butter. Place chicken in prepared baking dish. Sprinkle with lemon juice. Add salt, and pepper, to taste. Pour the heavy cream over the chicken. Sprinkle evenly with Parmesan cheese, and paprika. Bake in preheated oven until cheese melts and cream bubbles, about 20 minutes. If desired sprinkle

paprika on top before serv-

Creamy

Layered Jell-O

1 1/2 cups boiling water

2 packages (4-serving size

each) JELL-O Strawberry

Flavor Sugar Free Gelatin

1 1/2 cups thawed sugar

Stir boiling water into dry

gelatin mix in large bowl at

least 2 minutes until com-

dissolved.

Add

free non-dairy whipped

1 cup cold water

topping, divided

Ice cubes

pletely

1 pkg. (8-serving size) or

ing.

'J' - the joy of eating!

BY MARY ANN MENENDEZ

If this food column gives you reason to jump for joy, go for it! "J" foods fill the food spectrum from beginning to end. Today we spotlight jambalaya, julienned chicken, jerk dishes, JoJo potatoes, jicama cole slaw and everyone's favorite dessert - in case you've forgotten - "There's always room for Jell-O!"

Jicama is a crispy, sweet, edible root that resembles a turnip in physical appearance. This veggie has been cultivated in South America ery for centuries, and the vegetable is quite popular in Mexican cuisine. A good source of fiber and Vitamin parsley C, it has a unique flavor that lends itself well to salads, salsas and vegetable platters. Jicama is actually a bled legume, and it grows on vines that may reach 20 feet leaf thyme in length. Arrowroot, a common cooking thickener, is made from jicama. Before using, the coarse brown outer layer should be peeled to reveal the white inside.

salad dressing, cilantro or the rice is done, and almost parsley, vinegar, sugar and all of the liquid is absorbed. ground red pepper. Pour the Add the cayenne pepper and dressing over cabbage mix- salt, if needed. ture, tossing to coat. Cover and chill for at least two hours or up to four hours. Transfer to a salad bowl. If desired, garnish with kale.

Jumpin' Jambalaya

1 cup coarsely chopped

yellow onion 2 medium garlic cloves peeled and minced

1 cup chopped sweet green pepper 3/4 cup finely diced cel-

tablespoons bacon

drippings 3 tablespoons minced

6 ounces smoked ham cut in three-eighths-inch

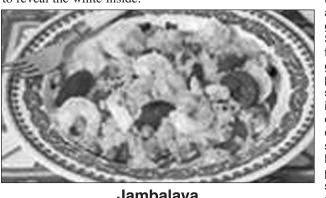
1 large bay leaf; crum-

1/2 teaspoon crumbled

1/4 teaspoon cayenne pepper

Salt. to taste 1 can tomatoes (1 lb, 14-

8 ounces tomato sauce



Jambalaya

Jicama Cole Slaw

2 cups shredded cabbage

1 cup julienned, peeled jicama medium

apple, chopped, or 1 medium peach nectarine, peeled, pitted, and chopped

1/2 of a small red onion, chopped

3 tablespoons light may-

onnaise dressing 2 tablespoons snipped fresh cilantro or parsley

1 tablespoon cider vine-

2 teaspoons sugar Dash to 1/8 teaspoon ground red pepper Purple kale (optional)

In a large mixing bowl combine the cabbage, jicama, apple, peach, or nectarine, and red onion. In a mayonnaise dressing or shrimp are cooked through,

1 3/4 cup cold water 1 3/4 cup uncooked converted rice

1 1/2 pound medium shrimp, raw. shelled. deveined

Set a large kettle (not iron) over moderate heat. Sauté the onion, garlic, green pepper and celery in the bacon drippings for 8 to 10 minutes until they are limp. Add the parsley, ham cubes, bay leaf, thyme and cayenne pepper. Saute, stirring often, for 5 to 6 minutes. Add the salt, tomatoes and juice, tomato sauce and water. Simmer the kettle, uncovered, for 5 minutes, breaking up any large clumps of tomatoes. Adjust the burner heat so the mixture simmers gently. Stir in the rice, cover the kettle, and boil the rice for 40 minutes. Add the shrimp, tossing the mixture lightly to distribute them evenly. Cover the kettle and simmer for 15 to small bowl stir together the 20 minutes longer, until the

Jamaican Jerk Chicken

1 whole fryer chicken, cut into 8 pieces Salt

Spices:

1/2 of one whole nutmeg 1 (3-inch) cinnamon stick 1 tablespoon coriander

1 teaspoon cloves, whole 6 allspice seeds

1 teaspoon black peppercorns

Marinade: 1 bunch green onions,

chopped 1 large onion, coarsely chopped

2 to 3 Jalapenos, seeded and membrane removed 10 sprigs thyme, leaves

10 garlic cloves 1/2 cup fresh lime juice or white vinegar

1 cup light soy sauce 1/2 cup sugar

Toast the spices in a dry skillet over medium-low heat, stirring constantly until fragrant, about 1 to 2 minutes. Grind the spices using an electric spice/coffee grinder or mortar and pestle. Set aside. In a blender or food processor puree the green onions, onion, peppers, thyme and garlic to a smooth paste. Place mixture in a bowl and add the toasted/ground spices, lime juice or vinegar, soy sauce and sugar; mix well. With a sharp knife, score the chicken pieces in several places and season with salt. Spoon desired amount of jerk mari-



into scores. Marinate, cov- occasionally, 6-24 hours. ered, in the refrigerator for a Refrigerate remaining mariminimum of 2 hours or nade. Remove steak from overnight. Preheat the oven marinade, discarding marito 350 degrees. Bake chick- nade. Grill, turning occasionen for 35 minutes in the ally and brushing frequently oven. Remove from the with refrigerated marinade, oven and finish the chicken 16-18 minutes or until steak on a hot grill or under the is medium rare to medium broiler. (It is advised rubber doneness. gloves be worn during jalapeno preparation and to thoroughly wash hands, cutting board and utensils thoroughly after preparation. Above please remember NOT to rub your eyes or any other sensitive areas when working with these peppers.)

Caribbean Jerk Steak

3/4 cup zesty Italian salad dressing

Worcestershire sauce

1 tablespoon sugar 1 large jalapeno pepper,

and

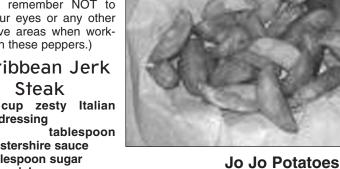
seeded

chopped 1 teaspoon ground allspice

1 teaspoon ground gin-

1 beef top round steak, 1 crumbs inch thick and about one and 1/2 pounds

For marinade, combine all ingredients except steak. In a large, shallow non-aluminum baking dish, pour 1/2 cup marinade over steak; turn to coat. Cover and marnade over chicken and rub inate in refrigerator, turning



JoJo Potatoes baking potatoes; unpeeled,

1/2 cup butter, melted 1/2 cup fine dry bread

1/2 cup grated Parmesan cheese

1/2 teaspoon salt 1/2 teaspoon garlic pow-

1/4 teaspoon pepper Cut each potato into 4 lengthwise wedges; place in cold water. Dip wedges into melted butter, and then roll in mixture of crumbs, cheese and seasonings. Place in single layer in shallow baking dish. Pour any remaining butter over potatoes. Bake at 400 degrees 30 to 35 minutes. Turn after 15 minutes.

Chicken Julienne

1/2 cup butter, melted 1/2 cup all-purpose flour 1 pound skinless, bone- mix less chicken breasts, cut

into strips 2 tablespoons fresh lemon juice

Salt and pepper to taste

1 cup heavy cream 1/2 cup grated Parmesan

Dash paprika, for garnish

Preheat oven to 400 degrees. Lightly grease a lows. Combine strawberries baking dish. Place the butter and Jell-O. Spoon onto top and flour in separate shallow of cake batter. Bake 45 mindishes. Dredge the chicken utes at 350 degrees. strips first in the flour, coat- (Marshmallows and strawing evenly, and then in the berries trade.)

enough ice to cold water to measure 1 1/2 cups. Add to gelatin; stir until ice is completely melted. Remove 1 1/2 cups of the gelatin; set aside on counter. Refrigerate remaining gelatin 30 minutes or until slightly thickened. Add 3/4 cup of the whipped topping to chilled thickened gelatin; stir with wire whisk until well blended. Pour into 8-inch square dish. Refrigerate 15 minutes or until gelatin mixture is set but not firm. Carefully pour reserved gelatin over creamy layer in dish. Refrigerate three hours or until firm. Cut into squares to serve. Top each serving with a dollop of the remaining whipped topping.

Jell-O Surprise Cake

1 1/2 cups miniature marshmallows 1 package white cake

2 cups sliced strawber-

ries

1 1/2 cups sugar

1 (3 oz.) package straw-

berry Jell-O Grease bottom of 13 by 9

inch pan. Sprinkle marshmallows in pan. Mix cake mix according to directions and pour over marshmal-

Fareway Fare Say (Cottage) cheese!

STAFF WRITER

Too bad Little Miss Muffet isn't here to enjoy this week's special at your Estherville Fareway Grocery Store. What she called curds and whey is none other

than good tasting cottage cheese. A healthy standby for generations, the Fareway brand of Fastco Cottage Cheese is featured this week for 99 cents per 24 ounce-carton.

Cottage cheese is something that can be eaten as is and taste great. Others find that topping this dairy product with pineapple chunks or fresh fruit adds taste and color. Many recipes incorporate the use of cottage cheese like lasagna and that famous gelatin salad recipe.

Today Cottage Pie is featured. It incorporates a meat filling with a tasting topping in a pie crust.

Fareway Store Manager Mark Almquist adds, "No matter how you enjoy eating cottage cheese, remember to purchase some containers of Fastco Cottage Cheese this week."

Cottage Pie

1 9-inch unbaked pie crust

1 onion, chopped 1 pound hamburger

One-fourth teaspoon pepper 2 tablespoons flour

3 tablespoons ketchup

2 eggs, beaten 1 cup cottage cheese Brown onion and hamburger in a heavy skillet. Drain any excess fat. Add pepper,



Eric Hansen displays containers of Fareway's Fastco Cottage Cheese sold this week for 99 cents per car-

EDN photo by Mary Ann Menendez

into the pie crust lined pan. Beat eggs and add cottage cheese. Pour this mixture over meat in the pie pan. Bake at 350 ketchup and flour to skillet and cook and degrees for 30-40 minutes, or until filling is stir for 3 minutes. Turn this meat mixture set, crust is golden, and topping is puffed.

Stop static electricity

occasional static electricity few individuals ma is mostly prevalent dur- year long.



Jicama

MOMENT WITH MARY ANN

Are you plagued by the ing the winter months, a • Wear a thimble on your

reduce those chances. ■ Take off shoes and

walk bare foot. level in your house and work surfaces.

■ Wear clothes made of wrist band. natural fibers as synthetics are more prone to static static spray to see if it elim-

must finger or carry a coin. problem? While the dilem- endure shocks and jolts all Touch the grounded metal objects with either one as Here are some tips to much as possible to get rid of static discharge.

> ■ Talk to your boss or supervisor about using anti-■ Increase the humidity static mats on the floor and

> > ■ Wear an anti-static

Experiment with antiinates the static electricity.

Recipe for pasta with bacon pesto

J.M. HIRSCH AP FOOD EDITOR

This pesto is delicious tossed with pasta, but it's also great smeared onto slices of sourdough bread, topped with tomato and a slab of fresh mozzarella, then briefly

Start to finish: 20 minutes Servings: 4

6 slices thick-cut bacon (preferably

12 ounces farfalle pasta 2 1/2 cups (about 4 ounces) fresh basil

1/4 cup pine nuts 3 cloves garlic 1/4 cup extra-virgin olive oil

Salt and ground black pepper, to taste 1 tomato, seeded and diced In a large skillet over medium-high, cook the bacon until crisp, about 8 minutes. Use a slotted spoon to transfer the bacon to cool slightly.

Meanwhile, bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the pasta cooking water, then drain the pasta, return it to the pot and set

In a food processor, combine the bacon, basil, pine nuts and garlic. Pulse until well chopped. Then, with the processor running, drizzle in the olive oil until the ingredients form a thick paste. Stop the processor and scrape the sides with a rubber spatula as needed. Season with salt and pepper, then pulse again to blend.

Add the pesto to the pasta and toss well. Add just a bit of the pasta cooking water and toss again. Serve topped with diced

Nutrition information per serving: 576 calories; 235 calories from fat; 26 g fat (4 g saturated; 0 g trans fats); 13 mg cholesterol; 68 g carbohydrate; 18 g protein; 4 g fiber; paper towels and drain well. Let the bacon 440 mg sodium.