

# FOOD FORUM

DOROTHY JOHNSON

## BUSY DAY DINNERS

Casual living is the way of the west. Casserole's seem to be the answer to the busy housewife, who is the laundress, chauffeur, cook - mother and wife and sometimes breadwinner of her family.

### HAM & GREEN BEAN CASSEROLE

- 2 pkgs (9 oz. each) frozen French - cut green beans
- 2 tbsp. butter or margarine
- 1/2 cup minced onion, (1-medium)
- 2 tbsp. flour
- 1-1/2 cups milk
- 1 cup grated Swiss or Parmesan cheese
- 1/4 tsp. worcestershire sauce
- 1 pound cooked ham, diced

Heat oven to 375 degrees. Cook beans according to package directions. Drain well. Melt butter or margarine in sauce pan over medium heat. Add onion. Cook 1 minute. Stir in flour. Cook 1 minute stirring constantly. Add milk. Bring to boiling, stirring rapidly with wooden spoon or wire whisk. Simmer 1 minute. Remove from heat. Stir in cheese and worcestershire sauce. Combine beans, ham and cheese sauce. Turn into two-quart baking dish. Sprinkle with toasted, sliced almonds if desired. Bake 15 to 20 minutes. Makes six servings.

### CASSEROLE of CREAMED CHICKEN

- 1 broiler-fryer (3 to 3-1/2 lbs.) cut-up
- Salt & pepper
- 2 tbsp. butter or margarine
- 1 pkg. (9-oz.) frozen peas, thawed
- 1 can (1 pound) small carrots, drained
- 1/4 cup minced shallots or green onions
- 1 tbsp flour
- 1 cup heavy cream
- 1 tsp. salt
- Dash of pepper

Heat oven to 400 degrees. Sprinkle chicken pieces with salt and pepper. Melt butter or margarine in large skillet over medium heat. Saute' chicken until golden brown. Transfer pieces to casserole. Add peas and carrots. Add shallots or green onions to fat left in skillet. Cook 1 minute. Stir in flour. Add remaining ingredients. Bring to boiling, stirring constantly. Pour over chicken. Cover. Bake 30 minutes or until chicken is tender.

### PORK-and-POTATO CASSEROLE

- 6 thick pork chops (1 1/2 inch thick each)
- Salt and pepper
- 2 tbsp. butter or margarine
- 2 cups sliced onions (2 large)
- 3 pounds potatoes, pared and sliced
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 can (10-1/2-oz.) condensed chicken broth
- 1 can (8-oz.) tomato sauce
- 1 tsp. prepared mustard

Heat oven to 400 degrees. Sprinkle chops with salt and pepper. Melt butter or margarine in large skillet over medium heat. Brown chops on all sides. Place in shallow casserole. Cook onions in fat left in pan 3 to 4 minutes or until golden, stirring often. Mix onions, potatoes, salt and pepper. Place over chops. Combine remaining ingredients. Pour over potatoes. Bake 40 minutes.

### CRAB MEAT CASSEROLE

- 2 tbsp. butter or margarine
- 1 large green pepper, seeded and sliced
- 1/2 cup minced onion
- 1-1/2 cups mayonnaise or salad dressing
- 2 tbsp. lemon juice
- 1/2 tsp. salt
- 1/2 tsp. worcestershire sauce
- 1 tsp. prepared mustard
- 1 can (4-oz.) pimentos, diced
- 3 cups cooked rice
- 2 cans (7-1/2-oz. each) crab meat or 2 to 3 cups

## Clark County Community College

Clark County Community College has accepted an invitation to participate with eleven other colleges selected by the American Association of Junior Colleges (AAJC) in a program development of new instructional microform resources, according to D. R. Stephen Nicholson, executive vice-president of the college.

"Utilizing tomorrow's technology in the training of today's student," Dr. Nicholson said, "Clark County Community College and other participants in the AAJC program will concentrate on development of new microfilm materials over a wide educational area and on the integration of microform instructional techniques into individual student study programs."

Several national manufacturers have agreed to supply special readers-viewers which enlarge microfilm materials for study. The use of microfilm for storage and retrieval of books, slides, maps, charts, and periodicals will be studied to determine both cost savings and learning effectiveness.

Microfilm and microfiche techniques reduce whole books to a single 3x5 inch transparency, lowering both original cost plus storage and shelving costs. Using the system, a single file drawer will replace several thousand volumes of conventional books and journals.

Dr. Nicholson said negotiations have been underway for more than a year to implement the program. He explained the system will enable students to check out both the reader, which is approximately the size of a book, and the single sheet of film for use off-campus.

The college will select and produce microform materials to be shared with other participants in the program. John Rosich, dean of administration, said this step will amplify the ability of the college to make quality educational resources available to each student in the most effective and inexpensive form.

Not only are costs reduced, said Dean Rosich, but the greatest advantage of microform materials is the vast increase in resource data which the college can provide for students.

- fresh crab meat
- 1/4 cup packaged bread crumbs

Heat oven to 400 degrees. Melt butter or margarine in skillet over medium heat. Add green pepper and onion. Cook stirring constantly, until green pepper is soft. Combine mayonnaise or salad dressing, lemon juice, worcestershire mustard and salt. Mix well. Place green pepper, onion mixture, pimentos, rice and crab meat in large bowl. Mix gently, spoon into two-quart casserole. Sprinkle with bread crumbs. Bake 10 to 15 minutes or until bubbly and browned.

*End*  
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