



DINNER ON A PLATTER — Here is a colorful meal all wrapped up as a unit — new recipes to delight the family. Sauced Luncheon Meat Parmesan and tomato Stuffed Egg Plant are taste surprises. With the help of convenient canned foods the meal is a breeze to prepare.



TASTE TEMPTATION — This is a revised European favorite, easily brightened with canned tomato sauce to contrast with rich-yellow cheese. Chicken is one of the most reasonable meats on the markets today.

Chicken And Cheese

Boldly beautiful for your next luncheon or family dinner is this bright platter reflecting the native characteristics of a sunny land. Flavors are combined with imagination and finesse to make this chicken real gourmet fare.

Despite its European look and rich flavor, this is an easy-to-prepare dish, thanks to the convenience of always ready canned tomato sauce. And of course you can substitute chicken parts for the whole chicken, if your family plays favorites.

Only trick to remember in making Chicken-and-Cheese is to serve it just when the cheese begins to melt—it is a coating and not a mixer—that rich yellow cheese atop the rich red sauce is irresistible.

olives
 1/4 pound Swiss or Monterey Jack cheese, sliced
 1 tablespoon chopped parsley
 Lightly coat chicken with flour, salt and pepper. Sauté chicken in poly-unsaturated oil in large skillet. Add onions, chicken stock, garlic, tarragon, tomato sauce and stuffed olives. Cover and simmer 1 hour or until chicken is tender. Arrange cheese on top of chicken pieces; sprinkle with parsley and cook until cheese just begins to melt.

Grade School Menus

Monday, March 4
 Scalloped potatoes and Chipped Beef
 Buttered peas
 Cheese sticks
 Hot homemade buttered rolls
 Apple
 1/2 pint milk

Tuesday, March 5
 Italian spaghetti
 Combination vegetable salad
 Hot homemade muffins and butter
 Fruit
 1/2 pint milk

Wednesday, March 6
 Fried chicken
 Mashed potatoes and gravy
 Green beans (buttered)

Bread and butter sandwich
 Cranberry sauce
 Fruit Jello
 1/2 pint milk

Thursday, March 7
 Chili beans - crackers
 Raw vegetable finger foods
 Hot buttered cornbread and honey
 Apple or other fruit
 Homemade doughnuts
 1/2 pint milk

Friday, March 8
 Toasted cheese sandwich or bun
 Hash brown potatoes
 Pickled beets
 Fruit cobbler
 1/2 pint milk

Tangy Broccoli
 2 packages frozen broccoli
 1/2 cup dairy sour cream
 2 teaspoons prepared horseradish
 Dash paprika
 Salt and pepper to taste
 Cook broccoli according to directions on package. Drain well. Combine remaining ingredients and blend well. Serve over cooked broccoli. Makes 4 to 6 servings.

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All-In-One Meal Intrigues Family

The family will feel the mysterious air as you're busily preparing dinner. But, only you will know the secret until it is on the table. Canned luncheon meat takes on a new look browned with a garlic-flavored crumb and Parmesan cheese coating and topped with creamy peas and mushroom sauce.

LUNCHEON MEAT PARMESAN
 2 cans (12 oz. each) luncheon meat
 1 egg
 1 tablespoon water
 1/2 cup fine dry bread crumbs
 1/2 cup grated Parmesan cheese
 1 teaspoon garlic powder
 1/2 cup butter or margarine
 Mushroom sauce

Cut luncheon meat into 1/4 inch slices. Beat egg and water until blended. Dip meat slices in egg, then in mixture of crumbs, Parmesan cheese and garlic powder; press crumb mixture firmly to both sides of meat. Let crumb mixture dry a few minutes. Brown

meat on both sides in hot butter. Serve topped with Mushroom Sauce. Six to eight servings.

Mushroom sauce: Cook a 4 oz. can of drained sliced mushrooms in 2 tablespoons butter until lightly browned. Stir in 1 cup rich well seasoned cream sauce and a can (8 oz.) peas, drained. Heat.

STUFFED EGGPLANT
 1 medium size eggplant
 Salt
 1-3 cup salad oil
 2 tablespoons instant minced onion
 2 tablespoons parsley flakes
 2 tablespoons celery flakes
 2 teaspoons seasoned salt
 1/2 teaspoon basil
 1 teaspoon Worcestershire sauce

1 can (1 lb.) tomatoes
 1/4 cup packaged pre-cooked rice

Cut a slice from side of eggplant. Scoop out pulp, leaving a 1/2 to 3/4 inch shell. Sprinkle inside of shell with salt. Chop pulp and the peeled slice. Cook in salad oil until tender. Add dried vegetables, seasonings and tomatoes; simmer 10 minutes. Add rice. Spoon into eggplant shell. Set shell in shallow baking dish with a small amount of water in the bottom of it. Bake in a moderate oven (375 degrees) about 40 minutes, until eggplant is tender. Four to six servings.

Menu: Luncheon Meat Parmesan, stuffed eggplant, french fried potatoes, sliced pineapple-cottage cheese salad, tiny biscuits with butter and honey, sherbet and cookies, coffee, milk.

HASH IN AVOCADOS
 A little leftover Sunday roast can be easily turned into another main dish with a brand-new look and taste. Sauté one to two teaspoons curry powder in butter or oil for a minute or two, then add a cup of chopped onion and cook until tender-crisp. Add the roast, cut into cubes, and a can of bouillon or thinned-down leftover gravy. Simmer 20 to 30 minutes to blend flavors and reduce liquid. Spoon into California avocado halves and serve with steamed rice tossed with chopped parsley or chives.

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