

Rice makes fish, meat serve more

Casseroles are gaining in popularity and respectability. In fact, they are almost a necessity! How else could you make a can of salmon into a dinner for six?

To accomplish this sleight of hand, some inexpensive and economical foods need to be combined with the more expensive meat or seafood. Rice, at about four cents per half cup serving, is the number one casserole-maker. Next come eggs, and slightly more expensive cheese and bacon to add flavor and richness and make the whole thing work. The combinations are endless, but here is a recipe for a rice casserole, developed by Rice Council home economists, that is especially good. Once you've tried it, your family is sure to ask for it again.



CREAMED SALMON AU GRATIN

- 6 slices bacon, finely chopped
- 1 can (10 1/4 ounces) condensed cream of chicken soup
- 1 tablespoon lemon juice
- 1/4 teaspoon Tabasco pepper sauce
- 1 can (16 ounces) pink salmon (drain; reserve liquid)
- 2 tablespoons chopped parsley
- 3 hard-cooked eggs, chopped
- 3 cups hot cooked rice
- 1/2 cup soft bread crumbs
- Paprika

Cook bacon until crisp. Remove from pan and drain on absorbent paper. Heat soup in 1 tablespoon bacon drippings. Add lemon juice, pepper sauce, liquid from salmon, and parsley. Cook 2 to 3 minutes. Add salmon, flaked, and eggs. Pour salmon mixture over rice into a buttered 2-quart casserole. Pour salmon mixture over rice. Sprinkle with bread crumbs, bacon, and paprika. Brown under broiler, watching carefully to prevent burning. Makes 6 servings.

BOSTON BAKED SAUSAGE AND RICE

- 1 pound smoked country-style link sausage
- 1/4 cup chopped onions
- 1/2 cup catsup
- 2 tablespoons firmly packed brown sugar

- 1 teaspoon prepared mustard
- 1 teaspoon liquid smoke
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups cooked rice

Place links in pan. Add 1/2 cup water. Cover and simmer 5 minutes. Remove sausage and cut in 1/2-inch pieces. Combine with remaining ingredients. Turn into a buttered shallow 2-quart casserole. Bake, uncovered, at 350 deg. for 20 to 25 minutes. Makes 6 servings.

CHICKEN ITALIANO

- 12 choice chicken pieces* (2 1/2 to 3 pounds)
- 1 envelope onion soup mix
- 1 can (10 1/4 ounces) condensed cream of mushroom soup
- 1/2 cup dry sherry OR chicken broth
- 1 cup drained canned tomatoes
- 3 cups hot cooked rice

Place chicken pieces in a buttered shallow large baking dish (about 13x9 inches). Sprinkle with soup mix. Blend mushroom soup and sherry. Pour over the chicken. Add tomatoes. Cover and bake at 375 deg. for 1 hour or until chicken is tender. Serve over beds of fluffy rice. Makes 6 servings.

*Drumsticks, thighs, and/or breast halves.

Portland schools hold celebration

Hands-on arts activities for special education students of the Portland School District highlight Imagination Celebration/A Very Special Arts Festival activities set for Lloyd Center meeting rooms from 10 - 11:30 a.m. Jan. 18.

Imagination Celebration, a free monthly series of exhibits and performances celebrating the arts and showcasing the work of Portland Public Schools arts students, has been scheduled at the Northeast Portland shopping center from last October through April.

The series — a cooperative effort of the school district, Lloyd Center,

Oregon Alliance for Arts Education and various community groups — also offers students opportunities to interact with the city's arts professionals.

The Very Special Arts Festival Program also is sponsored by the Oregon State Dept. of Education and the National Committee for Arts with the Handicapped.

Highlights of the Jan. 18 program include drawing and sketching with local artist Roger Kukas; clay in a special way with Shelly Stoffer; composing, conducting and performing with Steve Lawrence and John Richards; and expression through mime.

Additional Imagination Celebration events are scheduled for Feb. 15 (dance), all of March (visual arts) and April 19 (Music and Culture of Laos).

The week of May 6-11 has been designated Imagination Celebration Week. Events will be scheduled all week at both the Lloyd Center and Pioneer Square.

For further information, please contact Julie Gottlieb, VSAF coordinator, 636-3868, or Marlene Bayless Mitchell, communication specialist, Portland Public Schools, 249-3304.



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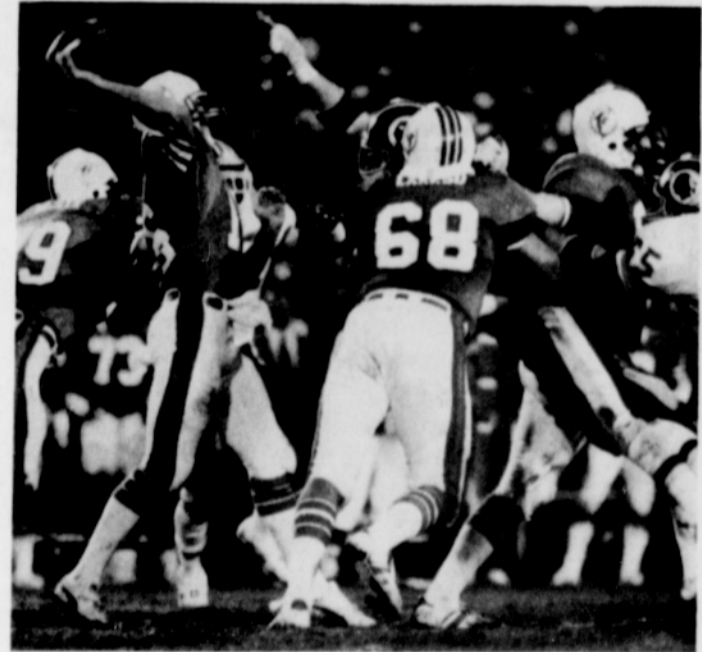
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