Skillet meals for spring

WHETHER you're planning a menu for family or for drop-in guests, here are some recipes for skillet meals that might help you answer the question "What's for dinner?"

BEEF-ZUCCHINI Skillet is an attractive reply to "What's for dinner?"

Tuna Tetrazzini

- 3 tablespoons butter or margarine
- 2 cups sliced fresh mushrooms
- 2 tablespoons minced onion
- 1 tablespoon flour
- 1 10½-ounce can chicken broth
- 1 10½-ounce can water
- 5 ounces uncooked spaghetti, broken in 3-inch lengths
- ½ cup light cream
- 3 tablespoons sherry
- ½ teaspoon seasoned salt
- ⅛ teaspoon pepper or hot pepper sauce
- Dash nutmeg
- 1 9½-ounce can chunk tuna, drained and flaked
- 2 tablespoons chopped pimiento (optional)
- ½ cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley

Melt butter in 10-inch skillet. Add mushrooms and onion and cook on high heat about 3 minutes, stirring. Stir in flour. Remove mushroom and onion mixture; set aside. To skillet add chicken broth and water; bring to boil. Add spaghetti, tossing with fork. Bring to boil; cover and simmer about 15 minutes. Stir in mushroom and onion mixture, light cream, sherry, salt, pepper and nutmeg, mixing well. Add tuna and pimiento; toss to mix. Sprinkle Parmesan cheese over top. Heat to boiling. Scatter parsley over all. Makes 6 servings, approximately 389 calories, 23 grams protein, 16 grams fat and 22 grams carbohydrate per serving.

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- 1 cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons butter or margarine
- 1 pound ground lean lamb
- 1 tablespoon curry powder
- 1½ teaspoons salt
- Dash red hot pepper sauce or black pepper
- 1 cup chopped celery
- 1 cup chopped cooking apple
- ¼ cup chicken broth
- 1 10-ounce package frozen peas
- 2 medium tomatoes, diced
- ½ cup flake coconut, more if desired

Saute onion and garlic in butter until limp. Add lamb and brown, stirring frequently. Add curry powder, salt and pepper sauce, mixing well. Simmer 5 minutes. Add celery, apple and chicken broth. Simmer 10 minutes. Stir in peas and tomatoes. Cover and simmer 10 minutes, or until peas are crisp tender. Sprinkle coconut over top and serve. Makes 6 servings, approximately 279 calories, 19 grams protein, 12 grams fat and 15 grams carbohydrate per serving.

Chicken with Artichokes

- 2 cups sliced mushrooms
- 2 tablespoons butter or margarine, divided
- 2 tablespoons flour
- 1 teaspoon seasoned salt
- 2 whole chicken breasts, skinned, boned and halved (4 pieces)
- 2 tablespoons salad oil
- ¾ cup chicken broth
- ¼ cup sherry
- ⅛ teaspoon red hot pepper sauce or freshly ground pepper
- 1 9-oz. pkg. frozen artichoke hearts

Saute mushrooms in 1 tablespoon butter in 9-inch skillet; remove mushrooms and set aside. Combine flour and salt; roll chicken in flour mixture. Add remaining butter and oil to skillet. Add chicken and brown. Add broth, sherry and pepper sauce. Cover and simmer about 25 minutes, or until chicken is just tender. Add mushrooms and artichokes. Spoon sauce over vegetables. Continue cooking, covered, for about 10 to 15 minutes, or until artichokes are tender. Makes 4 servings, approx. 301 calories, 27 grams protein, 14 grams fat, 9 grams carbohydrate each.

Beef-Zucchini Skillet

- 2 tablespoons butter or margarine
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 pound lean ground beef
- 2 tablespoons chopped parsley
- 1½ teaspoons salt
- ½ teaspoon garlic salt
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon red hot pepper sauce or black pepper
- 1 cup raw long grain rice
- 1½ cups tomato juice
- 1½ cups water
- 3 medium zucchini, sliced about ½-inch thick
- 2 medium tomatoes, sliced
- 2 cups grated Cheddar cheese

Melt butter in large skillet; add onion and green pepper and saute until limp. Add ground beef and fry until browned, stirring. Add parsley, salt, garlic salt, cinnamon, allspice, and pepper; stir. Add rice, tomato juice and water, mixing well. Cover and simmer for 15 minutes. Arrange zucchini slices over top. Cover and simmer 10 minutes longer. Add tomato slices; sprinkle cheese over tomatoes. Cover skillet; let stand with heat off for 5 minutes until tomatoes are heated and cheese melted. Makes 6 servings, approximately 471 calories, 27 grams protein, 21 grams fat and 36 grams carbohydrate per serving. (8 servings, approx. 328 calories, 20 grams protein, 15 grams fat, 27 grams carbohydrate each.