packet from stuffing mix with water and butter. Stir in bread crumbs and parsley. Carefully loosen skin of each chicken breast enough to make large pockets. In each, place 1 slice ham, 1 slice cheese and 1/2 cup stuffing. Brush with melted butter. Sprinkle with garlic powder. Place in 13 x 9-inch baking dish. Bake at 350°F for 45 minutes.

MICROWAVE METHOD: In 1-1/2 quart glass casserole, combine contents of flavor packet with water and butter. Cover and microwave at HIGH 8 minutes. Stir in bread crumbs and parsley. Cover; let stand 5 minutes. Carefully loosen skin of each chicken breast enough to make large pockets. In each, place 1 slice ham, 1 slice cheese, and 1/2 cup stuffing. Brush with melted butter. Sprinkle with garlic powder. Place in 13 x 9-inch microwave baking dish. Cover with wax paper. Microwave at HIGH 30 minutes. Let stand 10 minutes.

MEX-A-RONI

(Makes 8 servings)

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| 2 teaspoons vegetable oil | 2 large firm ripe avocados, |
| 1 medium-size onion, chopped | peeled and pitted |
| 1 garlic clove, chopped | 1 tablespoon fresh lemon juice |
| 1 pound ground beef | 1/8 teaspoon salt |
| 1 package (7-1/2 ounces)
Spanish Rice Mix | dash pepper |
| 2 cups water | 1 container (8 ounces) sour cream |
| 2 cups crushed fresh tomatoes | tortilla chips |

In large skillet, heat oil over medium heat. Add onion and garlic. Sauté, stirring frequently, about 5 minutes. Add beef. Sauté 5 minutes; drain. Stir in Spanish Rice Mix with contents of flavor packet, water and tomatoes. Simmer 20 minutes. Meanwhile, prepare guacamole in food processor or blender, by processing avocados, cut into large cubes, lemon juice, salt and pepper until fairly smooth (mixture should be firm texture). Spoon into bowl; cover and set aside.

Turn meat mixture into shallow serving dish. Spoon "guacamole" around sides. Top with sour cream. Serve with tortilla chips.

MICROWAVE METHOD: In 2-quart microwave casserole, combine oil, onion, garlic and beef. Cover. Microwave on HIGH 6 minutes, stirring once, after 3 minutes; drain. Stir in Spanish Rice Mix with contents of flavor packet. Add water and tomatoes. Cover tightly. Microwave on HIGH until boiling, 3 to 4 minutes. Simmer on MED 15 minutes, stirring once or twice. Let stand 5 minutes. Spoon into shallow serving dish. Spoon "guacamole" around sides. Top with sour cream.