



Mozzarella Stuffed Chicken Breasts are a variation of Chicken Kiev. Preparation is simplified by using packaged Italian-style bread crumbs.

These chicken dishes are classic but easy

There's no law that says "company recipes" have to be elaborate, time-consuming preparations to be good. Here are two classic chicken dishes made easier by coating the chicken in packaged Italian-style bread crumbs (cutting down on preparation) and baking the chicken instead of deep-frying (reducing calories). The lightly toasted bread crumbs have an herbed and garlic flavor with a touch of Romano cheese.

As used in our first recipe, the crumbs coat mozzarella stuffed chicken breasts, a variation of Chicken Kiev. In our version, instead of butter basting out of the center, a melting of mozzarella is the surprise inside the "package." Preparing the chicken rolls is not as tricky as you might think — any little rips or holes made when the breasts are flattened can be easily patched up with chicken trimmings. Just press them into the gap and they'll blend right in. Baking the chicken instead of deep-frying means no splattering, no thermometers, no oil to dispose of.

Devised Chicken (made with Dijon-style mustard) is another simplification of a famous recipe. It calls for only four ingredients, including Italian-style bread crumbs. It can be prepared fully in the morning and baked before serving.

MOZZARELLA STUFFED CHICKEN BREASTS
4 boneless and skinned chicken breast halves (1 1/4 lbs.)
Lemon juice
4 oz. mozzarella cheese
1 egg, beaten
1/2 cup flour
1 cup Italian-style bread crumbs
Butter or margarine

Place each chicken breast between 2 sheets of plastic wrap. Pound with a mallet until 1/4-inch thick. (To repair holes, cover with a small piece of chicken; pound lightly.) Prick with fork tines. Place chicken in a shallow pan; sprinkle with 1/4 cup lemon juice. Cover and refrigerate for 1 hour, turning once. Cut cheese into four 2 1/2 x 1/2-inch fingers. Place 1 in the center of each chicken breast. Brush edges of chicken with egg. Roll up chicken, tucking in ends and sealing edges. Roll breasts in flour. Coat with bread crumbs, shaking off excess. Cover and refrigerate 1 hour or longer. Place chicken on a greased baking pan; dot with about 2 tablespoons butter. Bake in a preheated 400° oven until chicken is cooked, 20 to 25 min. In a small saucepan melt 1/4 cup butter; stir in 2 teaspoons lemon juice. Serve with chicken breasts. Yield: 4 portions.

DEVELOPED CHICKEN
3 lbs. chicken parts
1/4 cup Dijon-style mustard
1 cup Italian-style bread crumbs
1/4 cup butter or margarine

Preheat oven to 350°. Spread all sides of chicken with mustard. Coat with bread crumbs. Place on a foil-lined and greased baking pan. Dot with butter.

Try a surprise for breakfast

Whenever the family gathers for a hearty breakfast make it special with Cheesy Bacon Puffs. These muffins are nearly a meal in themselves with crumbled bacon and maple syrup and a cube of natural Cheddar cheese inside added to convenient buttermilk baking mix.

CHEESY BACON PUFFS
2 1/2 cup buttermilk baking mix
19 slices crisply cooked bacon, crumbled
1/4 cup milk
2 tbsp. maple flavored pancake syrup or honey
1 egg
4 oz. Cheddar cheese, cut into 12 cubes

Heat oven to 400°. In small bowl stir together all ingredients except cheese until well mixed. Spoon slightly less than 1 tablespoon of batter into greased or paper lined 12 cup muffin pan. Top with cube of cheese. Spoon remaining batter over cheese cube, making sure cheese is covered. Bake for 15 to 20 minutes or until lightly browned. Serve warm. Yield: 12 muffins.

Eat more sauerkraut — it's nutritious, low cost

Americans are eating less sauerkraut these days — a pity, because it is a nutritious, low-cost food. Sales of canned sauerkraut are high, so consumers can expect to see sauerkraut featured often during the next few weeks.

Shoppers who feel sauerkraut goes only with German cuisine will be surprised to learn that cabbage is the most widely used vegetable in the world. Actually, it was the Chinese — not the Germans — who invented sauerkraut over 2,000 years ago.

The Chinese pickled cabbage to preserve it. This pickled cabbage supplemented the rice diet of the laborers who build the Great Wall of China.

Roving tribes of Tartars carried the taste for sauerkraut with them as they conquered an area of Europe that is now Germany and northern France. It was in Germany that sauerkraut acquired its name.

WHEN GERMANS emigrated to America, they took with them their crocks, kraut-making skill and fondness for this flavorful dish.

The cabbage was first fermented with wine. Near the end of the 18th century, someone found that cabbage fermented with salt had a superior flavor to that pickled with wine. The salt brine method is still used today to make sauerkraut.

Michigan is one of the leading producers of sauerkraut in the United States. The cabbage growing areas are concentrated in Macomb, Monroe, St. Clair, Saginaw and Bay counties. Processors in the state pack several of the leading national brands of sauerkraut. Most of the sauerkraut is packed into cans and jars, but some also goes into flexible plastic bags. The bags of sauerkraut are perishable and must be refrigerated. You'll find this unprocessed, crispier product in the dairy case and/or the meat case in most large supermarkets.

Sauerkraut is a relatively inexpensive vegetable. A pound of either canned or bagged sauerkraut yields four half-cup servings, so costs are easy to

compare. The cost per serving varies from 8 cents to 14 cents, according to a recent survey of sauerkraut available in one local market.

IN ADDITION to the various packages of sauerkraut, shoppers have a choice of flavor. Sauerkraut in the plastic bags generally has a bittier taste than the canned products.

There's also a sauerkraut for consumers who prefer kraut with a mild flavor and less odor. The packer of this product has added a bit of sugar and a dash of caraway seed.

Today's sauerkraut packers carefully control product quality. Top quality sauerkraut has a bright, uniform, white to light-cream color. Its shreds are uniformly thick and crisp but easy to cut.

Gourmet asparagus

Give a gourmet touch to fresh asparagus this fast and simple way. Cut stalks into thin diagonal slices and, over medium-high heat, toss quickly in butter or margarine until tender-crisp.

While cooking, season lightly using a large pinch of sugar, a splash or two white wine vinegar, crumbled tarragon and salt and pepper. Before serving, add chopped walnuts and chopped parsley.

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