



# Featuring FROZEN FOODS

## Snowy Rice Dessert

TO PREPARE: ABOUT 30 MIN. TO CHILL: 3-4 HRS.

- 1 13½-oz. can frozen pineapple chunks, thawed and drained (reserve sirup)
- ¼ cup water
- ¼ cup sugar
- 3 tablespoons lemon juice
- ¼ teaspoon vanilla extract
- 1 3-oz. pkg. lemon-flavored gelatin
- ¾ cup cold water
- 1 cup cold cooked rice
- 2 ripe bananas, mashed
- 1 cup whipping cream, whipped
- 2 tablespoons sifted confectioners' sugar
- ¼ teaspoon almond extract
- 1 6-oz. can frozen strawberry-lemon punch concentrate, thawed

1. Cut pineapple chunks into slivers and put into a saucepan with the reserved sirup, ¼ cup water, ½ cup sugar, and lemon juice. Bring to boiling, stirring until sugar is dissolved, and simmer 5 min. Remove from heat and stir in vanilla extract.

2. Pour hot mixture into gelatin in a bowl. Stir until gelatin is dissolved. Blend in the cold water. Chill in refrigerator or over ice and water until mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.

3. Meanwhile, lightly oil a 1½-qt. fancy mold with salad or cooking oil (not olive oil); set aside to drain on absorbent paper.

4. Mix rice and mashed banana into gelatin mixture. Blend confectioners' sugar and almond extract into whipped cream and fold into fruit-gelatin mixture. Turn into the mold. Chill until firm.

5. Unmold onto chilled serving plate and serve with the thawed strawberry-lemon punch concentrate as a sauce. *About 8 servings*

## Chicken Enchantée

TO PREPARE: 35 MIN. TO COOK: 25-30 MIN.

- 2 pkgs. (2 lbs.) frozen chicken pieces, thawed
- ½ cup flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup butter or margarine
- 1 cup sliced fresh mushrooms
- 1 cup (about ½ lb.) cubed cooked ham (cut in ½-in. cubes)
- 1 clove garlic, minced
- 1½ cups reconstituted frozen pineapple-orange juice concentrate (follow directions on can)
- 1 10-oz. pkg. frozen cut green beans
- ½ cup thick sour cream

1. Rinse chicken and dry thoroughly by patting with absorbent paper.

2. Coat chicken evenly with a mixture of flour, salt, and pepper.

3. Heat butter in a large, heavy skillet over low heat. Place chicken, skin side down, in skillet.

## Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

Turn pieces occasionally to brown evenly. Remove chicken; set aside and keep warm.

4. Add mushrooms to skillet and cook slowly, occasionally moving and turning with a spoon. Cook until lightly browned. Stir in ham, garlic, and 1¼ cups of the pineapple-orange juice. Return chicken to skillet. Cover and simmer 25 to 30 min., or until chicken is tender when pierced with a fork; occasionally spoon sauce over chicken.

5. Meanwhile, cook green beans according to directions on package. Drain, if necessary.

6. When chicken is tender, remove from skillet to a warm serving dish. Add beans to mixture remaining in skillet. Gently mix together to coat beans thoroughly. Spoon mixture over the chicken; set aside and keep warm.

7. Pour the remaining ¼ cup pineapple-orange juice into skillet. Heat thoroughly. Stirring vigorously, blend in sour cream. Cook over low heat 3 to 5 min., or until thoroughly heated (do not boil). Pour mixture over chicken.

*About 6 servings*

(Continued)