

# Chicken dishes: Tasty yet simple



Chicken and rice team up perfectly for easy selections to take along to a covered dish supper. **Chicken-Mozzarella Bake** combines favorite chicken parts and rice in a tomato, white wine and dry onion soup mixture. Shredded Mozzarella cheese melts temptingly over all. In zesty **Chicken 'n Rice**, garlic salad dressing mix and chili powder pre-season the chicken pieces before browning. Rice, tomatoes, green pepper and onion cook in the skillet for a hearty, satisfying meal. You'll be proud to share either one. Enjoy!

Preheat oven to 325°F. In a 2-quart oven-proof skillet, heat oil. Add chicken thighs and drumsticks. Fry until brown, turning to brown evenly on all sides. Remove from skillet and keep warm. Drain off excess fat. Drain tomatoes; reserve juice. Combine juice and wine. Add water to make 2½ cups liquid. Pour liquid into skillet. Add tomatoes, rice, onion-soup mix and pepper. Stir, bring to a boil. Place chicken pieces on top and cover. Bake 45 minutes. Uncover; sprinkle cheese over top. Return to oven and bake, uncovered, until chicken is tender and cheese is melted, about 15 minutes. Makes 4 servings.

1 medium onion, chopped  
1 green pepper, chopped  
1 cup rice  
Salt and pepper to taste.

all sides. Drain tomatoes, reserving juice. Add water to juice to make 2½ cups liquid. Add tomatoes, liquid, onion, green pepper, rice, salt and pepper to chicken. Stir, making certain rice is covered with liquid. Bring to a boil; reduce heat and cover. Cook over low heat until chicken is tender and liquid is absorbed, about 40 minutes. Makes 4 to 6 servings.

### CHICKEN-MOZZARELLA BAKE

- 3 tablespoons vegetable oil
- 4 chicken thighs
- 4 chicken drumsticks
- 1 can (1 lb.) stewed tomatoes
- 1 cup dry white wine
- Water
- 1 cup rice
- 1 envelope dry onion-soup mix
- ¼ teaspoon pepper
- 2 cups shredded Mozzarella cheese

### ZESTY CHICKEN 'n' RICE

- 3 pounds chicken pieces
- ¼ cup flour
- 1 envelope garlic salad-dressing mix
- 2 tablespoons chile powder
- ¼ cup vegetable oil
- 1 can (10 oz.) tomatoes
- Water

Chicken-Mozzarella Bake is good at home or for a pot-luck dinner.



**WATCH YOUR ENERGY**  
WANT TO BE ENERGY EFFICIENT? HERE ARE TWO SUGGESTIONS FOR YOU.  
**FOR SAFETY'S SAKE, AS WELL AS TO USE ENERGY EFFICIENTLY, NEVER LEAVE AN IRON ON AGAIN. IF YOU MUST STOP IRONING TO ANSWER THE PHONE, THE DOOR, OR A FAMILY MEMBER, SHUT THE APPLIANCE OFF.**



IF YOU HAVE A FOOD DISPOSER, RUN IT WITH COLD WATER, NOT HOT. COLD WATER SOLIDIFIES GREASE SO IT CAN BE GRIND UP AND FLUSHED AWAY MAKING THE APPLIANCE WORK BETTER. THESE TIPS ARE FROM THE NATIONAL ENERGY WATCH-AN ENERGY EFFICIENCY PROGRAM FROM THE ELECTRIC UTILITY INDUSTRY.

## Save money: Use leftovers

Consumers are always looking for ways to economize on food costs, especially during the holidays when budgets are strained. People are making more use of price-off coupons, buying favorite cuts of meat less often and making more use of leftovers.

Being inventive with leftovers is easy when you rely on some of the handiest convenience foods around—condensed soups.

For example, turn leftover ham into a hearty main-dish pie with the help of canned chicken gravy. Its rich flavor and smooth consistency are perfect for binding the ingredients in Paradise Ham Casserole. Rather than the traditional pastry crust, this main dish pie has a crust of corn-bread stuffing mix. Other ingredients include: celery, onion, pineapple and sweet potatoes.

Another variation on the one-dish theme that uses leftover ham to an advantage is Country Ham Pie. Leftover ham never looked so good. And no one will know that it's leftover ham under this crunchy guise of herb seasoned stuffing mix. Mushrooms, carrots and green onions add color and flavor to this savory pie. The sour cream paprika sauce, which conveniently begins with a can of chicken gravy, adds a creamy touch.

### PARADISE HAM CASSEROLE

- 1 cup cooked ham cut in thin strips
- ½ cup sliced celery
- ½ cup chopped onion
- ⅛ teaspoon ground allspice
- 2 tablespoons butter or margerine
- 1 can (10 ½ oz.) chicken gravy
- 1 can (8 oz.) crushed pineapple in pure pineapple juice, drained
- 1 can (16 oz.) whole sweet potatoes, drained and cut in half
- 1 cup prepared corn bread stuffing mix

In skillet, brown ham and cook celery and onion with allspice in butter until tender. Blend in gravy and pineapple; gently stir in potatoes. Spoon into 1½-quart shallow baking dish (10x6x2). Bake at 350° for 20 minutes; stir gently. Sprinkle stuffing around edge of casserole. Bake 10 minutes more or until hot. Makes about 5 cups, 4 servings.

### COUNTRY HAM PIE

- 2 cups prepared herb seasoned Stuffing mix
- ½ cup cubed cooked ham cup sliced fresh mushrooms (¼ lb.)
- 1 cup sliced carrot
- ¼ cup chopped green onions
- 2 tablespoons butter or margerine
- 1 can (10½ oz.) chicken gravy
- ½ cup sour cream
- ¼ teaspoon paprika
- chopped parsley

Reserve ½ cup stuffing; line 9 inch pie plate with remaining stuffing. In skillet, brown ham and mushrooms and cook carrot and onions in butter until tender. Stir in gravy, sour cream and paprika. Pour into stuffing-lined pie plate. Spoon reserved stuffing around edge. Bake at 350° F. for 30 minutes or until hot. Garnish with parsley. Makes 4 to 6 servings.

# Fred Meyer

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SAVE TIME  
SAVE MONEY

## ONE STOP SHOPPING CENTERS

Prices good  
Wed., Jan. 6 thru  
Tues., Jan. 12, 1982

Fred Meyer  
Hostess Pride  
Whole Bodied

# Oregon Frying Chickens

66¢ lb.

## Sliced Bacon

Armour Star '1877'

# 89¢ ea.

12 oz. pkg.

First Two - Additional at regular price

MY-TE-FINE  
• oil  
• water

## Chunk Tuna

# 68¢ ea.

6 1/2 oz. can

First three - Additional at regular price

MY-TE-FINE

## Granulated Sugar

# 98¢

5 lb. bag

First one - Additional at regular price

MY-TE-FINE  
• Regular  
• Sourdough

## English Muffins

# 3 for 99¢

First three - Additional at regular price

Large Red, Ripe

## Rome Beauty Apples

# 4 \$1

23 lb. box \$5.59

Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad. Items available Interstate-Lombard and Walnut Park Food Sections only. 1-81

Fred Meyer Coupon

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## Hunt's Tomato Sauce

# 4 for 88¢

With Coupon - First 4 Additional at Regular Price

\* Cash value 1/20th of 1¢ \* Valid Jan. 6 thru Tues. Jan. 12, 1982 \* Interstate-Lombard and Walnut Park Food Sections FM 00

Fred Meyer Coupon

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## Jiffy Corn Muffin Mix

# 5 for \$1

With Coupon - First 5 Additional at Regular Price

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