

FOOD SECTION



CHICKEN: INEXPENSIVE, EASY AND VERSATILE

Americans are buying and eating more chicken than ever before. In fact, Americans consume about a pound of chicken per week, according to figures released in January, 1982, from the National Broiler Council in Washington, D.C. Last year some 11.8 billion pounds of ready-to-cook chicken were sold in this country.

It's not surprising that chicken is so popular. It is moderately priced, and easy to prepare in a number of different ways. It is low in calories, cholesterol and fat. It is also high in protein.

Chicken will continue to be a good buy in 1982. Statistics from the U.S. Department of Agriculture indicate that consumers can expect to pay about 70¢-75¢ per pound during 1982 for whole broilers.

A wide range of spices and

vegetables can be used in preparing poultry as exemplified by the recipes that follow.

Chicken Gibraltar, which stars SpaghettiOs and chicken wings, is an interesting combination of flavors. Savory chicken wings bake to golden perfection with pungent rosemary, olives, onion powder and fresh parsley. The "nest" of creamy SpaghettiOs adds a complementary texture to the crisp chicken. Garden peas with sliced celery and rich fudge brownies round out the meal.

What tastes like fried chicken, but is easier to prepare? Chicken and Herbs! Once you've tried this oven-fried version, you may never go back to deep frying chicken. In oven-frying, the chicken is actually baked but has a batter coating. The chicken in this recipe has a crunchy coating with a delicious herb taste.

The flavorful batter is made from a can of Cream of Chicken Soup, milk, onion and parsley. The chicken parts are dipped in the batter and then are coated with an herb-seasoned stuffing. The result—a crisp, delicately flavored chicken without the bother of pan frying.

No recipe box would be complete without at least one index card for Brunswick Stew. What makes this variation unique is its convenient starting ingredient—Cream of Chicken Soup—which makes a fine base for this favorite dish. Cut up chicken parts are stewed with tomatoes, onion, succotash and okra, and judiciously spiced with cayenne pepper.

Chicken is a dollar-wise meat so watch for specials at the market and stock up as your freezer permits. With a varied selection of recipes on hand, you'll really be ready to take advantage of these bargain days.

CHICKEN GIBRALTER

- 2 pounds chicken wings
- 2 tablespoons melted butter or margarine
- ½ teaspoon rosemary leaves, crushed
- 1/8 teaspoon onion powder
- 2 cans (15 oz. each) SpaghettiOs in Tomato and Cheese Sauce
- ½ cup sliced ripe olives
- 2 tablespoons chopped parsley

In a 2-quart shallow baking dish (12x8x2"), arrange chicken wings. Pour butter over chicken. Sprinkle with rosemary and onion powder. Bake at 400°F for 20 minutes. Turn chicken; bake 20 minutes more. Remove chicken; pour off fat, reserving drippings. Stir remaining ingredients into drippings; top with chicken. Bake 20 minutes more or until done. Makes 6 servings.

CHICKEN AND HERBS

- 1 can (10 ¼ oz.) Cream of Chicken Soup
- ¼ cup milk
- 1 tablespoon finely chopped onion
- 1 tablespoon chopped parsley
- 2 pounds chicken parts
- 1 cup finely crushed packaged herb-seasoned stuffing
- 2 tablespoons melted butter or margarine

Mix ½ cup soup, ¼ cup milk, onion and parsley. Dip chicken in soup mixture; roll in stuffing. Place in shallow baking dish (12x8x2"). Drizzle butter on chicken. Bake at 400°F. for 1 hour or until tender. Meanwhile, combine remaining soup and milk. Heat; stir occasionally. Serve over chicken. Makes 4 servings.



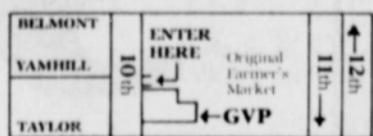
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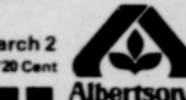
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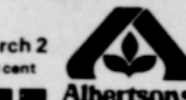
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