

California Apricots Star in Short-Cut Strudel



Looking for fresh-baked goodness without time to spare? Apricot-Pear Strudel combines the convenience of canned fruit and frozen puff pastry, making it easy to serve a delicious strudel anytime.

Canned apricots, available all year long, are big on flavor and nutrition. Apricots are rich in beta carotene and potassium. For more recipes featuring California apricots, send a stamped self-addressed, business size envelope to: California Apricot Advisory Board, Dept. MC, 1280 Boulevard Way, Walnut Creek, CA 94595.

APRICOT-PEAR STRUDEL

- 2 sheets frozen puff pastry
- 1 17-ounce can California apricots, drained and sliced
- 1 16-ounce can pears, drained and cut into chunks
- 1/4 cup light brown sugar, packed
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 egg, beaten with 1 teaspoon water
- 1/4 cup blanched slivered almonds

Thaw pastry 20 minutes; unfold and place second sheet directly on top of first sheet. Roll on a lightly floured surface to a 10 x 14-inch rectangle. In a large bowl, combine apricots and next 5 ingredients. Spoon fruit filling lengthwise down center third of pastry. Brush edges with egg-water mixture. Fold left side of pastry over filling; fold right side of pastry over to enclose filling. Pinch edges to seal. Roll strudel over onto ungreased baking sheet; seal edges by pressing with a fork. Brush top with egg-water mixture; refrigerate, covered, 30 minutes or overnight. Preheat oven to 425° F.



Lemon Chicken, a favorite Cantonese specialty, has a lively taste that perfectly balances sweet and sour. As easy to prepare as it is delicious, the not so "secret" ingredient in this version is naturally brewed Kikkoman Soy Sauce. Made from a centuries old natural fermentation process, naturally brewed soy sauce has distinctive flavor enhancing qualities. It flavors the delicate chicken before stir-frying, plus unifies the diverse seasonings into a zesty, fresh tasting lemon sauce. For a festive touch, top with a red bell pepper "star." A bowl of hot steamed rice is just the right accompaniment for this heavenly stir-fry.

STIR-FRY EMPRESS LEMON CHICKEN

- 2 tablespoons cornstarch
- 4 tablespoons Kikkoman Soy Sauce, divided
- 1 pound boneless skinless chicken, cut into 1-inch pieces
- 1/2 cup sugar
- 2 1/2 teaspoons cornstarch
- 3/4 teaspoon lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 1 bunch green onions, cut into 1-inch lengths

Combine 2 Tbsp. cornstarch and 1 Tbsp. soy sauce in small bowl; stir in chicken. Let stand 30 minutes. Meanwhile, combine sugar, 2-1/4 teaspoons cornstarch, lemon peel and juice, remaining 3 Tbsp. soy sauce and 1/4 cup water; set aside. Heat oil in hot wok over high heat.* Add chicken and green onions; stir-fry 3 minutes. Remove. Reduce heat to medium-high. Pour soy sauce mixture into wok; bring to boil. Cook, stirring constantly, 1 minute. Add chicken and green onions, stirring to coat all pieces well with sauce. Serve immediately. Makes 4 servings.

*Or, if using skillet, heat oil over medium-high heat.

COUPON COOKBOOK CORNER

Marion Joyce

Even gourmet cooks are becoming aware of the need to master recipes using ingredients that are more healthful. Carnation® Evaporated Lowfat Milk is just the kind of versatile, nutritious ingredient that helps create wonderful dishes that are lower in fat and calories. Keep several cans of Carnation® Evaporated Lowfat Milk on hand for recipes for everything from soups to side dishes, main courses, and desserts. Carnation® Evaporated Lowfat Milk will aid you in cooking wholesome and imaginative menus for special entertaining. This delicious, hardy casserole is perfect for today's emphasis on nutrition, taste, and convenience.



EASY COUNTRY CHICKEN 'N RICE CASSEROLE (Makes 4 servings)

- 1 cup undiluted CARNATION® Evaporated Lowfat Milk
- 1 cup (10 3/4-ounce can) condensed cream of chicken soup
- 3/4 teaspoon seasoned salt
- 4 cups (16-ounce package) frozen mixed vegetables, thawed, well drained
- 2 cups (12 ounces) cubed, cooked chicken
- 1 cup instant rice
- 1/2 cup plus 2 tablespoons (3 1/2 ozs.) shredded reduced fat Cheddar cheese, divided
- 1/2 cup seasoned croutons (optional)

In large bowl, combine evaporated lowfat milk, soup, and seasoned salt; stir until smooth. Add vegetables, chicken, rice, and 1/2 cup cheese; pour into 12 x 7-inch baking dish. Bake in preheated 375° F. oven for 30 to 35 minutes, until bubbly. Sprinkle with remaining cheese and croutons, if desired. Bake for additional 3 to 5 minutes. Let stand 5 minutes before serving.

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