

What's Cooking?

Baked chicken, apple salads

By Sara Sewell
Baked Chicken Breasts
 4 or more chicken breasts
 1 small package chipped beef
 4 slices bacon
 1 cup sour cream
 1 can cream of mushroom soup
 Break up chipped beef and place in bottom of baking dish. Place chicken on top. Salt and pepper.
 Place a slice of bacon on top of each chicken breast. Mix together sour cream and mushroom soup. Pour over chicken. Bake uncovered at 250 degrees for 3 hours. Serves 4-6.
 From the files of Becky Ward, San Bernardino, Calif.

Enchilada pie
 1 pound ground beef
 1 scant teaspoon salt
 1 teaspoon chili powder
 1 1/2 grated cheese
 1/4 cup water
 1 small can chopped olives
 1 onion chopped
 1/4 teaspoon pepper
 1 (8 ounce) can tomato sauce
 6 tortillas (thawed) and spread with butter
 In a skillet, brown beef and onion. Add seasonings and tomato sauce. Cook for a few minutes.
 In a casserole, assemble the layer of buttered tortillas, meat, sauce, olives and cheese. Repeat until all ingredients are used. Pour water over casserole. Cover tightly.
 Bake at 450 degrees for 25 minutes. Serves 4-5.
 From the files of Nancy Ridgeway, Sandy.

Apple-pineapple salad
 2 Tablespoons sugar
 2 Tablespoons flour
 1 egg beaten
 1 small can crushed pineapple drained and juice reserved
 2 Tablespoons vinegar
 1 (3 ounce) package Philadelphia cream cheese
 1 egg-sized lump butter or margarine
 Juice of 1 lemon
 3 medium apples, peeled and chopped
 10 to 12 marshmallows, torn into small pieces (Use miniature marshmallows if desired.)
 Mix sugar and flour in small saucepan; add egg. Stir in pineapple juice and vinegar. Cook until consistency of mayonnaise, stirring constantly. Remove from heat; add butter and cream cheese, stirring until melted.
 Add more pineapple juice if too stiff. Cool.
 Sprinkle lemon juice over apples; add crushed pineapple and marshmallows. Mix with dressing. Refrigerate until ready to use. Serves 6-8.
 From the files of Lona Christian, LaFayette, Ala.

Apples are so plentiful and so reasonable, here is another salad you might enjoy now.

Apple-raisin salad
 1/2 cup raisins
 1 Tablespoon sherry
 1 cup diced crisp apples (I prefer to leave red skin on.)
 1/2 cup finely cut celery
 1/2 cup broken walnuts

Mayonnaise to taste
 Wash raisins; dab dry with paper towel. Place in bowl; sprinkle with sherry. Cover; refrigerate, shaking occasionally. Mix raisins, apples, celery, nuts and mayonnaise 1 hour before serving; cover.
 Keep cool until ready to use. Serve on lettuce. Omit mayonnaise; mix with ice cream for children. Serves 4.
 From the files of Mary L. McInnes, St. Catharines, Ontario, Canada.

Crazy crust pie
 1 cup all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon salt
 1 Tablespoon sugar
 1 egg
 Two-third cup shortening
 3/4 cup water
 1 (1 pound 5 ounces) can apple pie filling, (or mincemeat pie filling)
 1 Tablespoon lemon juice
 1/2 teaspoon apple pie spice or cinnamon
 In small mixing bowl, combine flour, baking powder, salt, sugar, egg, shortening and water.
 Blend well, beat 2 minutes at medium speed or mixer. Pour batter into 9" x 1 1/4" pie pan.
 Combine pie filling, lemon juice and spice; pour into center of batter. Do not stir.
 Bake at 425 degrees for 45 to 50 minutes.

Variation for fresh apple filling: Combine 2 1/4 cups peeled, sliced apples and 1 Tablespoon lemon juice with one-third cup sugar, 2 Tablespoons flour and 1/2 teaspoon apple pie spice or cinnamon.
 Pour into center of batter. Do not stir. Sprinkle with 1 or 2 Tablespoons brown sugar. Bake at 400 degrees for 35 to 40 minutes.

Lemon Meringue Dessert
 4 egg whites
 1/2 teaspoon cream of tartar
 1/2 teaspoon salt
 1/2 teaspoon vanilla
 1 cup sugar
 4 egg yolks
 1/2 cup sugar
 2 Tablespoons lemon juice
 Grated rind of 1 lemon
 1/4 cup crushed pineapple
 Beat egg whites very stiff adding cream of tartar, salt, 1 cup sugar and vanilla. Put into 9" x 13" pan and bake 1 hour at 250 degrees. Combine other ingredients in double boiler. Cook until thick. Cool. Spread over meringue.
 Top with 3/4 cup whipped cream, beaten with 2 Tablespoon sugar and 1 teaspoon vanilla. Sprinkle with coconut. Refrigerate 24 hours. Serves 15.
 From the files of Mrs. Verna Nelson, Velva, N.D.

4-H poultry day at Oregon State

The first 4-H poultry day will be Saturday, Jan. 29, on the Oregon State University campus, reports John Mellott, Multnomah County 4-H extension agent.

Members of the OSU department of poultry science will conduct the workshop sessions, which will begin at 10 a.m. and conclude at 5 p.m. The program is for 4-H members in the seventh through twelfth grades and leaders.

Duane Johnson, OSU Extension 4-H and youth specialist, and Charles Fischer, Extension poultry specialist, will welcome the group at Dryden Hall.
 Paul Bernier, professor of poultry science, will lead a discussion on incubation. The session will include building an incubator 4-H members can take home.

Jesse Parker, poultry science professor, will discuss brooding and rearing, and Harry

Nakaue, associate professor of poultry science, will cover management practices. George Arscott, head of the department, will outline careers available in the poultry industry.

The day's program will conclude with a poultry management tour.

The program is designed to interest 4-H members and leaders raising chickens, ducks, geese, turkeys, bantams and other poultry breeds.

There will be a registration fee which includes lunch. Registration is limited. Persons interested in attending should pre-register soon, Mellott advises. Additional information is available at the county extension office in Portland (229-4840).

Poultry day is sponsored by the OSU Extension Service and department of poultry science in cooperation with the Oregon 4-H Club Foundation.

O'Leary honored

Clackamas County District Attorney Jim O'Leary has been named Boss of the Year by the Clackamas County Legal Secretaries Association.

The annual award was presented in December. O'Leary was selected on the basis of nomination ratings by the members.

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VERA VIOLETA FLORES, left, and Sara Acosta, have been staying with Sandy area families and attending Sandy Union High School for the past month. Both are

here on an exchange program from Costa Rica. (Post photo)

From Costa Rican visitors

Food, music gain high ratings

United States food and music get high ratings from two Costa Rican students who have been visiting Sandy families and attending Sandy Union High School for the past month.

Vera Violeta Flores and Sara Acosta both admit that they have enjoyed United States food enough to gain a little weight. And they're taking home tapes and records of popular U.S. songs.

Many of the songs popular in Costa Rica are sung in English, they said.

The two Costa Ricans came to Oregon under an exchange program sponsored by a group called Partners of the Americas. Thirty-three Costa Rican students are visiting Oregon families under the program.

All of the Costa Rican students in the program will meet at Lewis and Clark

College in Portland this weekend and go then to stay with new host families until they head back home Feb. 12.

Sara has been living with Jim and Caroline Duff and their three daughters, while Vera has been staying with Aurel and Muriel Gunter and their four children.

Accompanying Sara to classes at the high school has been Jeanne Duff. Christine Gunter has been playing hostess to Vera. Both Christine and Jeanne have taken Spanish in school.

Although the Costa Ricans and their English-speaking hostesses say the language barrier is falling, cries of "pass the dictionary" are still common when conversations get too deep.

Vera has started to dream in English. And Christine said she sometimes finds herself speaking Spanish to her family and

friends.
 Sara added she enjoys watching Sesame Street on TV because it helps her to add a few English words to her vocabulary.

Snow has been another hit with the Costa Rican visitors.

"Oh yes," said Sara enthusiastically. "It's beautiful."

When their Oregon families take them to Lewis and Clark this weekend, the Costa Rican visitors will entertain them with a program of dancing and singing.

Then after a night in the Lewis and Clark dormitories, they will greet their new hosts.

"I'm glad they're doing it that way," commented Caroline Duff about the festive atmosphere which will mark the end of their visit to Sandy. "Otherwise it would be too sad to see them go."

Costa Rican recipes shared

Sara and Vera prepared a Costa Rican meal for some of their Sandy friends Tuesday evening at the Jim Duff home. Here are two dishes they shared with their guests.
 Both recipes printed below upon the recommendations of The Post staff.

Arroz con leche
 (Rice with milk)

1 1/2 pound rice
 1 1/2 cup raisins
 1 quart milk
 2 cans condensed milk
 2 teaspoons cinnamon
 1/4 cup butter
 1 teaspoon vanilla

Boil rice in water until partially cooked. Add 1 can condensed milk, stirring constantly. Add butter and vanilla, and cinnamon.
 Keep stirring while mixture cooks slowly. Add second can of condensed milk, continue cooking.

Add quart of milk slowly and continue cooking until rice is soft, stirring constantly. Add raisins and mix in.
 This will serve 10-12 and is used as a side dish although it could be used as a dessert. May be reheated by adding warm milk.

Tortilla con carne
 (Tortilla with meat)

2 pounds hamburger
 1/2 medium onion, diced
 1 teaspoon salt
 1/2 teaspoon pepper
 5 eggs
 In frying pan, brown meat and onions seasoned with salt and pepper. Remove from heat.
 Beat egg whites until foamy and then beat in yolks. Put meat in tortillas and roll to form a tube. Dip in egg mixture and fry until brown. Can be served with cheese, onions and hot sauce.

Edith Green's China trip topic of educator's meeting

The Barlow Trail Chapter of Retired Educators will travel to Rose Villa in Milwaukie on Monday, Jan. 10, to hear Edith Green, a retired Oregon U.S. Representative and retired teacher.

Mrs. Green will show slides of her trip to China and will discuss the current situation in that country. Several other retired teacher units will also attend the meeting.

Members of the Barlow Trail group will eat lunch at the Sandy Senior Center that day and will head toward Milwaukie immediately after lunch.

The regular meeting of the retired educators will be on Jan. 15 at the home of Dorothy Shrum. Legislation coming before the Oregon Legislature will be the topic of discussion at the 2 p.m. meeting.

In December, an executive board meeting was held at the home of Ruth Baumbach. A luncheon was served to officers of the group. All but two members of the executive board were present.



Edith Green

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 Sunday School 10 a.m.
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 Pastor H.O. McAdams
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Pastor Jon Smith
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 For Information 622-4486

