## Ouick, Imaginative Ways With Poultry Go Krogering for

As meal-planners turn more and more to poultry for everyday meals, here are some quick, imaginative and delicious ways to prepare it.

Just pick your favorite parts for tangy Chicken and Garden Vegetable Bake. You can use a variety of chicken parts in this recipe -- breast halves, drumsticks, thighs or wings; the seasoning and coating mixture coats 21/2 pounds of chicken. So buy the parts your family likes best. Then let everyone have his or her favorite. Another plus, this easy supper combines the best of the garden surplus together in one dish to make serving and cleanup a breeze.

As chicken nuggets become the latest take-out craze, you can stretch your food dollars and make these mouth-watering tender chunks of chicken on your own, in minutes. **Family-pleasing Homestyle Chicken** Nuggets even come with two quick and easy sauces to make dipping fun.

At last, turkey has gone beyond the holiday season! Here you'll find it subbing for beef in a traditional Chinese style dish, then standing in for rolled boned chicken breasts. Tender strips of turkey cook quickly and deliciously in light by satisfying Oriental Ginger Turkey. Frozen vegetables, with their special seasoned sauce, give that special Oriental flair. Or, try tempting your hungry clan with Stuffed Turkey Rolls – definitely appealing to hearty appetites.

CHICKEN & GARDEN VEGETABLE BAKE 2 Tbsp. butter or margarine 1 small garlic clove, crushed 1 medium eggplant, cubed 2 medium zucchini, sliced 2 medium onions, sliced. 21/2 lbs. chicken pieces or chicken breasts 1 envelope Shake 'n Bake seasoning and coating mixture, original barbecue recipe for chicken. Melt butter in a 13x9-inch baking pan; stir in garlic. Add vegetables; stir to coat with butter. Coat chicken pieces with seasoning and coating mixture as directed on package. Sprinkle any remaining mixture evenly over vegetables. Top with chicken pieces and bake at 350

## degrees F. for 50 minutes or until chicken and vegetables are tender. Makes 4 servings.

## **Snacks-Edible Rewards**

Have you ever felt as though you deserve a reward? Perhaps it's for a job well done - the kitchen cleaned a good workout - the lawn cut homework completed.

When this happens, it's a special treat to have homemade snacks on

	ORIENTAL GINGER TURKEY
	12 lb. Louis Rich fresh
	turkey breast cutlets,
	cut into thin strips
	1½ Tbsp. oil
ŝ	¼ c. water
	1 Tbsp. soy sauce
	1 tsp. cornstarch
	(optional)
	<sup>1</sup> / <sub>2</sub> tsp. ginger
	1 pkg. (10 oz.) Birds Eye
	Japanese or Chinese style
	recipe vegetables with a
	seasoned sauce
	2 Tbsp. salted peanuts
	Saute turkey in oil in skillet unt
	just tender, about 3 to 4 minutes
	Combine water, soy sauce, corr
	starch and ginger. Add to turke
ł	with vegetables. Bring to a fu
	boil over medium heat,
	separating vegetables with a for

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Chicken and Garden vegetable bake, a delicious combination.

and stirring frequently. Reduce heat, cover and simmer 2 minutes. Sprinkle with peanuts. Serve over hot cooked rice, if desired. Makes about 3 cups or 3 servings.

mustard 1/2 tsp. sugar

> Combine all ingredients and blend well. Chill at least 1 hour. Makes about 1/2 cup.

HOMESTYLE

CHICKEN NUGGETS

1 lb. boned skinned

chicken breasts 1 tsp. garlic powder

chicken

1/4 c. water

1 envelope Shake 'n Bake.

seasoning and coating

mixture, original recipe for

Cut chicken in 1-inch pieces. Add

garlic powder to seasoning and

coating mixture in plastic shaker bag. Moisten chicken pieces with water and shake 3 or 4 pieces at a

time in bag until evenly coated.

Arrange in single layer in un-

greased, shallow baking pan.

Bake at 400 degrees F. for 20

minutes. Serve hot with Mustard

Sauce or Peach Honey Sauce, if

**Mustard Sauce** 

desired. Makes about 3 dozen.

1/2 c. mayonnaise or

sour cream

1/4 c. prepared

**Peach Honey Sauce** 1/2 c. peach preserves 1 tsp, honey 1 tsp. vinegar

Combine all ingredients in small saucepan and heat gently. Serve



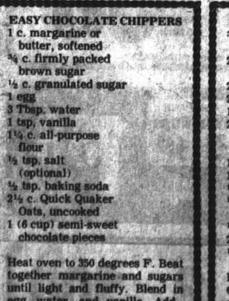


hand for an edible reward

Whole grain oats have been the start of delicious cookies for generations of Americans. Oats are high in water-soluble fiber, and provide a distinctive nutty texture to baked goods.

Here are two contemporary ... classics to fill your cookie jar. Raisin Spice Drops is a chewy oatmeal cookie pakced with morsels of raisins and nuts. Or, for the chocolate lover in all of us, try Easy Chocolate Chippers. You'll think the best reward for

making your own oatmeal cookies is the aroma as they bake - that is, until you take your first bite!



egg, water, and vanilla. Add combined flour, salt, and baking soda; mix well. Stir in oats and chocolate pieces. Drop by round-ed tablespoonfuls onto ungreased cookie sheet. Bake 13-15. minutes. Cool 1 minute on cookie sheet; remove to wire cooling rack. Store in loosely covered container. Makes about 3 dozen. NOTE: When using Old Fash-ioned Quaker Oats, uncooked, increase abount to 2% cups.

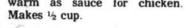
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**Raisin Spice Drops RAISIN SPICE DROPS** % c. margarine or butter, softened 2/3 c. firmly packed brown sugar 2/3 c. granulated sugar eggs tsp. vanilla 21/2 c. Quaker Oats (quick or old fashioned oats, 14 c. all-purpose flour 1 tsp. cinnamon 14 tsp. baking soda 14 tsp. salt (optional)

14 tsp. nutmeg 2/3 c. raisins 12 c. chopped nuts

Heat oven to 350 degrees F. Grease cookie sheet. Beat to-Grease cookie sheet. Beat to-gether margarine and sugars until light and fluffy. Blend in eggs and vanilla. Add remaining ingredients; mix well. Drop dough by rpunded teaspoonfuls onto prepared cookie sheet. Bake 8 to 10 minutes or until light golden brown. Cool 1 minute on cookie sheet; remove to wire cooling rack. Store in tightly covered container.





## A Choice -**Rocking Chair** — **Or Wheel Chair?**

The rocking chair is often seen as a symbol of aging, but it just might provide the kind of exercise some elderly persons need to protect their bone health.

The need for physical exercise con-tinues throughout life, but as people age and develop various health problems, they become reluctant to engage in physical activity. The pain of arthritis or the fear of falling may lead to nearly total inactivity. Unfortunately, that just makes matters worse, because inactivity speeds up bone loss and is particularly dangerous for elderly women.

For those who already have osteoporosis or brittle bones, the rocking chair can be an appealing and quite effective substitute for more vigorous physical activity, because rocking provides gentle exercise for the spine and legs. Doctors recommend bone stressing

exercise to help prevent or retard osteoporosis. Contrary to popular opinion, older people respond well to special exercise programs. Many seniors today belong to exercise groups, which are motivating and make exercising fun. Walking is also a good bone-stressing exercise, which is easy on aging joints. Seniors have discovered that local shopping malls can be a comfortable and safe track for walkers in all kinds of weather.

for walkers in all kinds of weather. Along with exercise, a sufficient amount of daily dietary calcium (1,000 to 1,500 milligrams per day) is essential to help protect bone. When the diet does not provide enough calcium, the body takes calcium from bones to meet its needs for vital bodily functions. Over a period of years, this results in brittle bones or osteomorosis

Getting enough calcium in the diet is especially difficult for the elderly is especially difficult for the elderly because milk allergy is common in older persons. Calcium supplements can make up the difference. Calcium carbonate preparations, such as Os-Cal, provide more elemental calcium per tablet than other forms of calcium supplementation. supplementation.





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