

It's Easy To Give Chicken New Taste

CHICKEN CAN BE PREPARED in so many different ways your family will never tire of it even if it's served several times a week. Just a slight change of seasoning can produce an entirely different taste every time.

Try dipping chicken in orange juice and adding grated orange rind to the flour before frying. Or, the National Broiler Council says you can mix almost any herbs or spices with the flour or breading for an interesting new flavor.

When you're roasting chicken, season it with lemon juice and sprinkle with rosemary, thyme, parsley flakes or tarragon. Or rub the

skin with a cut clove of garlic. No extra calories are added to chicken's already low calorie count when you season it with juice and herbs.

IF YOU'RE COUNTING CALORIES to keep your weight down, remember that a 3½-ounce serving of skinless broiled chicken breast has only 115 calories. With the skin left on, the calorie count is just 185. Even when it's fried, a drumstick contains only about 90 calories.

Another good thing about chicken on a weight watching diet; you aren't hungry when you finish eating. The high protein content of chicken satisfies the appetite while

the low calorie count keeps those unwanted pounds off.

SAVING ENERGY is a national concern. It's high in protein and low in calories and can be prepared in a variety of quick-cook ways which not only save time in the kitchen but also help cut your consumption of electricity.

To help you put your small appliances to use, the National Broiler Council has developed two energy-saving recipes. Of course, by adapting cooking times and temperatures, both can also be prepared in conventional oven or top-of-the-stove methods.

"CHICKEN-IN-A-SKILLET" is an appealing combination of chicken and brown rice,

with a touch of pineapple. It's a quick and easy dish designed to make a hit when the family is ready for "something different."

"BROILER CHICKEN CAPS" features chicken cooked in a slow cooker, chopped, mixed with Swiss cheese, stuffed into mushrooms and heated in a toaster-oven at serving time. It's a nutritious main course of chicken and vegetables with the slow cooker doing the long work and you doing the short, utilizing a handy toaster-oven.

Confetti Chicken Salad: It's A Picnic

If you're cutting back on long weekend outings this year because of the high price and some scarcity of gasoline, get reacquainted with the family picnic. Leave the car in the garage; a nearby park or even your own backyard can be a perfect picnic spot.

Home economists of La Choy Food Products have created a picnic feast to rival the one mother used to make. Begin with frozen egg roll appetizers, grilled on a hibachi and served with piquant Chinese hot mustard and sweet and sour sauces. The sauces are readily available bottled. Delicate won ton soup is available from La Choy in frozen, concentrated form. On the morning of your picnic, heat it and pour into a large vacuum bottle to keep

hot until serving time. The star of the meal is Confetti Chicken Salad, a main dish sparked with apples, Chinese pea pods, and fresh dill. And bring Mom's homemade cookies for the perfect final touch.

Confetti Chicken Salad
Yield: 6-8 Servings

- 2 cups cooked diced chicken
- 4 cups cooked, peeled and diced potatoes
- 2 cups peeled, diced apples
- 1 cucumber, peeled if desired and diced
- 1 6-ounce pkg. frozen La Choy

- Pea Pods, cooked and drained
- 1 8-ounce can La Choy Water Chestnuts, drained and quartered
- 1 cup diced celery
- 2 tablespoons minced green pepper
- 2 tablespoons minced pimiento
- 1 cup sour cream
- 1 cup mayonnaise
- ¼ cup lemon juice
- Salt
- Pepper

Fresh dill leaves, cut in 1/4-inch lengths
Leaf Lettuce
Hard boiled eggs
Mix together chicken, potatoes, apples, cucumber, pea pods (reserving a few for garnish), water chestnuts, celery, pepper, pimiento, and one or two tablespoons of dill. Blend sour cream, mayonnaise, and lemon juice together to make the dressing; season to taste with salt and pepper. Carefully blend the salad dressing with the chicken-vegetable mixture. Line a large salad bowl with lettuce leaves and pile the salad on it. Garnish with sliced hard cooked eggs, pea pods and fresh dill.



Cooked oatmeal makes a return engagement in three easy recipes.

Easy Recipes That Stretch Your Budget

If your food budget looks like the national debt, you'll love these three recipes. Stretch your food dollar by using leftover oatmeal in three, easy recipes.

These recipes are easy to prepare because you use leftover oatmeal and staples you usually have on hand. Leftover oatmeal can be stored tightly covered in the refrigerator for up to one week.

Banana Nut Bread is a double budget saver because it uses overripe bananas. It has the terrific banana flavor and a moist texture that's good for eating anytime. It freezes well too.

Spicy Oatmeal Cookies have a soft, moist texture that's almost like cake. Oatmeal, molasses and spices combine to give these cookies that old fashioned goodness.

Oatmeal Raisin Muffins are moist and packed full of plump, sweet raisins. Serve them warm or freeze for use later. They're great for breakfast or as an added special touch to lunch or dinner.

Save leftover oatmeal. Let it help you stretch your food dollar.

BANANA NUT BREAD

- ¾ cup mashed ripe banana
- ¾ cup cooked oatmeal, cooled+
- 2 eggs
- one-third cup vegetable oil
- ¼ cup milk

- 2 cups all-purpose flour
- ¾ cup sugar
- ½ cup chopped nuts
- 4 teaspoons baking powder
- 1¼ teaspoons salt
- ½ teaspoon cinnamon

Combine banana, oatmeal, eggs, oil and milk in small mixing bowl; beat at low speed on electric mixer until smooth. Add to combined remaining ingredients; mix just until dry ingredients are moistened. Spread into greased 8x4-inch loaf pan; bake at 350 deg. F. for 1 hour and 10 to 15 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire cooling rack. Makes 1 loaf.

+NOTE: Prepare Quaker Oats (quick or old fashioned, uncooked) according to package directions.

SPICY OATMEAL COOKIES

- ¾ cup cooked oatmeal, cooled+
- two-thirds cup firmly packed brown sugar
- ½ cup vegetable shortening
- ½ cup molasses
- 1 egg

- 2 cups all-purpose flour
- ½ cup chopped nuts
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ½ teaspoon salt
- ½ teaspoon soda
- ¼ teaspoon cloves

Combine oatmeal, sugar, shortening, molasses and egg; mix with fork or wire whisk until well blended. Add to combined remaining ingredients, mixing well. Drop by rounded tablespoons onto greased cookie sheet; bake at 375 deg. F. for 12 to 14 minutes or until edges are golden brown. Store in tightly covered container. Makes about 3 dozen cookies.

+NOTE: Prepare Quaker Oats (quick or old fashioned, uncooked) according to package directions.

OATMEAL RAISIN MUFFINS

- ½ cup cooked oatmeal, cooled+
- ½ cup milk
- 1 egg
- 3 tablespoons vegetable oil
- 1½ cups all-purpose flour
- ½ cup sugar
- ½ cup raisins
- 1 tablespoon baking powder
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

Combine oatmeal, milk, egg and oil, mixing until well blended. Add to combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased or paper-lined medium-sized muffin cups ¾ full; bake at 400 deg. F. about 25 minutes. Makes 1 dozen muffins.

VARIATIONS: Substitute ½ cup chopped dates or nuts for raisins.

+NOTE: Prepare Quaker Oats (quick or old fashioned, uncooked) according to package directions.

Dry Sunflower Seeds At Home

Sunflower seeds are growing in popularity as a food, but can be pretty expensive when bought in a store.

Drying them at home is an easy, inexpensive alternative

to paying store prices, according to Jane Alchison, foods and nutrition specialist with the North Carolina Agricultural Extension Service.

Begin by covering raw, mature sunflower seeds with a salt solution made by mixing two quarts water with one-fourth to one-half cup of salt.

Bring to a boil and simmer 2 hours. Or, the seeds can be soaked in the solution overnight.

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<p>U.S.D.A. INSPECTED FRESH</p> <h2>FRYER BREAST</h2> <p>10 LBS. ON BONE</p> <h1>\$1.08</h1> <p>LB.</p>	<p>MARVEL BRAND</p> <h2>SLICED JAMESTOWN BACON</h2> <p>1-LB. PKG.</p> <h1>99¢</h1>	<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <h2>PORK CHOPS</h2> <p>BONELESS RIB PORTION</p> <h1>\$1.98</h1> <p>LB.</p>	<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <h2>BOTTOM ROUND ROAST BONELESS</h2> <p>BONELESS BOTTOM ROUND STEAK</p> <h1>\$1.98</h1> <p>LB.</p>

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