



# THRIFTY TRIO



Classic chicken, piquant pineapple and remarkable rice are a combination to keep in mind when trying to plan meals on an already overextended budget...

Chicken, still one of the best buys at the meat counter, contains all the high quality protein of more expensive red meat. And what's more, chicken is lower in calories and in fat content.

Pineapple, a favorite fruit for salads, entrees, desserts and baking, comes in just the form you need: sliced, crushed, chunks or tidbits. Its tart/sweet accent is a delicious addition to any dish. And pineapple is always available. In fact, a can probably stands in waiting on your kitchen shelf right now.

Rice, it's likely you have this staple on hand as 79 percent of families do. At about four cents per half-cup serving, this great little grain is an unquestionably good buy. Rice has been used for centuries to make meals hearty, while effectively stretching expensive foods into more servings.

Use these three completely different foods often and see how their economy, flavor and nutrition can help you serve interesting and delicious family and party meals...within your budget limitations.

## ITALIAN CHICKEN WITH COLORFUL RICE

(Photo)

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|--|-----------------------------------|
| 1/2 cup flour                            | 1-1/2 cups sliced fresh mushrooms |
| 1 teaspoon salt                          | 1/2 cup chicken broth             |
| 1/4 teaspoon each basil, ground oregano, | 2 tablespoons dry white wine      |
| ground thyme and ground black pepper     | 3 to 4 cups hot cooked rice       |
| 1 broiler-fryer chicken, cut in parts    | 2 cups diced tomatoes, OR         |
| 3 tablespoons vegetable oil              | 12 cherry tomatoes, halved        |
| 3 tablespoons butter or margarine        | 1/2 cup chopped fresh spinach     |
- In plastic bag mix together flour, salt, basil, oregano, thyme and pepper. Add chicken one piece at a time, shaking to coat. In large frypan heat oil and butter. Add chicken and cook, turning, for about 20 minutes, or until brown on all sides. Add mushrooms and cook over medium heat for 3 minutes. Combine broth and wine; add to frypan. Cover, reduce heat and simmer 20 minutes or until fork can be inserted in chicken with ease. Remove chicken and keep warm. Pour off fat, leaving brown particles; return 1 tablespoon to skillet. Stir hot rice into mushrooms and drippings. Add tomatoes and spinach to rice mixture; carefully toss until warm throughout, about 3 minutes. Transfer rice to platter and arrange chicken on rice. Makes 4 to 6 servings. Be careful not to overcook vegetables, causing them to lose color and become watery.

## UPSIDE-DOWN PINEAPPLE SPICE CAKE

(Photo)

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| 2 cans (8-1/4 ounces each) sliced pineapple | 1/2 teaspoon ground cinnamon |
| 1/4 cup butter or margarine                 | 1/4 teaspoon ground mace     |
| 1 cup firmly packed brown sugar, divided    | 3 large eggs, separated      |
| 2 teaspoons light corn syrup                | 1/4 cup granulated sugar     |
| 8 walnut halves or large pieces             | 1/4 cup syrup from pineapple |
| 1 cup sifted all-purpose flour              | 1/2 cup finely grated carrot |
| 1 teaspoon baking powder                    | Maple Cream                  |
| 1/4 teaspoon salt                           |                              |
- Turn pineapple in wire strainer and drain well, saving 1/4 cup syrup. Melt butter in upside-down cake pan or skillet (8-inches diameter, 2-inches deep). Combine 1/2 cup brown sugar and corn syrup with butter in bottom of pan. Arrange pineapple slices in mixture, placing walnut pieces in center of each slice. Set aside. Resift flour with baking powder, salt and spices. Beat egg whites in narrow, deep bowl to soft peaks. Gradually beat in granulated sugar, beating to a stiff meringue. With same beater, beat yolks with remaining 1/2 cup brown sugar until thick. Fold sifted dry ingredients in egg yolk mixture alternately with 1/4 cup reserved pineapple syrup. Turn carrots into wire strainer and press out any excess liquid with back of spoon. Stir into batter. Gently fold in meringue. Pour over fruit in pan. Bake below center of oven at 350° for 45 minutes or until cake tests done. Remove from oven and let cake stand in pan 5 minutes. Then, loosen edges with small spatula and invert onto flat serving plate. Serve warm with Maple Cream. Makes 6 servings.
- Maple Cream: Beat 1 cup whipping cream with 1 tablespoon sugar and 1/16 teaspoon maple flavoring just until stiff. Makes 2 cups.



## CHICKEN PINEAPPLE PIQUANT

(Photo)

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| 1 large onion (slice; separate into rings)   | 1 can (20 ounces) pineapple chunks (drain; reserve juice) |
| 1 tablespoon vegetable oil                   | 2 tablespoons cornstarch                                  |
| 2 to 2-1/2 cups boned, cooked chicken pieces | 2 tablespoons soy sauce                                   |
| 1 teaspoon seasoned salt                     | 1 large green pepper, cut in 3/4-inch squares             |
| 1/4 teaspoon ground black pepper             | 3 to 4 cups hot cooked rice                               |
| 1 cup catsup                                 |   |

In a 10-inch skillet cook onion in oil until tender crisp. Add chicken, salt and black pepper. Blend catsup and pineapple juice with enough water to make 2-1/2 cups liquid. Pour over chicken. Simmer 5 minutes. Dissolve cornstarch in soy sauce; stir into chicken mixture. Add green pepper and pineapple chunks. Cook 5 minutes more. Serve over beds of fluffy rice. Makes 6 servings.



## ZESTY CHICKEN, PINEAPPLE AND RICE SALAD

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| 1 whole broiler-fryer chicken, cooked*, boned, skinned and cut in bite-size pieces | 1/2 teaspoon garlic powder                       |
| 3 cups hot cooked rice   | 1/2 teaspoon powdered mustard                    |
| 3/4 cup vegetable oil  | 1/4 teaspoon freshly ground black pepper         |
| 1/4 cup wine vinegar   | 1/2 cup stuffed green olives, sliced             |
| 1 teaspoon sugar   | 1 can (20 ounces) pineapple chunks, drained      |
| 3/4 teaspoon salt  | 1 small bunch watercress                         |
|  | 1 red onion, (thinly slice; separate into rings) |

In large bowl, mix together chicken and hot rice. In medium bowl, mix together oil, vinegar, sugar, salt, garlic powder, mustard and pepper; stir well. Add sliced olives. Pour oil mixture over chicken and rice; chill 1 hour. Gently stir in pineapple chunks and chill for 1 hour. At serving time mound salad on bed of watercress. Garnish with onion rings. Makes 8 servings.

\*To cook chicken, place chicken in deep saucepan with 2 cups of water; 1 small onion, quartered; 1 rib celery with leaves; 1 teaspoon salt and 1/4 teaspoon pepper. Cover and simmer about 45 minutes or until fork can be inserted in chicken with ease. Separate meat from bones. Discard bones and skin.



## PINEAPPLE RICE DELIGHT

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| 3 cups cooked rice                         | 1 can (20 ounces) crushed pineapple (drain; reserve juice) |
| 3 cups milk, divided                       | 1-1/2 teaspoons vanilla extract, divided                   |
| 1/5 cup plus 2 tablespoons sugar, divided  | 1/2 cup flaked coconut                                     |
| 2 tablespoons butter or margarine, divided | 1 tablespoon cornstarch                                    |
| Salt                                       | 1/4 cup firmly packed brown sugar                          |
| 3 eggs, separated                          |  |

Combine rice, 2-1/2 cups milk, 1/3 cup sugar, 1 tablespoon butter and 1/2 teaspoon salt in a 2-quart saucepan. Cook over medium heat, stirring occasionally, until thick and creamy, about 20 minutes. Beat egg yolks and remaining milk together; add to rice mixture and cook an additional minute. Remove from heat and add pineapple and 1 teaspoon vanilla. Cool. Beat egg whites and remaining sugar until peaks are stiff but not dry. Fold into cooled rice and turn into a buttered 9 x 13 x 2-inch baking dish. Sprinkle with coconut. Bake at 325° for 20 to 25 minutes. Meanwhile, combine reserved juice with cornstarch in a 1-quart saucepan. Stir to dissolve cornstarch. Add remaining butter, brown sugar and 1/8 teaspoon salt. Cook, stirring frequently, until clear and thickened. Add 1/2 teaspoon vanilla. Spoon over warm or chilled pudding. Makes 8 servings.

