

What's cooking?

Tasty chicken dishes

by SARA SEWELL

Chicken continues to be one of our best meat buys. The following two recipes are good ways to prepare and serve it.

Tasty chicken

Cut up 2½ lb. chicken and arrange in a 12 x 8 x 2 inch dish, placing thickest pieces at outside edges. In a small bowl stir in ¼ cup salad dressing or mayonnaise, a pkg. of dry onion soup mix, ½ cup French dressing, and a cup of strawberry or cherry preserves. Coat chicken on all sides with this mixture. Cover with aluminum foil and cook at 325-350 degrees for one hour, or cover with waxed paper and microwave at high for 18-22 minutes, rotating dish a half turn after 10 minutes. Let stand up to 10 minutes before serving.

This is good served with white and wild rice. Serves 4. — From the files of Nancy Kelly, Goleta, Cal.

Chicken casserole

8 chicken breasts, stewed, boned and chopped
1 box oblong butter-type crackers
1 can cream of chicken soup
1 can cream of mushroom soup
1 cup sour cream
½ can water chestnuts
3 sticks margarine

Salt and pepper to taste. Melt margarine. Mix margarine with crumbled crackers. Press half of mixture into large casserole dish to make crust. Combine soups, sour cream, chicken and water chestnuts. Pour into dish. Top with other part of crumbs and bake in 350 degree oven for 30 minutes or until done and nicely browned. Serves 10-15. Keep in mind that crackers, margarine and soups add saltiness to casserole, so salt chicken lightly. — From the files of Una Sewell, Gadsden, Ala.

Mothers, the following recipe will be good to use for

your young people who do not usually like to eat breakfast before going to school.

Breakfast bonanza cookies

2-3rds cup butter or margarine
1 cup sugar
1 egg
1 teaspoon vanilla
1 cup all-purpose flour
½ teaspoon soda
½ teaspoon salt
3 cups quick-cooking oatmeal
1 cup (4 ozs.) shredded cheddar cheese
6 bacon slices, crisply cooked and crumbled
¼ cup wheat germ

Beat together butter, sugar, egg and vanilla. Add combined flour, soda and salt to butter mixture; mix well. Stir in oats, cheese, bacon and wheat germ. Drop by rounded tablespoons onto greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes or until lightly browned. Makes three dozen cookies.

Some of these with a glass of milk are a good idea for a quick nourishing breakfast. — From the files of Nancy Kelly, Goleta, Calif.

Blueberry torte cake

1 pkg. lemon cake mix or yellow, bake in 2 9 inch pans. Cool on wire racks. Slice each layer in half to make 4 layers. Spread blueberry filling between layers and on top.

Filling: ½ cup cornstarch, 1 cup sugar, 1 cup water, 6 cups blueberries fresh or frozen, 1 tsp. almond extract.

Mix cornstarch and sugar in large sauce pan. Stir in water and blueberries. Cook over low heat, stirring, until mixture thickens and bubbles. Remove from heat, stir in almond extract. Cool before using on cake. Good with whipped cream topping. — From the files of Evelyn Engdall, Sandy.

Tri-Met awarded elderly grant

U.S. Department of Transportation officials announced a \$60,000 grant to Tri-Met that will enable the transit agency to apply its successful Rideshare techniques to transportation for the handicapped and elderly.

The grant provides 100 percent federal funding for a program that will open Tri-Met's Carpool matching services to disabled and elderly persons.

In the last year, Tri-Met has helped 76 local businesses establish Rideshare programs for their employees. The employer programs include Tri-Met's training employees to act as transportation coordinators who can provide transit information and carpool matching services to their fellow employees at the work site. As a result of Tri-Met's program, 104,000 tri-county employees have transit and rideshare information services available to them on the job.

The new grant from the Federal Highway Administration will fund activities that apply the same principle to special transportation for the handicapped and elderly. Working with senior centers and agencies that serve the

handicapped, Tri-Met will train employees and volunteers to provide carpool matching services to their clients.

Providing cost-effective services to disabled persons with special transportation

needs has been a continuing challenge to Tri-Met. For more than two years, the transit agency operated its own wheelchair-lift-equipped buses, but that service proved to be expensive, with an average cost of over \$8

per ride. In July, Tri-Met discontinued its operation in favor of contracting with other, less expensive agencies to provide service for disabled passengers.

Animal care help needed

Young volunteers who love to work with animals are being sought to help out at the Animal Village at the Oregon State Fair, Aug. 23 through Sept. 1.

"Youngsters should be 12 years of age or older and willing to work a three-hour shift some time during the fair," said Sandy Sparks, superintendent of the Animal

Village. "Sometimes called the 'petting zoo,' the Animal Village has small farm animals and birds that children can see, hold and pet. Chicks, ducks, rabbits, guinea pigs, goats, sheep and even a donkey may be included," Sparks said.

Volunteers look after the animals and help small

children who want to pet them.

"Volunteers do not get paid, but they do get free admission to the fair," she said. Interested persons may pick up an application form at the Oregon State Fair office, 2330 — 17th St. N.E., Salem, weekdays, or call the fair office at 378-3247 and an application will be sent.

2 4-H photo exhibits set

"4-H Club members will shoot for prizes with their cameras in two photography exhibits at the 1980 Oregon State Fair," said Fair Director Dwight Butt.

Members of 4-H photo clubs will show their best efforts in photography in a variety of categories from black and white prints to movies and videotapes. They will show their skills in printing, development, enlarging, photo composition and other photo arts.

A second exhibit, designed to show 4-H Club activities, is open to any 4-H member, not

just photography club members. This exhibit will provide a showcase for

telling the 4-H story in pictures, either in a single photo or a series.

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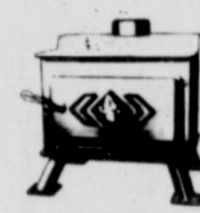
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