

*Seasoned
with
Grace*

*Crown Valley
Community Church*





SEASONED WITH GRACE

A Collection of Recipes by
Crown Valley Community Church
Acton, California

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SPECIAL THANKS

Thank you to all the church families and friends for sharing these special family recipes. Some represent a family history of generations while others give us a sense of special holiday traditions. Still more will remind us of events shared together as a meal was prepared for "fellowship with one another."

Thank you to all those who purchased our cookbook in support of our Women's Ministries. We hope that you will use these great recipes often for your family's enjoyment and for the special times ahead when we will "break bread together" in the bond of fellowship in Jesus Christ our Lord.





WOMEN'S MINISTRIES

The goal of Women's Ministries is to lead women in a deeper walk with God and to help them recognize their purpose in life which is to glorify our Lord Jesus Christ as they serve in their homes, at work or in the body of Christ.

We have enjoyed putting together special events for the families and women of the church on many occasions. Some memorable events have been the Mother and Daughter Tea, Sunday Potluck Dinners, Valentine Social, July 4th picnics, outings to the Monrovia Street Fair, Special Speakers, Women's Retreats and weekly Bible studies. As we have grown we have seen the need for a new ministry and now have the help of the Social Committee who will organize church-wide events. The Women's Ministry will continue to put together events and studies for the women of the church.

Some behind the scenes ministries are the Food Ministry, where meals are organized to be brought to families, and the Prayer Chain for emergency prayer requests.

The proceeds from this cookbook will help support our yearly Women's Retreat as well as our outreach ministries such as food baskets for families in need, thank you gifts and scholarships for special events.





A LITTLE CHURCH HISTORY..

Crown Valley Community Church began in 1988 with a meeting of our pastor, Terry Speer, and several families who were committed to the Lordship Jesus Christ and the supremacy of God's Word, the Bible. After a season of prayer, weekly Bible studies were begun. In November of 1988, we held our first Sunday School and Worship Service, with about seventy-five in attendance. At this time, our AWANA Club was also formed to reach out to the children and their families in the community and was blessed with a growing number ever since.

In the nine years that CVCC has been in existence we have grown to a Sunday morning attendance of between 180 and 200. Our Sunday Services are held in the gymnasium of High Desert School while our AWANA Club meets in the Acton Elementary School. Ground was broken for our new church building in 1995 and we anticipate the Lord's provision for its completion.

The Lord has blessed CVCC with men, women and children who have a heart to serve Him in evangelistic outreaches, particularly to the homeless and needy. Some reach out with food, clothing, Bibles and the Gospel message to those who live on the streets of L.A. Others minister regularly at the Union Rescue Mission and to the women battling substance addiction at the L.A. Mission. Another group visits the Hispanic community bringing food, clothing, and the Word of God to those in need while others provide Bible studies and a craft outreach to the men and women of the Acton Rehabilitation Center.

The mission of CVCC can be summed up in the words of the apostle Paul found in Timothy 1:5, "But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith."





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LITTLE CHURCH HISTORY

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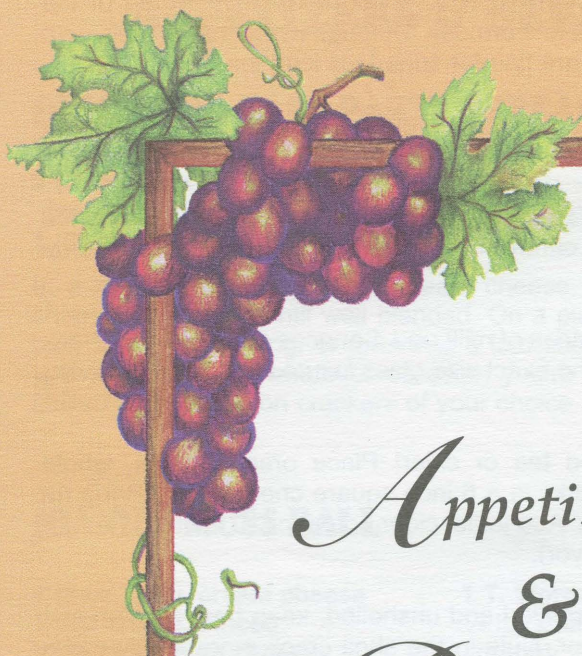
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*Appetizers
&
Beverages*



Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go farther, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass insures the correct serving amount.
- Make your own spiced tea or cider! Place orange peels, whole cloves, and cinnamon sticks in a 6 inch square cheesecloth. Bring up corners and tie with string. Add to hot cider or tea for 10 minutes (longer if you want a stronger flavor).
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to beverage recipes.
- When possible, float an ice ring in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for every cup of water.
- Cheeses should be served at room temperature (approximately 70°).
- When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.



APPETIZERS & BEVERAGES

QUICK AND EASY PARTY SPREAD

Ronda Smyth

2 (8-oz.) pkgs. cream cheese
(softened)
1 (3-oz.) bottle real bacon bits

1/4 c. grated Parmesan cheese
1/4 c. chopped green onions

In a medium sized bowl mix cream cheese, bacon bits, Parmesan cheese, and onion until well blended. On a plate, form mixture into a ball, shape into a ring, or form into a loaf shape, or whatever shape you would like for whatever occasion you're entertaining for. Serve chilled and spread on crackers of your choice.

JOANN'S MOSS BALL

Patty Smith

1 (8-oz.) pkg. cream cheese
1 sm. onion, minced
1/4 to 1/2 lb. blue cheese,
crumbled

1 T. Worcestershire sauce
1/4 lb. sharp cheddar cheese,
grated
1/2 c. pecans, finely chopped

Place cheeses in mixer bowl and let stand at room temperature until softened. Beat on medium speed until well blended. Add onion and Worcestershire sauce and beat well. Stir in pecans. Chill 3 to 4 hours. Roll cheese mixture into one large ball, chill and roll in parsley. Put on serving plate and chill at least 2 hours or until firm. Serve with a variety of crackers.

PINEAPPLE CHEESE SPREAD

Barbara Mang

2 (8-oz.) pkgs. cream cheese,
softened
1 (8 1/2-oz.) can crushed
pineapple, drained
1/3 c. chopped pecans

1/4 c. chopped green pepper
2 T. chopped green onion
1 tsp. seasoned salt (I use
Spike)

In bowl, place cream cheese and gradually stir in crushed pineapple, pecans, green pepper, onions and salt. Cover. Chill several hours. Serve on Pepperidge Farm Butter Thins (shaped like butterflies).



SEVEN LAYER MEXICAN DIP

Alis Eastman

- | | |
|--|---------------------------------|
| 1-lb. can lowfat refried beans | 1/4 lb. Jack cheese, shredded |
| 2 avocados | 1 c. chunky-style salsa |
| 1-2 T. lemon juice | 3-4 green onions, chopped |
| 1 pkg. taco seasoning | 1 sm. can black olives, chopped |
| 1 (8-oz.) ctn. sour cream | |
| 1/4 lb. sharp cheddar cheese, shredded | |

Spread beans in bottom of 8-inch square glass baking dish. Mash avocados and mix with lemon juice. Spread on top of beans. Mix taco seasoning into sour cream and spread on top of avocado mixture. Sprinkle grated cheese over sour cream. Spread salsa over cheese. Sprinkle green onions over salsa. Sprinkle olives over all. Bake at 350° until hot and bubbly (40-45 minutes). Enjoy with chips.

HOT SALSA!

Sal Olivas

- | | |
|-------------------|--------------------|
| 1 jalapeño pepper | 5 Roma tomatoes |
| 1 clove garlic | 1/2 bunch cilantro |
| 1 green onion | |

Chop jalapeño pepper very fine. Crush garlic and then chop, fine. Chop green onions, fine. Cut tomatoes medium to fine. Cut leaves of cilantro medium to fine, no stems. Put ingredients in glass bowl and mix well. Add garlic salt and salt to taste. To increase heat, add serrano chilies, to decrease heat, add tomatoes. Refrigerate immediately. Keep cold. Makes about 2 1/2 cups.

VAMPIRE DIP

Michele Mawhorter

- | | |
|-----------------------------|---------------------------------|
| 2 c. grated Parmesan cheese | 1 c. grated mozzarella |
| 1 c. mayonnaise | 1 (14-oz.) can artichoke hearts |
| 1 pod garlic, minced | French bread or vegetables |

Mash together Parmesan cheese, mayonnaise, garlic, mozzarella and artichoke hearts in a casserole dish. Cover and bake at 350° for 45 minutes. Uncover and bake 10 minutes more. Serve hot with French bread or cold vegetables.





HUMMUS

(Greek Garbanzo Bean Dip)

Raphaela Goodwin

- | | |
|--------------------------------------|------------------------------|
| 1 (6-oz.) can garbanzos
(drained) | 1 tsp. ground cumin |
| 2-3 cloves garlic | 1/4 c. lemon juice |
| 1/2 c. packed fresh parsley | 1-2 tsp. Oriental sesame oil |
| | Salt and pepper to taste |

Toss garbanzos, garlic, parsley, cumin, lemon, oil, salt and pepper in food processor. Whirl till smooth. Great with pita triangles, water crackers, crusty bread or carrots.

BACON-FLAVORED DIP MIX

Laura Sapko

- | | |
|------------------------------|---------------------------|
| 2 T. instant bacon bits | 1 T. instant minced onion |
| 1 tsp. instant beef bouillon | 1/8 tsp. minced garlic |

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight or Ziploc bag. Store in a cool, dry place and use within 6 months. Makes 1 package (about 3 tablespoons) of mix. **Bacon Flavored Dip:** Combine 1 cup of sour cream and package of mix. Chill at least 1 hour before serving. Makes about 1 cup of dip. **Variations:** Substitute 1 cup yogurt, 1 cup cottage cheese or 1 (8-ounce) package of softened cream cheese for sour cream.

LORY'S DIP

Jeanne Wadsworth

- | | |
|-----------------------------|---------------------------|
| 1 avocado | 1 tomato, chopped |
| 1 (8-oz.) pkg. cream cheese | 1/4 c. scallions, chopped |
| 1 T. lemon juice | 1/2 c. cheese, grated |
| 1-2 T. chopped jalapeño | 1 sm. can sliced olives |
| Salt and pepper to taste | 1 bag tortilla chips |
| 1 c. shredded lettuce | |

Mash avocado and mix with cream cheese. Add the lemon juice and jalapeño. Salt and pepper to taste. Place the shredded lettuce on a dinner plate. Spread avocado mixture on top. Layer with chopped tomatoes, scallions, cheese and olives. Serve with tortilla chips. This recipe was given to me by my friend, Lory. Hence the name Lory's Dip. I have since passed this recipe on to another friend (also Lori) but she calls it "Jeanne's Dip." Whatever the name, it's delicious.





CHICKEN IN THE CHIPS DIP

Teresa Webberley

- | | |
|--------------------------------------|--|
| 2 c. cooked, diced chicken or turkey | 2 c. (8 oz.) grated Monterey Jack cheese |
| 1 can cream of chicken soup | 2 c. sm. Fritos corn chips |
| 1/2 c. sour cream | 1 lg. bag Fritos scoops |
| 1/4 c. Tapatio picante sauce | |

Combine chicken, soup, sour cream, and Tapatio; mix well. Spoon 1/2 mixture into lightly greased 1 1/2-quart casserole dish. Top with 1 cup cheese, then 1 cup small chips. Repeat layers. Bake uncovered in preheated oven at 350° for 20-25 minutes or until heated through. Dip with Fritos Scoops and enjoy! Always a big hit with water by your side!

HERB DIP

Laura Sapko

- | | |
|-----------------------------|---------------------------------------|
| 1/4 c. dried parsley flakes | 3 tsp. garlic powder |
| 1/4 c. dried thyme leaves | 1/2 tsp. salt |
| 2 T. dried tarragon leaves | 1/2 tsp. coarsely ground black pepper |
| 2 T. dried onion flakes | |

Combine all and mix well. Store in a jar with a tight-fitting lid. Stir or shake before using. Use as a seasoning in recipes.

- | | |
|-------------------|--------------------|
| 3/4 c. sour cream | 1 tsp. lemon juice |
| 1/4 c. mayonnaise | |

Dip: Use 1 tablespoon of the mix with above ingredients. Blend well. Cover and refrigerate at least 4 hours. Serve with assorted fresh vegetables. Yield: 1 cup dip.





COWBOY CAVIAR

(Dip Or Salad)

Barbara Mang

2 T. wine vinegar

1-2 tsp. Tabasco

1½ tsp. oil

1 clove garlic, minced

1 ripe avocado, cubed

1 can black-eyed peas, drained

1 can corn, drained

⅔ c. green onions, sliced

⅔ c. chopped cilantro

1 c. tomatoes, cubed or 1 c.
salsa

In a large bowl, mix vinegar, Tabasco, oil and garlic. Toss avocado into mix. Add black-eyed peas, corn, onions, cilantro and tomatoes. Toss. Serve with chips or as a salad.

SESAME-CHEESE DIP MIX

Laura Sapko

1 T. grated Parmesan cheese

½ tsp. salt

1 dash pepper

2 tsp. toasted sesame seeds

½ tsp. celery seed

⅛ tsp. garlic powder

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight Ziploc bag. Store in a cool, dry place and use within 4 months. Makes 1 package (about 2 tablespoons) of mix. This recipe can be increased to make more packages. **Sesame-Cheese Dip:** Combine 1 cup of sour cream and 1 package of mix. Chill at least 1 hour before serving. Makes about 1 cup of dip. **Variation:** Substitute 1 cup yogurt for sour cream.

Some women like to travel, while others like a book, but the woman who will get her man is the girl who likes to cook!





OUTRAGEOUS DIP IN BREAD

Barbara Mang

- 1/4 lb. butter (opt.)
- 1 bunch green onions, chopped
- 12 cloves garlic, chopped
- 1 (8-oz.) pkg. cream cheese
- 12 oz. cheddar cheese, grated
- 1 (10-oz.) can artichoke hearts (NOT) marinated
- 1 lg. round sourdough loaf
- Extra bread for dipping

Cut a hole in the center of the bread and save top for replacing on loaf before baking. Cut out inside of bread to form a "bread bowl." Sauté onions and half the garlic in butter. Chunk the cream cheese and mix with remaining garlic, sour cream, cheddar cheese, artichoke hearts and onions. Place into bread bowl. Cover with doubled aluminum foil and bake at 300° for 1½-2 hours. Serve with bread cubes that were taken from the bread's center.

VEGETABLE DIP MIX

Laura Sapko

- 1 T. dried chives
- 1 tsp. garlic salt
- 1/2 tsp. dill weed
- 1/2 tsp. paprika

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil, and fold to make airtight Ziploc bag. Label as Vegetable Dip Mix. Store in a cool, dry place and use within 6 months. Makes 1 package (about 2 tablespoons) of mix.

- 1 T. lemon juice
- 1 c. mayonnaise
- 1 c. sour cream

Dip: Combine all ingredients with 1 package of mix. Chill at least 1 hour before serving. Makes about 2 cups of dip.





CHILI CHEESE APPETIZERS

Barbara Mang

- | | |
|-----------------------------|--|
| 10 eggs | Dash of salt |
| 1/2 c. soft butter | 1 (8-oz.) can diced green chilies |
| 1/2 c. flour | 1 pt. sm. curd cottage cheese |
| 1 tsp. baking powder | 1 lb. Jack cheese, grated |

Beat eggs. Add butter, flour, baking powder, salt, chilies, cottage cheese and Jack cheese. Blend with mixer. Bake at 400° for 15 minutes. It tastes even more delicious if you slightly undercook it the day ahead and warm it up. If you soften the butter in the baking pan, it is already greased. Can be cut into small squares and used as appetizers or cut into large pieces and used as a brunch or luncheon main course.

QUESADILLAS

Dawn Olivas

- | | |
|--------------------------------|------------------------------------|
| Flour or corn tortillas | Cooked chicken, beef, pork, |
| Jack or cheddar cheese | chorizo (opt.) |
| Butter or oil | Onions (opt.) |
| Green chilies (opt.) | Fresh tomatoes (opt.) |

Fry your tortillas; place cheese and selected ingredients on half; fold over; fry on both sides until cheese melts or bake on greased cookie sheet at 400° until golden brown. Cut into wedges to serve as appetizers with garnish: Guacamole, sour cream, chives, black olives, salsa.

ARTICHOKE APPETIZER SQUARES

Barbara Mang

- | | |
|---|--------------------------------------|
| 2 (6-oz.) jars artichoke hearts, | 1/4 tsp. salt |
| marinated | 1/8 tsp. pepper |
| 1 sm. onion, chopped | 1/8 tsp. oregano |
| 1 clove garlic, minced | 1/8 tsp. Tabasco |
| 4 eggs, beaten | 1/2 lb. sharp cheddar, grated |
| 1/4 c. bread crumbs | 2 T. parsley, minced |

Sauté artichoke hearts, onion and garlic in frying pan until limp. Add eggs, bread crumbs, salt, pepper, oregano, Tabasco, cheese and parsley. Turn into a 7 x 11-inch sprayed pan at 350° for 30 minutes.





ARMADILLO EGGS

Tracy Moore

2 lbs. Jimmy Dean sausage
1½ lbs. grated cheddar (mild)
½ lb. grated cheddar (sharp)

12 oz. pickled whole jalapeños
(seeded and stemless)

Mix sausage and mild cheddar. Stuff peppers with sharp cheddar. Pat meat and cheese mixture around peppers. Shape like an egg. Bake at 350° for 30 minutes until meat is cooked. Serve hot or cold. Freezes well.

ARTICHOKE SQUARES

Kim McCarter

2 (6-oz.) jars marinated
artichoke hearts
1 sm. onion, finely chopped
¼ c. fine, dry bread crumbs
⅛ tsp. pepper
⅛ tsp. oregano

⅛ tsp. Tabasco sauce
2 c. grated cheddar cheese
2 T. chopped parsley
¼ tsp. slat
4 eggs

Drain artichokes, saving marinade from one jar. In marinade, sauté onion. Cut up artichokes. Beat eggs and add crumbs and seasoning. Stir in cheese and Tabasco. Turn into greased 7 x 11-inch pan. Bake at 325° for 30 minutes. Let cool a little before cutting into squares. Serve hot or cold. Makes 40 squares.

When life gives you lemons, make lemonade.





APPETIZER QUICHETTES

Donna Deichen

Basic Tart Recipe, below
 2/3 c. finely shredded Swiss
 cheese (2²/₃ oz.)
 1 T. butter or margarine
 1 sm. onion, finely chopped
 4 to 6 bacon slices, crisp-
 cooked, crumbled

2 eggs, slightly beaten
 1 c. milk
 1/4 tsp. salt
 Dash of pepper
 1/8 tsp. ground nutmeg or 1/4 tsp.
 dry mustard

Basic Tart Pastry:

1/2 c. butter or margarine, room
 temperature
 1 (3-oz.) pkg. cream cheese,
 room temperature

1 c. all-purpose flour

Prepare Basic Tart Pastry; press each ball of pastry over bottom and up side of a 1 1/2 to 2-inch mini-muffin cups. Preheat oven to 450°. Divide cheese evenly among pastry-lined pans, putting about 3/4 teaspoon in bottom of each. In a small skillet, melt butter or margarine. Add onion; sauté 2 to 3 minutes or until tender but not browned. Divide onion evenly among tarts, then top evenly with bacon. In a 2-cup measuring cup, beat eggs, milk, salt, pepper and nutmeg or mustard. Pour egg mixture evenly into tarts. Bake 10 minutes. Reduce oven temperature to 350° and continue to bake 10 more minutes. Let stand 5 minutes before serving. If preparing ahead; cool. Package airtight; freeze up to 3 months. To reheat, bake frozen quichettes in a 450° oven, 10 minutes or until heated through. Makes 40 quichettes.

HOT RYES

Kim McCarter

1 c. finely grated Swiss cheese
 1/4 c. cooked and crumbled
 bacon
 1 (4 1/2-oz.) can chopped ripe
 olives

1/4 c. minced green onions or
 chives
 1 tsp. Worcestershire sauce
 1/4 c. mayonnaise
 Party rye bread

Mix together cheese, bacon, olives, chives, Worcestershire sauce and mayonnaise. Spread on party rye or pumpernickel and bake at 375° for 10 to 15 minutes or until browned. **Note:** These may be frozen after baking and reheated. Thirty six hors d'oeuvres.





CHEDDAR SPINACH SQUARES

Cindy Rakisits

- 1 (8-oz.) can crescent dinner rolls
- 4 oz. (1 c.) shredded cheddar cheese
- 1/4 c. grated Parmesan cheese
- 1/4 c. flour
- 1 1/2 c. half-and-half

- 1 (10-oz.) pkg. frozen chopped spinach, cooked, squeezed
- 3 eggs, beaten
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. nutmeg

Unroll dough into 2 long rectangles. Place in ungreased 9 x 13-inch pan. Press over bottom and up 1/2-inch on sides to form crust. Seal perforations. In medium bowl combine cheese and flour. Add half-and-half, spinach, eggs, salt, pepper and nutmeg. Mix well. Pour into crust. Bake at 350° for 45 to 50 minutes or until center is set. Cut into squares and serve warm. Makes approximately 36 squares.

CREAM CHEESE VEGETABLE WHEEL

Donna Deichen

- 1 c. flour
- 1/2 tsp. salt
- 1/3 c. plus 1 T. shortening
- 2-3 T. cold water
- 1 (3-oz.) pkg. cream cheese
- 1/4 c. sliced green onions
- 1/4 c. mayonnaise

- 1 tsp. horseradish
- 1/8 tsp. red pepper sauce
- 1 1/2 stalks celery
- Assorted fresh vegetables (sliced mushrooms, cucumbers, cherry tomatoes, broccoli)

Prepare pastry dough: Mix flour and salt; cut in shortening until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1-2 teaspoons water can be added if necessary). Mix cream cheese, onions, mayonnaise, horseradish, and pepper sauce; spread over crust. Top with vegetables. Cover and refrigerate at least 1 hour. Garnish with shredded cheddar cheese if desired. Cut into wedges. Refrigerate any remaining wedges. Makes 6 servings.





MUFFIN CANAPES

Susan Clutterham

6 green onions (minced)
1 tsp. capers (minced)
1½ c. grated cheese (sharp
cheddar)

1½ c. mayonnaise
6 English muffins

Split muffins into 12 halves. Mix green onions, capers, grated cheese and mayonnaise together. Spread mixture on each half. Place muffins on cookie sheet and broil until brown and bubbly. These are always a big hit at pot lucks and holiday parties!

COOL VEGGIE PIZZA

Jeanne Wadsworth

1 pkg. refrigerated pizza dough
2 cloves garlic, crushed
8 oz. cream cheese, softened
1½ tsp. mayonnaise
1 T. dill weed
Salt and pepper to taste

Assorted vegetables such as
red, green or yellow bell
peppers, cucumbers, tomatoes,
mushrooms, carrots, red onion,
etc., sliced

Roll out pizza dough and sprinkle with garlic. Bake as directed. Combine the cream cheese, mayonnaise and dill weed. Salt and pepper to taste and mix well. Spread onto baked and cooled pizza crust. Top with sliced vegetables and cut into squares. Makes 12-16 squares.

STRAWBERRY SLUSH

Michelle Oman

2 boxes frozen, sliced
strawberries
2 boxes water (using strawberry
box)

2 cans 7-Up
1 sm. can limeade (frozen)

Put strawberries, water, 7-UP and limeade in one bag container, stir, and freeze.





FRUIT DRINK

Dawn Olivas

1 c. fresh strawberries
1 c. cold milk

Shaved ice

Blend all ingredients and serve in a frosty glass. For a change, use your favorite fruit.

HOT CHRISTMAS MORNING BREAKFAST WASSAIL

Patty Smith

1 (64-oz.) bottle cranberry juice
1 (12-oz.) can frozen lemonade
1 (32-oz.) bottle apple
concentrate, undiluted

1 (12-oz.) can frozen pineapple
juice concentrate, undiluted
1 qt. water (opt.)
3-4 cinnamon sticks

In a large saucepan or Dutch oven, combine juices, lemonade and cinnamon sticks. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add water if desired. Serve hot or cold. Yield: about 4 quarts.

Note: We make this every Christmas morning.

Salty Christians are the ones who add true spice to life.





INSTANT HOT CHOCOLATE MIX

Laura Sapko

3 c. instant nonfat dry milk
1 (12-oz.) bag (2 c.) chocolate
baking chips

1½ c. miniature marshmallows
(opt.)
Boiling water

Put half of the dry milk in a blender or food processor, add half the chips and whirl until finely ground. If using a blender, stop motor once to scrape mixture away from blades; do not continue mixing after finely ground or the mixture may clump. Pour mixture into a bowl and repeat to grind remaining milk and chips. Stir in marshmallows. Spoon into a jar (or jars) and cover tightly. Can be stored airtight for up to 6 months. For each serving, place ⅓ cup (about 3 heaping tablespoons) of mix into a mug and add ¾ cup boiling water and stir until well combined. Makes 4 to 5 cups mix, enough for 12 to 15 servings. **Variations:** Baking chips: You can use normal semi-sweet chocolate chips, or you can try milk chocolate, mint, or white chocolate, or even butterscotch or peanut butter chips. **Milk:** Instead of using all dry nonfat milk, substitute 1½ cups of malted milk powder for an equal amount of dry milk. The combination of the malted milk variation with milk chocolate chips is WONDERFUL!!! **Add-Ins:** For mocha cocoa, try adding ½ cup instant coffee powder with the dry milk. You can also grind in a teaspoon or two of your favorite spices, like cinnamon or cardamon. Stirring in a tablespoon of grated orange peel with the marshmallows also works well. Cinnamon and orange peel with semi-sweet or milk chocolate chips, half semi-sweet and half peanut butter or butterscotch chips, and white chocolate chips with ground cardamon or mace. Do not use mint chips with either orange peel or malted milk.

CAPPUCCINO MOCHA GIFT MIX

Laura Sapko

6 T. plus 2 tsp. instant espresso
coffee powder
3 T. plus 1 tsp. unsweetened
cocoa

1¼ c. powdered non-dairy
creamer, plain or Irish cream
½ c. plus 2 T. granulated sugar
2 tsp. ground cinnamon

In a medium bowl, stir together espresso coffee powder, cocoa, non-dairy creamer, sugar and cinnamon. Store tightly covered. Makes 2½ cups of mix (enough to make 10 servings). **For The Gift Label:** "For each cup of cappuccino, measure 4 tablespoons mix into a coffee mug and stir in 6 ounces of boiling water."





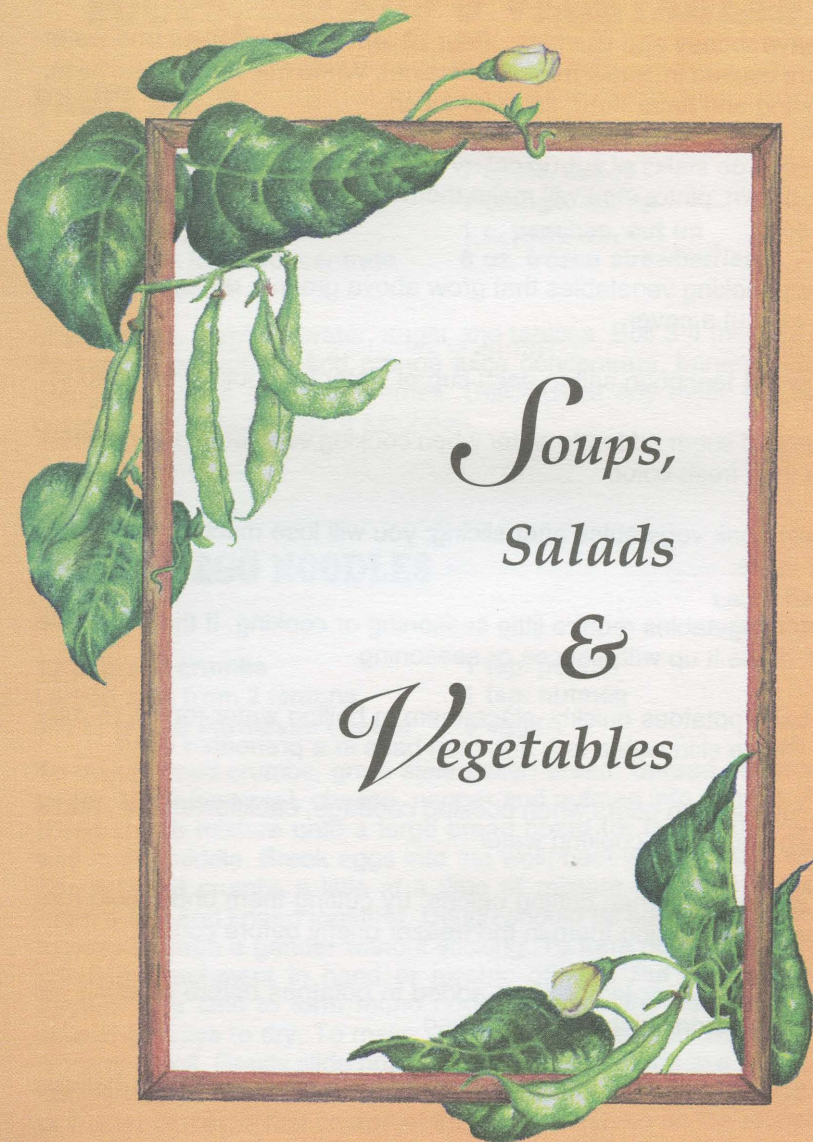
BAVARIAN MINT COFFEE CREAMER

Laura Sapko

- 3/4 c. non-dairy coffee creamer
- 1/2 c. Dutch process cocoa (Droste brand)
- 3/4 c. confectioners' sugar
- 1/2 tsp. peppermint extract

Combine all ingredients in a container with a tight-fitting lid. Shake well to blend. Store in airtight container or Baggie and give creamer with the recipe for Bavarian Mint Coffee as a gift. Yields: 15 servings. **To Make Bavarian Mint Coffee:** In a mug, combine 2 tablespoons of creamer with 6 ounces of coffee.

Recipe Favorites



*Soups,
Salads
&
Vegetables*

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full, add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables that grow above ground, remember to boil them without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking vegetable greens helps retain their fresh color.
- Never soak vegetables after slicing; you will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or placing them in the freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seed, toasted chopped nuts, crumbled cooked bacon, canned french-fried onions, or slightly crushed seasoned croutons.
- When you're grilling your main dish, try grilling your vegetables, too, for an easy no-mess side dish.



SOUPS, SALADS & VEGETABLES

FRUIT SOUP

Barbara Mang

- | | |
|---------------------------------|---------------------------|
| 1 c. water | 1 apple, cubed |
| 2 T. sugar | 1 orange, cut up |
| 2 T. quick tapioca | 1 c. peaches, cut up |
| 1/3 c. orange juice concentrate | 6 oz. frozen strawberries |
| 1 banana, cut up | |

In saucepan, combine water, sugar and tapioca. Boil 3-4 minutes and then cool completely. Add orange juice concentrate, banana, apple, orange, peaches and strawberries. Delicious at any meal, but really good as a first course for a luncheon.

ITALIAN EGG NOODLES

Laura Sapko
Ida Bissoni

- | | |
|---------------------------------|---------------|
| 12 c. bread crumbs | 1 tsp. pepper |
| Lemon zest from 2 lemons | 1 tsp. nutmeg |
| 1 3/4 c. grated Parmesan cheese | 8 eggs |

To make bread crumbs, grate stale Italian bread. Spread out crumbs to dry. Mix lemon zest, cheese, pepper and nutmeg into crumbs. Pour bread crumb mixture onto a large bread board (or table top). Form a well in the middle. Break eggs into the well; beat with a fork to whisk. Stir in bread crumbs a little at a time till mixture becomes a dough. Form a ball and knead together. Dough should be soft but stiff enough to pass through a grinder without sticking. To form noodles; use meat grinding attachment in hand or electric grinder. Put small amounts through at a time to form round noodles. Break the noodles off and spread on trays to dry. To make soup; bring homemade chicken soup stock to a boil. Gently slide noodles into the soup; bring to a boil again; noodles will be cooked in 2-3 minutes. **Note:** At Christmas, Thanksgiving or Easter dinner, a first course of this soup is served on the request of one of the many grandchildren or great grandchildren of Ida Bissonni, a very special grandmother.



LENTIL SOUP

Donna Deichen

3 slices bacon, cut into 2-inch pieces
1 med. onion, sliced
1 lg. carrot, sliced (about $\frac{3}{4}$ c.)
1 lg. stalk celery, sliced (about $\frac{3}{4}$ c.)
1 clove garlic, finely chopped
4 c. water
12 oz. dried lentils (about 2 c.)

1 chicken bouillon cube
2 T. snipped parsley
1 T. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp. dried thyme leaves
1 bay leaf
1 (28-oz.) can whole tomatoes
1 c. water

Fry bacon in 3-quart saucepan or Dutch oven until limp; drain on paper towels. Add onion, carrot, celery and garlic to bacon fat; cook and stir over medium heat until celery is tender, about 10 minutes. Stir in bacon, 4 cups water, then lentils, bouillon cube, parsley, salt, pepper, thyme, and bay leaf. Heat to boiling; reduce heat. Cover and simmer until soup thickens, about 1 hour. Stir in tomatoes (with liquid) and 1 cup water. Simmer uncovered 15 minutes. Makes 6 servings.

A kitchen is a friendly place, full of living daily grace, and rich in dignity is she, who shares its hospitality.





MINESTRONE WITH PESTO SAUCE

Donna Deichen

- 1 c. dried white navy beans (great northern)
- 2 (10³/₄-oz.) cans condensed chicken broth
- Salt
- 1 sm. head cabbage (1¹/₂ lbs.)
- 4 carrots (1/2 lb.)
- 2 med. potatoes (3/4 lb.)
- 1 (1-lb.) can Italian-style tomatoes
- 2 med. onions (1/2 lb.)
- 1/4 c. olive or salad oil
- 1 stalk celery
- 2 zucchini (1/2 lb.)
- 1 lg. fresh tomato
- 1 clove garlic
- 1/4 tsp. pepper
- 1/4 c. chopped parsley
- 1 c. broken up thin spaghetti

Pesto Sauce:

- 1/4 c. butter, softened
- 1/4 c. grated Parmesan cheese
- 1/2 c. finely chopped parsley
- 1 clove garlic, crushed
- 1 tsp. dried basil leaves
- 1/2 tsp. dried marjoram leaves
- 1/4 c. olive or salad oil
- 1/4 c. chopped pine nuts or walnuts

Day Before: In bowl, cover beans with cold water. Refrigerate, covered, overnight. Next day, drain. Turn chicken broth into a 1-quart measure; add water to make 1 quart. Pour into 8-quart kettle with 2 more quarts water, 2 teaspoons salt and the beans. Bring to boiling; reduce heat; simmer, covered, 1 hour. Meanwhile, wash cabbage, and quarter; remove core with sharp knife; slice each quarter thinly. Pare carrots; slice on diagonal, 1/4-inch thick. Pare potatoes; slice 1/2-inch thick, cut into 1/2-inch cubes. Add to soup with canned tomatoes. Cover; cook 1/2 hour longer. Meanwhile, peel onions; cut in half; slice thinly. In 1/4 cup hot oil in medium skillet sauté onion, stirring, about 5 minutes. Remove from heat. Slice celery, on diagonal, 1/8-inch thick. Wash zucchini; slice into rounds 1/4-inch thick. Peel tomato: Hold tomato on fork over heat just to split skin; peel with knife. Slice 1/2-inch thick; cut into 1/2-inch cubes. Press 1 clove garlic. Add vegetables to onion with 1/2 teaspoon salt and the pepper. Cook slowly, uncovered, stirring occasionally, 20 minutes. Add to bean mixture with 1/4 cup parsley and spaghetti. Cook slowly, covered and stirring occasionally, 30 minutes. **Make Pesto Sauce:** Cream ingredients in bowl with spoon or with mortar and pestle. Blend butter with Parmesan, parsley, crushed garlic, basil and marjoram. Gradually add oil, beating constantly. Add pine nuts; mix well. Serve soup hot, topped with a spoonful of pesto sauce. In hot weather, serve soup cold, without pesto. Serves 10.





NEW YEARS DAY SPLIT PEA SOUP

Jill Land

- | | |
|-----------------------|---------------------------|
| 2 c. green split peas | 1 tsp. minced garlic |
| 1 meaty ham bone | 1 bay leaf |
| 2 qt. water | 1/2 tsp. thyme |
| 1/2 c. chopped onion | 1 tsp. sweet basil |
| 1/2 c. chopped celery | 1/2 tsp. black pepper |
| 1/2 c. diced carrots | 1 tsp. garlic salt (opt.) |

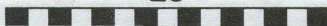
Rinse and drain peas. Put peas in a pot and add the 2 quarts of water. Bring to boiling, reduce heat, simmer 2 minutes. Remove from heat, let stand for 1 hour. Add ham bone, vegetables and seasonings, heat to boiling. Reduce heat and simmer, covered 2 1/2-3 hours. Remove bone and cut meat in bite-size pieces. Add meat to soup. Serves 8-10.

CHICKEN AND HOMEMADE NOODLE SOUP

Barbara Mang

- | | |
|------------------------------------|-------------------------|
| 1 whole chicken | 2 1/3 c. flour, divided |
| 2 lg. onions, quartered | 1 tsp. salt |
| 2 lg. carrots, cut in chunks | 2 T. Crisco |
| 2 lg. celery stalks, cut in chunks | 1/2 c. hot water |
| Salt and pepper to taste | |

Place chicken, onions, carrots, celery, salt and pepper in large pot with water to cover. Bring to a boil. Simmer 1 hour or until chicken is done and falls off the bone. Strain and save liquid. Clean meat off bones and skin. Keep meat separate from clear broth. In the meantime, mix 2 cups flour and 1 teaspoon salt. Cut 2 tablespoons Crisco into the flour mixture. Add 1/2 cup hot water until moist. Turn onto a well floured board and roll into 1/16-inch thick pieces. Cut these rolled out pieces into 1 x 3-inch strips. Bring broth to a boil. Drop "noodles" into broth. Reduce heat and cook approximately 20-30 minutes. Take noodles out. In the meantime, mix 1/3 cup flour with small amount of water until a paste forms. Add this to the broth only. Stir until smooth and slightly thickened. Add cut up chicken pieces and noodles. Discard vegetable or use for something else.





PASTA FIJIOLI SOUP

Susie Klotz

- | | |
|-------------------------|------------------------------|
| 1 c. ground beef | 16-oz. can diced tomatoes |
| 3 carrots, peeled | 8-oz. can tomato paste |
| 2 stalks celery | 2 heaping tsp. minced garlic |
| 8 oz. white beans | 1 tsp. black pepper |
| 8 oz. kidney beans | 1 tsp. oregano |
| 1/2 c. mini pasta, dry | 1 tsp. parsley flakes |
| 4-5 beef bouillon cubes | |

Brown ground beef, drain, season with pepper and 1/2 teaspoon of garlic and brown 5 minutes longer. Cut carrots in half, cut in half again lengthwise, and finely cut carrots into 1/8-inch strips. Chop celery. Place beef, carrots, celery, beans, bouillon, tomatoes, tomato paste, garlic, pepper, oregano and parsley into a crockpot, adding 1-2 cups water. Cook on low heat for 7 hours. Add dry pasta 1 hour before serving soup. Add additional water as necessary.

SEASONAL SOUP

Dawn Olivias

- | | |
|--------------------------------------|---|
| 1/4 c. black-eyed peas, self control | 1/4 c. great northern beans, peace |
| 1/4 c. butter beans or limas, hope | 1/4 c. lentils, gentleness |
| 1/4 c. pinto beans, kindness | 1 lg. onion, chopped |
| 1/4 c. navy beans, goodness | 1 lg. can tomatoes |
| 1/4 c. pearl barley, love | 1 pod red pepper or 1 tsp. chili powder |
| 1/4 c. split green peas, joy | Juice of one lemon |
| 1/4 c. red beans, patience | Salt and pepper to taste |

Wash beans thoroughly, place in large container, cover with water, add 1 tablespoon salt. Soak overnight. In the morning drain, add 2 quarts water and 1/2 pound ham or ham hocks. Bring to a boil. Stir occasionally. Simmer for 2 to 2 1/2 hours, then add the onion, tomatoes, pepper or chili powder, lemon and salt and pepper. Simmer another 30 minutes. Makes a very large pot of soup. Serves 12 generously. **Note:** This soup is even better made a couple days ahead and aged in the refrigerator.





GOLDEN CREAM SOUP

Ginger Herman

- | | |
|------------------------------|--------------------------------|
| 4 lg. potatoes, white or red | 1/2 lb. Velveeta cheese, cubed |
| 6 slices bacon | 1 pt. half-and-half |
| 1 lg. onion, chopped | 2 T. cornstarch |
| 1/2 c. celery, chopped | |

Peel and cut up potatoes, cover with water and cook until tender. Chop bacon and fry until crisp. Remove bacon from pan. Add celery and onion to drippings and sauté until tender; drain. Transfer all to a large pot. Add Velveeta and half-and-half mixed with cornstarch. Heat until thickened and the cheese melts. Add salt and pepper to taste. Delicious!

PATTY'S ALBONDIGA (MEATBALL) SOUP

Patty Smith

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|---|-------------------------|
| 1 lb. leanest ground meat | 2 lg. eggs, beaten |
| 2-3 minced garlic cloves (or garlic salt) | 2 chopped carrots |
| 1 c. long-grain white rice | 2 chopped celery stalks |
| 1 c. bread crumbs | 1 T. dried minced onion |
| Salt and pepper to taste | 1/4-1/2 c. white rice |

Heat to boiling 5 quarts water, turn down to medium. As water is getting ready, mix ground meat, rice, bread crumbs, egg, onion, garlic, salt and pepper together in large bowl. Mix thoroughly (will be slightly sticky). Scoop small portion into palm and roll to make 1-inch balls, flop into water. After entire mixture is in water, add remaining rice, carrots and celery with salt and pepper to taste. Cook for 20 minutes or longer, testing to make sure balls are thoroughly cooked. Serve with warm tortillas.

CLAM CHOWDER

Jane Speer

- | | |
|----------------------------|--------------------|
| 3 cans creamed potato soup | 1 can minced clams |
| 1 can creamed celery soup | Sm. half-and-half |

Mix soups and clams together and heat; add pepper for taste.





BROCCOLI CREAM SOUP

Val Davis

1 lg. bunch broccoli, chopped
finely
3 c. water

2 chicken bouillon cubes
1 med. onion, finely chopped

Cook broccoli and onion in the water with bouillon cubes.

1 stick butter
4-5 T. flour
2 c. milk

1/2 tsp. salt
8-oz. pkg. cream cheese
Chopped bacon or ham (opt.)

In separate pan melt the butter. Stir in flour until mixture is smooth. Add milk, salt and cream cheese. Stir and cook until smooth. Add ham or bacon. Add to vegetables and simmer.

IAN'S POTATO CHEESE SOUP

Kim McCarter

4 T. sweet butter
1 c. finely chopped yellow
onions
2 c. peeled and chopped carrots
6 parsley sprigs
3 cans Swanson's chicken broth
2 lg. potatoes, about 1 1/2 lbs.,
peeled and cubed (3 to 4 c.)

1 c. chopped fresh dill
Salt and freshly ground black
pepper to taste
2-3 c. grated good quality
cheddar cheese

Melt the butter in a soup pot. Add onions and carrots and cook over low heat, covered, until vegetables are tender and lightly colored, about 25 minutes. Add parsley, stock and potatoes, and bring to a boil. Reduce heat, cover and simmer until potatoes are very tender, about 30 minutes. Add dill, remove soup from the heat and let it stand. Cool a bit. Pour in batches into the blender and blend until smooth. Return puréed soup to the pot and add water and broth (about 2 cups) until the soup reaches desired consistency. Set over low heat, add salt and pepper to taste, and gradually stir in the grated cheese. When all the cheese is incorporated and the soup is hot (not boiling), serve immediately. **Note:** This is one of our family's favorites! The kids love helping chop up the vegetables...(supervised, of course), to make this delicious gourmet tasting soup. Makes about 6 portions.





LENTIL AND FRANKFURTER SOUP

Donna Haag

- | | |
|--|--------------------------------|
| 1 T. salad oil | 1 lg. onion, diced |
| 1 (16-oz.) pkg. frankfurters, cut into 1/2-inch slices | 1 med. garlic clove, minced |
| 2 med. celery stalks, diced | 1 (16-oz.) pkg. dry lentils |
| 1 med. red or green pepper, diced | 11 c. water |
| 1 lg. carrot, diced | 1 tsp. salt |
| | 1/4 tsp. pepper |
| | 2 chicken flavor cubes or env. |

In 5-quart Dutch oven over medium-high heat, in hot salad oil, cook frankfurters until lightly browned on all sides, stirring frequently. With slotted spoon, remove frankfurters to bowl; cover and refrigerate. In drippings remaining in Dutch oven, over medium heat, cook celery, pepper, carrot, onion and garlic until tender, about 10 minutes, stirring occasionally. Meanwhile, rinse lentils in running cold water and discard any stones or shriveled lentils. Add lentils, water, salt, pepper and bouillon to vegetable mixture in Dutch oven; over high heat, heat to boiling. Reduce heat to low; cover and simmer one hour or until lentils are very tender and soup has thickened slightly. Return frankfurters to Dutch oven; over medium-high heat, cook frankfurters until heated through, stirring occasionally.

EASY NAVAJO SOUP

Raphaela Goodwin

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|--|-------------------------------|
| Boneless chicken, 1/2 to 1 lb. diced chicken or 2-3 cans chicken | 1-2 cans green chili salsa |
| 1/2 bag frozen potatoes O'Brien | 2-3 diced green chilies |
| 2 qt. chicken broth | 1-2 cans mushrooms (Herdes) |
| 2 c. frozen or canned corn | Milk (opt.) |
| | 2 cans cream of mushroom soup |

Simmer chicken, potatoes, corn, chilies, and mushrooms in broth, salsa and milk, cream of mushroom soup for 1 hour. Salt and pepper to taste. Might add garlic or dried onions. **Note:** Truly a "whatever ya got" soup. Good for snow-in! Measurements are approximate. Adjust measurements to taste. Good with sourdough loaves.





ITALIAN VEGETABLE SOUP

Kim McCarter

1 lb. bulk Italian sausage
1 med. onion, sliced
1½ c. water
½ tsp. dried basil leaves
2 med. zucchini or yellow
summer squash, cut into
¼-inch slices
1 can crushed Italian-style
tomatoes, undrained

1 can garbanzo beans
1 c. sliced carrots
2 (10½-oz.) cans condensed
beef broth
2 c. water
¼ c. Parmesan cheese

Roll little meatballs from bulk sausage. Cook and stir sausage and onion in 3-quart saucepan until sausage is light brown; drain. Stir in remaining ingredients (except cheese). Heat to boiling; reduce heat. Cover and simmer until zucchini and carrots are tender, about 10 minutes. Serve with cheese. Makes 8 servings (about 1 cup each); 190 calories per serving. **Note:** A crusty Italian bread or cheesy bread sticks are an excellent accompaniment to this hearty soup.

TORTILLA CHICKEN SOUP

Val Davis

1 T. olive oil
1 lg. onion, chopped
1 (4-oz.) can sliced green
chilies, drained
1 tsp. chili powder
1 tsp. ground cumin
1 lg. garlic clove, minced
½ tsp. oregano

¼ tsp. cayenne pepper
6 c. chicken broth
1 (16-oz.) can tomatoes,
chopped
12 oz. boneless cooked chicken
1 sm. can kidney beans (and or
1 c. corn)
⅓ c. chopped fresh cilantro

Heat oil in large saucepan. Sauté onion 4 minutes. Add chilies, spices and garlic. Stir 1 minute. Mix in stock and tomatoes. Bring to a boil. Add chicken and beans. Simmer 3 minutes. Add cilantro. Serve; sprinkle with generous amounts of grated Jack cheese and broken tortilla chips.





DONNA'S CORN CHOWDER

Patty Smith

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|--------------------------|---------------------------------|
| 7 lg. potatoes, diced | 1 can kernel corn |
| 1 lg. white onion, diced | ½ stick butter |
| 1 can cream-style corn | 1 qt. skim milk (may need more) |
| Salt and pepper to taste | |

Boil potatoes and onion 1 hour on stove with water just covering potatoes. Should be like mush. Add corn, milk, butter and seasoning. Heat thoroughly, and serve hot. May add crumbled bacon for added flavor.

SPLIT PEA SOUP

Donna Haag

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|-------------------------------|--------------------------------|
| 1 lb. split peas | 1 c. diced carrots |
| 3 c. water | ½ tsp. dry mustard |
| 6 c. chicken broth | ¼ tsp. coarsely ground pepper |
| 3 slices thick bacon, chopped | 1 tsp. salt, or to taste |
| ½ c. chopped onion | ¼ tsp. dried oregano, crumbled |
| 1 c. diced celery | 1 c. diced ham |

Combine all ingredients, except oregano and ham, and simmer, covered, 2 hours or until peas are tender. Add oregano and ham and simmer 30 minutes more.

SAUCY GARDEN PATCH VEGETABLE SOUP

Patty Smith

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|---|--|
| 1 can condensed cheddar cheese soup | 1 (16-oz.) bag frozen vegetable combination to include Brussels, carrots and cauliflower, thawed and drained |
| 1 c. sour cream | 1 c. (4 oz.) shredded cheddar cheese |
| ¼ c. milk | 1 c. (2.8 oz.) Durkee French fried onion |
| ½ tsp. seasoned salt | |
| 1 (16-oz.) bag frozen vegetable combination to include broccoli, corn, and red pepper, thawed and drained | |

Preheat oven to 375°. In large bowl combine soup, sour cream, milk, seasoned salt, vegetables, ½ cup cheese, ½ can fried onions. Pour out into 9 x 12-inch baking dish. Bake covered 40 minutes or until vegetables are done. Top with remaining cheese and onion. Bake uncovered 3 minutes until onions are golden brown.





ALBONDIGAS SOUP

Raphaela Goodwin

Soup Base:

5 (10¹/₂-oz.) cans beef broth
1 qt. water
1-2 cans green chili salsa
1 onion, chopped
28-oz. can tomatoes, chopped
1 tsp. basil
1/2 tsp. oregano

1 tsp. salt
1/4 tsp. pepper
Cilantro
1/2 c. rice
Cooked vegetables of your
choice (carrots, celery,
zucchini, green beans, etc.)

Meatballs:

1 lb. ground beef
1/4 lb. pork sausage
1/2 c. cornmeal
1 onion, chopped
1-2 eggs, beaten
1/2 tsp. salt

1/4 tsp. pepper
1/4 tsp. garlic
1/4 milk
1/4 c. basil
2 T. rice

Use a big pot. Simmer broth, water, onion, tomatoes, basil, salt and pepper 20 minutes. Mix beef, sausage, cornmeal, onion, eggs, salt, pepper, garlic, milk, basil and rice to make meatballs. Drop into broth. Add cut up veggies to taste. Add 1/2 cup rice. Also lots (1 bunch) of chopped fresh cilantro near end.

The most difficult meal for the average housewife to get is dinner out.





APRICOT SALAD

Donna Deichen

- 1 lb. 13-oz. can peeled apricots
- 12¹/₂-oz. can crushed pineapple
- 6-oz. pkg. orange gelatin
- 2 c. hot water
- 2¹/₂ c. syrup from canned fruits
- 1/2 c. chopped nuts
- 1 c. mini marshmallows

- 1/2 c. sugar
- 3 T. flour
- 1 egg, slightly beaten
- 2 T. butter or margarine
- 1 c. heavy cream
- 1/4 c. shredded cheese

Drain fruits; reserve syrup. Cut apricots into small pieces. Dissolve gelatin in hot water, then stir in 1¹/₂ cups syrup from fruits. Cool. Add fruits, nuts and marshmallows. Turn into lightly oiled 9 x 13-inch pan and chill till set. Mix sugar, flour, egg, remaining 1 cup syrup from juice in saucepan and cook and stir until thickened. Stir in butter then cool. When cold, whip cream until stiff and fold into custard mixture. Spread over gelatin layer and sprinkle with cheese. Cut into squares and arrange in lettuce cups on large plate for buffet on individual salad plates. Makes 16 servings.

LITTLE GRAMAS VELVET JELLO SALAD

April Land

- 1 sm. can crushed pineapple
- 3/4 c. sugar
- 1 T. lemon juice
- 1 lg. pkg. lemon Jello

- 8 oz. regular whipping cream
(not Cool Whip)
- 1/2-3/4 c. grated Velveeta cheese,
freeze 1 hour before grating

Make Jello according to package directions; set aside. In pan heat sugar, lemon and pineapple till sugar is dissolved. Add to Jello, let cool. Refrigerate till it starts to gel. Whip cream and fold in gently, then fold in cheese. Refrigerate till set. **Note:** My little grama said this was always a big hit at luncheons, it was also my moms favorite Jello and when my mom tried to copy it my grama said it was awful, so when she was staying with me my grama told me she'd teach me how to make it right!





STRAWBERRY JELLO MOLD

Laura Sapko
Jane Speer

1 (6-oz.) pkg. Jello
1 c. walnuts
1 c. boiling water
3 mashed bananas
14 oz. crushed pineapple
(drained)

1 pt. sour cream
2 pkgs. frozen (sweetened
strawberries, 1 (16 oz.) and 1
(10 oz.)

Combine one cup boiling water with Jello in a bowl. Add strawberries, pineapple, bananas, and walnuts. Pour half of mixture into mold and chill for one hour. Then spread sour cream over Jello and add the rest of the mixture. Chill till set. This is a holiday favorite! We take turns making this for family celebrations every Thanksgiving and Christmas.

RASPBERRY GELATIN MOLD

Dawn Olivas

2 sm. or 1 lg. raspberry Jello
2 c. hot water
1 can crushed pineapple
(include some juice)

1 pkg. thawed, frozen
raspberries
1/2 pt. sour cream

Dissolve Jello in boiling water. Stir in fruit. Pour half of mixture into mold and firm in refrigerator. Then spread layer of sour cream over firm Jello. Pour remainder of liquid Jello over top. Again, firm in refrigerator.

LUSCIOUS LIME MOLD

Dawn Olivas

1 (3 oz.) cream cheese
1 sm. can crushed pineapple
(drained)
1 tsp. vanilla

1/2 c. pecans or walnuts
1 (3 oz.) lime Jello
1 c. boiling water
1 c. 7-Up

Dissolve Jello in boiling water, add cream cheese and beat until smooth. Stir in pineapple, vanilla, and nuts. Add 7-Up. Pour into flat dish and chill. Just before it sets, stir again. **Note:** During the holidays I like to add cherry or strawberry slices.





KATHERINE'S CRANBERRY SALAD

Gayle Farmer

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|-----------------------------|----------------------|
| 1/2 c. water | 1 T. lemon juice |
| 2 c. sugar | 1 c. chopped walnuts |
| 1 lb. cranberries | Sour cream |
| 1 1/2 T. unflavored gelatin | Fresh onion juice |
| 1/4 c. cold water | |

Combine in saucepan water and sugar and bring to boil. Add cranberries and cook 3 minutes. Remove from heat. Stir gelatin in cold water and add to cranberry mixture. Stir in lemon juice and cool mixture until consistency of unbeaten egg whites. Fold in celery and walnuts. Pour into lightly greased 12 x 7-inch dish and chill until firm. Combine sour cream and onion juice (as desired). Serve cranberry salad with dollops of sour cream mixture. Makes 6 to 8 servings.

ORANGE GLOW SALAD

Barb Hafer

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|----------------------|----------------------------------|
| 2 pkgs. orange Jello | 1/2 c. mayonnaise |
| 2 c. boiling water | 1/2 c. cream (I use canned milk) |
| 1 c. cold water | 1 sm. can crushed pineapple |

Boil water and mix with the Jello. Stir in cold water. Blend in mayonnaise, cream, and pineapple. Put in a ring mold, then top with 1/2 pound mild cheddar cheese (shredded) and 1 1/2 cups miniature marshmallows.

VONDA'S FROZEN CRANBERRY MOLD

Vonda Crosby

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|---|--------------------------|
| 6 red Delicious apples | 1 (8-oz.) ctn. Cool Whip |
| 1 sm. can crushed pineapple | 1 1/2 c. sugar |
| 1 (12-oz.) pkg. fresh cranberries,
drained | 1/2 c. chopped pecans |

The day before serving, chop unpeeled apples and cranberries in a food processor. Pour into a large bowl and fold in Cool Whip, pineapple, sugar and pecans. Turn out into bundt pan, cover with foil and freeze overnight. To serve, unmold by placing pan, just to rim, in sink full of hot water for a few minutes. Run a knife around the edge, then place an inverted plate on top and turn over. Slice thinly. **Note:** You may remember this dish from a White Elephant Christmas Party. Many of you asked for the recipe and someone submitted it for Vonda because she knew you all would enjoy it.





FRUIT SALAD WITH STRAWBERRY POPPY SEED VINAIGRETTE

Donna Deichen

Salad:

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|--|---|
| 4 c. loosely packed, torn, fresh spinach | 2 c. fresh strawberries, sliced |
| 2 kiwi fruit, peeled and sliced | 1 c. seedless red grapes, halved if desired |
| 1 mango, peeled and cut in chunks | |

Vinaigrette Dressing:

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|----------------------------------|------------------------------|
| 1/2 c. sliced fresh strawberries | 1/3 c. nonfat vanilla yogurt |
| 1 T. sugar | 3/4 tsp. poppy seeds |
| 1 T. raspberry vinegar | |

Dressing: In blender or food processor with metal blade, purée 1/2 cup strawberries until smooth. Add sugar and vinegar; blend well. Blend in yogurt. Stir in poppy seeds. Refrigerate until serving time. **Salad:** Layer spinach, kiwi, mango, strawberries and grapes on 4 individual salad plates. Drizzle vinaigrette over salads. Serve immediately. Makes 4 servings.

FROSTED BEET SALAD

Barb Hafer

- | | |
|---|---|
| 3 oz. strawberry Jello | 1 (No. 303) can julienne beets, drained |
| 3 oz. raspberry Jello | 1 (No. 2) can crushed pineapple |
| 3 oz. cherry Jello | 1/2 c. sweet pickle relish |
| 4 c. hot water plus 1 c. red beet juice | |

Dressing for the top:

- | | |
|-----------------------------|-------------------------------|
| 1 pt. sour cream | 1 piece green pepper, chopped |
| 1 green onion, chopped fine | |

Boil water and beet juice and mix with the Jello. Mix in beets, pineapple and relish; chill until firm. Mix together sour cream onion and green pepper. Spread over top of Jello salad and cut.





FRESH CORN SALAD

Ronda Smyth

- 8 ears fresh yellow or white corn, husked and clean
- 1/2 c. vegetable oil
- 1/4 c. cider vinegar
- 1 1/2 tsp. lemon juice
- 1/2 c. minced fresh cilantro
- 2 tsp. sugar
- 1 tsp. salt (opt.)

- 1/2 tsp. dried basil
- 1/8 to 1/4 tsp. cayenne pepper
- 2 lg. tomatoes, seeded and coarsely chopped
- 1/2 c. chopped onion
- 1/3 c. chopped green pepper
- 1/3 c. chopped red pepper

In a large saucepan or pot, cook corn in enough boiling water to cover for 5-7 minutes. Drain, cool and set aside. In a large bowl, mix oil, vinegar, lemon juice, cilantro, sugar, salt, basil and cayenne pepper. Cut cooled corn off the cob (should measure 4 cups). Add corn, tomatoes, onion, and peppers to oil mixture. Mix well. Cover and chill for several hours or overnight.

SPINACH STRAWBERRY SALAD

Kim Bell

- 1 lb. baby spinach
- 1 c. sliced celery

- 1 pt. strawberries
- 1 c. pecans, caramelized

Dressing:

- 1/4 c. sugar
- 1 tsp. salt
- 1 tsp. dry mustard

- 1/3 c. white vinegar
- 1 c. salad oil

Wash spinach; wash and slice strawberries; toss with celery and pecans. Combine sugar, salt, mustard, vinegar and oil. Pour over salad just before serving. Serves 4-6.





MANDARIN SALAD

Kim McCarter

1/2 c. sliced almonds
3 T. sugar
1/2 head iceberg lettuce
1/2 head romaine lettuce

1 c. chopped celery
2 whole green onions, chopped
1 (11-oz.) can mandarin oranges, drained

Dressing:

1/2 tsp. salt
Dash of pepper
1/4 c. vegetable oil
1 T. chopped parsley

2 T. sugar
2 T. vinegar
Dash Tabasco sauce

In a small pan over medium heat, cook almonds and sugar, stirring constantly until almonds are coated and sugar dissolved. Watch carefully as they will burn easily. Cool and store in airtight container. Mix all dressing ingredients and chill. Mix lettuces, celery and onions. Just before serving, add almonds and oranges. Toss with the dressing. Makes 4-6 servings.

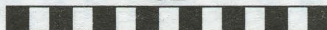
NADINE'S TOMATOES VINAIGRETTE

Charlene Packard

12 thick slices tomatoes
1 c. olive oil
1/2 c. wine vinegar
2 tsp. crushed oregano
1 tsp. salt

1/2 tsp. pepper
1/2 tsp. dry mustard
2 cloves garlic, crushed
Minced green onion
Minced parsley

Arrange tomatoes in square pan that has a lid. Combine oil, vinegar, oregano, pepper, mustard, garlic, and onion; pour over tomatoes. Cover and chill 2 or 3 hours, spooning over tomatoes occasionally or if lid fits tight, turn over half way through and let set. When ready to serve, lay out on plate or platter with or without lettuce. Sprinkle minced onion and parsley over top of tomatoes. Just before serving, pour little of the dressing over the tomatoes.





CITRUS SUN SALAD

Donna Deichen

Salad:

- | | |
|---|---|
| 4 c. loosely packed, torn romaine lettuce | 1 1/2 c. loosely packed, torn radicchio |
| 2 c. loosely packed, torn curly endive | 1 c. sliced fresh mushrooms |

Tangerine Vinaigrette:

- | | |
|---|----------------------|
| 1/4 c. frozen tangerine juice concentrate, thawed | 1 tsp. white vinegar |
|---|----------------------|

In small jar with tight-fitting lid, combine dressing ingredients. Shake well. In large bowl, combine romaine, endive, radicchio and mushrooms. Pour dressing over salad; toss gently to combine. Serve immediately. Makes 6 servings.

SPECIAL COLESLAW

Jeanne Wadsworth

- | | |
|---------------------------|--------------------------|
| 1 head cabbage, chopped | 2 T. sugar |
| 1/4 c. scallions, chopped | 1 1/2 tsp. seasoned salt |
| 1/3 c. celery, chopped | 1 T. red wine vinegar |
| 1/3 c. unsalted peanuts | 1/2 c. Italian dressing |

Mix together the cabbage, scallions, celery and peanuts. Sprinkle the sugar and seasoning salt onto the cabbage mixture and toss. Combine red wine vinegar and the Italian dressing. Pour onto cabbage mixture and toss lightly. Makes 6 servings.

SPINACH SALAD

Lori Ginsberg

- | | |
|----------------------------|------------------------------|
| 1 lb. fresh spinach leaves | 1 tsp. salt |
| 1/3 c. red wine vinegar | 2 tsp. honey |
| 2 T. ketchup | 8 oz. shredded mozzarella |
| 1 T. lemon juice | 6 hard-boiled eggs, chopped |
| 1 tsp. prepared mustard | 1 lb. cooked bacon, crumbled |
| 1/2 tsp. paprika | |

Wash spinach and let dry thoroughly. Mix together in a 2-pint container the vinegar, ketchup, lemon juice, mustard, paprika, salt and honey. Add cheese, eggs and bacon to the spinach in a large bowl. Pour dressing over and toss.





CABBAGE CHICKEN SALAD

Diana Fuhrmann

- | | |
|--|---|
| 1 whole chicken breast, cooked and chopped | 2 green onions, chopped, whole onion |
| 2 T. toasted sesame seeds | 1/2 pkg. instant uncooked Top Ramen noodles, broken into sm. pieces |
| 2 T. sliced almonds | |
| 1/2 head cabbage (thinly sliced) | |

Salad Dressing:

- | | |
|------------------|-------------------|
| 2 T. sugar | 1/2 tsp. pepper |
| 1/2 c. salad oil | 3 T. rice vinegar |
| 1 tsp. salt | |

In a large salad bowl combine chicken, sesame seeds, almonds, cabbage, onions and Top Ramen noodles. Add salad dressing and toss together.

SEVEN LAYER SALAD

Val Davis

- | | |
|------------------------------|------------------------------|
| 1 head lettuce, chopped | Sliced radishes |
| 1 box frozen peas | Sliced zucchini |
| 6 hard-boiled eggs, sliced | Bacon bits |
| Green grapes, sliced in half | 2 c. yellow cheese, shredded |

Dressing:

- | | |
|-----------------|----------------------------------|
| 2 c. sour cream | 2 pkgs. Ranch dressing mix (dry) |
| 2 c. mayonnaise | |

In a large clear glass bowl add these ingredients in this order: Lettuce, peas, eggs, grapes, radishes, zucchini, bacon bits and cheese. Top with dressing. Seal the salad with dressing. Chill.





ORIENTAL CHICKEN SALAD

Dave and Sandy Miller
Lori Ginsberg
Jodi Pasqua

- 1 head lettuce (iceberg or any other)**
- ½ to 1 bunch green onions, chopped**
- 1½ lbs. cooked chicken**

- 1 pkg. Top Ramen-type noodles or 1 pkg. rice sticks**
- 1 pkg. slivered almonds, toasted about ten minutes**
- 2 tsp. sesame seeds (opt.)**

Toss in salad bowl: Lettuce, onions and chicken. Break Ramen into pieces or deep fry rice sticks in oil 3-5 seconds; drain; cool; crumble. Sprinkle almonds, Ramen noodles (or rice sticks) and sesame seeds over top. Toss.

Dressing:

- ½ c. oil**
- ⅓ c. rice wine vinegar (plain or red both taste good)**
- 2-3 tsp. soy sauce**
- ¼ c. sugar**

- ¼ tsp. salt (delete if soy sauce is used, or to taste)**
- Toasted sesame seeds if desired**

Mix oil, vinegar, soy sauce (or salt), sugar and sesame to taste. Pour dressing over greens, noodle and chicken mixture and serve immediately for crispness.

JACKSON SALAD

Donna Deichen

- ¼ c. bacon, cooked and crumbled**
- 1 (14-oz.) can artichoke hearts, drained and finely chopped**
- 1 (14-oz.) can hearts of palm, drained and finely chopped**
- ¼ c. green onions, finely chopped**

- 2 T. parsley, finely chopped**
- 2 garlic cloves, pressed**
- 1 oz. fresh lemon juice**
- 3 oz. salad oil**
- ¼ lb. Kraft blue cheese, crumbled**
- Salt to taste**
- Pepper to taste**

Fry bacon until crisp; drain well and crumble; set aside. In a salad bowl, combine chopped artichoke hearts, hearts of palms, onions and parsley. Add garlic, lemon juice, oil, blue cheese, salt and pepper and bacon. Mix well; cover and refrigerate. Wash and dry romaine lettuce and tear leaves into small pieces. To serve, mix chilled ingredients with romaine and serve on chilled salad plates.





CHICKEN SALAD

Barb Hafer

- | | |
|---|--------------------------|
| 5 chickens, cooked, cooled,
drained, skinned and boned | 2 pkgs. sliced almonds |
| 1 c. seedless green grapes | 1 green pepper, chopped |
| 2 cans sliced olives | 2 cans pineapple tidbits |
| 1½ stalks celery, chopped | 1 pt. sour cream |
| 5 hard-boiled eggs | 1½ c. mayonnaise |

Cube the chicken breasts. Mix chicken, grapes, olives, celery, eggs, almonds, pepper, pineapple with sour cream and mayonnaise and chill well. **Note:** Great for a large group! Women's luncheon.

PEA SALAD

Charlene Packard

- | | |
|--------------------------|---------------------------------|
| Salt and pepper to taste | 1 or 2 hard-boiled eggs, grated |
| 1 or 2 T. vinegar | 2 c. frozen peas |
| ½ c. mayonnaise | ½ c. cubed cheddar cheese |
| 1 T. chopped red onion | |

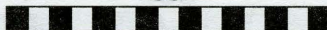
Combine mayonnaise, vinegar, salt, pepper, egg and onion. Pour over cheese and peas. Mix just enough to coat peas. Refrigerate and serve 24 hours later.

POTATO SALAD

Laura Powell

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|---------------------------|--------------------------------|
| 6-8 med. potatoes | 3 boiled eggs, chopped |
| 1 c. mayonnaise | Salt and pepper |
| ½ c. dill relish | Lawry's seasoned salt to taste |
| 2 T. chopped purple onion | 1 tsp. mustard |
| 1 c. celery, chopped | |

Boil potatoes (cut in half before boiling). Refrigerate for one hour or so. Peel skin off potatoes (or leave on if you prefer). In large bowl, mix potatoes, mayonnaise, relish, onion, celery and eggs together. Add salt, pepper and seasoning to taste. Refrigerate again. You can also substitute 7 ounces elbow macaroni for the potatoes.





DAD HORTON'S POTATO SALAD

Michele Mawhorter

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|---|--------------------------------------|
| 9 lg. potatoes | 1 (16-oz.) jar Best Foods mayonnaise |
| 1 block longhorn cheddar cheese, grated | 1 lg. red onion, chopped |
| 1 lb. bacon, fried and crumbled | 1 can med. pitted black olives |
| 1 (20-oz.) jar relish | Salt |
| 1 pt. sour cream | Pepper |

Peel potatoes and cut into chunks. Boil until tender. Drain and refrigerate to cool. Add cheese, bacon, relish, sour cream, mayonnaise, onion and olives. Mix until well combined. Add salt and pepper to taste. Refrigerate for a few hours to mix flavors.

DILLED PASTA SALAD

Kim McCarter

- | | |
|---|-------------------------------------|
| 1/2 c. mayonnaise or salad dressing | 1/2 c. sliced ripe olives |
| 1/4 c. dairy sour cream | 1 med. zucchini, thinly sliced |
| 1 T. snipped fresh dill weed or 1/2 tsp. dried dill weed | 1 med. carrot, coarsely shredded |
| 1/2 tsp. salt | 1 sm. onion, chopped (about 1/4 c.) |
| 1/2 tsp. dry mustard | 1 c. finely chopped ham |
| 1/4 tsp. pepper | |
| 2 c. uncooked rotini or spiral macaroni, cooked and drained | |

Mix mayonnaise, sour cream, dill weed, salt, mustard and pepper in 2 1/2-quart bowl. Add macaroni, zucchini, carrot, onion and ham; toss. Cover and refrigerate at least 3 hours. Makes 8 servings (about 2/3 cup each); 200 calories per serving.





LOWFAT ACTON BAKED BROCCOLI

Barb Hafer

- | | |
|--|---|
| 3 $\frac{1}{4}$ c. fresh broccoli flowerettes
and cut up stalks | 1/2 c. lowfat cottage cheese |
| 1/4 c. chopped green onions | 3 T. grated Parmesan cheese |
| 1/4 c. chopped pimento | 3 T. dry sherry (made it with and
without) |
| 3 eggs | 3/4 tsp. Italian mixed herbs |
| 1 c. evaporated skim milk | Salt and pepper to taste |

Preheat oven to 350°. Steam broccoli until tender. Arrange broccoli, green onion and pimento in 2-quart casserole or soufflé dish coated with Pam. In blender or food processor, combine eggs, milk, cottage and Parmesan cheeses, sherry, herbs, salt and pepper. Pour over broccoli. Bake 35 minutes or until knife inserted near center comes out clean. Makes 4 servings.

ARTICHOKE BOIL

Dave and Sandy Miller

- | | |
|---|---|
| 1/3 c. vinegar | 10 sprigs fresh cilantro (dried
may be used) |
| 1 T. mustard seed | 10 sprigs fresh mint (dried may
be used) |
| 1 T. cumin seed | 2 T. olive oil |
| 2 tsp. black peppercorns | 4 lg. artichokes |
| 8 thin slices fresh ginger (each
about the size of a quarter), or
8 slices dried ginger | |

Clean artichokes and place in pan. Fill with water half covering. Add mustard and cumin seed, peppercorn, ginger, cilantro, mint and olive oil to the water. Cover and boil until artichokes are tender and pull out easily. Remove artichokes. Drain liquid, reserving the seeds and spices (remove ginger and throw away).

Seeded Mayonnaise:

- | | |
|-----------------|------------------|
| 2 c. mayonnaise | 3 T. lemon juice |
|-----------------|------------------|

Mix mayonnaise, lemon juice and reserved seeds and spices from the artichoke cooking water. Dip leaves and enjoy. **Note:** Liquid can be reserved for cooking other vegetables and meats such as corn on the cob, or fresh shrimp or crab.





ASPARAGUS WITH CASHEWS

Laura Sapko

2 lbs. fresh asparagus, cut in 1/2-inch pieces 1/4 c. water

Steam asparagus in water.

Cashew Crumbs:

1 T. margarine 1/4 c. bread crumbs
1/8 tsp. paprika 1/3 c. cashews

Melt margarine; toss with cashews, bread crumbs and paprika.

White Sauce:

2 T. margarine 1/8 tsp. garlic powder
2 T. flour 1/8 tsp. pepper
1/4 tsp. celery salt 1 c. milk
1/4 tsp. dry mustard

1 c. cheddar cheese

Melt butter; add in flour and spices till thick; slowly add milk a little at a time, stirring. Heat till thickened. In buttered casserole layer 1/2 of the asparagus, 1/2 of the white sauce, 1/2 cup of the cheese; repeat; sprinkle cashews on top. Bake at 350° till bubbly, about 20-25 minutes.

CORN-MUSHROOM BAKE

Charlene Packard

1/4 c. all-purpose flour 1 (4-oz.) can mushroom stems
1 (17-oz.) can cream-style corn and pieces, drained
1/2 tsp. onion salt 1/2 c. shredded Swiss cheese
1 (3-oz.) pkg. cream cheese, cut 1 1/2 c. soft bread crumbs
into pieces 2 T. butter or margarine, melted
1 (17-oz.) can whole kernel corn, Chopped broccoli (opt.)
drained

(The broccoli cuts the strong cheese flavor. We enjoy it with the broccoli.) Stir the flour into the cream-style corn, then add cream cheese and onion salt. Heat and stir until cream cheese melts. Add whole kernel corn, mushrooms, and Swiss cheese. Pour mixture into a 1 1/2-quart casserole. Toss soft bread crumbs with melted butter or margarine. Sprinkle crumbs atop casserole. Bake in 350° oven for 40 minutes or till heated through. Makes 6 to 8 servings.





CHEESE SQUASH CASSEROLE

Charlene Packard

- 3 lbs. summer squash
- 1 lg. onion, chopped
- 2 T. cornstarch
- 1/2 pt. half-and-half or milk
- 4 T. butter
- 1/2 lb. American cheese

Cut squash in medium sized pieces and add chopped onion. Boil until tender in salted water. Drain well. For sauce melt butter and add cornstarch. Stir in the cream and cheese, cook over low heat until smooth and thick. Put in casserole alternately with the squash, then place crumbled round crackers over the top and bake 20 to 25 minutes in 350° oven. This may be made the day before and baked just before mealtime. **Note:** We enjoy this dish at Thanksgiving or Christmas or just anytime. It makes a good pot-luck dish. Everyone who has tried it enjoys it.

SAUCY GARDEN PATCH VEGETABLE (Durkee's French Fried Onions)

Patty Smith

- 1 can condensed cheddar cheese soup
- 1 c. sour cream
- 1/4 c. milk
- 1/2 tsp. seasoned salt
- 1 (16-oz.) bag frozen vegetable combination to include broccoli, corn, and red pepper, thawed and drained
- 1 (16-oz.) bag frozen vegetable combination to include Brussels, carrots and cauliflower, thawed and drained
- 1 c. (4 oz.) shredded cheddar cheese
- 1 c. (2.8 oz.) Durkee French fried onion

Preheat oven to 375°. In large bowl combine soup, sour cream, milk, seasoned salt, vegetables, 1/2 cup cheese, 1/2 can fried onions. Pour out into 9 x 12-inch baking dish. Bake covered 40 minutes or until vegetables are done. Top with remaining cheese and onion. Bake uncovered 3 minutes until onions are golden brown.





GRANDMA'S BROCCOLI CASSEROLE

Ginger Herman

- | | |
|--|-----------------------------|
| 2 (10-oz.) boxes frozen chopped broccoli | 1 T. minced onion |
| 1 c. mayonnaise | ½ c. cheddar cheese, grated |
| 1 can cream of mushroom soup | Ritz cracker crumbs |
| 1 egg, beaten | 2 T. butter |

Thaw and drain broccoli. Mix well with mayonnaise, soup, egg, onion and cheese. Pour into 9 x 12-inch baking dish. Cover with Ritz cracker crumbs. Dot with butter. Bake at 350° for 45 minutes. **Note:** Our family makes this casserole every Thanksgiving!

MARINATED BROCCOLI AND MUSHROOMS

Sharon Burden

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|-----------------------|-----------------------|
| 1 lb. fresh mushrooms | 5 green onions, diced |
| 1 bunch broccoli | |

Sauce:

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|----------------------------|--------------------|
| 1 c. oil | 1 tsp. paprika |
| ¼ c. wine vinegar (Regina) | 1 tsp. celery seed |
| ½ c. sugar | 1 T. onion powder |
| 1 tsp. salt | |

Make sauce ahead of time. Mix ingredients in a sealable container and shake until mixed well. Store in refrigerator and shake periodically (overnight is fine). Wash and cut broccoli into bowl. Wash mushrooms, slice and add to broccoli. Add diced onions. Add sauce and toss until mixed. This does not store well. It is best when used immediately.





ROASTED PEPPERS

Laura Sapko

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|---------------------|----------------------------|
| 6 lg. green peppers | 1-2 cloves garlic, pressed |
| Olive oil | Salt and pepper |

Preheat gas or charcoal grill. Wash peppers. Place on grill whole. Lightly blacken all sides. Place in a container to cool. As they cool, the skin will loosen and they will continue to soften in their own heat. When cool enough to handle, slip the blackened skin off; discard. The soft peppers rip easily to remove the center and seeds. Rip into strips into a clean bowl. Drizzle enough olive oil over peppers to coat. Stir in fresh pressed garlic; salt and pepper to taste. Chill. Serve as a garnish to sausage grinders, ham and cheese sandwiches, egg and sausage sandwich, etc.

SCALLOPED POTATOES

Karen Fanning

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|---|--------------------------------|
| 4 (or so) c. diced potatoes (or
2-lb. pkg. frozen hash browns) | 1/2 c. chopped onion |
| 1/2 c. butter | 1 c. sour cream |
| 1 tsp. salt | 1 can cream of mushroom soup |
| 1/2 tsp. pepper | 8 oz. cheddar cheese, shredded |

Melt butter and pour evenly in 9 x 13-inch pan. Put potatoes evenly over butter. Mix salt, pepper, onion, sour cream, soup and cheese and pour over potatoes (will be thick). Bake at 350° for 45 minutes.

BEST EVER MASHED POTATOES

Lori Ginsberg

- | | |
|--------------------|-----------------------|
| 8 lg. potatoes | 1/2 tsp. black pepper |
| 8 oz. cream cheese | Paprika |
| 1 c. sour cream | 4 T. butter |
| 2 tsp. garlic salt | |

Peel and boil potatoes until tender. Drain and mash. With an electric beater, beat together the cream cheese and sour cream. Gradually add to potatoes and beat until smooth. Beat in garlic salt and pepper. Turn into greased 3 to 4-quart casserole. Dot with butter and sprinkle with paprika. Cover and chill up to 3 days. To heat, bring to room temperature. Bake covered at 400° for 50-60 minutes.





POTATO CASSEROLE

Barb Hafer

8 to 10 white rose potatoes
1/4 c. margarine
Salt and pepper to taste
1 pt. sour cream
1 pt. cottage cheese

6 green onions, chopped with greens
1 c. shredded cheddar cheese
Paprika to taste

Boil potatoes till tender. Drain well and toss with butter and seasoning. Cool a bit. Carefully toss onions, cottage cheese, sour cream and 1/2 cup of shredded cheese. Put in greased baking dish. Top with remaining cheese. Sprinkle with paprika. Bake at 350° for 30 minutes uncovered.

LATKES

Susie Klotz

2 med. potatoes, peeled and washed
2-3 stalks green onions, finely julienned

Salt and pepper to taste
2 eggs
Sour cream

Grate potatoes directly into a bowl of cold water, allowing starch to settle to the bottom. Place green onion strips into another bowl of cold water to keep from drying out. Drain potatoes, making sure to keep as much of the starch as possible. Add drained green onions, salt, pepper and eggs. Mix well with a fork. Using tongs, fry potato patties in 1/4-inch of hot oil in a skillet. (Be sure that the patties are not too thick, to allow even cooking.) Brown sides evenly and place on a baking sheet in a 250° oven to keep warm. Serve with a dollop of sour cream on top. Makes approximately 12 (3-inch) size patties.





THE MCCARTOR'S SUNDAY AU GRATIN POTATOES

Kim McCarter

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|--------------------------------|--|
| 2 lbs. potatoes (about 6 med.) | 2 c. shredded natural sharp cheddar cheese (8 oz.) |
| 1 med. onion, chopped | 1/4 c. fine bread crumbs |
| 1/4 c. margarine or butter | 1 lb. cooked and crumbled bacon |
| 1 T. all-purpose flour | Paprika |
| 1 1/2 tsp. Lawry's salt | |
| 1/2+ tsp. pepper | |
| 2 c. milk | |

Peel and prepare potatoes; cut into thin slices to measure about 4 cups. Cook and stir onion in margarine in 2-quart saucepan until tender. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until mixture is bubbly; remove from heat. Stir in milk and 1 1/2 cups of the cheese. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add approximately 3/4 of the bacon crumbles. Place potatoes in ungreased 1 1/2-quart casserole. Pour cheese sauce on potatoes. Bake uncovered in 375° oven for 1 1/2 hours. Mix remaining cheese and the bread crumbs and the rest of the bacon and sprinkle over potatoes. Sprinkle with paprika. Bake uncovered until top is brown and bubbly, 15 to 20 minutes. Makes 6 servings. 420 calories per serving.

DELMONICO POTATOES

Donna Haag

- | | |
|----------------------------|--|
| Water | 2 1/4 half-and-half or milk |
| 9 med. potatoes, unpeeled | 1 (4-oz.) pkg. shredded cheddar cheese |
| 1/3 c. butter or margarine | 3 T. dried bread crumbs |
| 1/3 c. all-purpose flour | |
| 2 tsp. salt | |

In large covered saucepan over medium heat, in 1-inch boiling water, cook unpeeled potatoes and 1 teaspoon salt for 20-30 minutes until potatoes are fork tender; drain and cool. About 1 hour before serving: Preheat oven to 375°. Grease 12 x 8-inch baking dish. Peel and dice potatoes. In large saucepan over medium-high heat, melt butter. With wire whisk or slotted spoon, stir in flour until well blended and smooth. Gradually stir in half-and-half and cook, stirring constantly, until mixture is thick and bubbly. Stir in 1 teaspoon salt; gently stir in the diced potatoes. Pour the potato mixture evenly into the baking dish; sprinkle the mixture with the shredded cheese, then the bread crumbs. Bake 25 minutes or until cheese is melted and mixture is bubbly. Serve hot.





MASHED POTATOES

Charlene Packard

- | | |
|--------------------------------|--------------------|
| 8 (approximately) lg. potatoes | 2 tsp. garlic salt |
| 1 (8 oz.) cream cheese | 4 pats of butter |
| 1 c. sour cream | Paprika |
| 1 tsp. pepper | |

Mash potatoes. Mix cream cheese and sour cream together and then into the potatoes. Mix in garlic salt, pepper and butter. Place in casserole, sprinkle with paprika and bake before serving 1 hour at 400°. Can be refrigerated up to three days before serving. **Note:** My mother made this and we always enjoyed it.

CLEO'S POTATO BAKE

Patty Smith

- | | |
|---|---|
| 1 pkg. frozen hash browns,
thawed | 2 c. shredded cheddar cheese |
| 4 scallions, finely chopped | 1 pt. sour cream |
| $\frac{2}{3}$ cube margarine or butter,
melted | Cornflake crumbs or bread
crumbs |
| 1 can cream of chicken soup | $\frac{1}{3}$ cube margarine or butter,
melted |

Lightly spray one (9 x 13-inch) oblong pan or 2 pie pans with cooking spray. Mix food ingredients in a large bowl. Turn out into prepared pan(s). Sprinkle crumbs over entire top and drizzle butter over top. Bake 1 hour at 350°.





TWICE-BAKED POTATOES WITH CHEESE AND CHILIES

Sonya Martin

4 lg. potatoes
4 T. chopped black olives
1/2 c. diced mild green chilies

4-6 T. heavy cream
1/2 c. grated cheddar cheese
Salt and pepper

Additional Toppings:

1/2 c. sour cream
1/2 c. grated cheddar cheese

Whole black olives

Bake potatoes at 375° for 1 hour. Scrape inside out of potatoes. Salt and pepper inside of skin. Set aside. Combine potatoes, chopped olives, green chilies, heavy cream, cheddar cheese and salt and pepper to taste. Fill the shells and top with rest of cheese. Bake at 400° for 20 minutes. Top each potato with sour cream and an olive.

CALICO BEANS

Jodi Pasqua

2 cans pork and beans
1 can kidney beans
1 can butter beans
1/2 lb. bacon (crisp)

1 lb. browned hamburger
1/2 c. brown sugar
1/2 c. catsup
2 T. vinegar

Combine all ingredients. Bake 1 hour at 350°, uncovered. **Hint:** Bake in crockpot!

MAPLE BAKED BEAN

Gayle Farmer
Ann Lillich

2 (16-oz.) cans B&M baked beans
1 med. onion or 1 tsp. onion powder

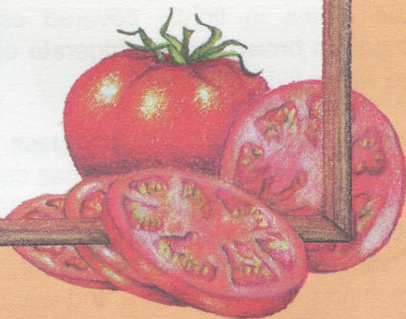
2 T. Dijon-style mustard
1/2 c. pure maple syrup*

Place beans, onion powder, mustard and syrup in ovenproof crock with lid. Bake at 350° until hot and bubbles, about 1/2 hour or place all ingredients in a 4-quart crockpot. Cook on low 6-8 hours. *Reduce maple syrup to 1/4-1/3 cup if you feel is too sweet.





Main
Dishes
&
Casseroles



Helpful Hints

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated. Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white — it becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- After purchasing, store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice. Refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal...take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware. The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made of earthenware and were glazed inside. They had covers and were similar to those that are still used today.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.



MAIN DISHES & CASSEROLES

EGGS AND TORTILLAS

Dawn Olivas

1 tortilla
3 T. oil

2 eggs
Salt to taste

Tear the tortilla into bite-size pieces and fry in oil until bare crisp. Beat the eggs, add salt and pour over the fried tortillas, turning as you would an omelette. Sprinkle with grated cheese, onions, hot pepper, fried chorizo, or fried hamburger. Makes 1 serving.

BREAKFAST BURGERS

Lori Ginsberg

1 pkg. Australian Toaster
Biscuits
1 lb. sausage

8 slices American cheese
8 eggs, scrambled
Butter or margarine

Toast and lightly butter biscuits. Make 8 (3-inch) patties out of the sausage and cook in a skillet. Drain on a paper towel. On each biscuit place a sausage patty, egg and cheese. Put the top half of the biscuit on top. Heat in a 350° oven for 5 minutes or until cheese melts. **Note:** These are our family's traditional Christmas morning breakfast.

BREAKFAST QUICHE

Michele Mawhorter

1½ c. salsa
Sm. bunch green onion,
chopped
⅔ c. grated Parmesan cheese
2 c. grated cheddar cheese

2 c. grated Jack cheese
16 eggs
1 (16-oz.) ctn. sour cream
1 tsp. Mexican seasoning

Mix salsa, onion, Parmesan, cheddar and Jack cheeses. Leave overnight in refrigerator in casserole dish. In the morning, combine eggs, sour cream and Mexican seasoning until smooth. Pour egg mixture over cheese mixture and bake at 375° for 1 hour.



BREAKFAST SAUSAGE BREAD

Donna Deichen

- | | |
|---|---|
| 2 (1-lb.) loaves frozen white bread dough, thawed | 2½ c. (10 oz.) shredded mozzarella cheese |
| ½ lb. mild pork sausage | 1 tsp. dried basil |
| ½ lb. hot pork sausage | 1 tsp. dried parsley flakes |
| 1½ c. diced fresh mushrooms | 1 tsp. dried rosemary, crushed |
| ½ c. chopped onion | 1 tsp. garlic powder |
| 3 eggs | |

Allow dough to rise until nearly doubled. Meanwhile, in a skillet over medium heat, cook and crumble sausage. Add mushrooms and onion. Cook and stir until the sausage is browned and vegetables are tender; drain. Cool. Beat 1 egg; set aside. To sausage mixture, add 2 eggs, cheese, basil, parsley, rosemary and garlic powder; mix well. Roll each loaf of dough into a 16 x 12-inch rectangle. Spread half the sausage mixture on each loaf to within 1-inch of edges. Roll up jellyroll style, starting at a narrow end; seal edges. Place on a greased baking sheet. Bake at 350° for 25 minutes; brush with beaten egg. Bake 5-10 minutes more or until golden brown. Serve warm. Yield: 2 loaves.

ARTICHOKE QUICHE

Barb Hafer

- | | |
|---|------------------------------|
| 2 (6-oz.) jars marinated artichoke hearts | ½ tsp. pepper |
| 2 med. chopped onions | ½ tsp. oregano |
| 1 clove garlic, crushed | ½ tsp. Tabasco sauce |
| 4 eggs, beaten | 8 oz. sharp cheese, shredded |
| ½ c. bread crumbs | 2 T. parsley, chopped |
| ¼ tsp. salt | Parmesan cheese, grated |
| | Paprika to taste |

Drain marinade from one jar of artichokes into skillet. Discard marinade from second jar. Chop artichokes and set aside. Sauté onions and garlic in marinade for 5 minutes. Combine beaten eggs, crumbs, seasonings, shredded cheese and parsley with sautéed onions. Add artichokes. Pour into 8 x 8-inch pan. Bake at 325° for 30 minutes or until set. Sprinkle with Parmesan cheese and paprika during last 5 minutes of baking. Cut into squares. Serves 8 to 10.





LOW CALORIE SPINACH TART

Lois Rutt
Barb Hafer

- | | |
|---|--------------------------------|
| 2 (10-oz.) pkgs. frozen chopped spinach | 3 oz. part skim ricotta cheese |
| 1 pkg. Lipton onion soup mix | 1/2 c. sour cream |
| 1 egg, lightly beaten | 1 sm. tomato |

Preheat oven to 350°. Thaw and squeeze the spinach as dry as possible. In food processor or blender, combine spinach, soup mix, egg, ricotta cheese and sour cream thoroughly. Pour into 9-inch round casserole dish coated with Pam. Bake 45 minutes or until firm. Start checking after 25 minutes. Serve topped with sliced tomato. Makes 4 servings.

ARTICHOKE FRITTATA

Kim McCarter

- | | |
|---------------------------------|--|
| 1 lb. cooked crumbled sausage | 5 lg. eggs |
| 1/2 lb. fresh mushrooms, sliced | 2 (6-oz.) jars marinated artichoke hearts, drained |
| 1 c. chopped onions | 1 1/2 c. grated sharp cheddar cheese (6 oz.) |
| 1 T. vegetable oil | |
| 1 (10-oz.) pkg. frozen spinach | |

Slice mushrooms and sauté with onions in oil. Thaw spinach and drain well. (Allow 3 to 4 hours for spinach to thaw and drain.) Beat eggs lightly and combine with mushrooms, spinach, artichoke hearts and cheese. Bake covered in buttered 1 1/2-quart casserole at 350° for 45 minutes. Makes 6 servings.





PIZZA

Laura Sapko

Pizza Dough:

2 c. warm water
2 T. yeast
2 T. sugar
2 tsp. salt

4-5 c. flour
2 T. oil, leave out for lowfat
crust (opt.)

Pizza Sauce:

1 lg. can tomato purée
1 lg. can crushed tomatoes
1 sm. can tomato paste
Sm. bunch parsley, chopped
fine

1 med. onion, chopped
3 T. olive oil

Dissolve yeast in warm water; add sugar and salt; mix. Add half of the flour, beat on high speed for 10 minutes. Add the rest of the flour, mix in then beat for 10 more minutes with dough hook or work the flour in by hand with a spoon. Turn out onto floured table and knead for 10 more minutes. Cover and let rest for 10 minutes or let rise till double. Punch down and separate into two pieces; roll out on flour surface. Place in 2 greased medium-sized cookie sheets or pizza stones. In medium saucepan, brown onion in olive oil and lightly sauté parsley. Add tomatoes; salt and pepper to taste. Simmer for 45 minutes. **Layer:** Pizza sauce (store bought or home made). Lightly sprinkle with oregano (optional). Sprinkle generously with Parmesan cheese (optional). Top with grated mozzarella cheese (add cheddar, optional). Add toppings, sausage, pepperoni, peppers, mushrooms, olives, etc. Bake at 375°-425° for 20 minutes or golden brown cheese. This is a Saturday night tradition as we watch "This Old House," "Yankee Workshop" and "California's Gold" on KCET, a little bit of New England and a little bit of California!





CALZONES

Laura Sapko

Pizza dough, from previous recipe

Filling:

10 oz. spinach, drained (or broccoli)

2 T. butter

1/2 c. chopped onion

2 cloves garlic, crushed

Salt and pepper

1 lb. cooked Italian sausage

1 lb. ricotta cheese

1 c. mozzarella cheese

1/4 c. Parmesan

In small frying pan, sauté onions and garlic in butter; add spinach, cook on low till warm; set aside. Break (or slice) fried sausage into pieces; set aside. Combine cheeses in a bowl; set aside. Roll out a piece of dough (slightly smaller than a tennis ball) to a 10-inch circle (or desired size). Place approximately 1/4 cup cheese mixture on one half of dough; place small amount of spinach or broccoli (to taste) on top of cheese. Sprinkle with a few pieces of sausage. Fold the other half of dough over the filling, wet inside edge of dough with finger; press together with a fork to seal. Place on greased cookie sheet. Let rise in warm place for 15-20 minutes to bake immediately at 350° for 15-20 minutes or till golden brown. Top with pizza sauce if desired.

SPANOKOPITA

Raphaela Goodwin

1 roll raw crescent roll dough

2-3 eggs

2 cans ricotta or cottage cheese

2 (10-oz.) pkgs. frozen, chopped

spinach, thawed and squeezed dry

Greek olives

2 green onions, sliced thin

4-6 oz. feta, crumbled

1/2 tsp. salt

Preheat oven to 400°. Spray bottom and sides of 8-inch or 9-inch square pan. Press 1/2 roll (4 triangles) of dough into bottom of pan. Mix eggs, cottage cheese, spinach, onion and feta; spread over dough in pan. Top with other 4 triangles and press together. Bake 30-40 minutes (till golden). Serve with Greek olives.





POLENTA AND MUENSTER CHEESE

Laura Sapko
Ida Bissoni

1½ lbs. cornmeal
9 c. water

Salt to taste

1 lb. Muenster cheese, sliced or
grated

1 stick butter
5-6 cloves garlic, chopped

Boil water. Add cornmeal and stir with a whisk to a smooth consistency, as it thickens, stir with a wooden spoon. Cook on medium-high for ½ hour. It's done when polenta is firm. Turn out of the pan onto a dish, it should stay in the form of a cake. Sauté butter and garlic till golden brown. In a 9 x 13-inch casserole dish, layer slices of polenta with cheese, at least two layers. Pour melted butter and garlic over all. Cover to melt cheese or heat till melted. Serve with a large spoon. **Note:** This was a main dish when my grandmother was a young girl. It was an inexpensive Sunday dinner in the mountain town of Naples in northern Italy.

DONABELL'S CHILI RELLENO

Patty Smith

2 (1-oz.) cans green chili

3 lg. eggs

1 lb. Monterey Jack and cheddar
cheese

¼ tsp. salt

1 c. Bisquick

2 c. milk

Grease casserole dish with butter. Layer chili's and grated cheese alternately. beat eggs, salt, milk and Bisquick well and pour over top. Bake at 375° for 45 minutes. **Note:** A favorite and even famous dish with Donabell's church. We are privileged to have her share it with us. She has kept it a secret from her own church.





FAVORITE CHEESE ENCHILADAS

Barbara Mang

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|--|---|
| 1/2 onion, chopped | 1/4 tsp. powdered oregano |
| 3-4 cloves garlic, crushed | 1/4 tsp. basil |
| 3 T. olive oil | 1 c. strong vegetable broth (or beef broth) |
| 1 (2-oz.) can diced green chilies | 1 1/2 T. cornstarch |
| 1 lb. tomatoes, cooked, peeled and chopped | Water |
| 1 c. tomato juice (or thinned purée) | Tortillas |

Filling:

- | | |
|---|--------------------------|
| 10 oz. sharp cheddar or Jack cheese, grated | 2-3 chopped green onions |
| 1/2 c. sliced black olives or mushrooms | Chopped parsley (opt.) |

Sauté onion and garlic in olive oil until onion is transparent. Add chilies, tomatoes, tomato juice, oregano and basil. Simmer 5 minutes. Add broth. Meanwhile for filling, in a separate bowl mix cheese, olives, onions and parsley and set aside. Dissolve cornstarch in water and stir into sauce. Cook slowly 10 minutes. If sauce is too thick, add a little water. Place a tortilla gently on heated sauce. Remove when it starts to warm and arrange some filling on the saucy side. Roll it up and place in oiled oblong baking dish. Repeat with remaining tortillas. Pour remaining sauce over roll up tortillas. Bake at 350° for 15-20 minutes. Makes 4 servings.

Why is a cookbook exciting? Because it has many stirring events!





VEGETABLE CHEESE PENNE

Patty Smith

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|--|--------------------------------------|
| 1 butter | 6 oz. Monterey Jack cheese, shredded |
| 1 bunch fresh spinach, chopped or 1 pkg. frozen spinach, chopped and drained | 6 oz. mozzarella cheese, shredded |
| 1 med. onion, chopped | 3 c. chicken broth |
| 2 c. sliced mushrooms | Salt and pepper to taste |
| 12 c. penne or other tubular shaped pasta | |

In microwave, melt butter on high for 1 minute in 3-quart casserole dish. Stir in onion and mushrooms, cover and cook on high 4 minutes. Stir in pasta and broth, cover and cook on high 20 minutes, until liquid is absorbed and pasta is tender. Stir in spinach and half of each cheese. Add salt and pepper to taste. Sprinkle remaining cheese on top. Cover and cook on high 2 minutes. Let stand 5 minutes before serving. Serves 6.

CLAM LINGUINE

Diana Fuhrmann

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|--|------------------------------|
| 1 lb. linguine | 4 T. chopped parsley |
| 4 T. butter or margarine | $\frac{3}{4}$ T. dried basil |
| 1 T. flour | 1 garlic clove |
| 2 (7-oz.) cans minced or chopped clams | $\frac{3}{4}$ T. dried thyme |
| | Salt and pepper to taste |

In a large skillet heat butter and cook chopped garlic clove. Stir in flour and then stir in the juice from the clams. Bring to a full boil, stirring constantly. Lower heat and add clams, parsley, thyme, basil and salt and pepper to taste. Cook for 2-3 minutes and serve over cooked linguine.





LASAGNA SURPRISE

Michele Mawhorter

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|--|--------------------------------------|
| 3/4 c. chopped onion | 1 (10 oz.) frozen spinach, |
| 2 cloves garlic, minced | thawed and well drained |
| 2 (26-oz.) jars spaghetti sauce | 1/2 c. grated Parmesan cheese |
| 1 lb. ground beef | 2 eggs |
| 1 (16 oz.) ricotta cheese | 1 lb. lasagna noodles |
| 1 lb. mozzarella, shredded | |

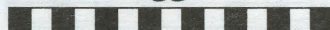
In large pan, brown ground beef with onion and garlic. Add pasta sauce and simmer 15 minutes. In bowl, mix ricotta, spinach and 1 cup mozzarella. Add Parmesan cheese and eggs. In 9 x 15-inch baking dish, layer 2 cups sauce, half the lasagna, half the remaining sauce, all the spinach mixture, half the mozzarella, the remaining lasagna and the sauce. Cover and bake at 350° for 45 minutes or until hot. Uncover and top with remaining mozzarella. Bake 15 minutes and then let stand 15 minutes before serving.

QUICK BAKED PASTA

Sonya Martin

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|----------------------------------|---|
| 2 T. olive oil | 1 tsp. dried whole oregano |
| 1 lb. lean ground beef | 1/2 tsp. dried whole rosemary |
| 3 cloves garlic, crushed | Salt and pepper to taste |
| 3/4 c. spaghetti sauce | 3/4 lb. penne pasta (short, sm. |
| 3/4 c. brown gravy | pasta tubes) |
| 1/2 c. half-and-half | 1 c. mozzarella or Swiss cheese, |
| 1/4 c. Parmesan or Romano | grated |
| cheese, grated | |

Bring 4 quarts of water to boil. Heat a large frying pan and add the oil, beef and garlic. Sauté until the meat is tender and drain. Add spaghetti sauce, gravy, half-and-half, Parmesan, oregano, rosemary, salt and pepper. Simmer the mixture. Meanwhile, cook pasta until barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart glass baking dish and top with remaining cheese. Bake, uncovered, at 350° for 25 minutes or until all is bubbly hot. Serves 6.





STUFFED SHELLS OR MANICOTTI

Barbara Mang

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|--------------------------------|----------------------------------|
| 1 (30-oz.) jar spaghetti sauce | 2 T. parsley |
| 1 c. water | 1/2 tsp. salt |
| 2 c. ricotta cheese | 1/4 tsp. pepper |
| 2 c. shredded mozzarella | 12 oz. jumbo shells or manicotti |
| 1/4 c. Parmesan | |

Heat oven to 400°. In saucepan, heat spaghetti sauce and water to boiling. Reduce heat and keep warm. Mix ricotta, mozzarella, Parmesan, parsley, salt and pepper. Spoon into uncooked pasta. Pour 1 cup sauce on bottom of 9 x 13-inch pan. Place filled shells, seam up, or manicotti, in a single layer and pour remaining sauce over pasta. Cover with foil and bake 40 minutes. Remove foil and bake 10 minutes more. Sprinkle extra mozzarella over top to melt.

The beauty of the home is orderliness. The blessing of the home is contentment. The glory of the home is hospitality. The crown of the home is Godliness.





LASAGNA ROLL-UPS

Donna Deichen

12 lasagna noodles
1 T. cooking oil
1 lg. onion, chopped
1 clove garlic, minced
2 (16-oz.) cans whole Italian tomatoes, cut up
1 (6-oz.) tomato paste
 $\frac{2}{3}$ c. water
3 T. snipped parsley

1 T. sugar
1 tsp. salt
1 tsp. dried oregano
 $\frac{1}{4}$ tsp. pepper
2 (15 oz.) ricotta cheese
2 c. shredded mozzarella cheese
 $\frac{1}{2}$ c. grated Parmesan cheese
2 eggs, well beaten

In a large saucepan, cook the lasagna noodles in boiling, salted water for 10-12 minutes or until tender; drain. Rinse with cool water and drain again. Set aside. **To Make Sauce:** In a large skillet, heat the oil. Add the onion and garlic and cook until tender. Carefully add the undrained tomatoes, tomato paste, water, 2 tablespoons of the parsley, sugar, salt, oregano and pepper. Simmer, uncovered, for 20 minutes. Meanwhile, in a large mixing bowl, stir together the ricotta cheese, 1 cup of the mozzarella cheese, Parmesan cheese, eggs and the remaining parsley. Pre-heat oven to 350°. **To Assemble:** Spread approximately $\frac{1}{3}$ cup of the cheese mixture evenly over each of the lasagna noodles. Starting from the short side, roll up each of the noodles. Pour half the sauce into a 3-quart rectangular baking dish. Place rolled up noodles seam side down in the baking dish. Top with remaining sauce. Cover and bake at 350° for 45 minutes. Uncover and sprinkle with the remaining mozzarella cheese. Bake for 5 minutes more. Let stand for 10-15 minutes before serving.





SLIM AND TRIM MACARONI AND CHEESE

Barb Hafer

3½ c. cooked and drained
macaroni
7 oz. (1¾ c.) shredded sharp
cheddar cheese
½ c. finely chopped onions
3 T. chopped parsley
1¾ c. lowfat cottage cheese

½ c. evaporated skim milk
2 tsp. Dijon-style mustard
Salt and pepper to taste
1 sm. slice bacon, cooked crisp
and drained
1 slice bread, crumbled
3 T. grated Parmesan cheese

Preheat oven to 350°. In large bowl combine macaroni, cheddar cheese, onion and parsley. In blender or food processor combine cottage cheese, milk and mustard. Process until smooth. Pour over macaroni mixture and mix. Season to taste with salt and pepper. Turn into 2-quart casserole sprayed with Pam. Crumble bacon and mix with bread crumbs and Parmesan. Sprinkle over casserole. Bake 20 minutes. Makes 8 servings.

BRAZILIAN RICE

Melissa Rivera

1 c. milk
4 eggs, beaten well
⅛ tsp. thyme
⅛ tsp. marjoram
2 T. instant minced onion
2 tsp. salt
1 lb. grated sharp cheddar
cheese

2 bunches fresh spinach,
cooked and chopped, or 1
(10-oz.) pkg. frozen spinach,
cooked and drained
4 c. cooked rice
4 T. melted butter

Combine milk, eggs, thyme, marjoram, minced onion and salt. Add grated cheese, spinach and rice to milk and egg mixture and mix well. Grease a 3-quart casserole pan. Turn mixture into casserole pan. You may refrigerate up to 24 hours. When ready to bake, bring it to room temperature, put butter on top and bake in preheated 375° oven for 35-40 minutes. Serves 6-8. **Note:** Lorraine Plourde gave this recipe to my mom. Everyone loves it!





RISOTTO

(Yellow Rice)

Laura Sapko
Ida Bissoni

1 lb. rice (River brand if available)
5 T. butter
1½ c. Parmesan cheese

1 onion, med.-lg., chopped
Lg. pot chicken or beef broth
2 pkgs. saffron

Melt butter in a large pot. Sauté onion till lightly brown. Add uncooked rice; toast with butter till rice is white about 4 minutes on medium heat. With soup ladle, add a few ladles of soup to rice mixture. Add saffron. As rice cooks add more soup, a few ladles at a time until rice is fully cooked and thick. When cooked add cheese and cover for a few minutes. Serve hot on a flat plate. Spread to the edge of the plate and eat with a spoon from the out edges in as it cools. **Note:** This was a main dish when my grandmother, Nonnie, was a young girl in northern Italy where butter was plentiful and a staple.

MEXICAN RICE

Dawn Olivas
Patti Smith

2 c. long-grain white rice
1/3 c. olive oil
4 c. hot chicken broth (or 3 bouillon cubes in water)

1 med. chopped onion
1 clove finely chopped garlic
1 c. salsa (opt.)

Fry rice in oil, add onion and garlic, salt and pepper, stir constantly till golden brown. Add boiling broth. Cover tightly and simmer 20 minutes. For variety you may add olives, cheese, meatballs, chopped or stewed tomatoes, any meat, shrimp, pork, chicken, beef, hot peppers or salsa on top. Makes 4-6 servings.





RICE WITH SOUR CREAM

Dawn Olivas

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|--------------------------------------|-------------------------------------|
| 1/2 lb. Jack cheese | 2-3 c. cooked rice |
| 2 c. sour cream | 1/2 c. grated cheddar cheese |
| 2 cans green chilies, chopped | Salt and pepper |

Cut Jack cheese into strips. Mix sour cream and chilies together. Season rice to taste. Use a buttered casserole dish and layer the rice, sour cream mixture, and the cheese strips. Make the layers finishing with rice on top. Bake at 350° for 25 minutes. Before serving sprinkle cheddar cheese over top and allow to melt. Remove from oven and serve. Makes 6 servings.

RICE PILAF

Val Davis

- | | |
|---|---------------------------|
| 1 c. white rice | 3 T. butter |
| 1 c. flat noodles, broken in
1-inch pieces | 3 c. chicken broth |
| | Salt and pepper |

Brown noodles in melted butter. Add rice and 3 cups chicken broth. Season, cover and cook about 20 minutes. Add these for a variety of tastes; parsley, mushrooms, cilantro, green onions.

Blessed is the person who can laugh at himself. He never ceases to be amused.





POLENTA AND CHICKEN

Laura Sapko
Ida Bissoni

1½ lbs. cornmeal
9 c. water
Salt to taste
5 chicken legs and thighs or
whole chicken, cut up
¼ c. butter
1 med./lg. onion
1-2 T. chopped parsley
2-3 sprigs fresh sage

2-3 sprigs rosemary
Salt and pepper to taste
¼ c. cider or wine vinegar
1 c. water
1 chopped tomato or 1 sm. can
chopped tomatoes
1½ tsp. allspice
½ tsp. cinnamon

Boil water. Add cornmeal and stir with a whisk to a smooth consistency. As it thickens, stir with a wooden spoon. Cook on medium-high for ½ hour. It's done when polenta is firm. Turn out of the pan onto a dish, it should stay in the form of a cake. In a large electric fry pan melt butter and sauté onion till golden. Add chicken; lightly brown on both sides. Add salt, pepper, herbs, vinegar, water and tomatoes. Sprinkle in the spices. Cover and simmer for 45 minutes till chicken is tender and a savory gravy is made; the gravy is not thick. To serve: Spoon a slice of polenta onto a dish. Ladle a piece or two of chicken over the polenta with the juice over all. **Note:** The original recipe is made by "taste" by my grandmother. It was a special night when we got to have this made by her and we (my brothers and sisters) request it whenever we can!

CHIPS AND CHICKEN CASSEROLE

Kim Bell

4-6 chicken breasts
1 pkg. white rice
1 pkg. wild rice
1 bag potato chips
1 can cream of chicken soup
½ c. mayonnaise

1 T. lemon juice
3 hard-boiled eggs, sliced
⅓ c. minced onion
½ c. diced celery
2 c. broth from chicken
Slivered almonds (opt.)

Cook chicken, save broth. Cook rices. Dice chicken. Combine with potato chips, can soup, mayonnaise, lemon juice, eggs, onion, celery, broth and almonds in casserole dish. Bake uncovered at 350° for 45 minutes to 1 hour.





ARTICHOKE CHICKEN

Donna Deichen

8 skinless, boneless breasts
 2 T. butter or margarine
 2 (6-oz.) jars marinated
 artichoke hearts, drained
 1 (4½-oz.) jar whole mushrooms
 ½ c. chopped onion
 Cooked noodles

Chopped fresh parsley
 ⅓ c. flour
 1½ tsp. dried rosemary
 1 tsp. salt
 ¼ tsp. pepper
 2 c. chicken broth or 1 c. broth
 and 1 c. dry white wine

In a skillet, brown chicken in butter. Remove chicken to an ungreased 13 x 9-inch baking dish; do not drain pan juices. Cut the artichokes into quarters. Arrange artichokes and mushrooms on top of chicken; set aside. Sauté onions in pan juices; blend in flour, rosemary, salt and pepper. Add chicken broth; cook until thickened and bubbly. Remove from the heat and spoon over chicken. Cover and bake at 350° for 50-60 minutes or until chicken is tender. Place noodles on serving platter; top with chicken and sauce. Sprinkle with parsley. Serves 8.

EASY CHICKEN CASSEROLE

Kim Bell

8 boneless, skinless chicken
 breasts
 5 thinly sliced pieces of Swiss
 cheese

2 cans cream of chicken soup
 ½ c. milk
 1½ c. unprepared seasoned
 stuffing mix

Place chicken in a 9 x 13-inch baking dish sprayed with Pam. Top with Swiss cheese. Mix soup and milk together and pour over chicken. Sprinkle stuffing mix on top and bake uncovered at 350°, 1 to 1¼ hours.

CHICKEN TETRAZZINI

Tracy Moore

4 chicken breasts, cooked and
 cubed
 2 cans cream of mushroom
 soup
 1½-2 c. sour cream

½ c. butter
 8 oz. spaghetti
 Bread crumbs
 Parmesan cheese, grated

Break spaghetti into 1-inch pieces and cook. Heat soup, sour cream and butter, blending together. Add chicken and cooked spaghetti. Pour into 9 x 13-inch dish and sprinkle with bread crumbs and Parmesan cheese. Bake at 350° for 30-40 minutes.





"VIVA LA CHICKEN CASSEROLE"

Teresa Webberley

- | | |
|---|-----------------------------------|
| 4 chicken breasts or 1 whole chicken, cooked and shredded | 2 T. chicken stock or water |
| 1 doz. corn tortillas | 1 onion, grated or finely chopped |
| 1 can cream of chicken soup | 1 can green chile salsa |
| 1 can cream of mushroom soup | 1/2 lb. cheddar cheese |
| 2 c. milk | 1/2 can diced chile jalapeños |

Place 2 tablespoons chicken stock or water into a greased 13 x 9 x 2-inch casserole dish; put aside. Mix in medium bowl the soups, milk, onion, green chile salsa and jalapeños; mix with just a fork. Take tortillas and tear them into nice size pieces. Make a layer of tortillas on bottom of casserole dish, second layer with some of the shredded chicken and a layer of the mix over chicken; repeat layers until all gone. Top with cheese. Cook at 350° for 1 to 1 1/2 hours, uncovered. Serves 6-8 people.

CHEESY CHICKEN MAC BAKE

Ginger Herman

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|---|--|
| 2 T. butter | 1 c. shredded cheddar cheese |
| 1/4 c. finely chopped onion | 2 boneless, skinless chicken breasts, chopped and cooked or 1 (3-oz.) can chunk white chicken, drained |
| 1 can cream of chicken soup | |
| 1/2 c. milk | |
| Generous dash of pepper | |
| 3 c. cooked (1 1/2 c. uncooked) elbow or shell macaroni | |

In 2-quart saucepan, cook onion in butter until tender. Stir in soup, milk and pepper until smooth. Add cooked macaroni, cheese (reserve 1/4 cup cheese) and chicken. Pour mixture into 1 1/2-quart casserole dish. Bake at 350° for 30 minutes. Top with reserved cheese. Bake until cheese melts. Makes 4 servings.



CHICKEN ENCHILADAS

Tracy Moore

- 3 c. chopped, cooked chicken
- 2 cans cream of chicken soup
- 1/4 c. diced green chiles
- 1 sm. can evaporated milk

- 2 c. grated Monterey Jack cheese
- 12-15 flour tortillas

Heat the cream of chicken soup, chiles, and milk in a saucepan until warm and blended. Add regular milk if mixture is too thick. Reserve 1 1/4 cups. Place 1 tablespoon chicken in a tortilla, add 1 tablespoon sauce. Roll and place in a 9 x 13-inch dish. When dish is full, top with reserved sauce and cheese. Bake at 350° covered for 20 minutes. Uncover and bake an additional 5-10 minutes until cheese is bubbly.

CLEO'S CHICKEN SALAD

Patty Smith

- 8 chicken breasts, cooked and cubed
- 1 can pineapple tidbits
- 1 lb. macaroni circles, cooked and drained
- 12 oz. peanuts

- 1 green pepper, chopped
- 1 bunch seedless grapes, halved
- 1/2 bunch celery, chopped
- 1 jar (lg.) pimento
- Miracle Whip to moisten

Combine chicken, macaroni, pepper, celery, pimento, pineapple and grapes, and blend with Miracle Whip to moisten. Cover and put in refrigerator to chill. Just before serving, add peanuts, and mix well. Serve with rolls. **Variation:** Substitute black olives for pineapple and grapes.

CHICKEN AND RICE CASSEROLE

Jodi Pasqua

- 4 c. cooked rice
- Cooked chicken
- 2 cans cream of chicken soup

- 1 1/2 c. sour cream
- 1 cube butter
- 1 tube Ritz crackers

In a 9 x 13-inch pan, place shredded cooked chicken on top of cooked rice. In saucepan, heat soup, sour cream and butter. Pour sauce over chicken. Crumble 1 tube Ritz crackers on top. Bake at 350° for 30 minutes uncovered. **Hint:** Use fat free or lowfat ingredients in sauce for a lowfat meal.





CHICKEN ENCHILADAS

Don Lewis

1 lb. cooked chicken, shredded to bite-size
16 oz. sour cream
1 can cream of chicken soup (or cream of mushroom)

½ lb. shredded cheddar cheese
Green onions to taste
Jalapeño peppers to taste
¼ c. milk
8 flour tortillas

Mix sour cream and soup. Remove ¾ cup of mixture and mix with milk and save for later. Add green onions and peppers according to own taste. Add most of the cheese, saving some to sprinkle on top after baking. Add chicken and mix ingredients. Heat tortillas enough to soften and make them pliable. Spoon mixture onto tortillas and roll. Place in baking pan. Pour reserved sauce over enchiladas. Bake for 1 hour at 350° or until enchiladas start to brown. When done, sprinkle with cheese and green onions for garnish and serve.

OCTOBER THIRD CHILI

Gayle Farmer
Ann Lillich

1 c. chopped onion
1 lg. clove garlic, chopped
7-oz. can diced green chilies (mild)
3 or 4 boneless, skinless chicken breasts, cooked and shredded
2 (1-lb.) cans tomatoes, undrained

1 (6-oz.) can tomato paste
3 (1-lb.) cans red kidney beans, drained and rinsed
1½ c. water
2 tsp. salt
½ tsp. crushed red pepper
1½ T. chili powder

Place in a 4-quart crockpot: Onion, garlic, chilies, chicken, tomatoes, tomato paste, beans, water, salt, pepper and chili powder. Cook on low setting for ten to twelve hours. At high altitude, I go for the longer time.





COMPANY CREPES

Kim McCarter

Filling:

- | | |
|--|--|
| 4 T. butter | 2 c. coarsely chopped cooked chicken or turkey |
| 2 onions, chopped | 6 T. sour cream |
| 1/2 lb. fresh mushrooms, sliced | 2 T. sherry |
| 1/2 (10-oz.) pkg. frozen, chopped spinach, thawed and well drained | Salt |

Sauce:

- | | |
|--------------------|---------------------------------------|
| 6 T. butter | 3/4 c. freshly grated Parmesan cheese |
| 6 T. flour | 1/2 c. grated Swiss or Gruyere cheese |
| 1/2 c. sherry | Salt |
| 2 c. chicken stock | |
| 1 c. milk | |

Melt butter in large skillet. Add onions and sauté until soft. Add mushrooms and sauté for a few minutes. Remove from heat. Add spinach, chicken, sour cream, sherry and salt to taste. Stir until well blended. This mixture may be done ahead and refrigerated. Melt butter and remove from heat. Add flour and stir until smooth. Stir in sherry, stock and milk. Return pan to the heat and cook, stirring constantly, until mixture is thick and at a full boil. Reduce heat and simmer. Add cheese and salt to taste. Stir over low heat until cheese is melted. Remove pan from heat and cover it with a piece of waxed paper so that a skin does not form. The sauce may be frozen. To assemble the crepes, fill the crepes with the warmed filling, roll up and place side by side in a baking dish. Spoon some of the sauce over the crepes and bake at 350° for 15 minutes. Reheat the rest of the sauce gently and service it separately. Makes 4-6 servings, 8-12 crepes.





POPPY SEED CHICKEN CASSEROLE

Laura Sapko

- | | |
|--|-----------------------------|
| 3 lg. skinless, boneless chicken breasts | 1 stack Ritz crackers |
| 1½ c. curly noodles | 1 stick butter or margarine |
| 1 c. sour cream | 3 T. poppy seeds |
| 1 can Campbell's cream of mushroom soup | |

Cook chicken, cut into bite-size pieces. Place cubed chicken in casserole dish. Boil noodles and drain, layer over chicken. Mix together sour cream and cream of mushroom soup. Spread over noodles. Crush stack of Ritz crackers. Melt butter. Mix crackers, butter and poppy seeds to create the topping. Spread over casserole. Bake at 325° for 25 minutes or until golden brown.

JAVANESE DINNER

Tracy Moore

- | | |
|----------------------------------|---|
| Chicken, 1 med. piece per person | Pinch salt |
| 1 chopped onion | 3 tsp. curry powder (more or less to taste) |
| 1 tsp. rubbed sage | |

Boil chicken with onion, sage and salt. Strain and reserve water when done. Chop or shred chicken. Add curry to broth. Cornstarch may be added if thicker gravy is desired.

Cooked rice, enough for same number of people as chicken

Toppings:

- | | |
|------------------------|------------------------------------|
| Raisins | Tomatoes, chopped |
| Cheddar cheese, grated | Shredded coconut (fresh or canned) |
| Peanuts | Crushed pineapple |
| Green onion, chopped | Chow mein noodles |
| Celery, chopped | |

Chicken, rice, and toppings are each in their own bowls. Amounts are according to size of dinner guests. Start with rice on your plate; add chicken and toppings according to personal taste on rice. Ladle curry gravy over all. Eat. Yum! This has been Jonathan Sapko's favorite since the Moore's introduced him and his family to it and he requests it often and for his birthday dinner!





CHICKEN BROCCOLI DIVAN

Cindy Rakisits

- | | |
|---|------------------------------|
| 2 (10 oz.) broccoli (bags frozen) | 1 tsp. lemon juice |
| 2 c. sliced chicken breasts (3 whole or 6 halves) | 1/2 tsp. curry powder (opt.) |
| 2 cans cream of chicken soup | 1/2 c. shredded sharp cheese |
| 1 c. Best Foods mayonnaise | 1/2 c. soft bread crumbs |
| | 2 T. butter or margarine |

Grease 11 x 8-inch dish with Pam. Cook and drain broccoli. Place in the bottom of dish. Arrange chicken on top. Combine soup, mayonnaise, lemon juice, curry and cheese. Pour over chicken and broccoli. Melt butter and stir in bread crumbs. Sprinkle bread crumbs and butter over top. Bake at 350° for 25-30 minutes.

Four things come not back - the spoken word, the spent arrow, the past life and the neglected opportunity.





CHICKEN KIEV

Donna Deichen

6 boned whole chicken breasts
(each $\frac{3}{4}$ lb.)
 $\frac{3}{4}$ c. unsifted all-purpose flour
3 eggs, well beaten

$1\frac{1}{2}$ c. dry bread crumbs
Salad oil or shortening for deep
frying

Herb Butter:

1 c. butter or margarine,
softened
2 T. chopped parsley
 $1\frac{1}{2}$ tsp. dried tarragon

1 clove garlic, crushed
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

In small bowl with rubber scraper, thoroughly mix butter, parsley, tarragon, garlic, salt and pepper. On foil, shape into 6-inch square. Freeze until firm, about 40 minutes. Meanwhile, wash chicken; dry well on paper towels. Using a small sharp knife, carefully remove skin. Cut each breast in half. To flatten chicken, place each half, smooth side down, on sheet of waxed paper. Cover with second sheet. Using a mallet or side of saucer, pound chicken to about $\frac{1}{4}$ -inch thickness, being careful not to break the meat. Cut the frozen butter into 12 pats. Place a pat of herb butter in center of each piece of chicken. Bring long sides of chicken over butter; fold ends over, making sure that no butter is showing; fasten with toothpick. This is important to keep the herb butter inside during frying. Roll each chicken piece into the flour on a sheet of waxed paper. Dip each in beaten egg; roll in crumbs, coating evenly. Then shape each piece, with palm of hands, into triangles. Refrigerate, covered, until chilled, about 1 hour. In a Dutch oven or large, heavy saucepan, slowly heat salad oil (3 inches deep) to 360° on deep frying thermometer. Add chicken pieces, three at a time. Fry, turning with tongs, till browned, 5 minutes. Drain. (Do not pierce coating.) Keep warm in 200° oven for 15 minutes (no more) in large pan lined with paper towels. Serves 8.

TORTILLA CHICKEN CASSEROLE

Vonda Crosby

2 c. shredded chicken
1 can cream of chicken soup
 $\frac{1}{2}$ doz. corn tortillas

2 c. shredded mild cheddar
cheese
1 c. milk

Spread $\frac{1}{2}$ can of cream of chicken soup on bottom of 9 x 9-inch baking dish. Cut tortillas in strips. Layer tortillas, chicken, cheese and chili enough to make two layers. Take remaining soup and mix with 1 cup milk and pour over top of casserole. Bake at 350° for 1 hour. Serves 4.





CHINESE CHICKEN CASSEROLE

Laura Sapko

4 chicken breasts or leg quarters

1 c. water

Salt and pepper to taste

Garlic powder to taste

1/2 c. mayonnaise

1 c. sour cream

1 can cream of chicken, mushroom or celery

2 celery stalks, sliced thin

2-3 carrots, sliced thin

1 can water chestnuts (opt.)

1 can bamboo shoots (opt.)

Vegetable variation: peas, mixed vegetables, Chinese mixed vegetables

2 c. rice

2 c. cornflakes

2 T. butter

Cook rice according to directions. Cook chicken in water; season with salt, pepper, garlic to taste. Reserve water, if not 1 cup add water to make 1 cup. Bone and chop chicken into bite-size pieces. Combine water from chicken, mayonnaise, sour cream, and soup in large bowl. Add cooked rice, chicken, and all vegetables. Gently turn with large spoon till mixed. Pour into casserole. Melt 2 tablespoons butter; add cornflakes; toss till coated. Sprinkle on top of mixture. Bake uncovered for 30 minutes, till bubbly, at 350°. Can be made ahead and chilled or frozen before cooking. Defrost before cooking; cook for 45 minutes or longer if cold, till bubbly.

The full use of today is the best preparation for tomorrow.





CHICKEN "POT PIE" WITH CORNBREAD

Donna Deichen

Filling:

- | | |
|----------------------------------|-----------------------------|
| 1/4 c. margarine or butter | 1 (10-oz.) pkg. frozen peas |
| 1 c. chopped onion | 1/2 tsp. salt |
| 1 c. sliced celery | 1/4 tsp. dried thyme |
| 1 1/2 c. sliced fresh mushrooms | 1/4 tsp. pepper |
| 1/4 c. all-purpose flour | 1 c. sliced carrots |
| 1 (14 1/2-oz.) can chicken broth | 3 c. chopped cooked chicken |
| 1 c. milk | |

Biscuits:

- | | |
|--------------------------|--------------------------|
| 1/2 c. cornmeal | 2 T. margarine or butter |
| 1/2 c. all-purpose flour | 1 beaten egg |
| 1 1/2 tsp. sugar | 1/3 c. milk |
| 1 1/2 tsp. baking powder | 1 T. snipped parsley |
| 1/8 tsp. salt | |

Preheat oven to 425°. To make the filling: In a large saucepan over medium-high heat, melt the 1/4 margarine or butter. Add the onion and celery. Cook and stir for 2 minutes. Add the mushrooms to the saucepan; cook and stir about 3 minutes more or until the vegetables are tender. Stir in the 1/4 cup flour and cook for 1 minute more. Carefully add the chicken broth and the 1 cup milk; cook and stir over medium heat until thickened and bubbly. Add the peas, the 1/2 teaspoon salt, the thyme and pepper; set aside. Cook the carrots in 1 cup boiling water for 5 minutes; drain. Add the cooked carrots and chicken to the sauce. Spoon the sauce into a 2-quart rectangular baking dish; set aside. **To Make Biscuits:** In a small bowl, stir together the cornmeal, the 1/2 cup flour, the sugar, baking powder and the 1/8 teaspoon salt. Using a pastry blender or two knives, cut in the 2 tablespoons margarine or butter until the mixture resembles coarse crumbs. In another small bowl, stir together the beaten egg, the 1/3 cup milk and the parsley. Add the milk mixture to the crumb mixture; stir until moistened. Evenly spoon mounds of the biscuit mixture over the chicken mixture. Bake for 20-25 minutes or until the filling is bubbly and the biscuits are golden. Makes 6 servings.





CHICKEN CURRY

Lori Ginsberg

- | | |
|-----------------------------|-------------------------------|
| 1 lb. cubed cooked chicken | 1/3 c. mayonnaise |
| 1 lb. broccoli flowerets | 1 T. lemon juice |
| 1/2 lb. mushrooms, sliced | 2 tsp. powdered curry |
| 1 can cream of chicken soup | 8 oz. shredded cheddar cheese |

Steam broccoli for 10 minutes. Place in the bottom of a 2-quart casserole. Place chicken on top. Sauté mushrooms and place on top of chicken and broccoli. Combine soup, mayonnaise, lemon juice, curry and cheese. Spread over chicken mixture. Cover and bake in a preheated 350° oven for 40 minutes or until bubbly.

CHICKEN SONORA

Debbie Snyder

- | | |
|--|--|
| 4 whole chicken breasts | 2/3 c. chopped onion |
| 1 can cream of mushroom soup | 1 doz. corn tortillas, cut into sm. pieces |
| 1 can cream of chicken soup | 1/2 lb. cheddar and Jack cheese, shredded |
| 1 can chili beans | 1 sm. can chopped black olives |
| 1 sm. (4-oz.) can green chile salsa (or other salsa) | |
| 3/4 c. milk | |

Cook chicken in water until tender. cool, then skin chicken and cut into bite-size pieces. Set aside. In large bowl, add both soups, chile beans, salsa, milk and onion. Mix. Spray 9 x 13-inch casserole dish with cooking spray. In dish, layer 1/2 the tortilla pieces, and 1/2 the cut up chicken. Spoon 1/2 of the soup mixture over this and sprinkle 1/2 the cheese on top. Repeat this layering using rest of ingredients. Top with black olives. Cover with foil and bake 35 minutes. Remove foil and bake 10-15 minutes more, until bubbling. Bake at 350°. Serves 8 easily. This can be made ahead of time and refrigerated. If so, add an additional 10 minutes baking time. This is one of my family's favorites.





MOM'S BEST SPAGHETTI SAUCE WITH MEAT

Laura Sapko
Margaret Waskiewicz

- | | |
|---|---------------------------|
| 1 (4 to 5-lb.) rump roast (beef) | 1 lg. onion, chopped |
| 2 (28-oz.) cans chopped tomatoes in purée | Salt and pepper |
| 1 (28-oz.) can tomato purée | 2-4 cloves garlic, halved |
| 1 lg. can tomato paste | Whole clove |
| 1/4 c. olive oil | Basil |
| | Bay leaf |

Makes enough sauce for 5-6 pounds spaghetti (or 5-6 meals if one pound is used at each meal). Prepare roast; with long knife 4-6 "X"s" through roast. Push finger into "X" to open a hole. Season in the holes with salt, pepper, a garlic piece and a couple whole cloves. In a very large pot, brown onion and a few sliced cloves of garlic in oil till golden. At the same time brown roast in the same pot. Add tomatoes and one large can of water; season with salt, pepper, basil and bay leaf to taste. More water can be added if sauce seems too thick. Simmer for 3-4 hours. Ladle sauce onto cooked spaghetti or macaroni. Remove roast and slice onto a platter for serving with spaghetti, salad and garlic bread. Leftover sauce can be frozen in quart containers (or smaller) for future meals. **Note:** Jim really loves spaghetti and sauce and is really glad mom taught me to make this sauce!





PARTY BEEF CASSEROLE

Donna Deichen

3 T. all-purpose flour
1 tsp. salt
1/2 tsp. pepper
2 lbs. boneless round steak, cut
into 1/2-inch cubes
2 T. cooking oil
1 c. water
1/2 c. beef broth
1 garlic clove, minced

1 T. dried minced onion
1/2 tsp. dried thyme
1/4 tsp. dried rosemary, crushed
2 c. sliced fresh mushrooms
2 c. frozen peas, thawed
3 c. mashed potatoes (mashed
with milk and butter)
1 T. butter or margarine, melted
Paprika

In a large resealable plastic bag, combine flour, salt and pepper; add beef cubes and shake to coat. In a skillet over medium heat, brown beef in oil. Place beef and drippings in a greased shallow 2 1/2-quart baking dish. To skillet, add water, broth, garlic, onion, thyme and rosemary; bring to a boil. Simmer, uncovered, for 5 minutes; stir in mushrooms. Pour over meat; mix well. Cover and bake at 350° for 1 1/2 to 1 3/4 hours or until beef is tender. Sprinkle peas over meat. Spread potatoes evenly over top. Brush with butter; sprinkle with paprika. Bake 15-20 minutes more. Makes 6-8 servings. With a salad and rolls, it's an inexpensive, hearty dinner.

ITALIAN HOT DISH

Sharon Burden

1 1/2 lbs. ground beef
Garlic salt
Pepper
1 bunch green onions, diced
with stem
1 pkg. flat egg noodles

1 lg. and 1 sm. can tomato
sauce
1 (16-oz.) ctn. sour cream
1 (8 oz.) cream cheese
Parmesan cheese

Brown meat and season with garlic salt and pepper. Mix sour cream, cream cheese and onion in a bowl. Cook noodles until tender. Layer noodles, cheese mixture, meat in that order in a large greased casserole. Repeat. Top with Parmesan cheese. Bake at 350° for 1 hour.





ENCHILADAS

Dawn Olivas

- | | |
|---|--|
| 1/2 c. oil | 1 lb. Jack or cheddar (or both),
grated |
| 12 corn tortillas | 1 onion, finely chopped |
| 1 (19-oz.) can enchilada sauce
or red chili sauce | |
| 2 c. shredded cooked chicken
or beef (or 1 lb. shredded mild
cheddar instead of meat) | |

In a skillet, heat oil and dip each tortilla in, frying quickly on each side until soft. Heat sauce in another skillet till warm. Dip the fried tortilla in sauce. Lay on plate to add meat, cheese and onion. Roll the tortilla up and place in a greased baking dish. Repeat until you have all twelve in a single layer. Pour remaining sauce on top and bake at 350° for 15 minutes till hot and bubbly. Grate additional cheese on top and let melt. Garnish with chopped scallions, dollops of sour cream, or olives.

MEAT PIE (Our Son's Favorite)

Melody Parker

- | | |
|----------------------|-------------------------------|
| 2 T. fat | 1 can tomato soup (undiluted) |
| 1 lb. ground beef | Salt and pepper |
| 1 lg. onion (sliced) | |

Melt fat in skillet; add meat and brown well. Add onion until yellow; put mixture in casserole. Add soup, seasonings; cover with baking powder biscuit dough. Cook in very hot oven (450°) for 20 minutes, until biscuit browns. Add milk to biscuit dough so that it will drop from spoon. This is a good "stretcher" dish for unexpected supper guests.

Baking Powder Biscuit Dough:

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|-------------------------------|---|
| 2 c. sifted all-purpose flour | 6 T. shortening |
| 3 tsp. baking powder | 2/3 c. milk, plus more so that it
drops from spoon |
| 1 tsp. salt | |

Sift together flour, baking powder and salt. Cut in shortening until it is in fine particles. Add almost all milk; mix with fork.





MOM'S HAMBURGER CASSEROLE

Michele Mawhorter

- | | |
|--|----------------------------|
| 1 lb. ground beef | 3/4 c. instant rice (dry) |
| 2 T. chopped onion | 1 T. Mexican seasoning |
| 3 T. green olives, chopped | 1 T. garlic powder |
| 3/4 c. ketchup | 1 tsp. chili powder |
| 1 (15-oz.) can kidney beans,
drained | 1/2 green pepper, chopped |
| 1 (15-oz.) can stewed tomatoes,
drained | 2 c. grated cheddar cheese |

In skillet, brown ground beef with onion. Add olives, ketchup, kidney beans, tomatoes, rice, Mexican seasoning, garlic powder, chili powder and green pepper. Mix together. Pour into greased casserole dish and bake at 375° for 35 minutes. Remove from oven and stir. Return to oven and bake 20 minutes more. Remove again and top with cheese. Return to oven until cheese melts. Serves 6.

MEAT AND CABBAGE CASSEROLE

Barbara Mang

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|---------------------|--|
| 1 med. head cabbage | 1/4 tsp. pepper |
| 1 lb. ground beef | 2 c. canned tomatoes, with 2 T.
sugar added |
| 1 c. chopped onion | 1 c. water |
| 1/4 c. raw rice | |
| 1 1/2 tsp. salt | |

Cut cabbage into 6 wedges. Arrange in 3-quart casserole, spoke fashion. Combine meat, onion, rice, salt and pepper. Shape into long patties (fingers) to fit between cabbage wedges. Pour tomatoes and water over meat and cabbage. Cover and bake at 350° for about 1 1/2 hours or until meat is done.





TAMALE PIE

Barbara Mang

1½ lbs. ground beef

2 T. oil

1 c. chopped onion

1 (1 lb. 13-oz.) can tomatoes

1 (12-oz.) can whole corn

⅔ c. cornmeal

1 tsp. salt

1 tsp. chili powder

1 can whole black olives

½ c. shredded cheddar

Fry beef in oil and add the onions. Drain. Add tomatoes and liquid from can of corn. Stir in cornmeal. Simmer 10 minutes, stirring frequently. Add salt, chili powder, drained corn and olives (I cut the olives in half). Turn into a 9-inch square baking dish. Bake in a 350° oven for 20-25 minutes. Sprinkle with cheese and bake 15 minutes longer. Makes 6-8 servings.

Worry - interest paid on trouble before it's due.





YANKEE NOODLE DANDY

Donna Deichen

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|---|---|
| 1 lb. ground beef | 1 c. sour cream |
| 1 clove garlic, minced | 1 (3-oz.) pkg. cream cheese,
softened |
| 1/4 tsp. pepper | 1/2 c. grated Parmesan cheese,
divided |
| 1 1/2 oz. env. spaghetti sauce mix | 1 T. snipped parsley |
| 3 c. water | |
| 1 (6-oz.) can tomato paste | |
| 1/2 tsp. dried thyme | |
| 1 (8-oz.) pkg. med. or wide
noodles, cooked and drained
(avoid overcooking noodles
since they are going into
baked casserole) | |

In a large skillet, cook and stir the ground beef and garlic until the beef is brown. Drain. Stir in the pepper. In a small bowl, stir together the spaghetti sauce mix, water, tomato paste and thyme. Stir the spaghetti sauce mixture into the beef mixture. Bring mixture to a boil. Reduce heat and simmer the meat sauce for 20 minutes. Preheat the oven to 325°. Place half the cooked noodles in a 3-quart rectangular baking dish. Spread half the meat sauce over the noodles. In another small bowl, stir together the sour cream, cream cheese, 1/4 cup of the Parmesan cheese and the parsley. Spread 2/3 of the cheese mixture over the meat sauce layer in the baking dish. Spread the remaining noodles over the cheese layer. Completely cover the top layer of noodles with the remaining meat sauce. Spread the remaining cheese mixture in the center of the casserole. Sprinkle with the remaining Parmesan cheese over all. Bake at 325° about 20 minutes or until the casserole is heated through. Makes 8-10 servings.





MOUSSAKA

Donna Deichen

2 eggplants (1 lb. 4 oz. each),
washed and dried

Salt

1/2 c. butter or margarine, melted

Meat Sauce:

2 T. butter or margarine

1 c. finely chopped onion

1 1/2 lbs. ground chuck or lamb

1 clove garlic, crushed

1/2 tsp. dried oregano

Cream Sauce:

2 T. butter or margarine

2 T. flour

1/2 tsp. salt

1/2 grated Parmesan cheese

1/2 grated cheddar cheese

2 T. dry bread crumbs

1 tsp. dried basil

1/2 tsp. cinnamon

1 tsp. salt

Dash of pepper

2 (8-oz.) cans tomato sauce

Dash of pepper

2 c. milk

2 eggs

Meat Sauce: In hot butter in 3 1/2-quart Dutch oven, sauté onion, chuck and garlic, stirring until brown, 10 minutes. Add oregano, basil, cinnamon, salt, pepper and tomato sauce; bring to boiling, stirring. Reduce heat; simmer, uncovered, 1/2 hour. Halve unpared eggplant lengthwise; slice crosswise, 1/2-inch thick. Place in bottom of broiler pan; sprinkle lightly with salt; brush lightly with melted butter. Broil, 4 inches away from heat, 4 minutes per side, or until golden. **Cream Sauce:** In medium saucepan, melt butter. Remove from heat; stir in flour, salt and pepper. Add milk gradually. Bring to boiling, stirring until mixture is thickened. Remove from heat. In small bowl, beat eggs with wire whisk. Beat in some hot cream sauce mixture; return mixture to saucepan; mix well and set aside. Preheat oven to 350°. **To Assemble Casserole:** In bottom of a shallow 2-quart baking dish, 12 x 7 1/2 x 2-inch, layer half of eggplant, overlapping slightly, sprinkle with 2 tablespoons each of grated Parmesan and cheddar cheese. Stir bread crumbs into meat sauce; spoon evenly over eggplant in casserole and then sprinkle with 2 tablespoons each of Parmesan and cheddar cheese. Layer rest of eggplant slices, overlapping as before. Pour cream sauce over all. Sprinkle top with remaining cheese. Bake 35-40 minutes, or until golden brown and top is set. If desired, brown top a little more under broiler, 1 minute. Cool slightly to serve. Makes 12 servings.



CORNBREAD CASSEROLE

Cindy Rakisits

1 lb. hamburger

1 can corn

1 can stewed tomatoes

1 can Dennison's chili

Chopped onion

Brown hamburger with onion. Add corn, tomatoes and chili. Cook until hot. Put in casserole. Mix a box of Jiffy cornbread mix according to directions on box. Spread on top and bake at 350° for 25 minutes until light brown.

POT ROAST

Jane Speer

Pot roast

4 carrots

2-3 onions

1-2 pkgs. fresh mushrooms

2 cans beef gravy

1 lb. fresh green beans

Cook meat and vegetables for 4-6 hours or until tender in crockpot and serve over rice or noodles.

GAYLE FARMER'S CHILI

Gayle Farmer

1½ lbs. ground beef

2 onions

Olive oil

1 med. can tomato sauce

3 cans pinto beans

3 cans kidney beans

3 or 4 garlic cloves

3 or 4 stalks sliced celery

½ diced green pepper

Mushrooms

Chili powder

Salt

Pepper

½ c. red wine

V8 juice (opt.)

Slice and sauté onions in pan with bottom covered in olive oil. In large pan, dump can tomato sauce, beans with all juices, and garlic. In separate pan, fry 1½ pounds ground beef and remove fat. Add to mixture. Add celery, green pepper, and mushrooms. Season with chili powder and salt and pepper to taste. Simmer with lid on low burner 3 or 4 hours. Add ½ cup red wine. If too thick, thin with 1 small can V8 juice.





SALISBURY STEAKS WITH ONIONS AND PEPPERS

Donna Haag

2 T. butter or margarine
4 med. onions, sliced
3 peppers, red, green or yellow,
cut in thin strips
1 lb. ground beef
1/2 tsp. salt
1/4 tsp. pepper
1 c. fresh bread crumbs (2
slices bread)

1 T. all-purpose flour
1 c. water
2 T. catsup
1 T. dry sherry
1 egg
1/2 tsp. soy sauce

In 12-inch skillet over medium over medium heat. In hot butter, cook onions and pepper until tender, stirring frequently. Remove onion mixture to warm platter; keep warm. Meanwhile, in medium sized bowl, with fork, mix ground beef, bread crumbs, egg, 1/2 teaspoon salt, 1/4 teaspoon pepper. Shape into patties. In same skillet over medium heat, cook patties about 5 minutes for medium rare or until done. Arrange patties on serving platter with onions and peppers; keep warm. Into drippings in skillet over medium heat, stir flour, 1/2 teaspoon salt, 1/8 teaspoon pepper, cook 1 minute. Add water, catsup, sherry and soy sauce; cook, stirring constantly until mixture thickens slightly; pour the sauce over the patties.

SPHENA (Meat Pie)

Charlene Packard

1 lb. ground meat
1 med. onion, chopped fine
1 tsp. garlic powder or salt

1 loaf Bridgeford frozen bread
Salt and pepper to taste
2 T. lemon juice

Let bread dough defrost about 45 minutes or in the refrigerator overnight. Cut into 8 slices and lay flat on greased cookie sheet. Let rise about 30-45 minutes. Brown ground meat, onion and seasonings and drain off any fat. Add lemon juice and mix well. On floured board, roll dough into circle and add meat mixture the, fold into a triangle. Place on a greased cookie pan with an edge. Heat oven to 350°. Bake for 30 minutes. **Variation:** Instead of ground meat, you can use spinach. Use 1 package frozen spinach, cooked according to directions only add 1 tablespoon lemon juice and 1/2 chopped onion.





TALLARENE

Susan Clutterham

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|--|----------------------------------|
| 1 (12-oz.) pkg. wide egg noodles | 1 (10-oz.) pkg. frozen corn |
| 1 lb. ground beef, browned and drained | 1 (16-oz.) can sm. pitted olives |
| 2 (8-oz.) cans tomato sauce | 1½ c. grated cheddar cheese |

Brown ground beef and drain. Add both cans of tomato sauce. Heat to boiling. Add noodles and stir. Reduce heat. Simmer until noodles are soft. Pour into large casserole. Add corn and olives. Stir to mix. Top with grated cheese. Bake at 350° for 30 minutes. This has been a Clutterham family favorite for over 25 years.

BEEF STEW

Diana Fuhrmann

- | | |
|-----------------------------------|---|
| 1 (1 lb.) beef stew meat | 6-8 carrots (peeled and cut in 2 to 3-inch lengths) |
| 1 can French onion soup | |
| 1 can mushroom soup | |
| 6 potatoes (peeled and quartered) | |

Put beef stew in a casserole dish. Pour French onion soup over meat. Arrange potatoes and carrots on top of meat. Spread mushroom soup over the top of vegetables. Cover and bake in the oven at 325° for 3 hours. The two soups make a delicious gravy for the potatoes. Serve with hot bread and salad.





MANDU-KOREAN DUMPLINGS

Ginger Herman

- 1/2 lb. ground beef
- 1/2 head cabbage
- 1 lg. carrot
- 1/2 lg. onion
- 1/4 lb. bean sprouts
- 2 green onions

- 1/4 tsp. pepper
- 1/2 tsp. salt
- 2 egg yolks
- 1 1/2 T. sesame oil
- 1/4 tsp. ground ginger
- Wonton skins

Brown ground beef. Set aside. Finely chop cabbage, onions and bean sprouts. Finely grate carrots. Put cabbage, carrot, onions, and bean sprouts in large pot. Add 1/2 cup water. Cover. Bring to boil. Simmer 10 minutes. Drain. Combine with beef, pepper, salt, egg, oil and ginger. Put 1 tablespoon filling in each wonton. Seal edges. Put a little oil in pan. Brown wontons over medium heat. Then put 2 teaspoons water in skillet with wontons. Cover. Steam for 2 minutes. Makes a lot!

The really happy man is the one who can enjoy the scenery when he has to take a detour.





A MEAL IN A LOAF

Barbara Mang

- 1 lb. sweet Italian sausage, casing removed
- 1/3 c. chopped green pepper
- 2 1/4 c. all-purpose flour
- 1 T. sugar
- 1 tsp. sugar
- 1/2 tsp. Italian seasoning
- 2 1/4 tsp. Rapid Rise yeast (1 pkg.)

- 3/4 c. hot water
- 1/4 c. margarine, softened
- 1 egg, at room temperature
- 1 c. shredded mozzarella cheese
- Vegetable oil
- 1 T. cold water
- 1 beaten egg
- Grated Parmesan cheese

Filling Group: Brown sausage and cook green pepper until lightly brown, stirring occasionally to break up meat. Drain and cool. (You can be creative here using anything you like, vegetables, meats, etc.). **Bread Group:** Set aside 1/4 cup flour. In large mixing bowl, mix remaining 2 cups flour, sugar, salt, yeast and seasoning. Stir hot water and margarine into dry mixture. Mix in egg and only enough reserved flour to make a soft dough. On a lightly floured surface, knead until smooth and elastic, about 8 minutes. Add additional flour if too sticky. Roll dough into 14 x 8-inch rectangle. Stir cheese into meat mixture. Spoon this mixture down center of dough. Bring long ends of dough together over filling; seal seams and ends. Place dough seam side down on greased baking sheet. Brush loaf with oil. Make 4 slashes in top of loaf. Let stand at room temperature 10 minutes. Brush loaf with a wash made up of 1 egg and 1 tablespoon cold water. Bake at 400° (375° for convection oven) for 25-30 minutes or until nicely brown. During last 2 minutes brush again with egg mixture. Sprinkle with Parmesan cheese. Serve warm.

GRANDMA MARTY'S JOHN MOSETTA

Donna Haag

- 2 lbs. pork steak
- 10 or 12 lg. onions, sliced
- 2 cloves garlic, minced
- 2 pkgs. bow tie noodles
- 2 (14-oz.) cans tomatoes
- 1 lb. American cheese

Dice pork into small cubes and fry till brown. Add sliced onions and brown. Boil noodles, drain. Run tomatoes through colander. Cut cheese into small cubes, leaving enough cheese to grate and sprinkle on top of casserole before baking. Mix pork, onions, garlic, noodles, tomatoes, and diced cheese. Put in large baking dish, cover with grated cheese. Bake till brown. May be made in advance and heated through just before serving. In fact, it's better made the day before. Serves 16-20.





FARMER'S STRATA

Donna Deichen

- | | |
|---|---------------------------|
| 1 lb. sliced bacon, cut into
1/2-inch pieces | 8 eggs |
| 2 c. chopped fully cooked ham | 3 c. milk |
| 1 sm. onion, chopped | 1 T. Worcestershire sauce |
| 10 slices white bread, cubed | 1 tsp. ground mustard |
| 1 c. cubed cooked potatoes | Pinch of salt and pepper |
| 3 c. (12 oz.) shredded cheddar
cheese | |

In a skillet, cook bacon until crisp; add ham and onion. Cook and stir until onion is tender; drain. In a greased 13 x 9 x 2-inch baking dish, layer half the bread cubes, potatoes and cheese. Top with all of the bacon mixture. Repeat layers of bread, potatoes and cheese. In a bowl, beat the eggs; add milk, Worcestershire sauce, mustard, salt and pepper. Pour over all. Cover and chill overnight. Remove from refrigerator 30 minutes before baking. Bake, uncovered, at 325° for 65-70 minutes or until a knife inserted near the center comes out clean. Yield: 12-16 servings.

OPOR (An Indonesian Sweet Meat)

Jacob Sugiman
Susie Klotz

- | | |
|-------------------------|--------------------|
| 3 lbs. pork chops | 1/4 c. water |
| 3 cloves garlic, sliced | 1/4 c. brown sugar |
| 1 onion (med.), sliced | 2 T. sugar |
| 1 T. vinegar | 1/2 tsp. nutmeg |
| 1/4 c. soy sauce | 1/2 tsp. pepper |

Place pork, garlic, onion, vinegar, soy sauce, water, sugars, nutmeg and pepper in a Ziploc bag or baking dish and marinate at least 2 hours. Roast in oven at 350°, 1-1 1/2 hours.





TEX-MEX TUNA CASSEROLE

Barb Hafer

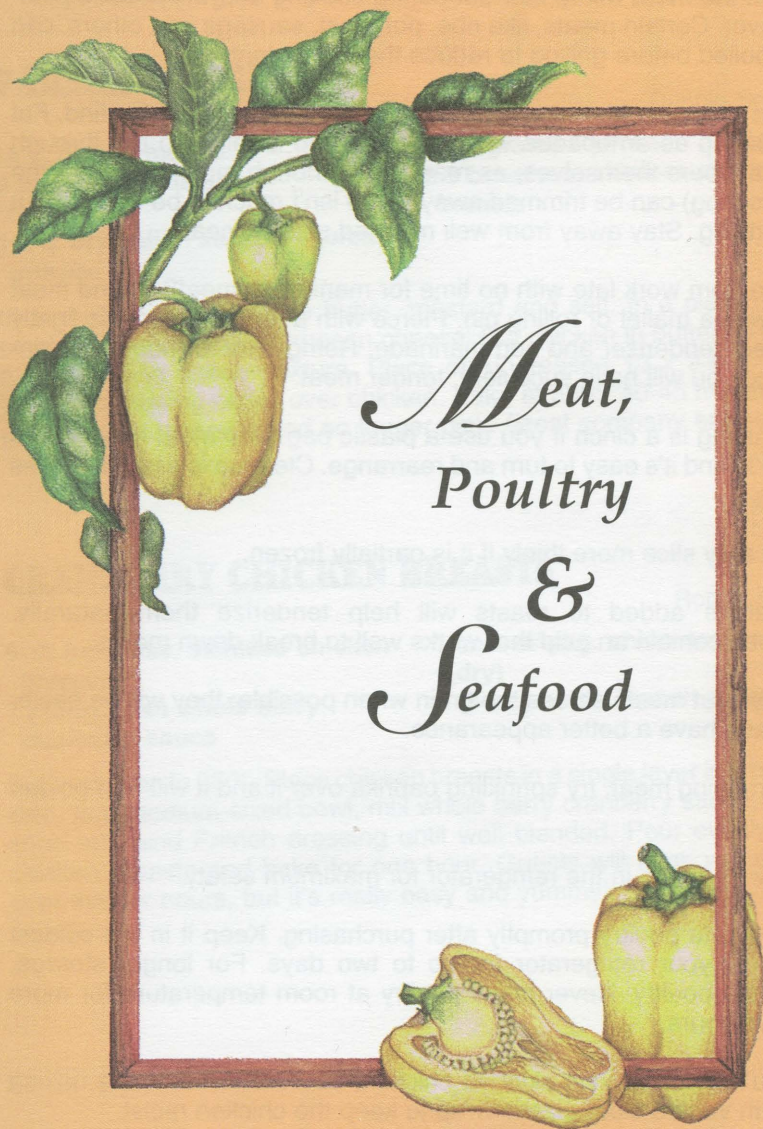
- 2 c. drained, flaked, water-packed tuna
- 2 c. lowfat cottage cheese
- 3/4 c. sour cream
- 1/4 c. diced red onion
- 1/4 c. canned diced green chilies

- 2 T. salsa
- 3 c. cooked, drained noodles
- 12 saltine crackers, crumbled
- 12 dry roasted, unsalted cashew nuts, chopped

Preheat oven to 350°. In large bowl combine noodles, tuna, cottage cheese, sour cream, red onions, chilies, and salsa. Turn into 2-quart casserole sprayed with Pam. Combine cashews and crackers, sprinkle on top. Bake uncovered 30 minutes. Serves 8.

Recipe Favorites





*Meat,
Poultry
&
Seafood*

Helpful Hints

- When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy. Just toss the bag.
- Meat may slice more thinly if it is partially frozen.
- Tomatoes added to roasts will help tenderize them naturally. Tomatoes contain an acid that works well to break down meats.
- Always cut meats across the grain when possible; they will be easier to eat and have a better appearance.
- When frying meat, try sprinkling paprika over it and it will turn golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. For longer storage, freeze the poultry. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, be sure to cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- To make scaling a fish easier, try rubbing vinegar on the scales first.



MEAT, POULTRY & SEAFOOD

PARMESAN CHICKEN

Debbie Snyder

1/2 c. butter, melted
2 tsp. Dijon mustard
1/2 tsp. salt
1-2 c. dry Italian seasoned bread
crumbs

1/2 c. grated Parmesan cheese
6-8 boneless, skinless chicken
breasts

In a shallow dish combine butter, mustard and salt. In a plastic bag, combine crumbs and Parmesan cheese. Dip chicken in butter mixture, then shake in crumb mixture. Place on ungreased 13 x 9-inch pan. Drizzle remaining butter over chicken. Bake at 350°, 40-45 minutes or until chicken is tender and no longer pink. Great company entree!

CRANBERRY CHICKEN BREASTS

Ronda Smyth

6-10 boneless, skinless chicken
breasts
1 (16-oz.) can whole berry
cranberry sauce

1 env. or pkg. onion soup mix
(dry)
1 (8-oz.) bottle French dressing

Preheat oven to 350°. Place chicken breasts in a single layer in a baking dish. In a medium-sized bowl, mix whole berry cranberry sauce, onion soup mix, and French dressing until well blended. Pour evenly over chicken breasts and bake for one hour. Guests will think you slaved over this for hours, but it's really easy and yummy!





SOURDOUGH STUFFING

Lorraine Mandrillo

Note: Allow $\frac{3}{4}$ cup stuffing for each pound of chicken or turkey.

$\frac{3}{4}$ c. minced sweet onion	$1\frac{1}{2}$ tsp. crushed sage
$1\frac{1}{2}$ c. chopped celery	1 tsp. thyme leaves
1 c. butter	$\frac{1}{2}$ tsp. pepper
9 c. extra sour sourdough bread cubes	2 tsp. salt

In large skillet, cook and stir onion and celery in butter until onion is tender. Stir in about $\frac{1}{3}$ of the bread cubes. Turn into large bowl. Add remaining ingredients and toss. Stuff bird just before roasting; makes enough to stuff a 12-pound turkey. Also yummy baked in a butter baking dish at 350° until crunchy on top.

CHICKEN DIABLO

Carolyn Buckaloo

$\frac{3}{4}$ c. salsa	1 ($2\frac{1}{4}$ -oz.) can sliced black olives
$\frac{1}{4}$ tsp. cumin	2 tsp. chopped cilantro (fresh) or $\frac{1}{4}$ tsp. dried
6 boneless, skinless chicken breast halves	1 can cream of mushroom soup
2 ($\frac{1}{4}$ -oz.) cans artichoke hearts, drained and quartered	

In a medium bowl, mix soup, salsa and cumin; set aside. Arrange chicken in 9 x 13-inch baking dish. Bake at 350° for 20 minutes. Place artichoke hearts around chicken. Pour soup mixture over top; sprinkle with olives. Bake an additional 30 minutes. Sprinkle with cilantro. Makes 6 servings.





LEMON BBQ CHICKEN

Gayle Farmer
Ann Lillich

3 lbs. boneless, skinless
chicken breasts
1/2 c. lemon juice
2 tsp. grated lemon peel
2 tsp. oil

1 tsp. salt
1 tsp. ginger
1 tsp. paprika
1/2 tsp. onion powder
1/2 tsp. pepper

Mix lemon juice, peel, oil, salt, ginger, paprika, onion powder and pepper. In shallow dish marinate breasts in lemon juice mixture for 8 to 12 hours, the longer the better. Turn chicken once during marinating. Cook chicken in several ways: Grill over medium coals; bake in oven for 30 minutes at 375°. Serve hot or cold. Chicken is very tender. Freezes well.

GARLIC CHICKEN

Carolyn Buckaloo

4 boneless, skinless chicken
breasts, cut in half lengthwise
3/4 c. lowfat mayonnaise

2 tsp. fresh minced garlic (or 2
tsp. canned)
1 c. Parmesan cheese (nonfat)

Preheat oven to 375°. Mix mayonnaise and garlic together; completely coat chicken pieces, then roll in Parmesan cheese. Roll up breasts loosely and place seam down in small baking dish. Bake for 30-40 minutes or until golden brown. Yummy! Serves 4.

EASY CHICKEN PICATTA

Raphaela Goodwin

1 boneless chicken
1 T. butter
1 env. Lipton Recipe Secrets
golden herb with lemon
1 c. water
1 T.+ lemon juice

1 c. rice
1/4 c. grated carrot
2 chicken bouillon cubes
1-2 T. dried onion
Parsley
Capers

Brown chicken in butter. Blend water, Secrets golden herbs with lemon mix and lemon. Pour over chicken, cover, simmer 10 minutes. I serve over rice prepared with bouillon cubes, dried onion, grated carrot, parsley and top with capers (I like 1/4 cup or put less).





CRANBERRY CHICKEN

Kim Bell

8 boneless, skinless chicken
breasts
1 can cranberry sauce

1 pkg. dry onion soup mix
1 med. bottle French or Catalina
salad dressing

Place chicken in a 9 x 13-inch baking dish sprayed with Pam. Mix cranberry sauce, soup mix, and salad dressing together and pour over chicken. Bake uncovered for 1 1/4 hours at 350°. Serve over rice.

MEAT LOAF

(Pat Nixon's Recipe)

Melody Parker

1 1/2 lbs. lean ground meat
3 T. bread crumbs
2 T. tomato sauce
2 T. whipping cream
1 egg

1 T. chopped parsley
2 tsp. salt
1/4 tsp. black pepper
1 tsp. seasoned salt

Form into loaf. Spread some tomato sauce thinly over loaf. Bake at 375° for 1/2 hour and 350° for 20 minutes more. My mother's favorite.

BARBECUED BRISKET

Michele Mawhorter

1 beef brisket, 3-4 lb. (not
corned beef)
1 1/4 c. water, divided
1/2 c. chopped onion
3 garlic cloves, chopped
1 T. cooking oil
1 c. ketchup
3 T. red wine vinegar
2 T. lemon juice

2 T. brown sugar
1 T. Worcestershire sauce
2 tsp. cornstarch
1 tsp. paprika
1 tsp. chili powder
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. liquid smoke

Place brisket in large Dutch oven. Add 1/2 cup water. Cover and bake at 275° for 2 hours. Meanwhile, in a medium saucepan, sauté onion and garlic in oil until tender. Add remaining water, ketchup, red wine vinegar, lemon juice, brown sugar, Worcestershire sauce, cornstarch, paprika, chili powder, salt and pepper. Simmer uncovered for 1 hour, stirring occasionally. Add liquid smoke; mix well. Drain drippings from Dutch oven. Pour sauce over meat. Cover and bake 1-2 hours longer or until tender. Serves 6-8.





BETTY'S CROCKPOT BEEF DISH

Barb Hafer

2 pkgs. stew meat
1/2 pkg. env. dry onion soup mix
1/2 c. sherry
1 can cream of mushroom soup
1/2 c. water

Cut meat in 1-inch pieces. Combine meat, soup mix, sherry, mushroom soup and water. Put in crockpot. Cook for several hours till tender. Serve over rice with a side dish of green vegetables and Jello salad.

SUPER EASY POT ROAST

Gayle Farmer
Ann Lillich

4 lbs. onions
1 tsp. beef bouillon granules
4 or 5-lb. pot roast (rump, o-
bone, whatever)

Place onions, cut in quarters in the bottom of a large Dutch oven. Put roast on top of onions. Sprinkle bouillon on top of meat. Bake at 325° one hour per pound. **Note: Do not add water.** Onions cook down and provide liquid. Meat juices and onion juices make a great source for gravy.

BLUE CHEESE STEAK

Raphaela Goodwin

4 oz. blue cheese
8 oz. mushrooms (sliced)
1/4 to 1/2 c. white wine or non-
alcoholic white wine
2-4 T. butter
Steaks (to fry, 1 1/2 to 2 inches
thick)

Fry steak in a little butter until almost done. Put on platter in warm oven (300° or so). Fry mushrooms in same pan. Use butter and white wine to scrape up "brown bits" (butter and white wine should cover bottom of pan; use more for a thinner sauce). Make a "hole" in middle of pan; melt the blue cheese in the hole and mix thoroughly with mushrooms, add wine to get "pouring consistency" and pour over steaks.





PORKETTA

(Seasoned Roast Pork)

Laura Sapko
Ida Bissoni

1 pork butt portion (size for number of guests)
Fennel sticks (or seeds if unavailable)

Salt and pepper
3-5 garlic cloves, pressed or sliced
Cotton pkg. cord

Before Cooking: Slice skin and fat in one piece from roast. Slice meat from bone in one piece. (Save bone for pea soup or rice and bean dish). Place fennel sticks in shallow pan of water; boil for a few minutes to soften. Flatten meat on cutting board; make slices in thicker portions 1-inch apart, do not cut through. Season meat to taste with salt, pepper, and garlic, getting it in all slices made. Place fennel sticks in each slice or every inch on the meat. Season the skin on both sides with salt and pepper. Starting at one end, roll the meat tightly. Wrap the skin, fat side against the meat, tightly around the meat. Tie in several pieces with cotton packaging cord. Place on a rack in a roast pan and bake at 375° for 1½-2 hours. Skin should be well browned and crisp. Cool for 10 minutes. Clip cord; remove skin (may be eaten, it's very crunchy); slice meat and place on platter for serving. Drippings in pan are good for roast potatoes. **Note:** Nonnie grows her own fennel for this roast, I forage for mine on the coast of California between Santa Barbara and Big Sur.

PORK CHOPS IN SOUR CREAM SAUCE

Sonya Martin

6 pork loin chops
½ c. water
2 T. brown sugar
2 T. finely chopped onion
2 T. catsup
1 garlic clove, minced

1 beef bouillon cube or tsp.
instant beef bouillon
2 T. flour
¼ c. water
½ c. sour cream

In large skillet, brown pork chops. Add ½ cup water, brown sugar, onion, catsup, garlic and bouillon cube. Cover; simmer 30-40 minutes or until tender. Remove chops to serving platter, keep warm. In small bowl, combine flour with ¼ cup water. Slowly add to cooking liquid, stirring constantly. Cook until thickened. Stir in sour cream; heat thoroughly (do not boil). Serve sauce over chops. Makes 6 servings.





*Breads
&
Rolls*

Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter and do not help to release baked goods from pan (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm, and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



BREADS & ROLLS

VANISHING BREAKFAST ROLLS

Angela Clutterham

2 T. margarine
2 T. sugar
1/2 tsp. cinnamon

1 pkg. Pillsbury crescent rolls
8 lg. marshmallows

Melt margarine in microwave. Combine sugar and cinnamon. Roll each marshmallow in margarine and then in sugar mixture. Wrap each in a crescent roll, being careful to completely seal edges. Spray 8 cups of a muffin tin with cooking spray. Place the rolls in the greased cups. Place the muffin tin on the top shelf in the center of the oven. Bake at 375° for 11-13 minutes. **Note:** This is the first recipe I tried in my cooking class in high school.

CREAM SCONES

Michele Mawhorter

2 c. flour
1/4 c. sugar
1 T. baking powder
1 tsp. salt
3 T. unsalted butter, cold

1 egg
1 1/4 c. heavy cream
1 egg yolk
2 T. cold water

Preheat oven to 350°. Grease baking sheet. Sift flour, sugar, baking powder and salt together. Cut in butter with pastry blender until crumbly. Beat egg and heavy cream together. Pour into dry ingredients and stir until well blended. Prepare flat surface by flouring well (the dough will be slightly wet and will absorb the flour quickly). Place dough on flat surface. Pat down with hands until 3/4-inch thick. Cut out with 2 1/2-inch biscuit cutter. Place on greased baking sheet. Beat egg yolk with cold water. Glaze scones with mixture using pastry brush. Bake 20-25 minutes or until golden. Serves 10.





COUNTRY BRUNCH PANCAKES

Donna Haag

2 c. all-purpose flour
3 T. sugar
4 tsp. baking powder
½ tsp. baking soda
1 tsp. salt
Salad oil

½ c. milk
1 (8-oz.) ctn. creamed cottage
cheese (1 c.)
3 eggs, slightly beaten
2 T. lemon juice

In large bowl, mix flour, sugar, powder, soda and salt. Add milk, cottage cheese, eggs and lemon juice; stir just until flour is moistened. Heat griddle or skillet over medium heat until drops of water sizzles; brush lightly with salad oil. Pour batter by scant ¼ cupfuls onto hot griddle. Making a few pancakes at a time, cook until the under sides are golden; place on warm platter; keep warm.

If your day is hemmed with prayer, it is less likely to unravel.





SAINT LUCIA CROWN

Carol Dalrymple

2 pkgs. active dry yeast
1/2 c. warm water
2-3 drops yellow food color
1/2 c. lukewarm milk (scalded
then cooled)
1/2 c. sugar

1 tsp. salt
2 eggs, beaten
1/4 c. butter, softened
4 1/2-5 c. all-purpose flour
1 T. grated lemon peel
Green and red candied cherries

Dissolve yeast in warm water. Stir food coloring, milk, sugar, salt, eggs, butter and 2 1/2 cups flour into yeast mixture. Beat until smooth. Stir in lemon peel and enough remaining flour to make dough easy to handle. Turn dough onto lightly floured board; knead until smooth, about 10 minutes. Place in greased bowl, greased side up. Cover. Let rise in warm place until double, about 1 1/2 hours. Punch down dough. Cut off 1/3 of dough for top braid and reserve. Divide remaining dough into 3 parts and roll each part into a strand, 25 inches long. Place close together on greased baking sheet. Braid strands; shape into circle and pinch ends to seal. Divide reserved dough into 3 equal parts; roll each part into 16-inch strand. Place close together on another greased baking sheet. Braid strands; shape into circle, pinch ends to seal. Cover; let rise 45 minutes until double. Heat oven to 375°. Bake 20-25 minutes. When cool poke 6 candles in small braid. Drizzle braid with icing. Garnish with cherries. Place small braid on large plate. **Note:** Beautiful Christmas centerpiece. Won Best of Show in bread category at 1997 Antelope Valley Fair by Joy Dalrymple, age 15.

Icing:

1 c. powdered sugar 1 T. water

Blend 1 cup powdered sugar, 1 tablespoon water. If icing is too stiff, mix in few drops water.





HOLIDAY COFFEE RING

Laura Sapko

Sweet Roll Dough:

2 pkgs. active dry yeast

1/2 c. warm water

1/2 c. lukewarm milk (scalded
then cooled)

1/2 c. sugar

1 tsp. salt

2 eggs

1/2 c. shortening or butter or
margarine, softened

4 1/2-5 c. flour

Dissolve yeast in warm water. Stir in milk, sugar, salt, eggs, shortening and 2 1/2 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in greased bowl. At this point, dough can be refrigerated 3-4 days. Let rise till double in size.

Cinnamon Filling:

1/2 c. sugar

1 1/2 tsp. cinnamon

2 T. butter

1/2 c. finely chopped nuts

Mix sugar, cinnamon and nuts together in a bowl. **To Form Ring:** Roll dough to approximately 12 x 18-inch rectangle and 3/8-inch thick. Melt 2 tablespoons butter; spread over dough evenly. Sprinkle cinnamon sugar mixture on butter evenly. Starting on one long side, use finger tips to roll dough into a jellyroll shape. Slice a little off each end to make even and straight. Lift roll to greased cookie sheet and bring ends together forming an oval. Pinch together on the bottom only. Leave top and sides sliced. With clean scissor or sharp knife, make cuts one inch apart into the roll not quite all the way through; leave bottom uncut. Lift and turn out one slice at a time, exposing inside spiral. Each slice lies partially on the slice before it. Arrange slices neatly all around the ring. Let rise till double, approximately 30 minutes. Bake for 20 minutes at 350° till golden on top and bottom. Drizzle with a confectioners' sugar and water icing. Top with maraschino cherries in every other slice. **Note:** The smell of this coffee ring brought the memories of Christmas and Easter past with the grandparents to my children when we moved to California, thus sealing the tradition for another generation. This ring is baked the day before for Christmas and Easter breakfast.





MOM'S CORN FRITTERS

Barb Hafer

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|------------------------|--------------------------|
| 2 eggs | 1 T. flour |
| 4 ears of corn, grated | Salt and pepper to taste |
| 2 T. sugar | Margarine |

Combine eggs, corn, sugar, flour, salt, pepper. Drop on frying pan like pancakes in melted margarine. Cook for a few minutes on each side.
Optional: Serve with maple syrup or powdered sugar.

(YET ANOTHER) ALL-BRAN MUFFIN RECIPE

Gayle Farmer
Ann Lillich

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|------------------------|------------------|
| 6 c. original All-Bran | 5 c. apple juice |
|------------------------|------------------|

To above add:

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|---------------------------------------|----------------------|
| 4 eggs | 1/3 c. melted butter |
| 3/4 c. pumpkin or mashed sweet potato | |

Mix together and add:

- | | |
|-----------------|------------------------|
| 5 c. flour | 8 tsp. cream of tartar |
| 1 1/2 tsp. salt | 3 tsp. baking soda |

Combine bran with juice; let stand until bran softens. Add eggs, pumpkin, and butter; mix. Add flour, salt, tartar and soda. Mix till moist. Bake at 400° for 20-25 minutes. Makes 48 regular size muffins.

POPPY SEED POUNDCAKE MUFFINS

Debbie Snyder

- | | |
|----------------------|---------------------------------------|
| 2 c. flour | 1/2 c. margarine |
| 2 tsp. poppy seeds | 2 eggs |
| 1/4 tsp. baking soda | 1 c. plain or vanilla or lemon yogurt |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 2/3 c. sugar | |

Mix flour, poppy seeds, baking soda and salt together. Set aside. Cream together sugar and margarine. Add eggs, yogurt and vanilla. Mix well. Mix dry ingredients into creamed mixture until well blended. Spray muffin tin with cooking spray and fill 1/2 to 3/4 full. Bake at 400° for 15 to 20 minutes or until done. Makes 12. Excellent!





ITALIAN BREAD

Donna Deichen

4½-5½ c. unsifted flour

1 T. sugar

1 T. salt

2 pkgs. dry yeast

1 T. softened margarine

1¾ c. very warm tap water
(120°-130°)

Cornmeal

Peanut oil

1 egg white

1 T. cold water

In a large bowl, thoroughly mix 1½ cups flour, sugar, salt and undissolved yeast. Add margarine. Gradually add tap water to dry ingredients and beat 2 minutes on medium speed, scraping bowl occasionally. Add ¾ cup flour. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, about 8-10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes.

To Make Loaves: Divide dough in half. Roll each half into an oblong 15 x 10 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends by rolling gently back and forth. **To Make Rolls:** Divide dough into 6 equal pieces. Roll each piece into an oblong 8 x 5 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends. Place on greased baking sheets sprinkled with cornmeal. Brush dough with peanut oil. Cover loosely with plastic wrap. Refrigerate 2-24 hours. When ready to bake, remove from refrigerator. Uncover dough carefully. Let stand at room temperature 10 minutes. Make 3 or 4 diagonal cuts on top of each with razor blade or sharp knife. Bake at 425°, 15 minutes for rolls, 20 minutes for loaves. Remove from oven and brush with egg white mixed with cold water. Return to oven; bake 5-10 minutes longer, until golden brown.

SMOKE HOUSE GARLIC BREAD

Gayle Farmer

½ c. butter or margarine

2 cloves garlic, ground

1 (1-lb.) loaf French bread, cut
in 15 slices

2 c. shredded process American
cheese

Melt butter, then add garlic and let mixture stand several hours or overnight to blend flavors. Strain off garlic. Brush bread slices with butter mixture, then sprinkle with cheese. Place under broiler until heated and golden brown.





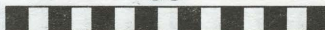
NO "KNEAD" WHOLE-WHEAT BREAD

Gayle Farmer
Ann Lillich

- | | |
|------------------------|------------------------|
| 4 tsp. dry yeast | 1/3 c. wheat germ |
| 2 tsp. honey | 1 1/2 c. hot water |
| 2/3 c. very warm water | 5 c. whole-wheat flour |
| 3 T. molasses | 1 tsp. sesame seeds |
| 1 T. salt | |

In warm mixing bowl place 2/3 cup very warm water. Pour yeast over water; add honey. Combine molasses, salt, wheat germ and hot water. Mix thoroughly. When mixture is no longer hot, add to yeast mixture. Stir in 2 cups flour and beat well. Beat in remaining flour. Dough will be stiff. Turn out on floured surface; divide in half and shape into loaves. Put in pans and sprinkle top with sesame seeds. Bake in two heavily greased bread pans at 425° for 40-45 minutes. This is delicious bread!

To add to the joy of another, to subtract a thorn from his path, will multiply blessings around you, and divide your burdens by half.





FRENCH BREAD

Donna Deichen

- | | |
|---|--|
| 7 to 8 c. unsifted flour | 2½ c. very warm tap water
(120°-130°) |
| 1 tsp. sugar | Cornmeal |
| 1 T. salt | Planters peanut oil |
| 3 pkgs. Fleischmann's active
dry yeast | 1 egg white, beaten |
| 3 T. softened Fleischmann's
margarine | 1 T. cold water |
| | Toasted sesame seed |

In a large bowl thoroughly mix 2½ cups flour, sugar, salt and undissolved Fleischmann's active dry yeast. Add Fleischmann's margarine. Gradually add tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead a few times to form a ball. Divide into 4 pieces. Roll each into a 15 x 8-inch oblong. Roll up tightly as for jellyroll. Place on greased baking sheet sprinkled with cornmeal. Brush with oil. Cover tightly with plastic wrap. Freeze until firm. Remove from baking sheet and wrap each with plastic wrap. Keep frozen up to 6 weeks. Remove from freezer; place on ungreased baking sheets, cornmeal side down. Let stand, covered with plastic wrap, at room temperature until fully thawed, about 1 hour and 45 minutes. Let rise in warm place, free from draft, until more than doubled in bulk, about 1 hour and 15 minutes. Gently brush with combined egg white and cold water. Sprinkle with sesame seed. Bake at 450° for 20 to 25 minutes, or until done. Remove from baking sheets and cool on wire racks. Makes 4 loaves.





POTATO REFRIGERATOR DOUGH

Donna Deichen

1 pkg. plus 1 tsp. active dry yeast	$\frac{2}{3}$ c. shortening
$1\frac{1}{2}$ c. warm water (105°-115°)	2 eggs
$\frac{2}{3}$ c. sugar	1 c. lukewarm mashed potatoes
$1\frac{1}{2}$ tsp. salt	7 to $7\frac{1}{2}$ c. Gold Medal all-purpose flour

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least 8 hours but no longer than 5 days. Punch down dough. Shape, let rise and bake as directed in the following recipes. **Parker House Rolls:** Prepare Potato Refrigerator Dough (previous). Divide into halves (refrigerate 1 half for future use or use for Crescent Rolls, below). Divide remaining half of dough into halves. Roll 1 half into rectangle, 13 x 9 inches. Cut into 3-inch circles; brush with margarine and butter, softened. Fold each so top half overlaps slightly. Press edges together. Place close together in greased round baking pan, 9 x $1\frac{1}{2}$ inches. Brush with margarine or butter, softened. Repeat with remaining dough. Let rise until double, 45 to 60 minutes. Heat oven to 400°. Bake until light brown, 13 to 15 minutes. Makes 20 rolls.

DINNER ROLLS

Michele Mawhorter

2 pkgs. dry yeast	$\frac{3}{4}$ c. sugar
1 c. warm water	1 tsp. salt
1 c. boiling water	2 eggs, beaten
1 c. shortening	$7\frac{1}{2}$ -8 c. flour

In small bowl, dissolve yeast in warm water. In large bowl, combine boiling water, shortening, sugar and salt. Let stand 3-4 minutes or until melted and dissolved. Add yeast and egg; mix well. Add 2 cups flour; beat until smooth. Add enough remaining flour to form a soft dough (do not knead). Place in greased bowl, turning to grease top. Cover and refrigerate overnight. Turn dough onto floured surface. Form $2\frac{1}{2}$ -inch balls. Roll into 5-inch ropes and knot. Place on ungreased baking sheet and cover. Rise until it doubles (30 minute). Bake at 350° for 20-25 minutes.





ANGEL BISCUITS

Michele Mawhorter

- | | |
|-----------------------|-----------------|
| 1 pkg. dry yeast | 4 tsp. sugar |
| 2 tsp. lukewarm water | 1 tsp. salt |
| 5-5½ c. sifted flour | 1 c. shortening |
| 1 tsp. baking soda | 2 c. buttermilk |
| 3 tsp. baking powder | |

Sift flour, baking soda, baking powder, sugar and salt together. Cut in shortening. Dissolve yeast in lukewarm water. Add yeast and buttermilk to dry mixture. Turn onto floured surface. Knead enough to hold together. Roll ½-inch to ¾-inch thick and cut with biscuit cutter. Fold each in half and pinch edges together on one side to form "angel" wings. Bake at 400° for 15-20 minutes. Dough may be frozen after biscuits are formed.

BANANA NUT BREAD

Corinna Rivera

- | | |
|-------------------------|-------------------------|
| 1¾ c. all-purpose flour | 2 eggs |
| 1¼ tsp. baking powder | 2 T. milk |
| ½ tsp. baking soda | 1 c. mashed ripe banana |
| ⅔ c. sugar | ¼ c. chopped nuts |
| ⅓ c. shortening | |

Stir together flour, baking powder, soda and ¾ teaspoon salt; set aside. In a mixer bowl cream sugar and shortening with electric mixer till light, scraping sides of bowl often. Add eggs, one at a time, and the milk, beating till smooth after each addition. Add flour mixture and banana alternately to creamed mixture, beating smooth after each addition. Fold in nuts. Turn batter into a lightly greased 8 x 4 x 2-inch loaf pan. Bake in a 350° oven for 60 to 65 minutes or until a wooden pick inserted near center comes out clean. Makes 1 loaf. **Note:** I received a blue ribbon for this bread at the 1997 Antelope Valley Fair.





APPLESAUCE NUT BREAD

Kim McCarter

- | | |
|--------------------------|------------------------|
| 1 c. sugar | 2 eggs |
| 1 c. applesauce | 3 tsp. milk |
| 1/3 c. vegetable oil | 2 c. sifted flour |
| 1 tsp. baking soda | 1/4 tsp. salt |
| 1/2 tsp. baking powder | 1/4 tsp. ground nutmeg |
| 1/2 tsp. ground cinnamon | 3/4 c. chopped pecans |

Topping:

- | | |
|----------------------------|--------------------------|
| 1/4 c. brown sugar, packed | 1/4 tsp. ground cinnamon |
| 1/4 c. chopped pecans | |

In a large mixing bowl, thoroughly combine sugar, applesauce, oil, eggs and milk. Sift together flour, soda, baking powder, cinnamon, salt and nutmeg. Add to applesauce mixture beating until well combined. Stir in pecans. Turn batter into well greased loaf baking pan. For topping, combine brown sugar, cinnamon and pecans. Sprinkle evenly over batter. Bake at 350° for 1 hour. Cover loosely with foil after first 30 minutes of baking. Remove from pan and cool on rack. Makes 1 loaf.

MARY SMITH'S BANANA BREAD

Mary Smith

- | | |
|--------------------|-------------------------|
| 1/2 c. butter | 2 lg. eggs, well beaten |
| 1 c. sugar | 2 ripe bananas, mashed |
| 2 tsp. sour milk | 2 c. sifted flour |
| 1 tsp. baking soda | 1-2 c. chopped walnuts |
| 1/2 tsp. salt | |

Cream together butter and sugar in large mixing bowl. Gradually add milk, soda, salt, eggs, bananas, flour and nuts and mix thoroughly. Bake in 300° oven for 1 hour or until toothpick comes out clean.





MOIST ZUCCHINI BREAD

Patty Smith

- | | |
|---|----------------------|
| 4 c. zucchini (equals about 3 lg. ones) | 4 lg. eggs, beaten |
| 3 c. flour | 1 T. vanilla |
| 2½ c. sugar | 1½ tsp. salt |
| 1¼ c. vegetable oil | 1½ tsp. baking soda |
| | 1 c. chopped walnuts |

Grate zucchini, turn out into large mixing bowl and add remaining ingredients. Pour mixture into 2 greased and floured bread pans. Fill pans $\frac{3}{4}$ full. Bake in 350° oven for about 1 hour and 15 minutes or until toothpick comes out clean. **Note:** Goes great with cream cheese spread (softened cream cheese and powdered sugar) to taste, blended well.

PRUNE BREAD

Patty Smith

- | | |
|----------------------------|---------------------------|
| 3 lg. eggs | 1 c. cut up stewed prunes |
| $\frac{2}{3}$ c. oil | 1½ c. chopped walnuts |
| 1½ c. sugar (1 c. is okay) | 2 c. flour |
| 1½ tsp. vanilla | 1 tsp. nutmeg |
| 1 c. buttermilk | 1 tsp. ground cloves |
| 1 tsp. baking soda | 1½ tsp. cinnamon |

Cream Cheese Spread:

- | | |
|-------------------------|------------------------------------|
| 3 oz. cream cheese | Sm. can crushed pineapple, drained |
| Powdered sugar to taste | |

Beat eggs, oil, sugar and vanilla well in mixer. Add buttermilk, soda and prunes, mixing well. Blend in thoroughly flour and spices. Stir in nuts. Bake at 350° for 40-45 minutes if you use a loaf pan; longer in bundt pan. Mix cream cheese and powdered sugar to taste, with pineapple. Serve with cream cheese spread. **Note:** A bread my step-mother-in-law made for me for my birthday on several occasions because it was one of my favorite recipes. I've made it for some church functions. It's a great bread!





BANANA BREAD

Michelle Oman

2 c. sugar
1 c. shortening

6 ripe bananas, mashed
4 well beaten eggs

Sift three times:

2½ c. flour
1 tsp. salt

2 tsp. baking soda
1 pkg. nuts (opt.)

Cream together the sugar, shortening, bananas and eggs. Blend wet and dry ingredients. Do not overbake. Bake at 350° for 45 to 50 minutes. Cool 20 minutes, take out of pan. Grease and flour bottom of pan.

Recipe Favorites

*Pastry
&
Desserts*





Recipe Favorites

BAKANA BREAD
 2 eggs
 1/2 cup oil
 1/2 cup sugar
 1/2 cup flour
 1/2 cup baking soda
 1 cup cream
 1 cup butter
 1 cup milk
 1 cup vanilla
 1 cup nuts
 1 cup raisins
 1 cup chocolate chips

Recipe Favorites

PRUNE BREAD

Prune Bread
 2 eggs
 1/2 cup oil
 1/2 cup sugar
 1/2 cup flour
 1/2 cup baking soda
 1 cup cream
 1 cup butter
 1 cup milk
 1 cup vanilla
 1 cup nuts
 1 cup raisins
 1 cup chocolate chips

Preheat oven to 350 degrees. In a large bowl, mix together the oil, sugar, and eggs. Add the flour, baking soda, and cream. Stir in the vanilla, nuts, and raisins. Pour the batter into a greased loaf pan. Bake for 45-50 minutes. Let cool for 10 minutes before slicing.





*Pies,
Pastry
&
Desserts*



Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.



PIES, PASTRY & DESSERTS

FOOLPROOF PIE CRUST

Gayle Farmer

- | | |
|---|--------------|
| 4 c. flour | 1 T. vinegar |
| 1 ³ / ₄ c. vegetable shortening | 1 egg |
| 1 T. sugar | 1/2 c. water |
| 2 tsp. salt | |

Mix flour, shortening, sugar and salt together with a fork. In separate bowl, beat vinegar, egg and water. Combine the two mixtures, stirring with a fork until all ingredients are moistened. Then with hands, mold dough into a ball. Chill at least 15 minutes before rolling it into desired shape. Sometimes dough can be a little sticky when molding; add more flour as needed. Dough can be left in refrigerator up to 3 days. Or it can be frozen until ready to use. This recipe makes pastry for 2 (9-inch) double-crust pies and 1 (9-inch) shell. The dough may be handled as much as you wish, yet it will be tender and flaky. **Note:** I put everything in the food processor and let it blend electrically. Works well!

COOKIES AND CREAM CHEESECAKE

Donna Deichen

Crust:

- | | |
|--|-----------------------------------|
| 1 c. finely crushed chocolate sandwich cookies | 1 T. Parkay spread sticks, melted |
|--|-----------------------------------|

Filling:

- | | |
|---|--|
| 3 (8-oz.) pkgs. Philadelphia brand cream cheese, softened | 1 tsp. vanilla |
| 1 c. sugar | 3 eggs |
| 2 T. flour | 1 c. coarsely chopped chocolate sandwich cookies |

Crust: Mix crumbs,, and Parkay spread; press onto bottom of 9-inch springform pan. Bake 10 minutes. **Filling:** Beat cream cheese, sugar, flour and vanilla at medium speed with electric mixer until well blended. Add eggs, 1 at a time, mixing at low speed after each addition, just until blended. Fold in chopped cookies; pour over crust. Bake 1 hour and 5 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Garnish with Cool Whip whipped topping, chocolate sandwich cookies, cut in half, and mint leaves. Makes 12 servings.



APPLE PANCAKE PIE

Barbara Mang

- | | |
|--|------------------------|
| 1/2 cube butter | 1/8 tsp. nutmeg |
| 4 tart cooking apples, peeled,
cored and sliced | 2 eggs |
| 6 T. sugar | 1/2 c. milk |
| 1/4 tsp. cinnamon | 1/4 tsp. salt |
| | 1/2 c. flour |

Melt 6 tablespoons butter in large skillet. Sauté apples in butter for 5 minutes. Mix sugar, cinnamon and nutmeg. Sprinkle over apples, cover and cook over low heat 10 minutes, stirring once or twice. Beat eggs and then beat with milk and salt. Add flour and beat until smooth, thin batter. In separate 10-inch skillet, melt 1 tablespoon butter to coat pan bottom. Pour in batter. Bake in preheated 450° oven for 15 minutes. When batter puffs, prick with fork. Reduce heat to 350°. Bake 10 more minutes. Spoon 2 tablespoons butter over pancake and sprinkle with 2 tablespoons sugar. Spoon apples over pancake and fold in half. Sprinkle with 2 tablespoons sugar or powdered sugar. Serves 2-4.

CARAMEL APPLE CHEESECAKE

Donna Deichen

- | | |
|---|--|
| 2 (8-oz.) pkgs. cream cheese,
soft | 1/3 c. frozen apple juice
concentrate, thawed |
| 1/2 c. sugar | 1 ready graham crust (9-inch) |
| 1/2 tsp. vanilla | 1/4 c. caramel ice cream topping |
| 2 eggs | 1/4 c. chopped peanuts |

Mix cream cheese, sugar and vanilla at medium speed until well blended. Add eggs; mix until blended. Blend in juice concentrate. Pour into crust. Bake at 350° for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Drizzle with topping and sprinkle with peanuts before serving. Garnish with apple slices. Makes 8 servings.





DON'S CHEESE CAKE

(The Easy Way)

Don Rakisits

1 (8 oz.) cream cheese
1 can sweetened condensed milk

1 tsp. vanilla
1/3 c. lemon juice
1 graham cracker crust

Mix cream cheese, condensed milk, vanilla and lemon juice, together and pour into a graham cracker crust. Chill overnight. He says "It's the best!"

CHOCOLATE CHIP PIE

Ronda Smyth

2 eggs
1/2 c. flour
1/2 c. sugar
1/2 c. brown sugar
1 c. margarine or butter (melted and cooled)

1 c. semi-sweet chocolate chips
1 c. chopped walnuts (opt.)
1 (9-inch) unbaked pie shell

Preheat oven to 325°. In a large bowl, beat eggs until foamy. Beat in flour, sugar and brown sugar until well blended. Blend in melted margarine or butter until mixed. Stir in chocolate chips and walnuts. Pour mixture into pie shell and bake for one hour. This will please any chocolate lover!

An old timer remembers when a pie was put on the windowsill to cool - not thaw!





CHEESECAKE

Ginger Herman

4 (3-oz.) pkgs. cream cheese,
softened
1/2 c. sugar
1 T. lemon juice

1 tsp. vanilla
2 eggs, slightly beaten
1 graham cracker pie crust

Topping:

8 oz. sour cream
1/2 c. sugar

1 T. lemon juice

Blend together cream cheese, 1/2 cup sugar, 1 tablespoon lemon juice and vanilla until smooth. Add eggs and mix well. Pour into graham cracker crust. Bake at 300° for 20 minutes. Cool. Mix together sour cream, 1/2 cup sugar and 1 tablespoon lemon juice. Layer on top of cooled cheesecake. Bake at 475° for 6 minutes. Cool. Refrigerate for up to one week. This is the best cheesecake I've ever eaten!

CHOCOLATE LOVER'S CHEESECAKE

Donna Deichen

2 (8-oz.) pkgs. Philadelphia
brand cream cheese, softened
1/2 c. sugar
1/2 tsp. vanilla
2 eggs
4 squares Baker's semi-sweet
chocolate, melted, slightly
cooled

1 Keebler Ready Crust
chocolate flavored pie crust (6
oz. or 9-inch)

Mix cream cheese, sugar and vanilla at medium speed with electric mixer until well blended. Add eggs; mix until blended. Blend in melted chocolate. Pour into crust. Bake at 350° for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with assorted fresh fruit, if desired. Makes 8 servings. **Mocha:** Blend 3 tablespoons coffee flavored liqueur or black coffee into batter.





CRANBERRY BREAD WITH BUTTER SAUCE

Tracy Moore

1 c. sugar
 1 c. milk
 4 T. melted butter
 2 c. flour
 1/4 tsp. salt
 4 tsp. baking powder

2 c. halved cranberries
 1 c. sugar
 1/2 c. cream
 1/2 c. butter
 1 tsp. vanilla

Mix 1 cup sugar, milk, 4 tablespoons melted butter, flour, salt and baking powder with a fork until moist. Fold in halved cranberries. Bake at 400° for 30 minutes in 8-inch square pan. While baking, heat 1 cup sugar, cream, 1/2 cup butter, vanilla in a small saucepan. Serve over bread. Make 1 1/2 batches for 9 x 13-inch pan.

BEST CHEESECAKE

Lorraine Mandrillo

Crust:

2 c. graham cracker crumbs
 1 T. sugar

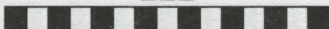
1 tsp. cinnamon
 1/4 c. melted butter

Filling:

5 (8-oz.) pkgs. cream cheese,
 softened
 1 3/4 c. sugar
 3 T. flour
 1 1/2 tsp. grated orange or lemon
 rind

5 eggs
 2 egg yolks
 1/4 c. half-and-half

Crust: Combine graham cracker crumbs, 1 tablespoon sugar and cinnamon; mix melted butter into crumb mixture. Press into bottom of buttered 9-inch springform pan. Chill. **Filling:** Blend 1 3/4 cups sugar, flour and rind into softened cream cheese. Beat with electric mixer until light and fluffy. Add eggs and egg yolks one at a time, beating well after each addition. Stir in half-and-half. Pour into crumb crust. Bake at 475° for 15 minutes; lower temperature to 200° and bake for 1 hour longer. Turn heat off and let cake set in oven 1 hour or until cool. Take out of oven and cool completely on wire rack. Loosen around the edge with a knife. Release springform pan and remove side.





PASTOR TERRY'S FAVORITE PECAN PIE

Kim Land

- | | |
|----------------------|----------------------------------|
| 3 eggs | 1/3 c. butter, melted |
| 2/3 c. sugar | 1-1 1/4 c. pecan halves |
| Dash salt | 1 (9-inch) pastry shell, unbaked |
| 1 c. dark corn syrup | |

Beat 3 eggs thoroughly with 2/3 cup sugar, salt, corn syrup and butter. Add pecans and pour into pastry shell. Bake in 350° oven, 50 minutes or till knife inserted halfway between center and edge comes out clean. Cool. **Note:** I won first place at the Antelope Valley Fair with this recipe and Pastor Terry said he's like to eat a "prize winning pie" so I baked him one!!

PECAN PUMPKIN PIE

Patty Smith

- | | |
|--------------------------|-------------------------------|
| 3 lg. eggs | 1/2 c. sugar |
| 1 c. solid pack pumpkin | 3 T. melted butter |
| 1/3 c. sugar | 1/2 tsp. vanilla |
| 1 tsp. pumpkin pie spice | 1 c. pecan halves |
| 2/3 c. corn syrup | 1 unbaked 9-inch pastry shell |

Stir together one slightly beaten egg, pumpkin, 1/3 cup sugar and pie spice. Spread over bottom of pie shell. Combine two beaten eggs, corn syrup, 1/2 cup sugar, butter and vanilla. Stir in nuts. Spoon over pumpkin mixture carefully. Bake at 350° for 50 minutes or until filling is set.

MACADAMIA NUT PIE

Cindy Rakisits

- | | |
|---|---------------------------------|
| 1 Keebler ready crust butter flavored pie crust | 3/4 c. light corn syrup |
| 1 egg yolk, beaten | 1/4 c. honey |
| 4 eggs | 3 T. butter, melted |
| 1/2 c. sugar | 1/2 tsp. vanilla |
| | 1 1/4 c. chopped macadamia nuts |

Preheat oven to 375°. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until brown, about 5 minutes. Remove from oven. In medium bowl, combine eggs, sugar, corn syrup, honey, butter and vanilla with electric mixer until well blended and frothy. Stir in nuts. Pour into crust, bake on baking sheet 1 hour until set (when knife inserted near edge comes out clean). Cool. Serve with dollops of whipped topping and additional chopped nuts if desired.





PUMPKIN CHEESECAKE PIE

Donna Deichen

2 (8-oz.) pkgs. cream cheese,
softened
1/2 c. sugar
1/2 tsp. vanilla
2 eggs
1/2 c. canned pumpkin

1/2 tsp. cinnamon
Dash of ground cloves
Dash of nutmeg
1 ready to use graham cracker
crust (9 inches)
Cool Whip (opt.)

Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Remove 1 cup batter. Stir in pumpkin, cinnamon, nutmeg and cloves. Pour remaining plain batter into crust. Top with pumpkin batter. Bake at 350° for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Garnish with thawed Cool Whip. Makes 8 servings.

PENNSYLVANIA DUTCH NO CRUST COCONUT PIE

Barb Hafer

1/2 stick margarine
1/2 c. Bisquick
1/2 c. sugar
1 tsp. vanilla

4 eggs
2 c. milk
1 c. coconut

Combine margarine, Bisquick, sugar, vanilla., eggs and milk in blender at high speed for 5 minutes. Put coconut in bottom of a 9-inch greased (Pam) pie pan. Pour batter over top of coconut. Bake at 325°-350° for 40 minutes or until custard is firm.





CLASSIC APPLE PIE

Donna Deichen

Crust:

3 c. all-purpose flour
2 tsp. grated lemon zest

1 c. salted butter, chilled
6-8 tsp. ice water

Filling:

6 lg. Granny Smith apples,
peeled and thinly sliced
1 c. white sugar
1 tsp. ground cinnamon

1/4 c. cornstarch
1/4 c. salted butter, chilled and
cut into sm. pieces

Egg Wash:

1 lg. egg, beaten

1 T. white sugar

To Prepare Crust: Mix flour and lemon zest together with wire whisk in a medium bowl. With pastry cutter or two knives, cut in butter with flour until dough resembles coarse meal. Add ice water and blend until dough can be gathered into a ball. Divide dough in half, flatten into disks and wrap tightly in plastic wrap or a plastic bag. Refrigerate 1 hour or until firm. **To Prepare Filling:** Combine sugar, cinnamon and cornstarch with a wire whisk in a large bowl. Add apples to sugar mixture and toss with a wooden spoon until dry ingredients coat the apples completely. Preheat oven to 400°. On a floured surface use a floured rolling pin to roll out one piece of dough into a circle 11 inches in diameter. Fold the crust in half, then in quarters. Place point of folded crust in center of a 9-inch pie plate and carefully unfold. Trim excess dough, leaving about 3/4-inch hanging over the edge of the plate. Spoon in apple filling and sprinkle butter pieces on top. **To Prepare Top Crust:** Roll out second piece of dough into a circle 10 inches in diameter. Again, fold in half, then quarters, and place on top of filling. Fold extra crust of the top layer over the bottom layer. Crimp layers together decoratively. Cut several steam slits in pie top, brush with egg wash, and sprinkle with 1 tablespoon sugar. Place pie on center rack of oven. Bake for 20 minutes, then reduce heat to 350°. Bake an additional 30 minutes, or until crust is deep golden brown and filling is bubbling through steam slits. Remove from oven and cool to room temperature on rack.





FRUIT PASTRIES

Raphaela Goodwin

- Pepperidge Farm frozen puff pastry (thaw 30 minutes)
1 can fruit pie topping
- Powder sugar
Nuts

Preheat oven to 425°. On lightly floured surface cut sheet in quarters, roll to approximately 8 inches. Plop scoop of pie filling (18-ounce can?). Add nuts if desired. Twist top to make a bundle and fan corners out. Bake on cookie sheet 10-15 minutes, until golden. Cool at least 10 minutes. Dust with sugar. **Note:** They'll think you slaved! I've done this for Christmas breakfast.

TWO TONE DESSERT

Karen Perkins

- 1 c. flour
1/2 c. margarine
1/2 c. walnuts, chopped
1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
- 12-oz. ctn. Cool Whip
2 sm. or 1 lg. pkg. instant pudding, any flavor
2 1/2 c. milk

Mix together flour, margarine and walnuts. Pat into 9 x 13-inch glass baking dish. Bake 10 minutes at 350°. Mix together cream cheese, powdered sugar and half of the container of Cool Whip. Spread over **cooled** crust. Mix together pudding and milk. Spread over cheese layer. When ready to serve, spread remaining Cool Whip over top. This dessert may be frozen.

ORANGE FLUFFS

Donna Deichen

- 16 oz. cottage cheese
1 (11-oz.) can mandarin oranges (opt.)
1 (18-oz.) can crushed pineapple, drained
- 12 oz. Cool Whip
1 (3-oz.) pkg. orange Jello

Combine cottage cheese, oranges, pineapple and Cool Whip in a large bowl. Sprinkle with dry Jello and mix with spoon until all ingredients are combined. Refrigerate until ready to serve. This can be used as a salad or dessert.





LEMON CURD

Jeanne Wadsworth

- | | |
|-------------------------------|------------------------------|
| 1 c. butter | $\frac{2}{3}$ c. lemon juice |
| 2 c. sugar | $\frac{1}{8}$ tsp. salt |
| 3 T. finely grated lemon peel | 6 eggs |

Melt butter in top of double boiler over simmering water. Add sugar, lemon peel, juice and salt. Stir until sugar dissolves, 2 to 3 minutes. Beat eggs until frothy. Mix in about 1 cup lemon mixture. Return to double boiler and cook 7 to 9 minutes, stirring until thick. Ladle into 1 cup jars, cover and cool to room temperature. Store in refrigerator. Makes about 1 quart and will keep in the refrigerator up to 3 weeks. Use in baked tart shells or can be spread on toast. Lemon Curd is a very traditional part of the Christmas season for our family. This recipe has been passed down from my great grandmother Kemp. I bake the tart shells in pans that were my grandmother's.

RICE PUDDING FOR A CROWD

Lorraine Mandrillo

- | | |
|-------------------------|---------------------------|
| 6 c. cooked rice | 1 T. vanilla or mapleline |
| 12 c. milk | $\frac{1}{2}$ tsp. nutmeg |
| 12 eggs | 1 T. cinnamon |
| $\frac{1}{2}$ c. butter | 2 c. currants |
| $\frac{1}{4}$ c. sugar | |

Spread cooked rice into a buttered 12 x 18 x 2-inch baking pan. Scald milk and butter in large saucepan. Beat eggs slightly with sugar, nutmeg, cinnamon and flavoring in bowl; slowly stir in scalded milk mixture; add currants. Stir into pan of rice. Place pan into a larger pan on oven shelf; pour boiling water into larger pan. Bake at 325° for 55-60 minutes until almost set.





CHOCOLATE CHEESECAKE DREAM BARS

Donna Deichen

4 oz. unsweetened chocolate
6 T. unsalted butter or
margarine
3/4 c. all-purpose flour
1/4 tsp. baking soda
1 tsp. instant coffee powder
2 tsp. water

2 tsp. vanilla extract
1/2 T. cider vinegar
1 egg
1/3 c. buttermilk
1 1/2 c. sugar
3 1/2 oz. milk or semi-sweet
chocolate, grated into curls

Chocolate Cheesecake Topping:

2 oz. unsweetened chocolate
2 T. almond-flavored liqueur (or
2 T. water and 1 tsp. almond
extract)

1 tsp. vanilla extract
8 oz. cream cheese, softened
3/4 c. sugar
1 egg

Preheat oven to 325°. Grease (or line with foil) a 9-inch square baking pan. In a small saucepan over low heat, melt chocolate and butter or margarine, stirring until smooth. Remove from heat and let cool to lukewarm. In a small bowl, combine flour and baking soda. Set aside. In a small cup, mix coffee powder, water, vanilla and vinegar. In a large bowl, beat egg, buttermilk and sugar. Add coffee mixture and mix well. Fold in melted chocolate, then flour mixture. Spread batter into prepared pan and bake 35 minutes, or until a wooden pick inserted in center comes out moist and top is dry and cracked. Set on a wire rack. Maintain oven temperature. Prepare Chocolate Cheesecake Topping. Pour topping over brownies and return to oven. Bake until topping moves just slightly in the center when shaken, about 10 minutes. Set on a wire rack and cool in pan. Grate milk or semi-sweet chocolate into small curls and sprinkle over cooked brownies. Refrigerate overnight. Cut in 25 squares (if pan is foil lined, remove and cut). Store in refrigerator.

Chocolate Cheesecake Topping: In a small saucepan over low heat, melt chocolate. Remove from heat and stir in liqueur and vanilla. In a small bowl, blend cream cheese and sugar until smooth. Add chocolate mixture and egg, and blend just until combined.





BREAD PUDDING

Donna Deichen

- | | |
|---|---|
| 12 slices raisin nut bread | 1 T. pure vanilla extract |
| ½ c. salted butter, room temperature | 4 c. (1 qt.) light cream or half-and-half |
| 2 butter croissants, sliced lengthwise into ¼-inch slices | ½ tsp. ground cinnamon |
| 6 lg. eggs | ⅛ tsp. ground nutmeg |
| 1 c. plus ⅛ tsp. white sugar, divided | |

Preheat oven to 325°. Butter sides and bottom of 9 x 13-inch baking pan. Butter one side of each bread slice and layer in pan alternately with croissants (6 slices bread, croissant slices, 6 slices bread). In large bowl with an electric mixer set on medium-high speed beat eggs until slightly thickened, about 5 minutes. Add sugar and vanilla and beat at medium speed until thoroughly combined. Reduce speed to low and add cream; mix until smooth. Pour egg-cream mixture over bread and croissant slices. The slices will absorb egg-cream mixture slowly, so continue adding liquid until all is in pan. In small bowl combine cinnamon, nutmeg and ⅛ teaspoon sugar. Sprinkle sugar-spice mixture over the bread pudding. Fill a baking pan larger than the 9 x 13-inch bread pudding pan halfway up with hot water. Place in oven. Set bread pudding pan in the water bath. Bake 45-50 minutes or until custard is set. When set, remove bread pudding from the oven, and discard water in larger pan. Cool to room temperature. Refrigerate for 2 hours or until firm. Makes 12 servings.

FRUIT SQUARES

Laura Sapko

- | | |
|----------------------|---|
| 4 c. flour | 2 beaten eggs |
| 1 c. sugar | 1 (20-oz.) can strawberry, pineapple, blueberry or cherry, or apple pie filling |
| 2 tsp. vanilla | |
| 2 tsp. baking powder | |
| 2 sticks margarine | |

Mix together flour, sugar, vanilla, baking powder, margarine and eggs until beady. In a 9 x 12-inch cake pan, layer half of the crumb mixture, fruit, and the second half of the crumb mixture. Bake at 350° for 30 minutes and golden brown on the top and edges.





YOGURT DESSERT

Jane Speer

- 2 yogurt pina colada
- 1 sm. can crushed pineapple
- 1/2 lg. Cool Whip

Mix yogurt, pineapple and Cool Whip. Pour into graham cracker pie crust and freeze.

QUICK DESSERT

Jane Speer
Patty Smith

- 1 (3 or 4-oz.) pkg. pistachio instant pudding and pie filling
- 1 (20-oz.) can crushed pineapple
- 1 c. chopped nuts
- 1 (16-oz.) pkg. Cool Whip
- 1 bag mini marshmallows

Mix well together pudding and Cool Whip with wire whip or plastic spatula. Add pineapple, juice and all. Add nuts and marshmallows, mix thoroughly. Refrigerate well and serve. **Note:** Do not use metal utensils or do a taste test. For some reason the dessert will "fall."

JOANN'S PUMPKIN ROLL

Patty Smith

- 3 eggs
- 1 c. sugar
- 2 tsp. cinnamon
- 1 tsp. baking powder
- 1 tsp. ginger
- 1 c. pumpkin
- 1 tsp. vanilla
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 3/4 c. flour

Beat eggs for 5 minutes. Gradually beat in sugar, pumpkin and vanilla. Mix spices, flour, salt and baking powder in separate bowl. Add to wet ingredients and mix well. Spread evenly in waxed paper lined 15 x 10 x 1-inch jellyroll pan. Top with finely chopped walnuts. Bake at 375° for 15 minutes, no longer! Turn out onto dish towel sprinkled well with powdered sugar. Carefully remove waxed paper. While hot, roll cake and towel from narrow end. Cool on a wire rack. Prepare filling by mixing 1 cup powdered sugar, 8 ounces softened cream cheese, 4 tablespoons butter, 1/2 teaspoon vanilla until smooth, and spread on unrolled cake. Re-roll without towel and chill. Sprinkle with powdered sugar and serve sliced.





ECLAIR CAKE

Kim Bell

- | | |
|---|--|
| 1 box graham crackers | 1 (8 oz.) Cool Whip |
| 2 (4-serving) boxes instant vanilla pudding | 1 can ready to spread chocolate frosting |
| 1½ c. milk | |

Grease a 9 x 13-inch pan. Mix pudding and milk together. Fold in the Cool Whip. Divide pudding mixture in half. Layer the bottom of the pan with whole graham crackers, top with ½ of the pudding mixture. Repeat. Top with a layer of graham crackers and frost. This dessert must be made the night before and refrigerated. Leftovers freeze well and taste good right from the freezer.

APPLE CRISP

Ardie Floyd

- | | |
|----------------------------------|-----------------|
| 1 (22-oz.) can apple pie filling | ¼ c. flour |
| 1 c. quick cooking oats | 1 tsp. cinnamon |
| ½ c. butter or soft margarine | ½ tsp. nutmeg |
| ½ c. packed brown sugar | |

Preheat oven to 375° for 5 minutes. Spread apple filling in 1½-quart rectangular container. In bowl, combine remaining ingredients and mix well. Spread over pie filling. Bake for 25 to 30 minutes. Serve plain or top with vanilla ice cream if desired. Makes 6 (½-cup) servings. **Note:** Cherry pie may be substituted.

CARAMEL CRUNCH SQUARES

Kim Bell

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|------------------|--------------------------|
| 1 c. flour | ½ c. nuts |
| ¼ c. oats | 1 (12-oz.) jar caramel |
| ¼ c. brown sugar | ½ gal. vanilla ice cream |
| ½ c. margarine | |

Combine flour, oats, brown sugar, cut in margarine, stir in nuts. Use 8 x 8-inch pan. Bake for 15 minutes at 400°. Stir while warm. Leave ½ crumb mixture in bottom of pan, drizzle 6 ounces of caramel on top. Add ice cream, drizzle remaining caramel and top with remaining crumbs.





PEACHES 'N CREAM

Ginger Herman

3 T. butter, softened

1/2 c. flour

1 (3-oz.) box instant French
vanilla pudding

1/2 tsp. salt

1/4 tsp. baking powder

1 egg

1/2 c. milk

1 lg. can sliced peaches
(drained, reserve liquid)

1 (8 oz.) cream cheese, softened

1/2 c. sugar

3 T. peach juice

1/2 tsp. cinnamon

1 T. sugar

Mix butter, flour, pudding, salt, baking powder, egg and milk together well. Spread in 9 x 12 x 2-inch pan. Put peaches on top of batter. Mix cream cheese, sugar and peach juice together until smooth. Pour evenly over peaches to within one inch of edge of pan. Mix cinnamon with 1 tablespoon sugar. Sprinkle over top. Bake at 350° for 30 minutes. Serve warm. Excellent with ice cream!

RASPBERRY ANGEL DELIGHT

Dawn Olivas

1 lg. angel food cake

1 (6 oz.) raspberry Jello

1 (8 oz.) whipped topping

Make Jello according to directions on box; pour in 9 x 12-inch pan; chill; cut into small cubes. Break angel food cake into pieces. Combine cake piece, Jello cubes and whipped cream and pack into 9 x 12-inch baking dish. Chill overnight. Cut into squares and serve.





PUMPKIN PIE SQUARES

Donna Deichen

1 c. all-purpose flour
1/2 c. quick-cooking oats

1/2 c. packed brown sugar
1/2 c. butter or margarine

Filling:

2 (15-oz.) cans pumpkin
2 (12-oz.) cans evaporated milk
4 eggs
1 1/2 c. sugar

2 tsp. ground cinnamon
1 tsp. ground ginger
1/2 tsp. ground cloves
1 tsp. salt

Topping:

1/2 c. packed brown sugar
1/2 c. chopped pecans

2 T. butter or margarine,
softened

Combine flour, oats, brown sugar and butter until crumbly; press into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 20 minutes or until golden brown. Meanwhile, beat filling ingredients in a mixing bowl until smooth; pour over crust. Bake for 45 minutes. Combine brown sugar, pecans and butter; sprinkle over top. Bake 15-20 minutes longer or until a knife inserted near the center comes out clean. Cool. Store in the refrigerator. Makes 16-20 servings.

KID'S OWN LOWFAT ICE CREAM

Patty Smith

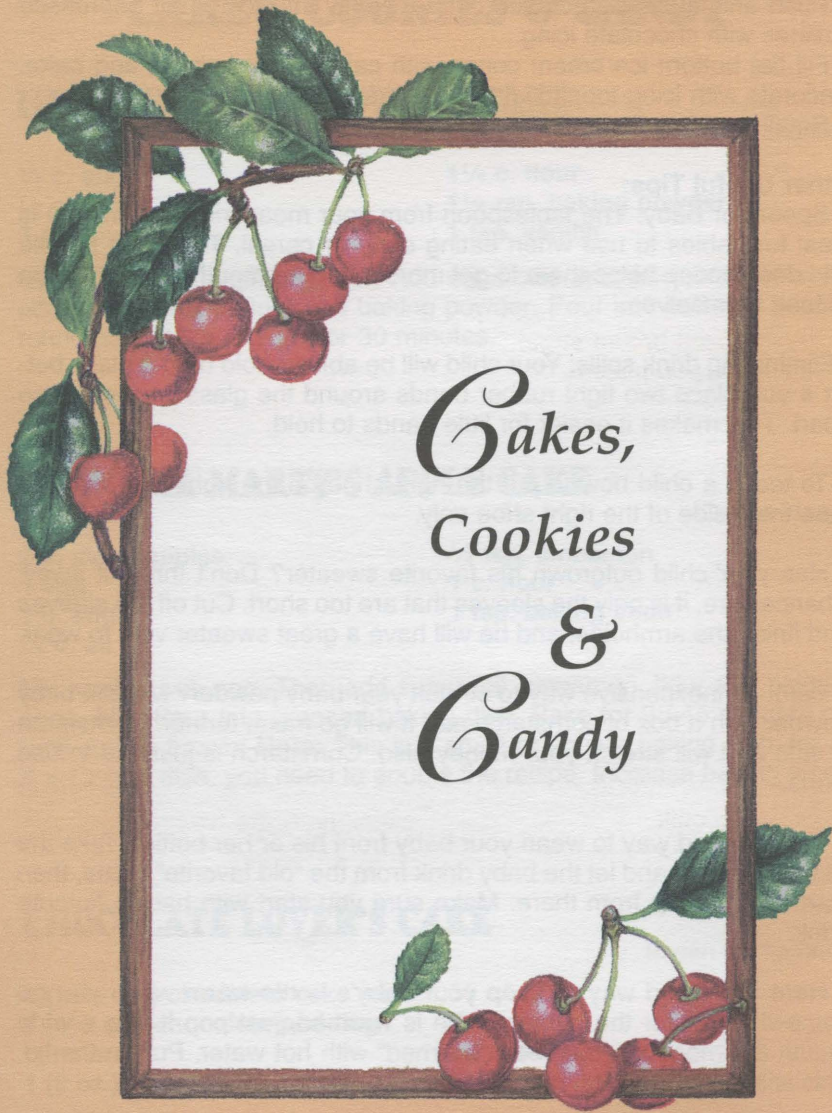
Kids can make their own lowfat ice cream.

1 c. skim milk
1/2 tsp. vanilla

6 pkgs. Nutra Sweet
6 T. salt

Put milk, vanilla and Nutra Sweet into a small Baggie and seal. Put small Baggie in large Baggie that has been filled halfway with ice cubes and 6 tablespoons salt. Seal tightly after expressing extra air. Shake constantly until ice cream is made, about 5 minutes.





*Cakes,
Cookies
&
Candy*

Helpful Hints

Child's Party:

- Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing.
- Fill flat bottom ice cream cones with cake batter half full and bake. Decorate with icing topped with colored sugar.
- Small marshmallows can be used for candle holders on cakes.

Other Useful Tips:

- Spoon for Baby: The tablespoon from your measuring spoons set is ideal for babies to use when eating soup or cereal. The short handle and deep scoop helps them to get more into their mouths as they learn to feed themselves.
- Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.
- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch and it will go much further. Cornstarch is safe and will stretch your money also. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? Take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here is a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.



CAKES, COOKIES & CANDY

HEDGEHOG'S YELLOW TEACAKE

Steven Mandrillo

$\frac{3}{4}$ c. sugar
 $\frac{1}{2}$ c. butter
3 eggs

$\frac{1}{4}$ c. flour
 $1\frac{1}{4}$ tsp. baking powder
1 tsp. vanilla

Mix butter and sugar together. Add eggs one at a time and mix well; add vanilla; mix in flour and baking powder. Pour into buttered 9-inch round pan. Bake at 350° for 30 minutes.

GRANDMA MARTY'S APPLE CAKE

Donna Haag

2 c. diced apples
1 egg
1 c. sugar
 $\frac{1}{4}$ c. oil

$\frac{1}{2}$ tsp. cinnamon
1 c. flour
1 tsp. baking soda

Mix apples with egg. Then add sugar, oil, cinnamon, flour and baking soda. Mix. Pour into greased baking dish. Bake for 35-45 minutes or until golden brown. **Note:** This is a small or square baking dish, for a 9 x 13-inch dish, you need to double the recipe. Increase baking time.

CHOCOLATE LOVER'S CAKE

Susan Clutterham

1 (18½ oz.) chocolate cake mix
1 (4½ oz.) chocolate pudding
(instant)
1 (8 oz.) sour cream

$\frac{1}{2}$ c. oil
4 eggs
 $\frac{1}{2}$ c. water
 $1\frac{1}{2}$ c. chocolate chips

Mix together cake mix, pudding, sour cream, oil, eggs and water. Stir in chocolate chips. Pour into a greased bundt pan. Bake at 350° for 45 minutes. This has been a favorite at our 3's-a-crowd get-togethers.



BETTY'S RUM CAKE

Barb Hafer

Mixture:

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|---|---------------|
| 1/4 c. rum (1/2 c. for a more moist cake) | 1/4 c. water |
| 1 c. sugar | 1 cube butter |

Boil rum, sugar, water and butter for 1 minute. First make a yellow cake mix in a bundt cake pan. When done, immediately spoon 1/2 of mixture over top of cake and let it run down the sides. It will make a sizzling sound. Wait a few minutes. Take cake out (turn upside down) and spoon rest of mixture over cake. **Note:** Moist cake, yum yum.

PETER'S BEST CHOCOLATE CAKE

Peter Mandrillo

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|----------------------|------------------------|
| 1 c. butter | 1 tsp. salt |
| 1 c. white sugar | 1 1/2 c. milk |
| 2 c. brown sugar | 3 eggs |
| 3 c. sifted flour | 1/4 c. evaporated milk |
| 1 c. cocoa | 1 T. vanilla |
| 3 tsp. baking powder | 2 c. chocolate chips |

Cream butter and sugars until light and fluffy. Sift flour, cocoa, baking powder and salt together and add alternately with milk to butter mixture. Beat 3 minutes. Add eggs one at a time and beat. Add evaporated milk and vanilla. Beat 2 minutes. Stir in chocolate chips. Bake in greased and floured 12-inch bundt pan at 325° for 1 1/2 hours.





DAFFODIL CAKE

Donna Deichen

White Batter:

1 $\frac{3}{4}$ c. egg white (12-14)

1 $\frac{1}{4}$ c. sifted cake flour (sift
before measuring)

1 $\frac{1}{2}$ c. sugar

$\frac{1}{2}$ tsp. salt

1 $\frac{1}{2}$ tsp. cream of tartar

1 $\frac{1}{2}$ tsp. vanilla extract

Yellow Batter:

5 egg yolks

2 T. cake flour

2 T. sugar

2 T. lemon peel (grated)

Confectioners' sugar

Make White Batter: In large bowl, let whites warm to room temperature, 1 hour. Sift 1 $\frac{1}{4}$ cups flour with $\frac{1}{2}$ cup sugar; resift three times. With electric mixer at high speed, beat whites with cream of tartar until soft peaks form when beater is slowly raised. Beat in 1 cup sugar, $\frac{1}{4}$ cup at a time, beating well after each addition. Beat until stiff peaks form when beater is slowly raised. With wire whisk, fold vanilla into egg whites until combined. Sift flour mixture, one fourth at a time, over egg whites. With wire whisk, using an under-and-over-motion, gently fold in each addition with 15 strokes, rotating bowl a quarter of a turn after each addition. Fold 10 more strokes, to blend completely. Turn $\frac{1}{3}$ batter into medium bowl. Preheat oven to 375°. **Make Yellow Batter:** In small bowl, combine yolks, cake flour, and sugar. With mixer at high speed, beat until very thick. Add lemon peel. With wire whisk, using an under-and-over motion, fold yolk mixture into reserved one-third batter with 15 strokes. For marbling, spoon batters alternately into an ungreased 10-inch tube pan, ending with white batter on top. With knife, cut through batter twice. With rubber scraper, gently spread batter in pan until it is smooth on top and touches side of pan all around. Bake on lower rack 35 to 40 minutes, or until cake springs back when pressed with fingertip. Invert pan over neck of bottle to cool 2 hours. With spatula loosen cake from pan; remove; sprinkle with confectioners' sugar if desired. Serves 10.





APPLE DUMP CAKE

Barb Hafer

2 c. flour
1/2 c. oil
1 c. chopped nuts
1 can apple filling
2 eggs
2 tsp. baking soda

1 tsp. salt
1 tsp. cinnamon
1 tsp. vanilla
3/4 c. raisins
2 c. sugar

Frosting:

1 sm. cream cheese (room temperature)
1 cube margarine

1 tsp. vanilla
1/2 pkg. powdered sugar

Dump flour, oil, nuts, filling, eggs, soda, salt, cinnamon, vanilla, raisins and sugar all together. Mix with spoon. Bake at 350° for 50 minutes in 9 x 12-inch greased and floured pan or dish. Blend cream cheese, margarine, vanilla and sugar till smooth. Frost top of cake when cool.

One of the mysteries of life is how a boy who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.





CHOCOLATE CHEESECAKE CUPCAKES

Donna Deichen

2 c. (12-oz. pkg.) Nestle Toll House semi-sweet chocolate morsels, divided	1/2 c. granulated sugar
1 1/2 c. all-purpose flour	1/3 c. vegetable oil
1 tsp. baking soda	1 egg
1/2 tsp. salt	1 tsp. vanilla extract
	1 c. water

Filling:

2 (3-oz.) pkgs. cream cheese, softened	1 egg
1/4 c. granulated sugar	1/8 tsp. salt

Cupcakes: Microwave 1/2 cup morsels in small, microwave-safe bowl on high (100%) power for 45 seconds; stir. Microwave an additional 10 to 20 second intervals, stirring until smooth; cool to room temperature. Combine flour, baking soda and salt in small bowl. Beat sugar, oil, egg and vanilla in large mixer bowl until blended. Beat in melted chocolate; gradually beat in flour mixture alternately with water (batter will be thin).

For Filling: Beat cream cheese, sugar, egg and salt in small mixer bowl until creamy. Stir in 1 cup morsels. **To Assemble:** Spoon cupcake batter into 16 greased or paper-lined muffin cups, filling 1/2 full. Spoon filling by rounded tablespoons over batter. Spoon remaining batter over filling. Bake in preheated 350° oven for 20 to 25 minutes or until wooden pick inserted in center comes out clean. While still hot, sprinkle with remaining 1/2 cup morsels. Let stand for 5 minutes or until morsels are shiny; spread to frost. Remove to wire racks to cool completely. Makes 16 cupcakes.





JESSICA'S BLUEBERRY BUCKLE

Laura Sapko

1/4 c. butter, softened

3/4 c. sugar

1 egg

2 c. flour

2 tsp. baking powder

1/2 tsp. salt

1/2 c. milk

2 c. blueberries, fresh

Topping:

1/2 c. sugar

1/3 c. flour

1/2 tsp. cinnamon

1/4 c. butter

Cream butter and sugar. Add egg and beat well. Add flour, powder and salt alternately with milk, mixing until smooth. Fold in blueberries. Spread in greased 9 x 9-inch cake pan. Beat until smooth, fold in 2 cups blueberries; spread in greased 9 x 9-inch pan. **Topping:** Mix sugar, flour, cinnamon, and butter until crumbly. Sprinkle over cake batter and bake at 375° for 35-40 minutes.

PISTACHIO MINT CAKE

Patty Smith

1 pkg. white cake mix

1/2 tsp. peppermint extract

1 (4-serving) pkg. pistachio instant pudding

8 drops green food coloring

4 lg. eggs

1 c. chocolate chips

1/4 c. oil

30 to 24 peppermint patties

Combine cake mix, pudding, eggs, oil, water, extract and coloring into large bowl. Blend then beat at medium speed for 4 minutes. Stir in chips. Pour into greased and floured 9 x 13-inch oblong pan. Bake at 350° for 40-45 minutes, or until cake tester comes out clean and cake pulls away from sides. Remove cake from oven and place candies in single layer on top of cake to cover completely. Return to oven and bake 3 minutes longer to melt candies. Remove again from oven and immediately spread melted candies evenly over cake. Cool completely, then cut into squares. **Note:** Shaun's favorite when he was growing up.





7-UP POUND CAKE

Vonda Crosby

- 3 c. sugar
- 1½ c. or (3 sticks) margarine or butter
- 5 eggs

- Powdered sugar for garnish
- 3 c. cake flour
- ¾ c. 7-Up
- 2 T. lemon extract

In large bowl, beat sugar and margarine until light and fluffy with electric mixer. Add eggs and beat. Add in and beat the cake flour a cup at a time. Add in and beat in 7-Up and extract. Pour into greased bundt pan. Bake at 325° for 70 minutes. Garnish with sifted powdered sugar. "Light with great lemon flavor. Can freeze for later use."

APPLE CAKE

Raphaela Goodwin

- 2 c. flour
- 2 c. sugar
- 2 eggs
- ½ c. oil
- 2 tsp. baking soda
- 2 tsp. cinnamon

- 1 tsp. vanilla
- Pinch ground nutmeg
- Pinch ground cloves
- 1 c. chopped walnuts
- 1 can Comstock apple slices

Preheat oven to 325°. Butter and flour a 9 x 13-inch pan. Mix flour, sugar, oil, soda, spices, vanilla, nuts and apple filling together and pour into pan. Bake 1 hour or more until very brown. May top with whipped cream.





PEANUT BUTTER CAKE

Gayle Farmer
Ann Lillich

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|---|-------------------------------------|
| $\frac{3}{4}$ c. soft butter or margarine | 4 eggs, well beaten |
| $1\frac{1}{2}$ c. Laura Scudder's smooth peanut butter (or any peanut butter without additives) | 1 c. white flour |
| $\frac{2}{3}$ c. brown sugar, packed firmly | $1\frac{1}{4}$ c. whole-wheat flour |
| $\frac{1}{3}$ c. plus 2 T. white sugar | 1 tsp. salt |
| | 5 tsp. baking powder |
| | $1\frac{1}{2}$ c. milk |

Combine butter, peanut butter and sugars. Beat well. Mix in eggs. Add flours, salt and powder alternately with milk. Bake at 375° in a 10 x 14-inch pan for about 30 minutes. (I check mine at 25 minutes. I like this cake especially when it is slightly underdone in the middle.) Frost with chocolate frosting: AND PIG OUT!

Easy Chocolate Frosting:

- 2 c. powdered sugar
- 2 T. cocoa
- Enough milk or water to make a smooth spreadable frosting (3 or 4 T.)

Beat sugar, cocoa and water till smooth.

PATIENCE - Accepting a difficult situation without giving God a deadline to remove it.





COVER MOUNTAIN CARROT CAKE

Kim McCarter

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|-----------------------|------------------------|
| 1½ c. vegetable oil | 2 tsp. soda |
| 1½ c. sugar | 2 tsp. ground cinnamon |
| 4 eggs, well beaten | 2 tsp. ground allspice |
| 3 c. grated carrots | 1 c. chopped pecans |
| 2 c. unbleached flour | 1 c. raisins |
| ½ tsp. salt | 1 tsp. vanilla extract |

Cream oil and sugar. Add eggs and carrots, and mix well. Mix flour, soda, salt and spices. Add flour mixture to carrot mixture, a small amount at a time, beating well. When blended, add pecans, raisins and vanilla. (This mixture will fit into Cuisinart processor.) Pour into a 10/14-inch greased and sugared pan (a springform pan works well) and bake at 325° for 1 hour. Cool slightly before frosting. **Note:** Omit pecans for babies. This has been a favorite for birthday cakes!

Frosting:

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| ½ c. margarine, melted | 2 c. sifted powdered sugar |
| 1 (8-oz.) pkg. cream cheese,
softened | 1 tsp. vanilla extract |

Combine margarine and cheese with sugar and beat well. Add vanilla, mix well and spread on cooled cake. **Note:** Travels well; gets eaten quickly! Makes 12-20 servings.

DUMP CAKE

Jane Speer

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|------------------------------|-------------|
| 1 lg. can peaches with juice | ½ c. butter |
| 1 yellow cake mix, dry | |

Put canned peaches on bottom of a 9 x 13-inch pan; sprinkle dry yellow cake mix on top. Dab butter over top. Bake at 400° for 35 minutes. Serve with Cool Whip.





SWEETIE PIES

Donna Deichen

2 oz. unsweetened chocolate
 $\frac{3}{4}$ c. (4 oz.) semi-sweet
chocolate chips
 $\frac{1}{2}$ c. salted butter, softened
1 c. white sugar
2 lg. eggs
2 tsp. pure vanilla extract

$1\frac{1}{2}$ c. all-purpose flour
1 c. (6 oz.) semi-sweet chocolate
chips
 $\frac{1}{2}$ c. (3 oz.) white chocolate
chips
 $\frac{1}{4}$ c. (1.5 oz.) milk chocolate
chips

Preheat oven to 375°. Line cookie sheets with waxed paper. In a double boiler melt the unsweetened chocolate and the first batch of chocolate chips. Stir frequently with wooden spoon or wire whisk until creamy and smooth. Pour melted chocolate into a large bowl. Add butter and beat with electric mixer at medium speed until thoroughly combined. Add the sugar, eggs and vanilla. Beat on medium speed until well blended. Scrape down sides of bowl. Add the flour and the three types of chocolate chips. Mix at low speed just until combined. Chips should be distributed equally throughout the dough. Roll a heaping tablespoon of dough into a ball, about $1\frac{1}{2}$ inches in diameter. Place dough balls onto paper-lined pans, 2 inches apart. With the palm of your hand, flatten each ball to $\frac{1}{2}$ -inch thickness. Bake for 10-12 minutes. Transfer cookies with a spatula to a cool, flat surface. Makes 2 $\frac{1}{2}$ dozen.

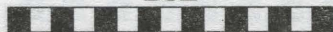
CHERRY CHOCOLATE CAKE

Laura Sapko

1 box chocolate cake mix
1 can cherry pie filling

2 beaten eggs
1 tsp. almond extract (opt.)

Mix all ingredients till smooth. Pour in 9 x 13-inch cake pan, greased and floured. Bake for 25-30 minutes at 350°. Frost or sprinkle with powdered sugar. Great with vanilla ice cream!





CARROT CAKE

Barb Hafer
Barb Fox

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|----------------------|----------------------------|
| 2 c. sifted flour | 1½ c. oil |
| 1 tsp. baking powder | 2 c. sugar |
| 1 tsp. baking soda | 4 eggs |
| ¼ tsp. salt | 2 c. finely grated carrots |
| 1 tsp. cinnamon | |

Cream Cheese Frosting:

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|----------------------|-------------------|
| ½ c. butter | 1 tsp. vanilla |
| 8 oz. cream cheese | 1 c. chopped nuts |
| 1 box powdered sugar | |

Blend oil and sugar. Add eggs one at a time. Gradually add flour, powder, soda, salt and cinnamon. Fold in carrots. Pour into 2 greased layer cake pans (or rectangle Pyrex dish). Bake at 350° until done. Beat butter and cheese until light, then gradually add sugar. Add vanilla and nuts. Ice a cooled cake.

LEMON COCONUT CAKE

Kim McCarter

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|--------------------------|------------------------------|
| 1 c. shredded coconut | ½ tsp. salt |
| 2 T. milk | 2½ tsp. baking powder |
| ¾ c. butter or margarine | 1 c. plus 2 T. water |
| 1¾ c. minus 1 T. sugar | 1 tsp. lemon extract |
| 2¾ c. sifted flour | 4 egg whites, stiffly beaten |

Soak coconut in milk. Cream butter and sugar until light and fluffy. Mix and sift flour, salt and baking powder together. To creamed mixture add flour, salt and baking powder, alternately with water, mixing thoroughly after each addition. Add lemon extract and coconut-milk mixture. Mix very well. With rubber spatula, gently fold beaten egg whites into batter. Pour into 2 greased and floured 9-inch layer pans. Bake at 375° for 20 to 30 minutes or until done.

Easy Lemon Frosting:

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|--------------------------|----------------------|
| 4 T. lemon juice | 2 egg yolks |
| Grated rind of one lemon | 4½ c. powdered sugar |

Combine lemon juice and rind with egg yolks. Gradually add powdered sugar. Beat until spreading consistency. Refrigerate. Makes 10-12 servings.





BUTTER SCRUMPTIOUS CAKE

Laura Sapko

2 c. flour	8 oz. cream cheese
2 tsp. baking powder	1 1/4 c. sugar
1/2 tsp. baking soda	2 eggs
1/2 tsp. salt	1 tsp. vanilla
1/2 c. butter	1 c. milk

Topping:

1/4 c. butter	1/2 c. brown sugar
1/2 c. flour	1/2 c. nuts

Cream butter and cream cheese. Add sugar and blend. Beat in eggs and vanilla. Add half of the dry ingredients and half of the milk; blend; repeat. Turn into 13 x 9 x 2-inch greased cake pan. In a separate bowl, cut butter into sugar and flour for the topping till crumbly. Sprinkle with crumb topping and nuts. Bake at 350° for 30-40 minutes.

PUMPKIN CAKE DESSERT

Lorraine Kelly

1 lg. can pumpkin pie filling	1 c. chopped nuts
4 eggs	1 c. melted butter
1 box yellow cake mix	

Mix eggs and pie filling together and pour into a 13 x 9-inch buttered pan. Sprinkle over pumpkin mix. Sprinkle nuts over cake mix. Slowly pour butter over nuts. Bake for 1 hour at 350°. Cool, do not refrigerate. Serve topped with whipped cream.





MOCHA TORTE

Susie Klotz

- | | |
|---|---|
| 1 (2-layer size) pkg. white cake mix | 1/2 c. milk |
| 1 (6-oz.) pkg. semi-sweet chocolate pieces (1 c.) | 2 tsp. instant coffee powder (any flavor) |
| 3 c. mini marshmallows | 1 c. whipping cream |

Prepare and bake cake mix according to directions, using a greased 13 x 9 x 2-inch pan. **Frosting:** In top of double boiler, combine chocolate, marshmallows, milk and coffee powder. Heat and stir until marshmallows have melted. Remove from heat, cover and chill. Whip cream, then fold into chilled chocolate mixture. **To Assemble Cake:** Cut cake in half widthwise. With a long knife, split each half into 2 layers, using toothpicks to guide knife. Spread chilled frosting between layers, frost top and sides. Chill for several hours. Cut into 1-inch slices. **Note:** Impressive, yet easy dessert.

GRANDMOTHER MARDEN'S SOUR CREAM CAKE

Patty Smith

- | | |
|-----------------------------------|--------------------------------|
| 4 lg. eggs | 1 pkg. vanilla instant pudding |
| 1 (5 1/4-oz.) pkg. white cake mix | 1/2 c. sugar |
| 2/3 c. oil | 1/2 c. cinnamon |
| 1 sm. (8-oz.) ctn. sour cream | 2 1/2 oz. slivered nuts |

Beat together eggs, oil, cake mix, pudding and sour cream. Put one-half of the batter in greased bundt pan. Mix together sugar, cinnamon, and nuts; put one-half of this mixture on top of the batter in cake pan. Add the rest of the batter to cake pan. Add remaining cinnamon mixture over top of batter. Bake at 350° for 1 hour.





CINNAMON SWIRL BLUEBERRY CAKE

Laura Sapko

3/4 c. butter
1 c. sugar
2 eggs
1 c. sour cream

1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 tsp. baking soda

Filling:

1/4 c. sugar
3/4 c. chopped nuts

1 tsp. cinnamon
1 1/2 c. blueberries

Combine butter, sugar, eggs, sour cream, vanilla and flour; mix well for two minutes. Add powder and soda; mix. Spread half in 9 x 13-inch greased pan. Mix together sugar, nuts, cinnamon and blueberries for filling. Sprinkle half over batter; drop remaining batter in globs; sprinkle blueberries on top; sprinkle remaining cinnamon mixture over blueberries. Bake at 350° for 40 minutes.

You've reached middle age when all you exercise is caution.





CHOCOLATE MACADAMIA CREAM SATIN

Donna Deichen

Cake:

- | | |
|--------------------------------|---------------------------------|
| 1 c. all-purpose flour | 1/4 c. unsweetened cocoa powder |
| 1 1/2 tsp. baking soda | 1/4 c. boiling water |
| 1 tsp. salt | 2 lg. eggs, beaten |
| 3/4 c. light brown sugar | 1 tsp. pure vanilla extract |
| 3/4 c. white sugar | 1 c. buttermilk |
| 1/2 c. salted butter, softened | |

Filling:

- | | |
|--|--|
| 1/4 c. white sugar | 2 1/2 tsp. (1 pkg.) unflavored gelatin |
| 14 oz. cream cheese, at room temperature | 2 T. cold water |
| 1 lg. egg | 1 c. whipping cream |
| 1 lb. white chocolate bar | 3 T. pure vanilla extract |

Decorations:

- | | |
|---------------------------------------|--------------------------------------|
| 4 c. (24 oz.) unsalted macadamia nuts | 1/2 c. whipping cream (opt.) |
| 1/4 c. cocoa powder | 1 oz. dark or white chocolate (opt.) |
| 1/4 c. confectioners' sugar | |

Preheat oven to 350°. Grease and flour an 8-inch or 9-inch springform pan. In a medium bowl, combine flour, baking soda and salt. Mix well with a wire whisk and set aside. In a large bowl, combine sugars with an electric mixer on medium speed. Add butter and beat to form a grainy paste. In a small bowl, combine cocoa powder and boiling water and stir until smooth. Add cocoa mixture, eggs and vanilla to butter and sugar; blend well to form a smooth batter. Alternately add the flour mixture and the buttermilk to the batter. Blend at low speed just until combined. Pour into prepared pan. Bake 25-35 minutes or until a knife inserted into middle of cake comes out clean. Leaving cake in pan, cool to room temperature, then refrigerate to make slicing easier. **To Prepare Filling:** In a medium bowl with an electric mixer and clean beaters, beat sugar and cream cheese until well blended. Add egg and beat until light and fluffy. Next melt white chocolate in a double boiler. While chocolate is melting, in a small metal bowl sprinkle gelatin over the cold water. Let gelatin bloom for 5 minutes, then dissolve it over a double boiler until clear and smooth. Gradually add dissolved gelatin to the cream cheese-sugar mixture, beating continuously at medium speed until smooth. (If you beat it too fast, the gelatin will stick to the sides of the bowl.) Add whipped cream to the mixture and blend until smooth. With a rubber spatula, fold the white chocolate and vanilla into the cake batter thoroughly. **To Assemble Cake And Filling:** Remove sides of springform pan. Cut cake into 2 thin layers and set the top layer aside. Replace sides of the springform pan, leaving bottom layer of cake in pan. Pour filling over bottom cake layer. Carefully place other layer on top of filling. Refrigerate several hours. When filling is firm, remove sides of pan and place cake on platter. Coat sides of cake with macadamia nuts, top with a mixture of cocoa and confectioners' sugar. If desired, add rosettes of whipped cream, chocolate shavings and more macadamia nuts. Refrigerate until ready.





STRAWBERRY-RUM-CREAM CAKE

Donna Deichen

2 c. sifted cake flour
1 $\frac{1}{3}$ c. sugar
1 T. baking powder
1 tsp. salt
 $\frac{1}{3}$ c. butter or margarine, melted
and cooled
1 c. milk
1 tsp. vanilla extract

Rum-Cream Filling:

$\frac{3}{4}$ c. sugar
3 T. cornstarch
 $\frac{1}{4}$ tsp. salt
6 egg yolks

$\frac{1}{4}$ tsp. rum extract
4 egg yolks
Rum Cream Filling (below)
1 pt. fresh strawberries, washed
and stemmed
1 pt. whipping cream, whipped
and sweetened
16 whole strawberries

3 c. milk or half-and-half
1 tsp. vanilla extract
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp. rum extract

Preheat oven to 350°. Generously grease and flour 2 round (8-inch) baking pans. In a large bowl, sift together flour, sugar, baking powder and salt. Add melted butter or margarine, milk, vanilla and rum extract. Beat with electric mixer 2 minutes. Add egg yolks; beat 2 more minutes. Pour into prepared pans. Bake 25-30 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pans 5 minutes. Remove from pans; cool completely on racks. Prepare Rum-Cream Filling; set aside. Slice the 1 pint fresh strawberries; set aside. Cut cooled cake layers in half horizontally to make a total of 4 thin layers. Place 1 cake layer on a serving plate. Spread with about 1 cup of Rum-Cream Filling; top with half the sliced strawberries. Put a second cake layer on top; spread with about 1 cup of Rum-Cream Filling. Top with third cake layer. Spread remaining Rum-Cream Filling over this layer; cover with remaining sliced strawberries. Set last cake layer in place. Frost top and side of cake with whipped cream. If desired, reserve about $\frac{3}{4}$ cup cream. Put in a pastry bag fitted with a No. 32 tip and pipe borders around top and bottom edge of cake. Reserve 6 whole strawberries. Cut remaining berries in half lengthwise. Place halved strawberries cut-side down around top of cake to form a circle. Cut remaining whole berries into fans and garnish cake. Refrigerate until serving time or up to 24 hours. If preparing to freeze, omit strawberry garnish. Place cake in an airtight cake container; freeze up to 1 month. Thaw at room temperature 5 to 6 hours or until completely thawed. Makes 12-16 servings. **Rum-Cream Filling:** In a medium saucepan, stir together sugar, cornstarch and salt. In a medium bowl, beat egg yolks and milk or half-and-half until blended. Place pan over medium-low heat; gradually add egg-yolk mixture, stirring constantly. Cook, stirring, until mixture is thickened and bubbly. Remove from heat; add vanilla and rum extract. Cool filling completely before assembling cake.



RED CAKE

Melody Parker

My mother bought this recipe from a restaurant.

1/2 c. shortening	3 tsp. cocoa
1 1/2 c. sugar	1 c. buttermilk
2 eggs	1 tsp. salt
2 oz. red food coloring (2 bottles)	1 tsp. soda
1 tsp. vanilla	1 1/2 tsp. vinegar
	2 1/4 c. cake flour

Cream shortening, sugar and eggs (slightly beaten). Make paste of color and cocoa and add to mixture. Add buttermilk alternately with flour and salt (add flour last); beat. Add vanilla and (soda and vinegar mixed) after soda and vinegar are added, blend, but do not beat. Bake at 350° in 2 (9-inch) pans for 30 minutes. Cool 10 minutes in pans. Remove to wire rack and cool. Slice each layer in half and frost.

CHERRY CHUBILEES

Donna Deichen

Crust:

1 1/4 c. all-purpose flour	1 c. chopped walnuts, divided
1/2 c. packed brown sugar	1/2 c. flaked coconut
1/2 c. butter-flavored shortening	

Filling:

2 (8-oz.) pkgs. cream cheese, softened	2 eggs
2/3 c. sugar	2 tsp. vanilla extract
	2 (21-oz.) cans cherry pie filling

In a bowl, combine flour and brown sugar; cut in shortening until fine crumbs form. Stir in 1/2 cup nuts and coconut. Reserve 1/2 cup crumb mixture for topping. Press remaining mixture into the bottom of a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 12-15 minutes or until lightly browned. Meanwhile, for filling, beat cream cheese, sugar, eggs and vanilla in a mixing bowl until smooth. Spread over the hot crust. Bake 15 minutes. Spread pie filling on top. Combine remaining nuts and reserved crumbs; sprinkle over cherries. Bake 15 minutes more. Cool. Refrigerate until serving. Yield: 20 servings.





FRUIT COBBLER

Lorraine Kelly

- | | |
|---|-----------------------|
| 1 (13-inch) oblong cake pan | 1 pkg. sliced almonds |
| 2 cans Comstock pie filling
(peach, cherry or apple) | 1 cube butter, melted |
| 1 box Duncan Hines regular
white cake mix | |

Empty pie filling in pan. Sprinkle cake mix over filling to cover. Sprinkle with almonds. Drizzle butter on top. Bake at 350° for 40-50 minutes or until golden brown on top and cooked in center. (Test with knife in center.) Serve warm with ice cream or cold with Cool Whip. Divide recipe in half for 8-inch square pan serving.

PEACH COBBLER DELIGHT

Vonda Crosby

- | | |
|---|--------------------------|
| 4 c. fresh or canned peaches,
sliced | 1 tsp. lemon juice |
| 1 T. cornstarch | 1 c. Bisquick mix |
| 1/2 c. sugar | 1/4 c. milk |
| 1/4 tsp. cinnamon | 1 T. sugar |
| | 1 T. margarine, softened |

Mix peaches, cornstarch, sugar, cinnamon and lemon juice and cook till mixture comes to boil and begins to thicken. Pour into 9 x 12-inch glass dish. Mix Bisquick mix, milk, sugar and margarine together and drop in spoonfuls on the peach mixture. Bake at 425° for 15-20 minutes. Serves 6. "Delicious with vanilla ice cream too!"

APPLE CRISP

Dawn Olivas

- | | |
|----------------------|-----------------------|
| 1 c. flour | 1 egg |
| 1 tsp. baking powder | 8 apples |
| 1 1/2 c. sugar | Cinnamon |
| 1/2 tsp. salt | 1/2 c. butter, melted |

Peel and slice apples. Mix flour, powder, sugar and salt until crumbly. Spread apples in 9 x 12-inch pan. Spread crumb mixture over apples. Sprinkle top with cinnamon. Pour melted butter over top. Bake at 400° for 10 minutes, then at 325° for 30-40 minutes or till apples are soft. Serve with whipped cream or vanilla ice cream.





FIRST PLACE BUTTERBALL COOKIES

Melissa Land

- | | |
|------------------------|---------------------------------------|
| 1 c. butter | 2 c. flour |
| 1/2 c. powdered sugar | 1 c. finely chopped walnuts or pecans |
| 1 tsp. vanilla extract | Powdered sugar |
| 1 tsp. almond extract | |

Combine 1/2 cup powdered sugar and extracts and butter in large bowl with back of wooden spoon. Gradually stir in flour, stir in walnuts or pecans. Shape dough in 1-inch balls; place on ungreased baking sheet. Bake in preheated 350° oven for 10-12 minutes. Roll in powdered sugar.

Note: I won first place at the A.V. Fair.

PEANUT BUTTER COOKIES

Jeanne Wadsworth

- | | |
|----------------------------|----------------|
| 1/2 c. butter or margarine | 1 tsp. vanilla |
| 1 c. chunky peanut butter | 1 tsp. salt |
| 1 c. granulated sugar | 1 tsp. soda |
| 1 c. brown sugar | 2 c. flour |
| 2 eggs | |

Cream butter and peanut butter together. Add granulated and brown sugars and mix with peanut butter mixture. Beat in eggs and vanilla. Add salt, soda and flour and mix well. Roll dough into 1-inch balls. Place on a greased cookie sheet. Press balls with a sugared fork or bottom of a cup. Bake 7 minutes at 350°. Makes 4 dozen.

FRENCH DONUTS

Ginger Herman

- | | |
|----------------------|----------------------|
| 1 1/2 c. flour | 1/2 c. milk |
| 1 c. sugar, divided | 1 egg, beaten |
| 2 tsp. baking powder | 1/3 c. melted butter |
| 1/4 tsp. salt | 1/2 tsp. vanilla |
| 1/4 tsp. nutmeg | 1 tsp. cinnamon |

Sift together flour, 1/2 cup sugar, baking powder, salt and nutmeg. Combine milk, egg, butter and vanilla. Add liquid ingredients to flour mixture, stirring just until mixed. Fill greased muffin pans 1/2 full. Bake at 400° for 20 minutes. Remove from pans. Brush with butter. Dip in remaining 1/2 cup sugar mixed with cinnamon. **Note:** I've been making these since I was in fourth grade. Delicious!



CHOCOLATE DIPPED PEANUT BUTTER COOKIES

Debbie Snyder

- 2 sticks Imperial margarine
- 1 box powdered sugar
- 2 c. graham cracker crumbs
- 1 1/4 c. chunky peanut butter
- 1 tsp. vanilla
- 1 (12-oz.) pkg. chocolate chips

Blend margarine, sugar, cracker crumbs, peanut butter and vanilla. May need to mix with hands as dough becomes stiff. Roll dough into 1-inch size balls. Set aside. Melt chocolate chips over low heat. May need to add 1 tablespoon shortening to keep thinned. With small spoon dip balls into chocolate until covered. Place balls on waxed paper-lined cookie sheet and place in refrigerator to set. Makes a lot. I give these out at Christmas time.

APPLE PIE BARS

Karen Perkins

Crust:

- 2 c. flour
- 1/2 tsp. sugar
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 c. butter
- 2 egg yolks, beaten

Filling:

- 4 c. pared, cored and sliced apples (1/8-inch thick)
- 1/2 c. sugar
- 1/4 c. flour
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 egg whites, slightly beaten

Combine flour, sugar, baking powder and salt; cut in butter as for pie crust. Mix in egg yolks (mixture will be crumbly). Press half of the mixture in bottom of 15 x 10-inch jellyroll pan (may also use 13 x 9 x 2-inch pan). Set remaining half of the mixture aside. Combine all of filling ingredients except egg whites; arrange over bottom crust. Crumble remaining crust mixture over filling. Brush egg whites over all. Bake at 350° for 30 minutes (jellyroll pan) or 40 minutes (13 x 9 x 2-inch pan). Cool. Drizzle with thin confectioners' sugar glaze, if desired. Yield: 3-4 dozen bars.





TRIPLE-LAYERED LEMON BARS

Donna Deichen

Crust:

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|--|-----------------------------|
| $\frac{1}{2}$ c. salted butter, softened | 1 tsp. pure vanilla extract |
| $\frac{1}{4}$ c. confectioners' sugar | 1 c. all-purpose flour |

Cream Cheese Filling:

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|--|---------------------------|
| 8 oz. cream cheese, softened | 1 lg. egg |
| $1\frac{1}{2}$ c. confectioners' sugar | 1 tsp. pure lemon extract |

Lemon Curd:

- | | |
|------------------------------|---|
| 4 lg. egg yolks | 2 med. lemons, grated for 2 tsp.
lemon peel and squeezed for |
| 1 T. cornstarch | $\frac{1}{4}$ c. lemon juice |
| $\frac{3}{4}$ c. white sugar | 2 T. salted butter, softened |
| $\frac{3}{4}$ c. water | |

Topping:

- 2 T. confectioners' sugar

Preheat oven to 325°. To prepare shortbread crust: Cream butter and sugar in medium bowl with electric mixer set on high speed. Add vanilla and mix until combined. Add flour and mix at low speed until fully incorporated. Press dough evenly into bottom of an 8 x 8-inch baking pan. Refrigerate until firm, approximately 30 minutes. Prick shortbread crust with fork and bake for 30 minutes or until crust turns golden brown. Cool on rack to room temperature. Prepare the cream cheese filling while the crust is baking. Beat cream cheese and sugar until smooth in medium bowl with electric mixer set on high speed. Add egg and lemon extract and beat on medium speed until light and smooth. Cover bowl tightly and refrigerate. To prepare lemon curd: Blend the egg yolks with the cornstarch and sugar in medium non-aluminum saucepan. Place over low heat and slowly whisk in water and lemon juice. Increase heat to medium-low and cook, stirring constantly, until mixture thickens enough to coat the back of spoon. Remove from heat. Add lemon peel and butter and cool for 10 minutes. To assemble the bars: Spread chilled cream cheese filling evenly over cooled shortbread crust with spatula. Spread lemon curd evenly over cream cheese filling. Place pan in center of oven. Bake 30-40 minutes or until edges begin to turn light golden brown. Cool to room temperature on rack. Chill in refrigerator 1 hour before cutting into bars. Dust top with confectioners' sugar. Yield: 12 servings.



MOLASSES GEMS

Dorothy Olson
Val Boze's

- | | |
|-------------------------------|--------------------|
| 1/2 c. butter flavored Crisco | 2 tsp. baking soda |
| 1/4 c. butter | 1 tsp. cinnamon |
| 1 c. sugar | 1/2 tsp. cloves |
| 1/4 c. molasses | 1/2 tsp. ginger |
| 1 egg | 1/4 tsp. salt |
| 2 c. all-purpose flour | |

Beat shortening and sugar until light and fluffy. Add molasses and egg. Beat well. Combine flour, soda, cinnamon, cloves, ginger and salt. Add to molasses mixture, mix well. Cover and refrigerate until chilled. Shape into 1-inch balls, roll in sugar. Place 2 inches apart on greased cookie sheet. Bake in upper third of preheated 350° oven for 10-12 minutes or until set. Cool 1 minute, transfer to wire rack. Makes about 3 dozen cookies.

THREE INGREDIENT "PEANUT BUTTER COOKIES"

Chelse Van Den Vrijhoef

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|--------------------|------------|
| 1 c. peanut butter | 1 c. sugar |
| 1 egg | |

Mix one cup of peanut butter with one egg and one cup of sugar in a medium two large mixing bowl. Place one tablespoon of mixed cookie dough on the cookie sheet one half inch apart. Press down with a fork on top of each cookie. (Dipping the fork in warm water between each cookie.) Bake cookies at 350° for 10 minutes or until golden brown.





KOEK

(A Dutch Spiced Brownie)

Val Boze

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|------------------|------------------------|
| 3 c. flour | 1 tsp. baking soda |
| 1 c. sugar | 1/4 tsp. salt |
| 1 c. brown sugar | 2 cubes butter, melted |
| 1 tsp. cinnamon | 1 egg |
| 1 tsp. nutmeg | 1/4 c. water |

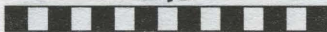
Mix flour, sugars, spices and salt. Add butter, egg and water. Mix until forms a ball. Press into greased 9 x 13-inch pan. Bake at 350° for 30-35 minutes.

BUTTER COOKIES

Michelle Oman

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|--------------------------|----------------|
| 1 lb. margarine (butter) | 1 c. sugar |
| 4 c. flour | 1 tsp. vanilla |

Soften margarine, add vanilla and sugar and cream together. Add flour 1/2 cup at a time. Roll dough out in a long tube, add chocolate sprinkles and roll a little more. Cut in pieces. Bake at 350° until a light golden brown, about 10 minutes.





THE BEST OATMEAL COOKIES

Dawn Olivas
Laura Powell

1 1/4 c. (2 1/2 sticks) butter or
margarine, softened (butter
flavor Crisco works well, also)
1 c. packed brown sugar
1/2 c. granulated sugar
2 eggs
1 tsp. vanilla
1 3/4 c. all-purpose flour
1 tsp. baking soda

1/2 tsp. salt
1 tsp. cinnamon
1 c. raisins
3 c. uncooked (quick or old-
fashioned) oats
1 c. walnuts or pecan pieces
(opt.)
1 c. chocolate or butterscotch
chips (opt.)

Heat oven to 375°. Beat butter and sugars until creamy. Beat in egg and vanilla. Add combined flour, baking soda, salt and spices. Mix well. Stir in oats, chips and nuts (optional). Drop by rounded tablespoons onto ungreased cookie sheet. Bake 8-9 minutes for a chewy cookie, 10-11 minutes for a crisp cookie. Cool 1 minute on cookie sheet. Remove to wire rack. Makes about 5 dozen. **Note:** For more chewy cookies, bake for 11 minutes and make them bigger!

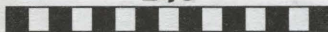
CHOCOLATE NO-BAKE COOKIES

Jodi Pasqua

1/2 c. cocoa
2 c. sugar
1/2 c. milk
1/2 c. butter

1/2 c. peanut butter
2 tsp. vanilla
2 1/2 c. quick oats

Boil cocoa, sugar, milk, butter for 3 minutes. Remove from heat. Add peanut butter, vanilla, quick oats to boiled mixture and beat. Mixture will be very thin. Drop spoonfuls onto waxed paper. Let cookies set on counter for 24 hours, until hardened. Makes approximately 3 dozen cookies.





SPICY CREAM CHEESE BROWNIES

Val Boze

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|--|------------------|
| 1 (23 ³ / ₄ -oz.) pkg. brownie mix | 1/4 c. sugar |
| 1 tsp. cinnamon | 1 egg |
| 1 (3-oz.) pkg. cream cheese, cut up | 1/2 tsp. vanilla |

Grease a 13 x 9 x 2-inch pan. Stir together brownie mix and cinnamon; prepare according to package directions. In a small mixer bowl beat cream cheese for 30 seconds. Add sugar; beat until fluffy. Beat in egg and vanilla. Spread half of the brownie mixture in the prepared pan. Top with the cream cheese mixture and the remaining brownie mixture. Swirl layers to marble. Bake in 350° oven about 35 minutes or till done. Completely cool before cutting into bars.

ITALIAN WEDDING COOKIES

Laura Sapko

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|------------------------------|---------------------------|
| 6 eggs | 2 c. powdered sugar |
| 2 c. sugar | 3-4 T. milk |
| 3 T. baking powder (heaping) | Food coloring |
| 1 T. lemon | Multi-colored non-pariels |
| 3/4 c. oil | Waxed paper |
| 5 c. flour | |

Beat eggs in a bowl. Add oil and lemon. Stir in flour, sugar and baking powder. Just enough flour should be added to make the dough easy to roll without sticking. Roll a large tablespoon of dough in hands to form a rope; fold in half and twist into a cruller shape. Alternate shapes: ball, cane, initial of last name. Place on greased cookie sheet. Allow enough space for rising, shapes will double in size. Bake at 375° for 8-10 minutes and lightly golden on top and bottom. Cool on cookie rack. Frost with icing when cooled. Makes 6-8 dozen. **Icing:** Mix enough milk with sugar to flow easily off of a spoon. Add food coloring for a pastel array of cookies. Dip the tops of cookie in icing; wipe off excess with finger; set on waxed paper. Sprinkle with non-pareils (optional). Arrange on trays with pastel candied almonds and wrapped in pastel cellophane. May be made before the occasion and frozen. These were made for us "Waskiewicz" girls for our wedding showers and receptions by our Nonnie and Mother.





THE MOST DELICIOUS PEANUT BUTTER COOKIES

Kim McCarter

1 c. granulated sugar
1 c. packed brown sugar
1 c. peanut butter
1 c. shortening
½ c. margarine or butter,
softened

2 eggs
2½ c. all-purpose flour
1½ tsp. baking soda
1 tsp. baking powder
½ tsp. salt

Mix sugars, peanut butter, shortening, margarine and egg. Stir in remaining ingredients. Cover and refrigerate at least 3 hours. Heat oven to 375°. Shape dough into 1¼-inch balls. Place about 3 inches apart on ungreased cookie sheet. Flatten in criss-cross pattern with fork dipped in flour. Bake until light brown, 9 to 10 minutes. Cool 2 minutes; remove from cookie sheet. Makes about 5 dozen cookies; 85 calories per cookie.

Note: To get the finest tasting and textured cookie, every time, be sure and measure your flour and baking soda carefully.

OATMEAL CARAMELITAS

Laura Sapko

2 c. flour
2 c. oats
1 tsp. baking soda

1½ c. brown sugar
1½ tsp. salt
1¼ c. butter, melted

Mix all ingredients; spread half of mix in 9 x 13-inch pan. Bake at 350° for 10 minutes.

Filling:

1 c. chocolate chips
½ c. nuts

1 c. caramel (ice cream) topping
combined with 3 T. flour

When first half of mix is done baking, remove from oven and add the above ingredients in layers. Sprinkle the rest of the mix over the layers and bake for 15-20 minutes longer till top is golden brown. Cool. Cut into squares.



ALOHA COOKIES

Cindy Rakisits

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|----------------------|---|
| 1/2 c. butter | 1 1/4 c. flour |
| 1/3 c. sugar | 1 sm. bag chocolate chips |
| 1/3 c. brown sugar | 1 c. vanilla chips |
| 1 egg | 1/2 c. flaked coconut |
| 1 tsp. vanilla | 1 sm. jar macadamia nuts, then
chop up |
| 1/2 tsp. baking soda | |
| Dash of salt | |

Preheat oven to 350°. Cream butter, sugar, eggs, vanilla, baking soda and salt in large bowl. Blend in flour until smooth. Stir in chips, nuts, coconut. Drop on cookie sheet. Bake 8-10 minutes. Enjoy! Great cookies!

FUDGE PUDDLES

Donna Deichen

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|---|--------------------------|
| 1/2 c. butter or margarine,
softened | 1 egg |
| 1/2 c. creamy peanut butter | 1/2 tsp. vanilla extract |
| 1/2 c. sugar | 1 1/4 c. flour |
| 1/2 c. packed light brown sugar | 3/4 tsp. baking soda |
| | 1/2 tsp. salt |

Fudge Filling:

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|--|---------------------------------|
| 1 c. (6 oz.) milk chocolate chips | 1 c. semi-sweet chocolate chips |
| 1 (14-oz.) can sweetened
condensed milk | 1 tsp. vanilla extract |
| | Chopped peanuts |

Cream butter, peanut butter and sugars; add egg and vanilla. Stir together flour, baking soda, and salt; add to creamed mixture. Mix well. Chill for 1 hour. Shape into 48 (1-inch) balls. Place in lightly greased mini-muffin tins. Bake at 325° for 14-16 minutes or until lightly brown. Remove from oven and immediately make "wells" in the center of each by pressing with a melon baller. Cool in pans for 5 minutes, then carefully remove to wire racks. For filling, melt chips in double boiler over boiling water. Stir in milk and vanilla; mix well. Using a small pitcher or pastry bag, fill each shell with chocolate filling. Sprinkle with peanuts. Leftover filling can be stored in the refrigerator and served warm over ice cream. Yield: 4 dozen.





NONNIE'S ITALIAN TOASTED SLICES

Laura Sapko

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|--------------------------------------|------------------------------|
| 1 doz. eggs | 1 tsp. baking powder per egg |
| 2 c. sugar | (12 tsp.) |
| 1 lb. margarine, melted | 11 c. flour |
| 1 c. fine chopped walnuts or almonds | |

Beat eggs in a bowl. Add margarine. Stir in flour, nuts and baking powder. Just enough flour should be added to make the dough easy to roll without sticking. Cut the dough into six equal pieces. Roll each piece of dough in hands to form a loaf. Place on greased cookie sheet. Allow enough space for rising. Bake at 350° for 10-15 minutes and lightly golden on top and bottom. Cool on cookie rack. When still warm, cut into 1/2-inch to 3/4-inch slices and place back on the cookie sheet. Bake for 5-10 more minutes till light brown on both sides. Cool on rack. Sprinkle with powdered sugar. This cookie is dry when finished baking and should be dunked in milk, coffee or tea. Our Nonno loved these!

MAGIC COOKIE BARS

Donna Deichen

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|--|--------------------------------------|
| 1/4 c. butter | 1 (6-oz.) pkg. chocolate chips |
| 1 1/2 c. graham cracker crumbs | 1 (3 1/2-oz.) can coconut (1 1/3 c.) |
| 1 (14 oz.) sweetened condensed milk (not evaporated) | 1 c. chopped nuts |

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch pan melt butter in oven. Sprinkle crumbs over butter, pour condensed milk evenly over crumbs. Top with chocolate chips, coconut and nuts; press down firmly. Bake 25-30 minutes or until lightly browned. Cool. Chill thoroughly if desired. Cut into bars. Store loosely covered at room temperatures.





PEANUT BRITTLE

Kim McCarter

- | | |
|---------------------|---------------------------------|
| 1½ tsp. baking soda | 1 c. water |
| 1 tsp. water | 1 c. light corn syrup |
| 1 tsp. vanilla | 3 T. margarine or butter |
| 1½ c. sugar | 1 lb. shelled unroasted peanuts |

Butter 2 cookie sheets, 15½ x 12 inches deep and keep warm. Mix baking soda, 1 teaspoon water and the vanilla; reserve. Mix sugar, 1 cup water and the corn syrup in 3-quart saucepan. Cook over medium heat, stirring occasionally, to 240° on candy thermometer (or until small amount of mixture dropped into very cold water forms a soft ball that flattens when removed from the water). Stir in margarine and peanuts. Cook, stirring constantly, to 300° (or until a small amount of mixture dropped into very cold water separates into threads that are hard and brittle). Watch carefully so mixture does not burn. Immediately remove from heat; stirring baking soda mixture. Pour half of the candy mixture onto each cookie sheet and quickly spread about ¼-inch thick; cool. Break into pieces. About 6 dozen candies; 70 calories per candy.

LEMON BUTTER COOKIES

Donna Deichen

- | | |
|---|----------------------|
| 1 c. butter (no substitutes),
softened | ½ tsp. salt |
| 2 c. sugar | 4½ c. flour |
| 2 eggs, beaten | 2 tsp. baking powder |
| ¼ c. milk | ¼ tsp. baking soda |
| 2 tsp. lemon extract | Colored sugar (opt.) |

In a mixing bowl, cream butter and sugar. Add eggs, milk and extract. Combine salt, flour, baking powder and baking soda; gradually add to creamed mixture. Cover and chill for 2 hours. Roll out on a lightly floured surface to ⅛-inch thickness. Cut with a 2-inch cookie cutter dipped in flour. Place 2 inches apart on ungreased baking sheets. Sprinkle with colored sugar if desired. Bake at 350° for 8-9 minutes or till edges are lightly brown. Cool on wire racks. Yield: 13 dozen.



FUDGE

Gayle Farmer

3 pkgs. chocolate chips (semi-sweet 1½ lg. pkg. 1½ lg. pkg. imitation)

5 oz. marshmallows (about 20 lg.)

½ lb. margarine (not butter)

2 c. chopped nuts

1 tsp. vanilla

4½ c. sugar

1 lg. can condensed milk

Flour a large bowl. Place chips, marshmallows, margarine, nuts, and vanilla in bowl. Mix sugar and milk. Bring to a rolling boil for 6 minutes. Pour hot mixture over ingredients in large bowl and stir until chips and marshmallows dissolve. Add vanilla. Pour in large buttered dish and put in refrigerator 6-8 hours. Makes 5 pounds or more. Freezes well.

PEANUT BUTTER BLOSSOMS

Laura Sapko

1¾ c. flour

1 tsp. soda

½ tsp. salt

½ c. shortening

½ c. peanut butter

½ c. sugar

½ c. brown sugar

1 egg

1 tsp. vanilla

Cream shortening and sugar. Blend in sugars, egg and vanilla. Stir in flour, soda and salt. Roll teaspoonfuls in balls and then in sugar. Place on ungreased cookie sheet. Bake at 375° for 10 minutes, remove, put in kisses, bake for 2-5 minutes more. Cool on rack till candy is hard before storing. A birthday party favorite!

TRUFFLES

(Chocolate/Orange)

Raphaela Goodwin

16 oz. chips

¼ c. cocoa

1 c. heavy cream or 1 tsp. dried cream

¼ c. (or less) powdered sugar

1 T. fresh grated orange rind

Pour chips in bowl. Heat cream to full boil. Pour boiling cream over chocolate, stir till smooth. Blend in orange rind. Chill at least 1 hour. Roll into ½-inch balls. Mix cocoa and powdered sugar (less sugar for more bitter-sweet taste). Dust or roll in powder.





MOCHA WALNUT TRUFFLE

Raphaela Goodwin

8 oz. chips
1/2 c. heavy cream
1 T. instant coffee powder

2 T. (or less) vanilla extract*
1 1/2 c.+ ground walnuts

Pour chips in bowl. Heat cream until boiling; add coffee and stir till dissolved. Pour over chocolate, whisk until smooth. Add vanilla, a little of the nuts (if desired). Put plastic wrap on touching surface (to avoid drying). Refrigerate 6 hours or overnight. Roll into 1/2-inch balls and roll in ground nuts. *Vanilla has an alcoholic flavor that does not cook out.

JUST LIKE JR. MINTS!

Raphaela Goodwin

1/2 c. light corn syrup
1/4 c. butter, melted
3 tsp. pure peppermint extract

8 oz. dipping chocolate or 8 oz.
chips and 1 T. shortening
3/4+ lb. powdered sugar

Combine corn syrup, butter, peppermint extract. Gradually stir in sugar until doughy (semi-firm). Roll into 1/2-inch balls. Put on waxed paper. (Popping into freezer for 3 hours or so helps. At this point, you can stick them in a Ziploc for up to 2 months.) Melt chips and shortening over hot water. Then dip frozen balls and place onto waxed paper. You can sprinkle with crushed peppermint sticks if you're fast! Yields: 65-70

Recipe Favorites



A decorative illustration of a cucumber vine with large green leaves, a yellow flower, and a cucumber, framing the text. The illustration is set against a light blue background within a dark brown rectangular frame. The cucumber is positioned vertically on the left side of the frame, and the leaves and flower are at the top. The text 'This & That' is written in a black, elegant cursive font in the center of the frame.

*This &
That*

Helpful Hints

- Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.
- Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.
- For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.
- A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.
- Iron cleaner: Baking soda on a damp sponge will remove starch deposits. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon: Combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or until stain disappears. Wash, rinse and dry, and condition with oil before using pan again.
- Corningware cookware can be cleaned by filling them with water and dropping in two denture cleaning tablets. Let stand for 30-45 minutes.
- A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.
- For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.
- For a spicy aroma, toss dried orange and lemon rinds into your fireplace.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen the garbage disposer blades.
- Vinegar will remove rust and mildew stains from most chrome.



THIS & THAT

RAISIN SAUCE FOR HAM

Jane Speer

- | | |
|---------------------|----------------------|
| 1 c. raisins | 1/4 tsp. cinnamon |
| 1 1/4 c. water | 1/4 tsp. cloves |
| 1/3 c. brown sugar | 1/4 tsp. dry mustard |
| 1 1/2 T. cornstarch | 1/4 tsp. salt |
| 1 T. vinegar | |

Boil raisins in water for five minutes. Add sugar, starch, vinegar, clove, mustard and salt and serve hot over ham.

HOT DOG SAUCE

Laura Sapko
Margaret Waskiewicz

- | | |
|----------------------------|-------------------------------------|
| 1 1/2 lbs. hamburger | 5 T. chili powder |
| 4 lg. onions, chopped | Salt to taste |
| 5-6 cloves garlic, crushed | 1 T. tomato paste (more if desired) |
| 1 T. oil | |

Brown onions in the oil. Add hamburger; brown. Add garlic, salt and chili. Put enough water to just cover the meat mixture. Add tomato paste. Stir and simmer for two hours. **Note:** This companion to the hot dog can only be made better by also adding sauerkraut the way mom made it! A must at all our picnics!

SAUERKRAUT FOR HOT DOGS

Laura Sapko
Margaret Waskiewicz

- | | |
|--------------------|--------------------------------|
| Piece of salt pork | 1 lg. can or bag of sauerkraut |
| 1-2 onions | 1 sm. fresh cabbage |

Slice the fat off the back (skin) of the salt pork; mince very fine. Heat in frying pan till rendered over medium heat; add onion till tender. Drain sauerkraut; rinse and drain again. Add to the frying pan. Chop cabbage fine; add to the sauerkraut. Mix and simmer all together for 1 1/2-2 hours. **Note:** After adding mustard and hot dog sauce, finish off the preparation of your hot dog toppings with a generous amount of this sauerkraut for the best hot dog you ever had!



SEASONED COATING MIX

Lori Ginsberg

1½ c. all-purpose flour
1 T. garlic salt
1½ tsp. black pepper

1½ tsp. paprika
¼ tsp. poultry seasoning

Combine flour, garlic salt, pepper, paprika and poultry seasoning in a medium bowl. Use this mix to coat chicken, beef or fish.

BAKING POWDER

Gayle Farmer
Ann Lillich

2 parts cream of tartar

1 part baking soda

Mix cream of tartar and soda thoroughly. Baked goods taste so much better and keep flavor longer because there are no additives in this mixture to leave an after taste.

FRESH PEACH LEATHER (Homemade Fruit Roll)

Patty Smith

10 lg. fresh peaches, fully ripe

1 c. sugar

Peel peaches by dipping in boiling water for 30 seconds to 1 minute; remove and drop into cold water, skin should slip right off. Slice peaches to measure 10 cups; turn into a large saucepan; add sugar and bring mixture slowly to a boil, stirring until sugar is dissolved. Pour peach mixture into blender and purée. Cool to lukewarm. Prepare a smooth level drying surface in full sunlight. Cover cookie sheets with clear plastic wrap. Pour peach purée into prepared pans and spread to ¼-inch thick. Let dry in sunlight. Drying may take 20-40 hours. (Bring purée inside at end of day and finish drying outside second day OR you can finish drying in doors by placing pans in 150° oven, leave oven door open.) Fruit is dry when purée can be peeled off plastic easily. For storing, roll up leather with plastic wrap. Seal tightly in more plastic, leather will keep at room temperature about 1 month; in refrigerator about 4 months and 1 year in freezer.





CARAMEL CORN

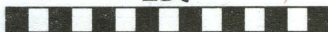
Laura Sapko

1 c. brown sugar
1/2 c. butter
1/4 c. corn syrup

1/2 tsp. salt
1/2 tsp. baking soda
10 c. popped corn

Mix together and cook sugar, butter and syrup, stirring until it bubbles, approximately 5 minutes. Add the baking soda, it will cause the mixture to foam and thicken. Pour the mixture over popped corn, turning gently with a large spoon or spatula. Spread it and bake on a cookie sheet at 200° for one hour, turning it on the sheet after one hour. Let it cool and break apart. Serve it in a large bowl. Do not seal it in plastic, it will lose it's crispness.

A good listener often has the reputation for wisdom. So if you don't know much, listen for all you're worth.





MOTHER PACKARD'S DILL PICKLES

Charlene Packard

1 lug of pickling cucumbers=25 to 28 lbs.

1 lug of 4-inch or less cucumbers (makes 22 to 26 qt. of pickles) or 1 lug 5-inch or more cucumbers (makes 17 qt. if cut to fit)

1 head dill and 6 dill stalks per qt., if available, or 1 tsp. dill seed and

1 tsp. ground dill weed per qt.
3 grape leaves per qt.

Brine:

3 qt. water
1 gal. apple cider vinegar (she used Heinz)

$\frac{3}{4}$ c. rock salt

Equipment:

Qt. canning jars and lids
Lg. kettle (the larger, the better) to can the pickles
Pot to boil jars and heat lids
Non-metal funnel or non-metal ladle

Mineral oil (follow canning instructions for your particular brand of jars)

Marian recommends that you can during the last half of July, when cucumbers are the freshest and most available. If whole dill (herb) is available, that purchased in early July is immature, with flowers but no seeds; mature dill available in late July, has seeds: it's a matter of taste which you use. Scrub cucumbers, soak in clear water overnight. Wash the grape leaves. Put water in a pot to boil, then place lids in pot. This softens the rubber to make a good seal on the canning jar. Coat inside threads of screw band with a little mineral oil to keep the ring from sticking to the jar. Jars should be washed in hot sudsy water, and rinsed thoroughly. Place in a kettle and pour clean, boiling water over them and allow to stand in hot water until ready to use. (Or follow manufacturer's instructions.) Make the brine by combining the water, vinegar and rock salt and bring to a boil. (It takes about $2\frac{1}{4}$ cups of brine per quart and one batch of brine fills about 7 quarts pickles.) In each quart jar, put up to 3 grape leaves, 1 head of dill and 6 pieces of dill stalk or more or 1 teaspoon dill seed and 1 teaspoon ground dill weed, then loosely pack in the cucumbers. Using a funnel or ladle, slowly fill each jar (hot jar) with brine up to $\frac{1}{2}$ -inch of the top. Brine should be at boiling temperature. Wipe the mouth of each jar and screw lid on. Place these jars and they should not touch each other, on a rack (or rag as Marian used) in the kettle filled with hot water so that water boils over the top of the jars

(continued)





and boil for 15 minutes (start timing when water boils). Add more hot water if needed (if water stops boiling, stop timing until water boils again). Carefully, remove jars from water bath and dry. Check for a good seal. Allow to cure for at least three months before opening. Jars should be stored in a cool, dry, dark place. If pickles are: Shriveled, brine solution is too strong. Hollow, cucumbers are not as fresh as they should be, or not well developed. Soft or slippery, too little salt or acid, an imperfect seal, or insufficient heat. **Note:** This recipe has been handed down in Stan's family on his mother's side for at least three generations which probably makes it a pioneer recipe. Marian (his mother) and Edith (his grandmother) canned these pickles every year until the late 1970's. The secret to this recipe is in the grape leaves. The pickles are excellent!

PLAY DOUGH

Val Davis

2 c. water
2½ c. flour
½ c. salt
1 T. alum

2 T. oil (baby oil)
Food coloring
1 tsp. peppermint extract (opt.)

Boil water. Mix in flour, salt and alum. Add oil, food coloring and extract; knead in thoroughly.

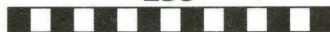
EDIBLE PLAY DOUGH

Carol Dalrymple

1 c. flour
¼ c. salt
1 sm. pkg. unsweetened Kool-Aid

2 T. cream of tartar
1 T. vegetable oil
1 c. water

Mix on medium heat. Stir constantly or it will burn. Play dough is done when it "peels" away from pan. Store in airtight container or Ziploc bag in refrigerator.





SALT DOUGH CHRISTMAS ORNAMENTS

Patty Smith

1 c. salt
2 c. flour

1 c. water

Tap each to level measure. Blend salt and flour in bowl; add water a little at a time. Knead dough for 7 to 10 minutes till firm. Roll dough out to $\frac{1}{4}$ -inch thick, then cut out with cookie cutters. Make a hole in top with nail and bake on cookie sheet at 350° for 30 minutes until hard. Test with spoon. Place on wire rack to cool completely. When cool, varnish to protect from moisture. Use white glue to make design and sprinkle with glitter, beads, etc. OR paint as desired. Sign names and date on back. **Note:** We still have some of the ornaments our family made in 1976. It's fun to do and they become real family treasures.

RECIPE FOR HAPPINESS

Charlene Packard

2 heaping c. patience
1 heartfelt love
2 handfuls generosity

Dash laughter
1 headful understanding

Sprinkle generously with kindness, add plenty of faith and mix well. Spread over a period of lifetime and serve everybody you meet. **Note:** This recipe is from the Landmark Missionary Baptist Church Cookbook of 30 to 40 plus years ago.





HOW TO COOK A GOOD HUSBAND (And Have A Long And Happy Marriage)

Charlene Packard

A good husband can be spoiled in the cooking. Some women keep them constantly in hot water, others let them freeze by their carelessness and in difference, some keep them in a stew by their irritating words and ways, and others roast them, or keep them in a pickle all their lives. No husband will be tender and good when cooked in these ways. It is better not to have one if you don't have the patience to cook him correctly. A preserving kettle of finest porcelain is best, but if you have nothing better than an earthenware pippin, it will do with care. See that the linen in which you wrap him is nicely washed and mended and the required number of buttons and strings sewed on tightly. Tie him in the kettle with the strong cord of comfort; the cord of duty is apt to break. Make a clear, steady fire of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and sizzles, don't be alarmed, some husbands do this until quite done. Add a little sugar in the form of kisses, but no vinegar or pepper on any account. A little spice may improve him, but it must be used with care. Never stick a sharp word in him to see if he is becoming tender; you'll know when he is done if only you'll stir him and gently now and then. If cooked in this way you will find him digestible and very agreeable. He will keep for as long as wanted, but here's a warning; NEVER set him in too cool a place or all of your patient cooking will have been for nothing, coolness will kill him and he must be cooked alive to be enjoyed. **Note:** This recipe is from the Landmark Missionary Baptist Church Cookbook of 30 to 40 plus years ago.

To profit from good advice requires as much wisdom as to give it.





DOG BONE TREATS

Karen Perkins

2¼ c. whole-wheat flour

½ c. nonfat dry milk

1 egg

½ c. vegetable oil

1 beef bouillon cube dissolved
in ½ c. hot water

1 T. brown sugar

Preheat oven to 300°. In large mixing bowl, combine all ingredients, stirring until well blended. Knead dough 2 minutes. On a floured surface, use a floured rolling pin to roll out dough to ¼-inch thickness. Use a 2½-inch long bone-shaped cookie cutter to cut out bones. Bake 30 minutes on an ungreased baking sheet. Remove from pan and cool on wire rack. Yield: about 4 dozen dog bones.

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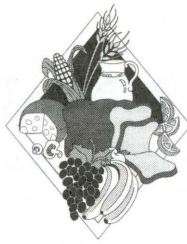
COOKING TIPS



- ✦ After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks—it will have twice the flavor.
- ✦ To slice meat into thin strips, as for Chinese dishes—partially freeze and it will slice easily.
- ✦ A roast with the bone in will cook faster than a boneless roast—the bone carries the heat to the inside of the roast quicker.
- ✦ Never cook a roast cold—let stand for a least an hour at room temperature. Brush with oil before and during roasting—the oil will seal in the juices.
- ✦ For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- ✦ To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- ✦ To keep cauliflower white while cooking—add a little milk to the water.
- ✦ When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- ✦ To ripen tomatoes—put them in a brown paper bag in a dark pantry and they will ripen overnight.
- ✦ Do not use soda to keep vegetables green. It destroys Vitamin C.
- ✦ When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- ✦ Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- ✦ Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- ✦ Use greased muffin tins as molds when baking stuffed green peppers.
- ✦ A few drops of lemon juice in the water will whiten boiled potatoes.
- ✦ Buy mushrooms before they “open.” When stems and caps are attached snugly, mushrooms are truly fresh.
- ✦ Do not use metal bowls when mixing salads. Use wooden, glass or china.
- ✦ Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- ✦ To keep celery crisp—stand it up in a pitcher of cold, salted water and refrigerate.
- ✦ Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.



CALORIE



COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads



Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1-4 in.	60
Pumpernickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c.	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large.	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110



Calorie Counter, Continued

Fruits



Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35 - 55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple, canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
---	-----

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30



MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small.....	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

*In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.





Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

- Basil*** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

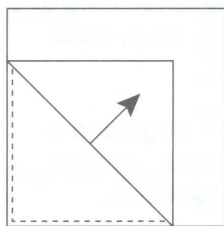
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

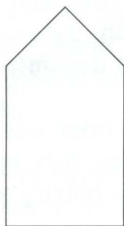
Children can help. Once they learn the folds, they will have fun!

Shield

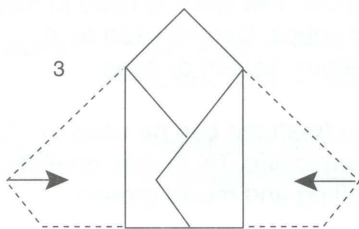
This fold is easy. Elegant with Monogram in Corner.



1, 2



4



3

Instructions:

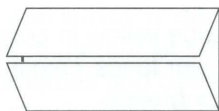
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

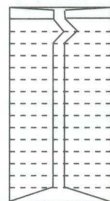
Elegant on Plate.

Instructions:

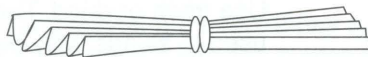
1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



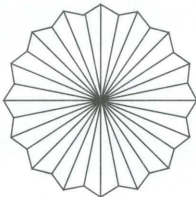
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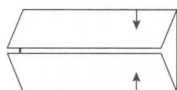
NAPKIN FOLDING

Fan

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

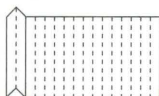
Pretty in Napkin Ring, or Top of Plate.



1, 2



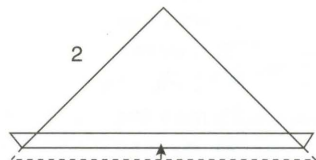
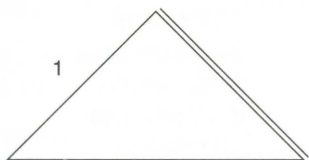
4



3

Candle

Easy to do; can be decorated.



Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Lily

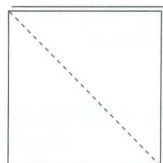
Effective and Pretty on Table.

Instructions:

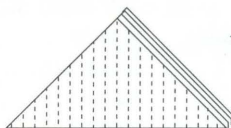
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



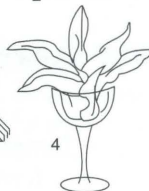
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VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots.....	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 c. flour use 1 1/4 tsp. Baking Powder
Muffins	To 1 c. flour use 1 1/2 tsp. Baking Powder
Popovers	To 1 c. flour use 1 1/4 tsp. Baking Powder
Waffles	To 1 c. flour use 1 1/4 tsp. Baking Powder
Cake with oil	To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf.....	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°



BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer.....	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit	250° - 275°3 - 4 hours
Cookies, rolled	375° - 400°6 - 12 min.
Cookies, drop	350° - 400°8 - 15 min.
Cream Puffs	300° - 350°45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake 2 8" layer cakes	1 12" x 20" sheet cakes 3 10" layer cakes	2 12" x 20" sheet cakes 6 10" layer cakes
Whipping Cream	1 pint	1 quart	2 quarts





EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2 - 2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped



TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

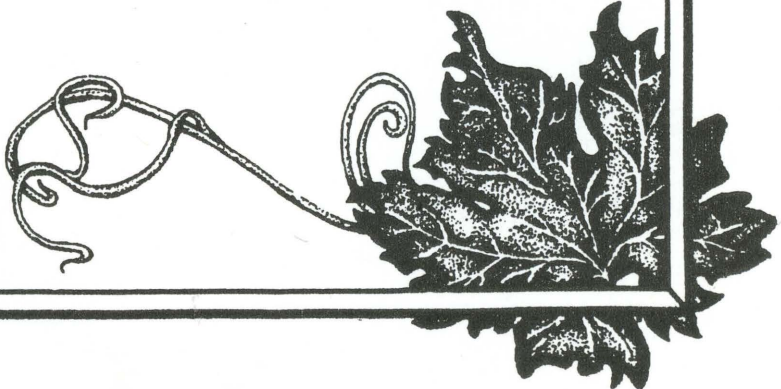
Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

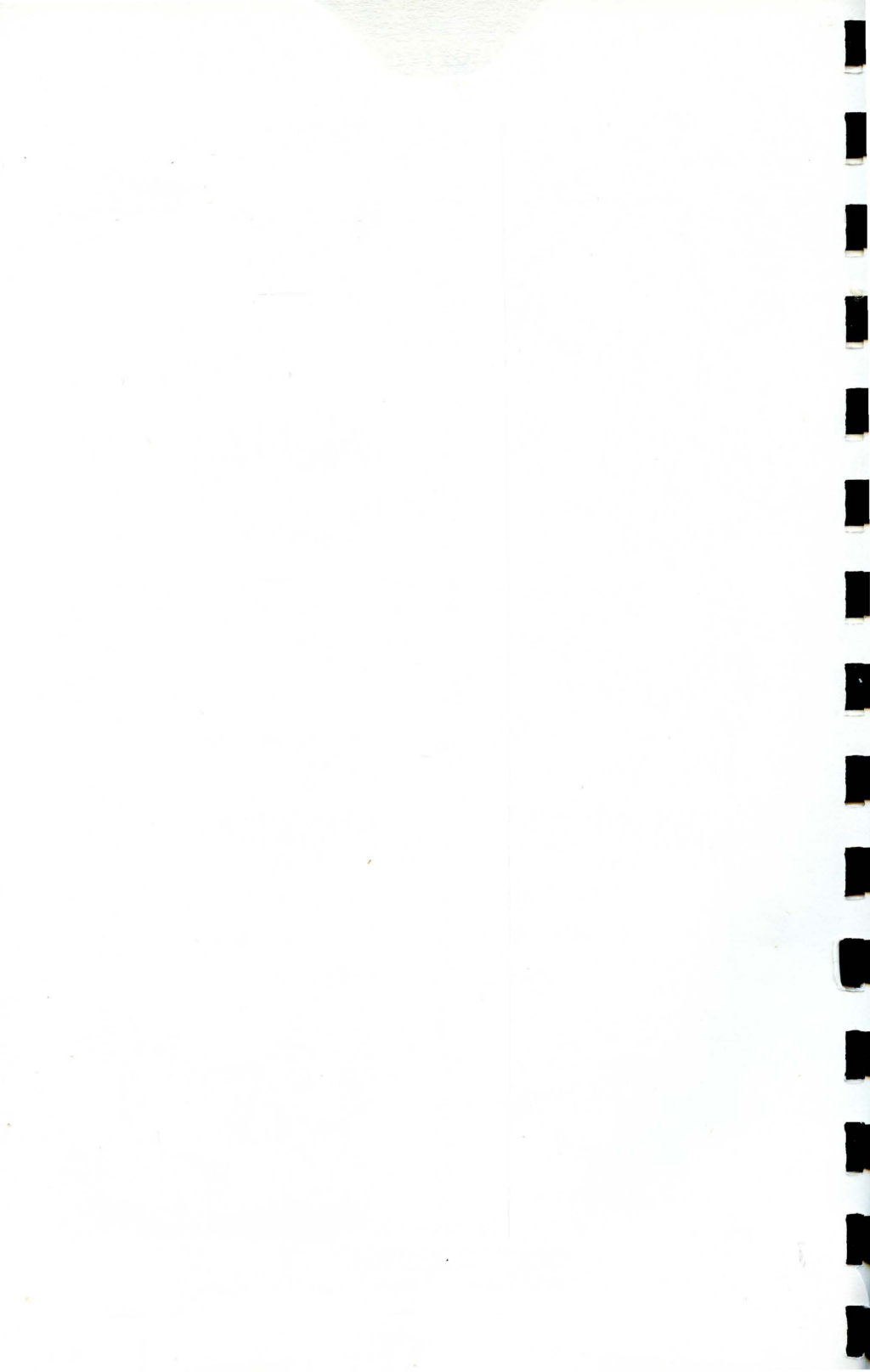


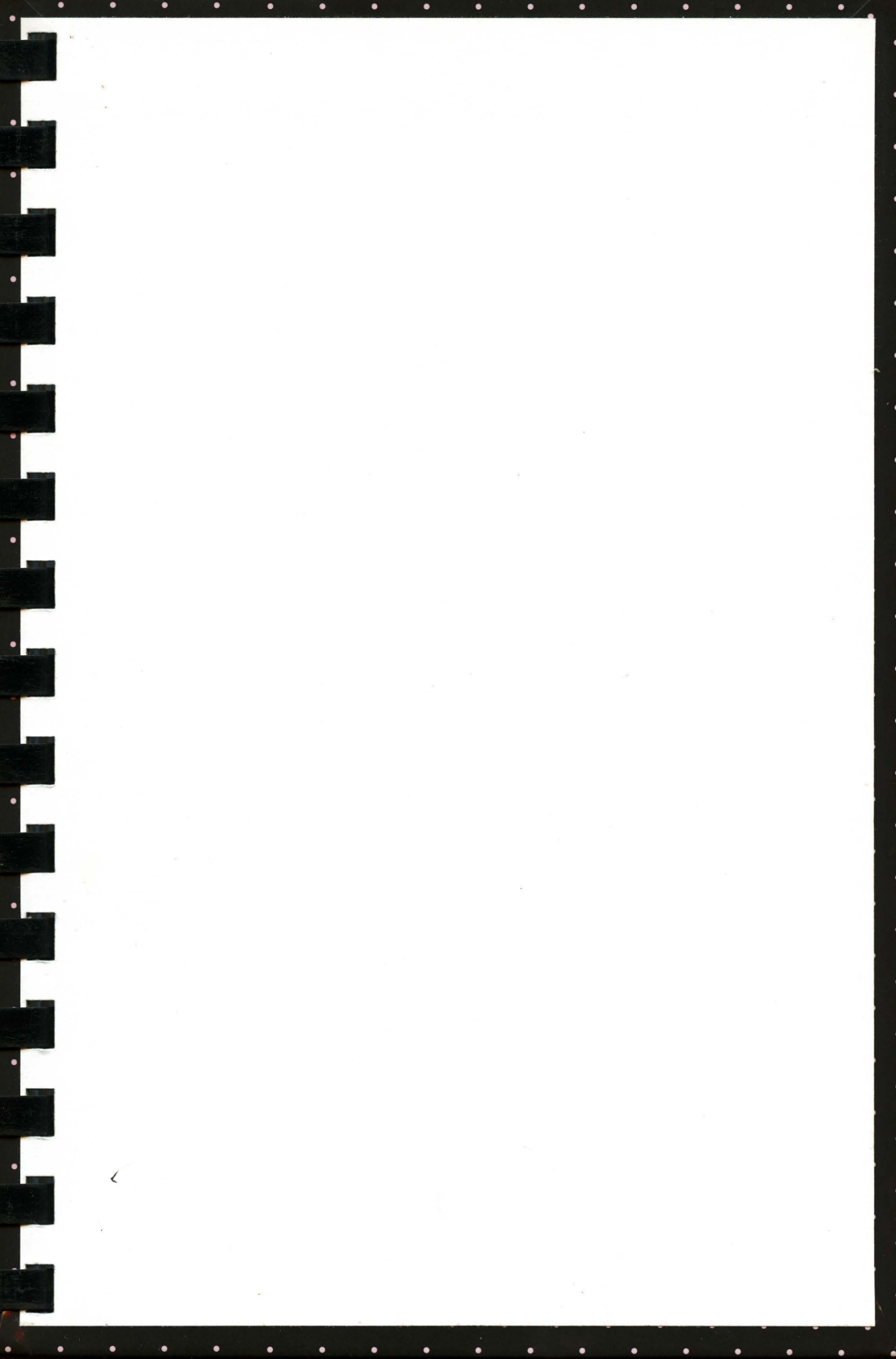
Recipe Pocket Envelope

*Use this handy envelope to save all those
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