A Chicken and Cabbage Combo

(EDITOR'S NOTE: This recipe contains 477 calories per serving; 42.35 grams protein per serving, and 449.50 milligrams calcium per serving. It should be served as a main dish with a crisp green garden salad.)

HUNGARIAN BAKED CHICKEN AND CABBAGE

1 three pound chicken, disjointed
3 tablespoons butter
Salt
Pepper
1 head green cabbage (about 2 lbs.)
1 onion, sliced into thin rings

2 red apples, cored and sliced
1 tablespoon grated lemon peel
2 teaspoons caraway seed
1 teaspoon sugar
2 cups (8 oz.) shredded Swiss cheese
4 tablespoons slivered almonds
Paprika
1 tablespoon chopped fresh parsley

Melt 3 tablespoons butter in 13 x 9 x 2 inch baking pan. Dip chicken in butter and turn skin side up in pan. Sprinkle with salt and pepper. Bake in preheated 400 degree oven about 1 hour. Meanwhile, slice cabbage into ½ inch thick slices.

Place in 3-quart buttered baking dish. Cover with onion rings, then apple slices. Sprinkle lemon peel, caraway seed and sugar over all. Cover tightly with foil and place in oven along with chicken after chicken has baked 25 minutes. Bake both about 35 minutes, or until chicken is tender and cabbage is cooked, but still crisp.

To serve: Sprinkle 1 cup cheese over cabbage. Place chicken servings on each cabbage slice. Pour over chicken drippings from pan. Sprinkle 1 cup cheese and almonds over chicken. Sprinkle with paprika. Place under broiler until cheese melts. Garnish with parsley.

Makes 6 servings.

PICKLE WALDORF SALAD

(Makes 4 to 6 servings)

2 large tart red apples, cored and diced (about 3 cups)
1 tablespoon sweet pickle liquid
½ cup chopped sweet mixed pickles
½ cup chopped celery
¾ cup mayonnaise
½ teaspoon salt
⅓ cup chopped walnuts

Mix together apples, pickle liquid, pickles, celery, mayonnaise and salt; chill. Add walnuts to salad. Serve on crisp lettuce and garnish with apple slices or walnut halves if desired.

Old-fashion, yes. Out-of-date, no.

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OLD-FASHION POUND CAKE

4 cups (1-lb.) confectioners' sugar
2 cups (1-lb.) PARKAY Margarine
2 tablespoons grated orange rind
6 eggs
3½ cups flour
¼ teaspoon salt

Sift sugar. Cream margarine at medium speed on electric mixer 3 minutes or until light and fluffy. Gradually add sugar and rind; cream thoroughly. Add eggs one at a time, mixing well after each addition. Gradually add combined flour and salt; mix well. Pour into greased and floured 10-inch tube pan or Bundt pan. Bake at 350°, 1 hour and 20 minutes or until wooden pick inserted in center comes out clean. Remove from pan; cool.

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