

Chicken: One dish dinner

Chicken has become a favorite food for a number of reasons: it is versatile, can be used whole or in parts, cold or hot, spicy or plain. No wonder it is so well liked by most people.

In addition to its culinary attributes, chicken is relatively economical, especially in one-pot chicken dishes. Among the legion of good chicken recipes are the wonderful stews which we sometimes tend to forget. They pay off handsomely for family dinners, entertaining and even for small households on a "use some, freeze some" basis.

Here are recipes for two interesting, delicious chicken and vegetable dishes. Both chicken stews are easy to make and guarantee predictably good results because they are based on condensed soups. And each requires only one cooking pot.

Try Ragout Poulet when you have some fresh mushrooms. Amber slices of sweet potatoes and a package of frozen green peas complete the vegetable trio. After chicken parts are browned, they simmer in condensed cream of chicken soup, a quality flavor ingredient which enhances the taste of the other stew ingredients. The canned soup provides a hearty and convenient base for this stew and requires no additional thickening.

Velvety Chicken Rosemary is another distinctive stew, this one featuring three staple vegetables: carrots, small white onions and frozen green beans. The velvety sauce based on another condensed soup — condensed creamy chicken mushroom soup — is combined with white wine or chicken broth. In addition to rosemary, which has an affinity for chicken, the seasonings are thyme and parsley.

Ideal fall dishes, but good for any time of year, these stews are hearty and, depending on how many people are to be served, can provide a marvelous second meal for another day.

RAGOUT POULET

- 3 pounds chicken parts
- 2 tablespoons shortening
- 2 cans (10 1/4 ounces each) condensed cream of chicken soup

- 1/2 cup water
- 1/2 cup chopped onion
- 1/2 teaspoon marjoram leaves, crushed
- 1/2 teaspoon poultry seasoning
- 2 cups whole medium fresh mushrooms (about 1/2 pound)
- 2 cups thickly sliced sweet potatoes
- 1 package (10 ounces) frozen peas

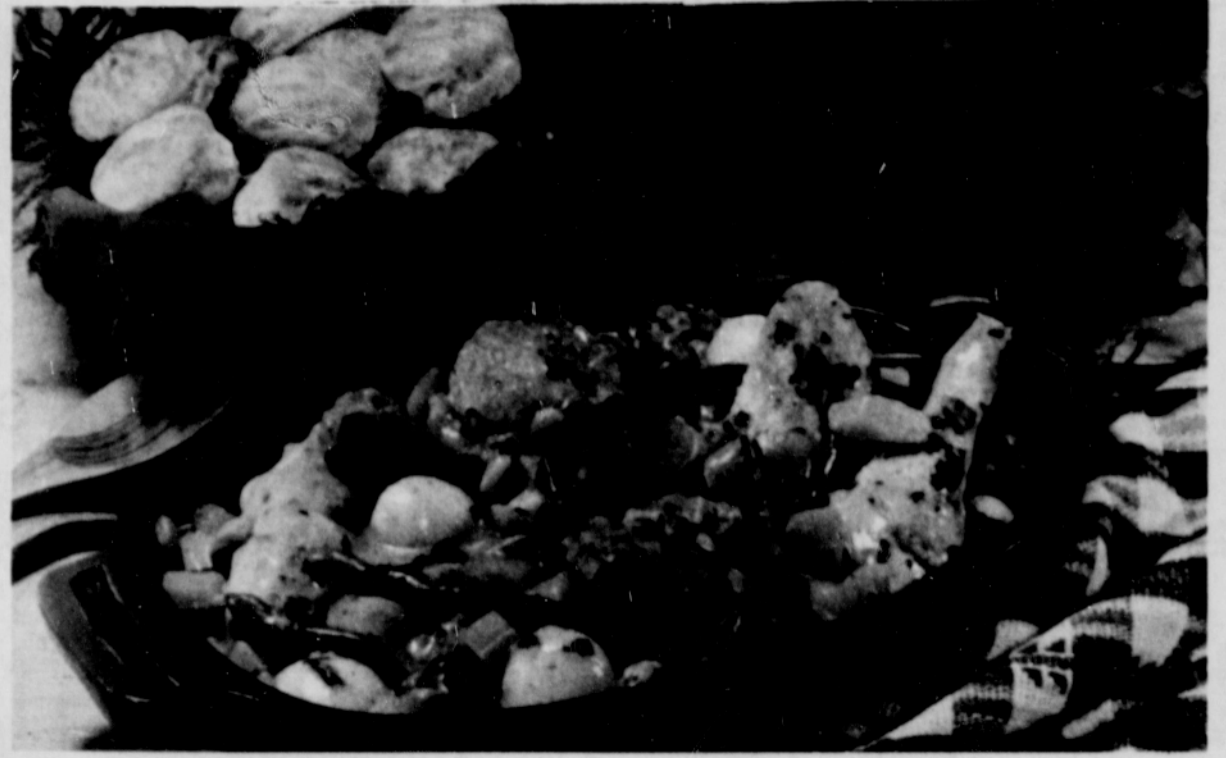
In large heavy pan, brown chicken in shortening; pour off fat. Add soup, water, onion and seasonings. Cover; cook over low heat 25 minutes. Add remaining ingredients; cook 20 minutes more or until done. Stir occasionally. Makes 6 servings.

VELVETY CHICKEN ROSEMARY

- 3 pounds chicken parts
- 2 tablespoons shortening

- 2 cans (10 1/4 ounces each) condensed creamy chicken mushroom soup
- 1/2 cup chablis or other dry white wine
- 2 tablespoons chopped parsley
- 1/2 teaspoon thyme leaves, crushed
- 1/4 teaspoon rosemary leaves, crushed
- 1 package (10 ounces) frozen whole green beans
- 2 cups thickly diagonally sliced carrots
- 8 small whole white onions (about 1/2 pound)

In large heavy pan, brown chicken in shortening; pour off fat. Add soup, wine, parsley, thyme and rosemary. Cover; cook over low heat 15 minutes. Add beans, carrots and onions. Cook 30 minutes more or until done. Stir occasionally. Makes 4 servings.



SAFEWAY HAWAIIAN DAYS



REGULAR
Ground Beef
Approx. 5-Lb. Pkg.
Limit 1 Pkg.
(Additional Or
Smaller Pkg.
Lb. \$1.08)
Lb. 99¢

LEAN GROUND Not To Exceed 23% Fat Lb. **\$1.39**

Red Snapper
Ocean Fresh Fillets
\$1.98
Lb.



Supply Subject To Weather Conditions

Duckling
Manor House, 4-5 Lb.



Lb. 89¢

One-parent kids role different

Children in one-parent families successfully assume more responsible roles in the home, but the parent needs to be the adult figure "representing security and who give the emotional support and caring all children require."

Marcelle Straatman, Oregon State University Extension human development specialist, points out that while the loss of one parent is a serious reversal for children, it doesn't appear "permanently detrimental." Parents and children can form successful partnerships with advantages for all.

However, she is concerned that children living "in a partnership with a single parent should not become substitutes for the missing mate. They are still children needing continuous attention and loving from a significant adult."

Living in a one parent household means that children have to grow up "a little faster," the specialist said.

A single parent working full-time finds sharing household responsibilities with the children a necessity if the household is to function successfully. Children in one-parent households appear to have developed "more independence, responsibility and other skills more advanced than children from two-parent households."

That's because it really is necessary for them to be more responsible, Straatman said, because, unlike two-parent families, it's important that children complete their household tasks if the family is to keep going.

In two-parent families children may be consulted on inconsequential matters, but the final authority and action lies with the adults.

In contrast, children in one-parent settings often gain rights and responsibilities not too different from the adult.

"Growing up fast has mixed values," Straatman pointed out. "Sharing adult problems and joys helps children recognize parents are people just like themselves with insecurities and strengths."

"At the same time, many children envy those from two-parent families who have a more carefree childhood."



Chunk Tuna
Celebrity, Water Pack, 6.5-Oz. Can
59¢



Mac. & Cheese
Kraft Spiral Dinner, 5.5-Oz.
3 \$1



SUPER SOFT Bread
Mrs. Wright's White Or Wheat Or White Sandwich, 24-Oz. Loaf
2 \$1



Potato Chips
Blue Bell, Ass't'd Varieties, 8-Oz.
98¢



Bath Tissue
Northern, Ass't'd Colors & Prints, 4 Roll
79¢



- King's Hawaiian Bread 16-Oz. Loaf \$1.29
- Lemonade Sunmist, Frozen, Concentrate, 6-Oz. 5 For \$1
- Grapefruit Juice Sunbrite, Reg. Or Pink, 46-Oz. 67¢
- Kool-Aid Mixes Ass't'd Flavors, 19 To 39 Oz. 8 For \$1
- Best Buy Cheese Mild Cheddar Chunk Or Halfmoon Longhorn Lb. \$1.99
- Orange Juice Minute Maid, Refrigerated 64-Oz. Ctn. \$1.78
- Brake Fluid Prestone 12-Oz. Can \$1.49
- WD-40 Lubricant 9-Oz. Can \$1.49
- VO-5 Hair Spray Twin Pak, 7-Oz. \$2.59
- St. Ives Shampoo With Free Conditioner, 18 Oz. \$2.49

MOBIL
Motor Oil
10W40 **89¢**
qt.

Get A \$1.50 Rebate On 5-Qt. Purchase!
DETAILS AT SAFEWAY

Cantaloupe

Sweet & Ripe
33¢
Lb.



Mangos
Jet Fresh Tropical Treat!



Ea. **59¢**

Avocados
Medium Size, Black Hass



5 For 99¢

Prices Effective Wed., May 18 Thru Tues., May 24 At Safeway In Portland.

