

Skillet suppers make dinner easy

Single-skillet suppers make midweek menu sense. Fast to fix and easy to clean up, they bring great taste to the table in record time.

Two new recipes from home economists at Uncle Ben's will help speed busy-day dining. Creative combinations of fresh and convenience foods, each recipe ensures fabulous flavor and easy preparation by starting with Uncle Ben's Long Grain & Wild Rice Fast Cooking Recipe. An all-natural combination of long grain and wild rice with subtle seasonings, the convenient and versatile blend cooks in just 5 minutes. Combined with favorite seafood, meat or poultry and seasonal vegetables it becomes a light and satisfying meal.

In West Coast Wild Rice Shrimp 'n Artichoke Skillet, Long Grain & Wild Rice Fast Cooking Recipe simmers with shrimp, artichoke hearts and a touch of red pepper "heat." A dollop of sour cream and a sprinkling of cilantro complete the dish, and lemon wedges, squeezed over individual servings, add a fresh flavor note.

Jiffy Wild Rice Jambalaya teams boneless chicken breasts with Long Grain & Wild Rice Fast Cooking Recipe, bright hits of green pepper, tomatoes and scallions. Finely chopped ham and garlic add distinctive flavor accents to the speedy, family-pleasing skillet dinner.

WEST COAST WILD RICE SHRIMP 'N ARTICHOKE SKILLET

1 1/4 cups water
1 pound medium shrimp,

cleaned and deveined (tails removed, if desired)

1 package (6.25 ounces) Uncle Ben's Long Grain & Wild Rice Fast Cooking Recipe

2 tablespoons butter or margarine

1/4 to 1/2 teaspoon red pepper flakes, as desired

1 can (14 1/2 ounces) artichoke hearts, drained and cut into bite size pieces

1/4 cup dairy sour cream

2 to 4 tablespoons chopped fresh cilantro or parsley, as desired

Lemon wedges

Combine water, rice, contents of seasoning packet, butter and pepper flakes in 10-inch skillet. Bring to a vigorous boil. Stir in shrimp.

Cover tightly and simmer until all water is absorbed, about 5 minutes. Stir in artichokes; heat through.

Cover, remove from heat. Let stand 5 minutes or until liquid is absorbed. Stir in sour cream. Sprinkle with cilantro and serve with lemon.

Makes 4 to 6 servings.

JIFFY WILD RICE JAMBALAYA

1/2 pound boneless, skinless chicken breast, cut into 1-inch pieces

1/2 teaspoon paprika

1/4 teaspoon cayenne pepper

1 large clove garlic, minced

2 tablespoons butter or margarine



Skillet supper. Richly flavored and eye appealing. West Coast Wild Rice Shrimp 'n Artichoke Skillet is ready to serve in record time.

1 package (6.25 ounces) Uncle Ben's Long Grain & Wild Rice Fast Cooking Recipe

1 1/4 cups water

1/2 cup diced cooked ham

1/2 cup short, thin green bell pepper strips

1 small tomato, cut into thin wedges

1/2 cup 15-inch green onion pieces

Sprinkle chicken with paprika and cayenne pepper. Cook chicken and garlic in butter in 10-inch skillet until chicken is no longer pink. Add water, rice and contents of seasoning packet; bring to a vigorous boil. Add ham. Cover tightly and simmer 5 minutes. Stir in green peppers; cover and continue to simmer 2 minutes or until most of liquid is absorbed. Stir in tomato and green onions. Makes 4 servings.

Tomatoes brighten meals

AP — The sight of fresh, red ripe tomatoes goes a long way toward brightening meals.

Besides cooking with them and using them in salads and sandwiches, you can turn fresh tomatoes into festive garnishes.

Just cut them into attractive shapes or use them as "holders" for vegetables, dips or salads.

First, be sure to kitchen-ripen your tomatoes for a few days until they're bright red.

Don't refrigerate them; cold stops the ripening process and kills the flavor.

Once your tomatoes are ripe, try these easy ideas.

Tomato Sunflower

Place the tomato stem side down. With the tip of a small, sharp knife, score the skin of the tomato from top to bottom to resemble eight wedges.

With the knife blade, partially separate the skin from the pulp in the shape of wedges, cutting to within 1/4 inch of the stem and leaving the skin attached to the stem end of the tomato. Carefully tuck each "petal" point between the skin and the pulp, forming a loop. Garnish the center with a parsley leaf, if you like.

Tomato Rose

Using a small sharp knife, cut a base from the stem end of each tomato (do not sever). From the stem end, cut a continuous nar-

row strip in a spiral fashion, tapering the end to remove.

Curl the strip onto its base in a rose shape. For a larger garnish, group several tomato roses of different sizes together and garnish with dill.

Tomato Basket

Place the tomato stem side up. Using a small, sharp knife, make a downward cut beside the stem, cutting from the top to the middle of the tomato. On the other side of the stem, make another cut the same depth as the first cut. The section in the center will serve as the handle.

Around the middle of the tomato, make horizontal zigzag cuts, being careful to leave the handle intact. Lift out the wedges. Using a spoon, cut away the flesh under the handle; scoop out the flesh on either side of the handle. Fill cups with dips or sauces.

Tomato Butterfly

Using a small, sharp knife, cut the tomato into eight wedges. Starting at the base of the tomato wedge, cut the skin away from the flesh halfway along the wedge, leaving the rest of the skin attached to the tomato.

Gently bend back the skin of each tomato wedge. Place two tomato wedges, skin side together, and angle them to resemble a butterfly. Garnish with dill, if you like.

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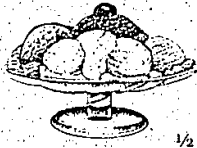
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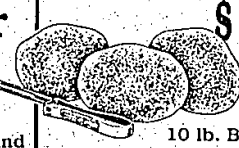
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