

## Contest winners make great meals

Quick and tasty entrées are always in demand. And, summer increases this demand! Whether you're at the cottage or just taking leisure time at home, keeping meal preparation simple yet nourishing will increase everyone's vacation enjoyment.

Need some new ideas to enhance your vacation menus? Winners of a recent recipe contest called "Making It Fast to Florida" are sure to fit your needs. The contest, sponsored by Puritan canned flaked meats and entrées, gathered recipes from cooks such as yourself across Canada. Contestants submitted their original ideas on making quick and nutritious meals for family enjoyment.

Mrs. Cathy Hatch of Edmonton, Alberta, won a grand prize of a week's trip to Florida with her grilled sandwich entry. "When I invited friends for brunch, I was looking for something tasty, convenient to prepare and easy on the budget," she says of her recipe. She serves the grilled monte cristo-style chicken dip sandwich with a fruit salad. Mrs. Hatch says she serves it as a "dinner in a hurry", with great results.

**Puritan Monte Cristo**  
Preparation: about 10 min  
Cook: 5 to 6 min  
1 can (184 g) Puritan Flaked Chicken\*, drained, flaked

1/2 cup dairy sour cream  
2 tbsp minced chives or green onion  
1 tsp dillweed  
1/4 tsp dry mustard  
1/4 tsp salt  
1/4 cup margarine or butter, divided  
8 slices bread  
4 slices Swiss cheese  
1 medium tomato, cut into 4 slices  
3 eggs  
1/4 cup milk

In a small bowl, combine flaked chicken, sour cream, chives and seasonings. Spread one side of each bread slice with some margarine. Divide chicken mixture evenly on 4 of the bread slices and spread over. Top with a slice of cheese, tomato slice and remaining bread slice; press together. Beat eggs and milk in a shallow dish. Using tongs, dip sandwiches on each side in egg mixture. On a griddle or frypan on medium heat, melt remaining margarine. Place sandwiches on griddle; grill on each side until brown. Cut and serve.  
*Makes 4 servings.*

\* Puritan Flaked Turkey or Ham may also be used.

Another prize winner, Charlotte Gardener of Stony Plain, Alberta, credits summertime family get-togethers as the source of her winning Ham and Potato Salad Squares. The recipe is made ahead of time and

can as easily be served on a picnic as it can for a party or family dinner.

**Ham and Potato Salad Squares**  
Preparation: 15 min  
Chill: 2 hrs  
**Ham Layer:**  
3 cans (Each 184 g) Puritan Flaked Ham, drained

1/4 cup chili sauce  
1 tbsp finely chopped onion  
2 tsp prepared mustard  
1 tsp prepared horseradish  
1 pouch Knox Unflavoured Gelatine  
1/2 cup cold water  
1 cup mayonnaise  
**Potato Layer:**  
2 cups cooked potatoes, diced  
1/2 cup diced celery  
2 tsp finely chopped green pepper

1 tbsp finely chopped onion  
2 tsp vinegar  
1 tsp salt  
1/4 tsp pepper  
Lettuce cups

In a medium bowl, break up ham with a fork. Stir in chili sauce, onion, mustard and horseradish. In a saucepan, sprinkle gelatine over water; allow to soften 1 minute. Melt over low heat until gelatine is completely dissolved.

Blend in mayonnaise. Fold one half of this mixture into ham. Pour into an 8-inch square pan lined with waxed paper. Chill. Meanwhile, combine potatoes, celery, green pepper, onion, vinegar, salt and pepper. Stir in remaining mayonnaise mixture and carefully spoon over ham layer. Chill until firm. Invert onto serving platter; remove waxed paper. Cut and serve on a lettuce cup.  
*Makes 6 servings.*

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