

Culinary Outlook

Cheese adds zip to non-meat pie

By Alleen Claire
NEA Food Editor

A non-meat main dish becomes protein-rich when you add Cheddar and Swiss cheeses. Tomatoes and pickles give added bite to this easy microwave casserole. Serve with horseradish-mustard and a spinach salad.

- 1/4 cups milk
- 2 eggs, slightly beaten
- 1/4 teaspoon oregano
- 3 tomatoes, thinly sliced (about 1 1/2 pounds)
- 1 cup shredded sharp Cheddar cheese
- 1 cup shredded Swiss cheese
- 1/2 cup sliced sweet gherkins

Microwave, uncovered, at Medium for 14 minutes. Turn once. Let stand 5 minutes.

Garnish top with remaining tomato slices. Cut into wedges. This kitchen-tested recipe makes 6 servings.
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MICROWAVE COOKING

CHEESE-TOMATO STRATA PIE

- 2 cups white-bread cubes (croutons)

Microwave croutons in 9-inch microwave-proof pie plate at High for 2 1/2 minutes. Stir once.

In 2-cup glass measure, microwave milk at High for 2 1/2 to 3 minutes, or until almost boiling. Whisk in eggs and oregano. Arrange two of the sliced tomatoes over croutons. Pour milk mixture over tomatoes. Sprinkle surface evenly with cheeses. Arrange pickle slices over cheese.

FOOD



Alleen Claire

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Casserole camouflages leftovers

By Alleen Claire
NEA Food Editor

Leftovers are a problem that most cooks face. But chicken and turkey leftovers soon disappear in a dish enriched with rice, peppers and pimiento. Make this for a church or club supper.

- 3/4 cup buttered cereal crumbs

Cook onion in butter until soft. Stir in flour, seasonings, broth and milk. Cook, stirring, until thickened and smooth.

Combine chicken, rice, vegetables



GOLDEN CHICKEN AND RICE SQUARES

- 2 tablespoons minced onion
- 1/4 cup butter or margarine
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon poultry seasoning
- 1 1/4 cups chicken broth
- 1/2 cup milk
- 2 cups chopped cooked chicken or white-meat turkey
- 2 cups cooked rice
- 1/4 cup chopped green pepper
- 1/4 cup pimiento, chopped
- 2 eggs, slightly beaten

and eggs. Stir in sauce. Pour into a buttered 10-by-6-by-2-inch baking dish. Sprinkle top with crumbs. Bake at 350 degrees for about 30 minutes, or until set. Cut into squares to serve. This kitchen-tested recipe makes 6 servings.

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