Michigan cherries enliven many mealtimes

February is National Cherry

Month.
Michigan produces 80 percent of
the nation's red tart cherries and 20
percent of the nation's sweet cherry
crop. With 1987 being another fine
harvest year, there should be plenty
of canned or frozen cherries to en-

hance meals.
The cherry's versatility lets you try many different courses, side dishes and desserts. But why not be creative and begin some traditions of your own.
Cherries are high in vitamins A and C, and a very good source of potassium.
More information may be obtained by writing the Michigan Cherry Committee, P.O. Box 30285, Lansing 48909.

DOUBLE-UP CHERRY SALAD DOUBLE-UP CHERRY SALAD

6 oz. cherry gelatin dessert
2 cups boiling water
2 cups boiling water
6 oz. lemon gelatin dessert
2 cups boiling water
8 oz. cream cheese, softened
1 ½ cups mayonnaise
1 ib. can pineapple, crushed with
inice

juice 1 cup beavy cream, whipped 2 cups marshmallows, miniature ¼ cup nuts, chopped

Dissolve cherry gelatin dessert in 2 cups of boiling water. Stir in tart cherry ple filling. Pour into 12x20x2 inch pan. Let set. Dissolve lemon gelatin dessert in 2 cups of boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in pincapple and

Planning creates better dinners

AP — Not so long ago, we thought a meal that took an hour to prepare was fast. Now the dinner pace has speeded up, and 20 or 30 minutes is often winning time for weeknight meals. Here are some tips to help

meals. Here are some tips to are you save time preparing meals. PLAN NOW, SAVE TIME LATER — Plan several days (a week is better) of menus and grocery shoping at once, You've heard it before, but there's still no better way to be cady to start dinner the minute you walk in the door.

waik in the door.

— Serve fewer courses for a meal.
Use a purchased item for one of the
courses: barbecued chicken from the
dell with homemade salad, or frozen
yogurt or pudding for dessert after a
casserole.

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SHOP SMART

Make a weekly grocery list as you plan menus. Shop only once a week at markets you're familiar with so you don't waste time on extra trips or looking for items. Shop when the store is not crowded.

Buy ingredients in the form you'll need them for cooking: pre-shredded fresh cabbage, bottled lemon julice, pre-siliced and pre-shredded cheese, boned and skinned fresh chicken breast halves.

GET ORGANIZED

Arrange your kitchen so you can find thing quickly. Slore utensilis close to where they're used.

Clean to it jumbled drawers or overcrowded cabinets. Buy duplicates of often used Items, such as glass measuring cups, so you don't have to stop to clean them as you cook.

COONE EFFICIENTLY

have to stop to clean them as you cook.

COOK EFFICIENTLY

- Avoid using (and dirtying) extra dishes. Mix a casserole in its baking dish. Use a saucepan as a mixing bowl besides cooking in it.

- Foods cook faster in smaller portions. Bake single-serving meat loaves in muffin pans and casseroles in individual baking dishes.

- Serve foods in big pieces when of torn greens, apple wedges instead of Waldorf salad.

- The night before: Place frozen

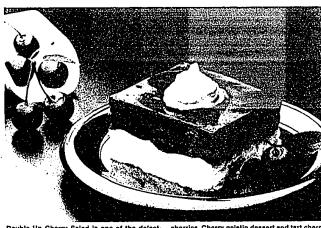
of torn greens, apple wedges instead of Waldorf salad.

— The night before: Place frozen meat, poultry, fish or seafcod in the refrigerator to thaw, Read the recipe and check your pantry to be sure you have all the ingredients.

— As you start cooking: Preheat the broiler or oven, if needed. Read the recipe and gather all the lagredients and utensils you'll need.

— During cooking: If you can, always do two things at once. For example, while water is boiling for pasts, open cans or chop vegetables. Out down on cleanup by reusing measuring cups and spoons; measure dry ingredients before wet ones. Bake or chill the dessert while you're eating. Have the whole family pitch in; give each member something to do.

Arrange your kitchen so you can find things quickly. Store utensils close to where they're



Double Up Cherry Salad is one of the defectable dishes that may be made using Michigan cherries. Cherry gelatin dessert and tart cherry pleffil are used in the recipe.

juice. Add whipped cream and marshmallows to gelatin mixture. Spread on top of cherry layer. When set, sprinkle chopped nuts on top. Yield: 24 servings

CHERRY CHEESE MUFFINS CHERRY CHEESE A
3 caps all-purpose flour
1 % cups sugar
2 % tsp. baking powder
1 % tsp. baking soda
% tsp. orange rind

9: 1sp. lemon rind
9: cup vegetable shortening
Juice of 1 orange plus Juice of 1 lemon and water to total 1 cup
1 % cups sharp cheddar cheese, shredded coarsely
2 eggs, slightly beaten
1 % cups later ded cherries, plitted and drained
1 % cups later red cherries, plitted and drained
1 cup nuts, coarsely chapped I cup nuts, coarsely chopped

mixing bowl. Cut in shortening with pastry blender. One at a time stir in remaining ingredients, mix only to blend. Do not crush cherries. Spoon into well-greased muffin pan. Bake in 350 F over for 25 minutes. Yield: 1 ½ to 2 dozen.

CHERRY COBBLER cup nuts, coarsely chopped 30 oz. can tart cherry picfill 1 cup apple juice
Combine dry ingredients in large 1 tsp. almond extract

2 thsp. sugar 1 1/2 baking powder 1/2 tsp. salt 1/3 cup shortening

1 egg 2 tbsp. half and half or milk

Combine cherry plefill, apple juice and almond extract. Pour into ungreased 8x8x2 inch baking dish. Mix flour, sugar, Jasing powder and salt. Cut in shortening. Mix in egg and milk. Drug dough by 9 spoonfuls onto fruit mixture. Bake in 375 F preheated oven 25-30 minutes or until topping, is golden brown. Serve warm with cream or ice cream if desired. Yield. 9 servings

SWEET-SOUR CHERRIES AND

SHRIMP

1 is ib. red tart cherries or dark sweet cherries, pitted 2 ¼ cups cherry juice and water ½ cup cider vinegar

Produce

Head Lettuce

2/1.00

3 tbsp. soy sauce % tsp. scant ground ginger % tsp. sait 3 tbsp. corastarch 4 tbsp. sugar — using sweet cherries

cup plus 1 thep, sugar - using

1 % cups green pepper, cut in strips 1 % cups green pepper, cut in strips 1-2 cans water chestnuts, sliced 1 % to 3 lbs. shrimp, cooked 3 % rice, cooked

Drain canned cherries, reserve.
Use cherry liquid (% to 1 % cups) and add enough water to make 2 % cups liquid. Add and blend well the rest of the sauce ingredients. Cook, stirring constantly, until sauce thickens. Add green pepper and cook a few minutes, then add water chestnuts, reserved cherries and cook rich and the cook rich and the cook rich and the cook rich according to package directions. Serve over rice.

Yield: 9 servings



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