

# Wild rice improves chicken, pork

For an inspired meal that could easily become an entertaining favorite, try Plum-Nutty Chicken and Wild Rice. The gourmet flavor that results from this easy combination of off-the-kitchen shelf products will delight guests without straining the food budget. And to elevate the pork chop to new culinary heights, serve Pork & Wild Rice Skillet, a simple combination of pork with dry white wine, onion, tomato and Long Grain & Wild Rice with a flavor combination that belies its ease of preparation. Enjoy!

## PLUM-NUTTY CHICKEN AND WILD RICE SKILLET

- 1 broiler-fryer chicken, cut up
- Salt
- 2 tablespoons vegetable oil
- 1 can (16 ounces) whole plums
- 1 cup dry white wine
- 1 package (6 oz.) Long Grain & Wild Rice
- 1/2 cup toasted walnut pieces

Sprinkle chicken lightly with salt. Brown chicken in oil in large skillet over medium heat, about 5 to 7 minutes on each side. Reduce heat to low; cover and cook 10 minutes. Remove from skillet; drain off drippings. Drain plums, reserving 1/2 cup juice. Combine reserved juice with wine; add enough water to make 2 1/2 cups liquid. Add liquid to skillet. Stir in contents of rice and seasoning packets. Arrange chicken pieces over rice mixture. Bring to a boil. Cover tightly and cook over low heat until all liquid is absorbed, about 25 minutes. Quarter plums, removing pits. Arrange plums and

walnuts over chicken and rice; heat through. Makes 6 servings.

## PORK AND WILD RICE SKILLET

- 6 pork chops, cut 1/4-inch thick
- 1 tablespoon vegetable oil
- 1 1/2 cups water
- 1 cup dry white wine
- 1 package (6 ounces) Long Grain & Wild Rice
- 1 medium onion, thinly sliced
- 1 medium tomato, cut in 1/2-inch wedges

Brown pork chops in oil in large skillet over medium-high heat, about 5 minutes on each side. Remove from skillet; drain off drippings. Add water, wine and contents of rice and seasoning packets to skillet. Arrange pork chops over rice mixture. Place onion slices over pork chops. Bring to a boil. Cover tightly and cook over low heat until all liquid is absorbed, about 25 minutes. Top with tomato wedges. Makes 6 servings.



Plum-Nutty Chicken and Wild Rice Skillet combine ease of cooking with interesting new flavors.

# Versatile macaroni

Let's consider the many ways the varieties of pasta—elbow macaroni, spaghetti, egg noodles, etc.—can be prepared for the dinner table. In addition to being an economical food buy, pasta can be used in salads, casseroles, soups, topped with sauces and is a great extender for other foods. It's versatile, good to eat and good for you. To celebrate National Pasta Week, we've picked a new salad loaf... a beautiful blend of macaroni and vegetables with a zesty sour cream and mustard dressing. You can use fresh, frozen, canned or leftover vegetables and, if you wish, substitute some flaked tuna or finely diced meat which may be in the refrigerator.

## MACARONI VEGETABLE SALAD LOAF

- 2 cups elbow macaroni (8 ounces)
- Salt
- Boiling water
- 1/4 pound fresh green beans (or frozen beans, thawed) cut into 1/2-inch pieces (about 1 cup)
- 1 small summer squash (or 1 10-oz. pkg sliced squash) cut into 1/2-inch pieces (about 1 cup)
- 1 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup sliced pimiento-stuffed olives
- 2 tablespoons cider vinegar
- 2 tablespoons prepared mustard
- 6 radishes, thinly sliced (about 1/4 cup)
- 2 tablespoons finely chopped onion
- Radish roses, for garnish
- Parsley, for garnish

Line bottom and sides of a 9 x 5 x 3-inch loaf pan with waxed paper; set aside. Gradually add macaroni and 1 tablespoon salt to 3 quarts rapidly boiling water. Cook uncovered, stirring occasionally, until tender. Drain, rinse with cold water, drain again. Meanwhile, in a medium saucepan, heat 1/2 cup water to boiling. Add green beans, heat to boiling. Cook, covered, for 2 minutes; add squash, heat to boiling and cook, covered, for 1 minute. Drain.

In medium bowl, combine mayonnaise, sour cream, olives, vinegar, mustard and 1 teaspoon salt; mix well.

In large bowl, combine cooked macaroni, green beans and squash; toss in radishes and onion. Stir in 1/2 of olive dressing. Cover and chill remaining olive dressing. Spoon macaroni mixture into prepared loaf pan. Top macaroni mixture with piece of waxed paper and press firmly into pan. Chill at least 2 hours. Makes 6 servings.

To serve, invert loaf pan onto serving plate; remove waxed paper. Garnish with radish roses and parsley. Serve remaining olive dressing with macaroni salad loaf.

# Fred Meyer

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