



Rice Milano makes a tasty side dish with chops or steaks.

Two handy recipes use good old rice

Once considered only a necessity, preparing meals has now become a hobby for many — men and women alike. And it is relaxing, as well as a challenge, to putter around among onions, food processors and microwave ovens.

Just because one spends a lot of time and money preparing a meal is no guarantee that it will taste good. Yet that's the ultimate goal: good taste. For people who are into the finer aspects of meal preparation, here are two recipes that will be especially appreciated. They are easy to make but do require some simple food preparation skills.

Rice Milano is the perfect accompaniment for steak or chops and is an especially good recipe for people who specialize in cooking good meat to perfection.

Since even part-time chefs have to keep the family budget in mind, a recipe for Chicken Breast Marsala also is included. Call it Coq au Vin if you'd like.

RICE MILANO

- 6 slices bacon
- 1 cup chopped onions
- 2 cups water
- 1 cup uncooked rice
- 1 1/2 teaspoons Italian salad dressing mix
- 1 teaspoon salt
- 2 tablespoons snipped chives.

Cook bacon in a 10-inch skillet until crisp. Remove bacon; drain, crumble and set aside. Pour off drippings; return 2 tablespoons to skillet. Stir in all remaining ingredients except chives and bacon. Bring to a boil. Reduce heat, cover and simmer 15-20 minutes, or until rice is tender and liquid is absorbed. Add chives and bacon, toss lightly. Makes 6 servings.

Each serving provides 195 calories, 1 1/2 bread exchanges, 2 fat exchanges.

RICE MILANO (microwave method)

Place bacon in a shallow, 2-quart microproof dish. Cover dish with paper towels; cook on high (maximum) 5-6 minutes, or until crisp. Remove bacon; drain, crumble and set aside. Pour off drippings; return 2 tablespoons to dish. Stir remaining ingredients except chives and bacon. Cover and cook on high 5-6 minutes, or until boiling. Cook at 50 percent power 15-17 minutes, or until rice is tender and liquid is absorbed. Add chives and bacon; toss lightly.

CHICKEN BREAST MARSA LA

- 3 whole chicken breasts, halved and boned
- 6 tablespoons flour, divided
- 1 teaspoon salt, divided
- 2 tablespoons butter or margarine
- 1 1/2 cups chicken broth
- 3 tablespoons Marsala wine
- 1 can (4-oz.) sliced mushrooms, drained
- 1 tablespoon red currant jelly
- 1/2 teaspoon dill weed
- 1/16 teaspoon ground red pepper
- 3 cups hot cooked rice.

Dredge chicken in 1/2 cup flour seasoned with 1/2 teaspoon salt. Sauté in butter in a large skillet over medium high heat until golden brown. Remove chicken; set aside. Blend broth with remaining flour. Add to skillet with remaining ingredients except rice. Cook over medium high heat, stirring occasionally, until sauce is thickened and bubbly. Return chicken to skillet. Cover and simmer over medium low heat 15-20 minutes, or until chicken is done. Serves over beds of fluffy rice.

Each serving provides 289 calories (285 calories using low calorie jelly), 2 1/2 meat exchanges, 1 1/2 bread exchanges, 1 fat exchange.

CHICKEN BREAST MARSA LA (microwave method)

Dredge chicken in 1/2 cup flour seasoned with 1/2 teaspoon salt. Sauté in butter in a large skillet, or in a browning skillet. Transfer chicken to a shallow, 8x8-inch microproof dish; set aside. Blend broth with remaining flour in a 4-cup glass measure; stir in remaining ingredients except rice. Cook on high (maximum power) 4-5 minutes, or until sauce is thickened and bubbly, stirring every 2 minutes. Pour sauce over chicken. Cover and cook on high 3-4 minutes, or until chicken is done. Serve over beds of fluffy rice.

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