

Here is the deal: send us your meal

The day is late, dinner time is here. The kids are hungry, but I have

A tuna casserole is bubbling away. Another dinner prepared for the day.

"What's this stuff?" the boys all say. "We wouldn't touch this for pay!"

Alas, my efforts have been in vain. Yet another mealtime starts in pain.

"Why do you make us eat this stuff?"
"It's GOOD for you," I reply in a

"Why don't you just call Domino's."
"You know the number, 5-4-0-6oh-oh-oh"

As I clean the kitchen and scrub the sink, I take a moment to reflect and think.

There MUST be a solution to this daily dilemma.

A steady diet of pizza does not make strong men-a!

clarification

There was an error in the recipe for Chicken and Shallots, in Betsy Brehen's column "Family Tested freshen's column by Family Tested freshen's column by Family Tested freshen's column special freshen specia

If only I could find other children-tested dinners. Surely among them I'd find a winner.

So please send in your family's favorite meal. Recipes included is part of the deat.

We will swap these "Winner Dinners" so that as you read, You'll soon have a collection of favorite recipes.

Hopefuls, this column will be a shot in the arm.
These "Winner Dinners" promise to work like a charm.

Dear Frustrated Mothers,

This bit of poetry was inspired by real-life experiences with my three boys. In conversations with other muthers, I realized I wasn't alone in the frustration of trying to plan and prepare dinners that my children and husband would eat.

So, in an attempt to improve the great "dinner dilemma," I offer you an opportunity to share your family's favorite Winner Dinner and explain why it works for you. As an added incentive, an apron printed with "Winner Dinner Winner" will be given.

Together we can work toward providing each other with an ongoing selection of taxty and nutritious family meals. As well as saving you time, these complete menus might even result in your hearing those yearned-for words, "Gee, Mom, that was great. May I have some more?"

Please include a complete dinner menu with recipes as needed. Submit your recipes, to be considered for publication in this column or else-where, to: Winner Dinner, P.O. Box 3503, Birmingham 48012.

Observer & Accentric

Winner Dinner

Menu

PORK ORIENTAL WHITE RICE APPLE CRISP

Recipes

PORK ORIENTAL

This was one of my lavorite dinners growing up. You might not think that any child would like this, based on the ingredients, but overybody who has ever tried it loves it. It can be prepared in advance up to the last step, which should be done just before serving. It is served over white rice, cooked according to directions on the box. Serves 4-6.

tablespoon Accent (optional) 1/4 teaspoon salt

% teaspoon satt
dash of papper
% teaspoon powdered ginger
2 tablespoons soy sauce
1 can mushrooms (undrained)
2 tablespoons corn starch
3 cups shrodded lettuce
3 cups cooked white rice

Saute pork in oil for 2 minutes. Add onions and celery and con-tinue cooking until onions are

tender.

Add beans, spices, soy sauce and mushrooms. Bring to a boil,

reduce heat and simmer covered for 25 minutes. In a small bowl, combine constant with % cup of water. Stir until smooth. Add constant mixture and lettuce and stir to mix well. Bring to a boil, stirring, and serve with hot

APPLE CRISP

This is quick and easy to make, and especially good in the fall, served with vanilla ice cream or soft-serve vanilla yogurt.

7 medium-size tart apples (Jonathan), peeled and sliced

2 tablespoons seled oil 1 pound of pork cut into cubes (pork chops work well) 1/2 cup chopped onlons 1 cup colery 1 package frozen French-style green beans

(Jonathan), poeled and sliced % cup sugar % cup brown sugar 1 cup flour 1 teaspoon baking powder % teaspoon sall 1 egg beaten % cup melled butter or marge-

cinnamon

Place apples in a greased 8-Inch-square baking dish, in a large bowl, mix dry Ingredients together with a spoon. Add beaten egg and mix well. Spread crumbly mixture over apples. Dizzle metted buter over the top. Sprinkle with cinnamon. Bake at 375 degrees for 45 min-utes.

Shopping List

Salad oil 1 pound of pork onions

onions
colety
1 0-ounce package frozen
French-style green beans
lettuce
7 medium-sized apples
lice (prefer Minute Rice)
1 can mushrooms
1 egg
baking powder

baking powder butter or margarine flour corn starch Accent sall pepper powdered ginger soy sauce sugar brown sugar cinnamon

Notes

Potatoes, chicken mix well in > microwave

AP - The potato is carning a rep-utation for being fast, thanks to the

utation for being task, maints to the microwave oven.

A whole potato cooks in the microwave in about 6 minutes, a sliced potato in about 5, and you can have a meal-sized potato dish in 12 minutes.

Cook and serve this Southwestern-Cook and serve this Solutivestern-seasoned meal on the same mi-crowave-safe platter. The secret is the arrangement of foods, with the slowest-cooking food placed on the outside, the fastest in the center. You don't even peel the potato.

SOUTHWESTERN POTATO-CHICKEN PLATTER l pound potatoes, scrubbed and sliced crosswise into %-inch-thick

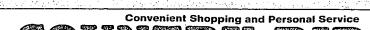
silices
1 pound boned and skinned chicken
breasts, cut into 2-by-1-inch strips
2 cups fresh corn or one 10-ounce
packing frozen corn, thawed
Southwestern Chill Sauce (recipe fol-

2 green onions, sliced 8 flour tortillas (optional)

Arrange potato silces around edge of a 12-inch round microwave-safe platter or pizza dish. Piace chicken pieces in a ring inside potatoes, over-lapping about 1 inch. Combine com platter or pixza dish. Place chicken pieces in a ring listide potatoes, overlapping about 1 inch. Combine corn and ¼ cup of the Southwestern Chili Sauce; place in center of platter, Spoon remaining chili sauce in a linch ribbon between potato and chicken pleces. Sprinkle green colons over corn. Cover tightly with clear plastic wrap, turning back one side slightly to vent steam. Cook on 100 percent power (high) for 12-14 minutes until chicken is no longer pink and vegetables are pixt tender, giving platter a half-turn after 6 miretes. Spoon mixture into warm tortilias, if desired. Makes 4 servings.

ings.

Southwestern Chili Sance: In a medium bowl stir together one 8-ounce
can tomato sance; one 4-ounce can
chopped green chili peppera,
drained; ¼ teaspoon ground cumin;
oregano, crushed; and ¼ teaspoon
ground red pepper.



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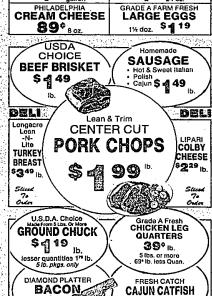
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