



family-tested  
winner dinner

**Betsy  
Brethen**

# Here is the deal: send us your meal

The day is late, dinner time is here.  
The kids are hungry, but I have no fear.

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 huff.

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

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 deal.

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

Hopful, 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 mothers, 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 tasty 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 elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham 48012.

## Observer & Eccentric Winner Dinner

### Menu

**PORK ORIENTAL  
WHITE RICE  
APPLE CRISP**

### Recipes

#### PORK ORIENTAL

This was one of my favorite dinners growing up. You might not think that any child would like this, based on the ingredients, but everybody 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.

2 tablespoons salad oil  
1 pound of pork cut into cubes (pork chops work well)  
1/2 cup chopped onions  
1 cup celery  
1 package frozen French-style green beans  
1 tablespoon Accent (optional)  
1/2 teaspoon salt  
dash of pepper  
1/2 teaspoon powdered ginger  
2 tablespoons soy sauce  
1 can mushrooms (undrained)  
2 tablespoons corn starch  
3 cups shredded lettuce  
3 cups cooked white rice

Saute pork in oil for 2 minutes. Add onions and celery and continue 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 cornstarch with 1/4 cup of water. Stir until smooth. Add cornstarch mixture and lettuce and stir to mix well. Bring to a boil, stirring, and serve with hot rice.

#### 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  
1/2 cup sugar  
1/2 cup brown sugar  
1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 egg beaten  
1/2 cup melted butter or margarine  
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. Drizzle melted butter over the top. Sprinkle with cinnamon. Bake at 375 degrees for 45 minutes.

## Shopping List

Salad oil  
1 pound of pork  
onions  
celery  
1 10-ounce package frozen French-style green beans  
lettuce  
7 medium-sized apples  
rice (I prefer Minute Rice)  
1 can mushrooms  
1 egg  
baking powder  
butter or margarine  
flour  
corn starch  
Accent  
salt  
pepper  
powdered ginger  
soy sauce  
brown sugar  
cinnamon

## Notes

## Potatoes, chicken mix well in microwave

AP - The potato is earning a reputation for being fast, thanks 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-seasoned meal on the same microwave-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**  
1 pound potatoes, scrubbed and sliced crosswise into 1/4-inch-thick slices  
1 pound boned and skinned chicken breasts, cut into 2-by-1-inch strips  
2 cups fresh corn or one 10-ounce package frozen corn, thawed  
Southwestern Chili Sauce (recipe follows)  
2 green onions, sliced  
8 flour tortillas (optional)

Arrange potato slices around edge of a 12-inch round microwave-safe platter or pizza dish. Place chicken pieces in a ring inside potatoes, overlapping about 1 inch. Combine corn and 1/2 cup of the Southwestern Chili Sauce; place in center of platter. Spoon remaining chili sauce in a 1-inch ribbon between potato and chicken pieces. Sprinkle green onions 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 just tender, giving platter a half-turn after 6 minutes. Spoon mixture into warm tortillas, if desired. Makes 4 servings.

**Southwestern Chili Sauce:** In a medium bowl stir together one 8-ounce can tomato sauce, one 4-ounce can chopped green chili peppers, drained; 1/2 teaspoon ground cumin; oregano, crushed; and 1/2 teaspoon ground red pepper.

## clarification

There was an error in the recipe for Chicken and Shallots, in Betsy Brethen's column "Family-Tested Winner Dinners" that ran Sept. 11. The description should have read: Continue adding the broth as needed and cook until a light gravy has been formed.

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