Culinary Outlook

Recipes from Campbell's Capboard



Chiliand pizza will never goout of style as far as kids are concerned. And monts will love these quick and easy versions; or better still, the kids can make them themselves.

Tomato	Chili	Pot
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2 tsp	butter or margarine	10ml.
1/4 cup	chopped onion	50 ml.
l tsp	chili powder	5 mL
1/2 tsp	dried oregano, crushed	2 mL
2	eans (10 oz/284 mL) Campbell's Condensed Tomato	2
	Rice Soup	
2	soup cans water	2
Loup	frozen whole kernel corn	250 ml.
1/4 cup	chopped green chilles	50 mL
2 thsp	chopped parsley	25 mL

Melt butter in a 2 qt (2 L) saucepan over medium heat; stir in omon, chili powder and oregano and cook 2 minutes until onion is tender. Stir in remaining ingredients: reduce heat to low; simmer 10 minutes or until hot.

Serves 4

Onions are root of many meals

By Alleen Claire **NEA Food Editor**

Since before recorded history, on ions have tantalized people. Egyptian laborers worshipped them. According to the Bible, Israelites craved them, while in their wilderness sojourn. In medieval times, onions were even considered a cure for baldness.

There is a wide selection of onions 1 to round out any menu Bermudas, sweet Spanish and small white, to 2 name a few; plus their cousins, scal- 1/4 lions, leeks and shallots.

Aside from their delectable flavor. low-calorie onlons are a good source 1/2 of vitamin C. Here's an easy onion 2

main dish using pita bread. Whip up some onion-stuffed muffins for break- 1/4 fast or lunch.

FRESH ONION PIZZA PITA

- tablespoons butter or mergarino cups sliced onion (about 11/4 pounds)
- clove gartic, minced packaga (4 pockete) wholewheat pits bread tomatoes, sliced

teaspoon dried lest basil,

- crumbled tesepoon dried lesi oregano, crumbled
 - tesspoon pepper cups (about 8 ounces)

*hredded mozzarella cheese grated Permesan chaese pped fresh paraley

In a large saucepan, melt butter. Cook onion and garlie 8 to 10 minutes, over low heat, until onions are translucent. Split each pita bread horizontally. Overlap 8 pita circles in a 9-inch pie plate. Top with cooked onion mixture and sliced tomatoes. Sprinkle with basil, oregano and pepper. Top with mozzarella and Parmesan cheese. Bake in a 350-degree oven 10 to 15 minutes, or until cheese is melted and bread is lightly toasted. Sprinkle with parsley. This kitchen-tested recipe makes 4 servings as a main dish; 6 to 8 as a side dish.

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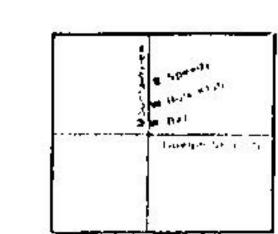
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