

Ames Lab 60th Anniversary

Commemorative Cookbook



AMES LABORATORY

Ames Laboratory's beginnings took root with the Manhattan Project, the nation's effort to develop atomic power during World War II. Led by Frank Spedding and Harley Wilhelm, the Ames Project on the Iowa State campus produced more than 2 million pounds of high-purity uranium metal between 1942 and 1945 when industry took over the process.

Following the war, Iowa State's enrollment flourished in both undergraduate and graduate areas. Spedding understood the future possibilities and started pushing for the creation of an atomic institute to incorporate physical chemistry and physics research into a permanent laboratory at Iowa State. Spedding's goal was realized on May 17, 1947, when the Atomic Energy Commission established the Ames Laboratory on the Iowa State campus.

In the 60 years since it was established, Ames Laboratory has continued to build on and expand the materials research that has given it international credibility, conducting research into various areas of national concern, including energy resources; design, synthesis and study of new materials; high-speed computer design; and environmental cleanup and restoration.

On the occasion of its 60th anniversary, Ames Laboratory continues to commit to its longstanding tradition of stimulating creative thought and encouraging scientific discovery, providing solutions to complex problems and educating tomorrow's scientific talent.

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Barbecued Meatballs
Submitted by Carol Smith, MasterChef
Engineering Physics

APPETIZERS

Meatballs: 1 lb. ground beef
1 cup onion, chopped
1 cup cracker crumbs or panko
2 eggs
1/2 cup chopped onion
1/2 cup ketchup
1/2 cup garlic powder
1/2 cup pepper
1/2 cup chili powder
1/2 cup Worcestershire sauce
1/2 cup ketchup
1 cup brown sugar
1/2 cup liquid smoke or to taste
1/2 cup garlic powder
1/2 cup chopped onion

To make meatballs, combine all ingredients (mixture will be soft) and shape into walnut-size balls. Place meatballs in a 9x13" baking pan. To make sauce, combine all ingredients and stir until sugar is dissolved. Pour on the sauce. Bake at 350 degrees for 1 hour. Yield: 80 meatballs.

Barbecued Meatballs

Submitted by Carol Smith, Materials & Engineering Physics

Meatballs: 3 lb. ground beef
1 can (12 ounce) evaporated milk
1 cup cracker crumbs or oatmeal
2 eggs
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{2}$ tsp. pepper
2 tsp. chili powder

Sauce: 2 cups catsup
1 cup brown sugar
 $\frac{1}{2}$ tsp. liquid smoke or to taste
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{4}$ cup chopped onion

To make meatballs, combine all ingredients (mixture will be soft) and shape into walnut-size balls. Place meatballs in a 9x13" baking pan. To make sauce, combine all ingredients and stir until sugar is dissolved. Pour on the sauce. Bake at 350 degrees for 1 hour. Yield: 80 meatballs.

Bean Dip

**Submitted by Rhonda Hill, Ames Lab
Human Resources**

8 oz. Whipped cream cheese

10 oz. Jalapeno bean dip

1 cup sour cream

½ cup green onion

1 pkg. dry taco seasoning

¼ lb. grated cheddar cheese

¼ lb. grated jack cheese

Mix 1st 5 ingredients together. Layer twice,
ending with cheese. Cover.

Bake 25 minutes at 325 degrees.

Black Bean Salsa

**Submitted by Mitali Ravindrakumar, IPRT
Company Assistance**

Prep Time: 20 min

Total Time: 35 min

Makes: 32 (2-Tbsp.) servings

- 1 can (16 oz.) black beans, rinsed, drained
- 1 pkg. (10 oz.) frozen whole kernel corn, thawed
- 1 medium tomato, chopped
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{4}$ cup fresh lime juice
- 1 envelope GOOD SEASONS Garlic & Herb
Salad Dressing & Recipe Mix
- 2 T. chopped cilantro
- $\frac{1}{2}$ tsp. minced fresh jalapeño pepper (optional)
- $\frac{1}{4}$ tsp. ground cumin

MIX all ingredients in large bowl until well blended; cover. Refrigerate at least 15 minutes.

SERVE with tortilla chips. Store leftover salsa in airtight container in refrigerator.

TIP This spicy salsa is also great served with cooked chicken, pork or fish.

Great Substitute

Prepare as directed, using *Good Seasons* Italian Salad Dressing & Recipe Mix and substituting fresh parsley for the cilantro.

Brian's Jambalaya

Submitted by Brian Muff, IPRT Company Assistance

Ingredients: ½ cup vegetable oil, 1 pack of hot italian sausages, 3 chicken breasts, celery, 1 red pepper, 1 yellow pepper, 1 white onion, 1 box of white rice (the smaller box), essence of emeril seasoning, cayenne pepper, garlic salt, italian seasoning, 2 cans of chicken stock.

Directions: Slice italian sausages and cut up chicken breasts, 3 stalks of celery, peppers, and a small onion. Dump vegetable oil in a large saucepan over medium heat. Add ingredients, sausage first, then celery and peppers, then chicken, finally onion mixing regularly. Add two tablespoons of Essence of Emeril. Mix.

Add 1 teaspoon of cayenne pepper (more if you like it spicy). Add garlic salt, italian seasoning and Essence to taste. Mix and cook until chicken and sausage appear cooked and vegetables are no longer hard. Dump entire box of rice into pan and mix until rice is covered. Add 1 1/2 cans of chicken stock. Cover and stir occasionally until rice is soft. Great with corn bread and honey.

Cheese Ball

**Submitted by Diane Muncrief, Ames Lab
Human Resources**

1 (8 oz.) block of cream cheese (may use light cream cheese)

4 oz. of grated sharp cheddar cheese

1 ½ tsp. Worcestershire sauce

½ tsp. red pepper

¼ tsp. garlic powder

¼ tsp. onion powder

2-3 T. mayonnaise

½ cup finely chopped pecans – divided

Combine all ingredients (only half the nuts) in mixing bowl and beat until well blended.

Shape into ball or log and roll in remaining chopped pecans. Wrap in waxed paper and chill for 1 – 2 hours until firm. Serve with crackers or vegetables.

Great Substitute

Prepare as directed, using *Good Seasons Italian Salad Dressing & Recipe Mix* and substituting fresh parsley for the cilantro.

Cheese Pies/Tyropita

**Submitted by Steven Constance,
Ames Lab Storeroom**

1 lb. feta cheese, either whole or in pieces

4 T. butter or margarine

6 eggs (or 3 eggs)

½ cup chopped parsley

Phyllo pastry sheets

3 cups of white bechamel sauce

Salt, pepper and nutmeg

Crush the feta to a paste, add the béchamel sauce and the eggs, stirring well. Add the salt, pepper and nutmeg. Line a baking pan with oil, and then place about six to ten sheets of phyllo, buttering them on each side. Pour the batter and flatten with a spatula. Continue with the rest of the phyllo sheets (should be about 20-25 in a package). Trim the edges. With a sharp knife, outline the serving squares on the top sheet (you don't actually have to cut them, just press the knife on the top surface to mark them—about 2 inches square). Bake in a moderate oven for about 30 minutes or until the top sheet is dark brown. Cool slightly and cut into squares.

Dill Dip

**Submitted by Lynnette Witt, Ames Lab
Human Resources**

- 1 cup sour cream
- 1 cup Miracle Whip
- 1 ½ T. parsley flakes
- 2 T. dill weed
- 3-4 tsp. onion flakes (or use onion powder to taste)
- 1 tsp. Accent

Mix together and chill for several hours before serving. Good with raw vegetables.

Dried Beef Cheese Ball
Submitted by Donna Millang, IPRT Office
of Financial Management

2 (8 oz.) creamed cheese
6 oz. dried beef
 $\frac{1}{2}$ chopped onion
2 T. milk
2 T. miracle whip
Several shakes of Worcestershire sauce

Mix all together and mold in ball and roll in
chopped walnuts.

Sauté onions and celery in butter. Add flour,
garlic salt, half and half cream, and cheese.
After cheese has melted, add crabmeat and stir
into cheese mixture. Pour mixture into greased
9" x 9" baking dish. Sprinkle Parmesan cheese
and paprika over the top of the crabmeat
mixture. Bake at 350 degrees for 20 to 30
minutes and serve with crisp cracker rounds.

Dried Beef/Dill Pickle Dip
Submitted by Carol Cowan, Ames Lab
Director's Office

16 oz. cream cheese
8 oz. sour cream
1 jar dill pickle spears
¼ lb. dried beef, sliced thin

Mix cream cheese & sour cream together; put to the side. Drain pickles, scrape seeds out & dry them off. Chop up the dried beef & the pickles. Mix into cream cheese & sour cream. Serve with crackers.

Elegant Baked Crab Appetizer

Submitted by Stacy Joiner, IPRT Company Assistance

$\frac{3}{4}$ cup finely diced green onions
 $\frac{1}{2}$ cup finely diced celery
 $\frac{1}{2}$ cup butter
 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ tsp. garlic salt
1 $\frac{1}{2}$ pints half and half cream
1 cup processed cheese, diced
1 lb. fresh or frozen crabmeat or imitation crab
 $\frac{1}{2}$ cup Parmesan cheese, grated
 $\frac{1}{2}$ tsp. paprika
Crackers

Sauté onions and celery in butter. Add flour, garlic salt, half and half cream, and cheese. After cheese has melted, add crabmeat and stir into cheese mixture. Pour mixture into greased 9" x 9" baking dish. Sprinkle Parmesan cheese and paprika over the top of the crabmeat mixture. Bake at 350 degrees for 20 to 30 minutes and serve with crisp cracker rounds.

Ham and Chutney Canapes

Submitted by Stacy Joiner, IPRT Company Assistance

2 cups ground cooked ham

$\frac{3}{4}$ cup chutney, chopped

$\frac{1}{2}$ cup mayonnaise

$\frac{1}{8}$ tsp. curry powder

1 (3 oz.) package cream cheese, softened

1 (5 oz.) package melba toast

Mix ham, chutney, mayonnaise, and curry powder well. Spread toast with thin layer of cream cheese. Place a small amount of the ham mixture on the toast. Can be served hot or cold. If served hot, place under broiler for 3 to 5 minutes.

Homemade Bourekia
Submitted by Steven Constance
Ames Lab Storeroom

4 cups of flour
1 lb. butter or oleo margarine, softened
1 ½ or 2 cups cold water

Take flour and ½ lb. butter and rub like pie with your hands until it looks like little peas. Add cold water and make dough. Add water gradually, mixing it with a fork when it begins to form into dough. Don't add more water as it has to be a little dry and not too wet. Knead the dough.

Separate dough in half. Don't handle it all at once as it will be too big. Roll out dough like a pie and spread with room temperature butter. After it is all spread with butter, fold in half and roll out with a rolling pin slightly and spread with butter again. Do this four to five times until it becomes a small long roll. Place in waxed paper and put in freezer until very cold.

You can keep this dough in freezer indefinitely, until you are ready to use it for Pita or canapés. When making canapés, cut into small pieces and roll out on floured board and fill either with cheese mixture or chopped meat or filling of choice. Bake in greased pan in slow over 10 to 15 minutes.

Homemade Bourekia continued...

Various fillings:

Cheese filling: 1 package cream cheese, $\frac{1}{2}$ lb. farmer's cheese, $\frac{1}{2}$ lb. feta cheese, and 2 tablespoons grated parmesan cheese. Mix all together with one egg and fill.

Chopped meat filling: $\frac{1}{2}$ lb. chopped meat and one chopped medium onion. Brown and add one tablespoon of ketchup. Cook, cool, and fill.

Queso Fundido

Submitted by Paul Berge, IPRT Company Assistance

- 1 Small Can Green Chilies, Chopped
- 1 Can Rotels Diced Tomatoes
- ½ White Onion, Chopped
- ¼ Cup Jalapeño Slices, Chopped
- 2 oz. of Quality Silver Tequila
- 8 oz. Supremo Chihuahua Mexican Style Melting Cheese, Shredded
- 1 Bag of Corn Tortilla Chips

Preheat a small cast iron pan (#4 works great) over low heat to serve the Queso Fundido.

Sauté chopped onion in olive oil over medium heat in a fry pan. Add tomatoes, chilies, and jalapeños. Sauté to roast the veggies and cook off the liquids (about 8 minutes). Pour a two ounce portion of tequila into a glass. Prepare to flambé!

CAUTION: Please remember to use extreme in the next step as you will be dealing with a liquid that is on fire; do not carry the dish while flaming. Keep a large metal lid on hand, to cover the dish in case your flambé gets out of hand. With the pan hot, pour the tequila over the veggies and immediately ignite at the edge of the pan with a long match (such as fireplace matches or a long barbecue lighter). Never lean over the dish or pan as you light the fumes. Be ready as this will produce a fireball!!!

Queso Fundido continued...

Once the flames settle as the alcohol burns off, continue to roast the veggies again until the remaining liquid cooks off. Lower the heat on the pan and begin to add shredded Chihuahua cheese, melting gently until the cheese has a smooth consistency. Do not overheat the cheese. Use a spatula to pour the Queso Fundido into the cast iron pan and serve immediately with tortilla chips and margaritas.

Sweet Meatballs

Submitted by Jane Woline,

Microelectronics Research Center

2 lb. hamburger

1 (12 oz.) jar chili sauce

1 (10oz.) jar grape jelly

Shape hamburger into walnut-sized balls and fry until cooked. Place in pan or dish with at least 1" sides. In a saucepan, mix the grape jelly and chili sauce. Heat together on low until mixed. Pour over meatballs. Bake at 300 degrees for 20-30 minutes. Serve with toothpicks.

Taco Dip

**Submitted by Rhonda DeShong, Ames Lab
Human Resources**

1 (8 oz.) pkg. cream cheese

1 (8 oz.) carton sour cream

1 pkg. taco seasoning

1 lb. ground beef

Lettuce

Tomato

Onion

2 cups shredded cheddar cheese

Brown hamburger, drain and mash. Add taco seasoning mix (do not add water). Cool meat mixture completely or refrigerate for an hour or so. Mix cream cheese and sour cream together and spread in bottom of 9" x 13" pan. Layer as follows: Meat mixture, cut up lettuce, tomato and onion. Sprinkle cheese on top. Refrigerate. Dip with Tostitos or other chips.

Taco Dip
**Submitted by Donna Millang, IPRT Office
of Financial Management**

Mix the following together and spread in a dish:

8 oz. cream cheese

8 oz. sour cream

1 pkg. El Paso taco mix

Add lettuce, cheddar cheese, tomato, onion and black olives on top of above mixture.

BREADS, SANDWICHES & SOUPS

Brown hamburger, drain and mash. Add taco seasoning mix (do not add water). Cool meat mixture completely or refrigerate for an hour or so. Mix cream cheese and sour cream together and spread in bottom of 9" x 13" pan. Layer as follows: Meat mixture, cut up lettuce, tomato and onion. Sprinkle cheese on top. Refrigerate. Dip with Tostitos or other chips.

Apricot Banana Bread

Submitted by Sandi Bishop, Ames Lab

Director's Office

2/3 cup butter

1 cup sugar

2 eggs, beaten

1 ½ cup mashed ripe bananas

1 T. lemon juice

1 ¾ cup flour

1 tsp. soda

1 tsp. salt

½ cup chopped dried apricots; mix with flour to coat

In large bowl cream butter & sugar. Add eggs one at a time. Blend in bananas & lemon juice. Slowly add flour, soda & salt. Mix well. Stir in chopped dried apricots. Pour into greased & floured loaf pan. Bake at 325 for 70 minutes. Remove from pan to cool.

Banana Nut Bread

**Submitted by Sandi Bishop & Carol Cowan,
Ames Lab Director's Office**

2 ripe bananas firmly mashed ~ 1 cup

1 cup sugar

2 eggs, well beaten

2 cups flour

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{4}$ tsp. salt

3 T. milk

$\frac{1}{2}$ cup chopped nuts (optional)

$\frac{1}{2}$ cup melted butter or margarine

Combine ingredients in order listed. Pour into greased bread pans or muffin tins. Bake at 350 degrees for ~ 1 hour. For smaller pans & muffins decrease baking time.

This recipe courtesy of Helen Page.

Chocolate Chip Nut Bread

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

- 1 cup sugar
- 2 cups flour
- 3 bananas (mashed)
- ½ cup English walnuts
- 1 tsp. soda
- ½ cup chocolate chips
- ½ cup margarine
- ½ cup Marciano Cherries
- 2 eggs

Mix sugar, bananas, margarine and eggs in large mixing bowl.

Add flour & soda.

Fold in walnuts, chocolate chips & cherries.

Oil and flour 2 loaf pans.

Fill pans ¾ full with batter.

Bake at 350 degrees for 45 – 60 minutes.

Oatmeal Bread

Submitted by Lora Larrance, Ames Lab
Budget

Ingredients

- 1 ½ cups boiling water
- 1 cup quick cooking oats
- 2 (.25 ounce) packages active dry yeast
- ½ cup lukewarm water (110 to 115 degrees)
- 1 cup molasses
- 1/3 cup butter, softened
- 1 T. salt
- 5 ½ cups all-purpose flour

In a bowl, pour boiling water over oats; let stand 30 minutes or until mixture has cooled to warm (110 degrees F-115 degrees F). In a large mixing bowl, dissolve yeast in warm water; let stand 5 minutes. Stir in oat mixture, molasses, butter, salt and 2 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place dough in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; divide in half. Shape into two loaves and place in greased 9-in. x 5-in. x 3-in. loaf pans. Cover and let rise until doubled, about 1 hour. Bake at 375 degrees for 40 minutes or until bread sounds hollow when tapped. Remove from pans to cool on wire racks.

This makes wonderful toast!

Sauerkraut Rolls

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

2 cans sauerkraut, wash once in water and drain well. Bring this to boil adding 1 tsp. whole allspice and 1 bay leaf. Brown 6-8 slices of bacon, cut in small pieces. Sauté 1 diced onion with bacon. Add bacon and onion to sauerkraut

Dough;

2 cups flour

2 eggs

1 tsp. Salt

1/3 stick of butter

Add enough milk for dough to be sticky

Roll out dough very thin. Add sauerkraut, roll up and cut in 2" slices. Place rolls in a roasting pan, with sides and bottom greased well.

Bake at 400 degrees for 45 minutes.

Swedish Limpa (Rye Bread)
Submitted by Bev Carstensen,
Materials & Engineering Physics

2 pkg. dry yeast
1½ cups very warm water (110-115° F)
¼ cup molasses
1/3 cup sugar
1 T. salt
2 T. vegetable shortening
1 T. caraway seed (or 1 tsp. anise seed)
2½ cups rye flour
2½ – 3 cups white flour

In mixing bowl, dissolve yeast in water. Stir in molasses, sugar, salt, shortening and caraway seed. Mix in rye flour until smooth. Mix in white flour until it handles easily, then turn onto lightly floured board, knead, and let rise (covered) until double. Shape into 2 round loaves, placing on opposite corners of greased (and sprinkled with cornmeal) baking sheet. Cover with cloth, and let rise about an hour until almost doubled. Bake 30-35 min. at 375 degrees.

Zucchini Bread

Submitted by Jane Woline,

Microelectronics Research Center

2 cups sugar

3 cups flour

3 eggs

1 tsp. soda

1 cup oil

1 tsp. baking powder

2 cups grated zucchini

1 tsp. salt

¼ cup milk

1 tsp. cinnamon

2/3 cup chopped nuts

1 tsp. vanilla

1 ½ cups coconut

Mix all the ingredients together. Pour into greased and floured bread pans (4 small or 2 large). Bake 325 about 1 hour.

Zucchini Bread

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoj, Ames Lab Electronics Shop**

Beat until foamy:

3 eggs

Add and mix lightly:

1 cup oil

1 cup brown sugar

1 cup white sugar

2 cups grated zucchini (I remove about
half of the peeling and all the seeds)

3 tsp. vanilla

Stir until blended after adding:

3 cups flour

1 tsp. salt

1 tsp. baking soda

3 tsp. cinnamon

$\frac{1}{4}$ tsp. baking powder

Add:

1 $\frac{1}{2}$ cups golden raisins

1 $\frac{1}{2}$ cups chopped walnuts

Pour into 2 greased loaf pans. Bake at 325
degrees for 60 minutes or until tests done with
toothpick.

Little Egg Salad Sandwiches for 50 (or there about)

**Submitted by Saren Johnston, Ames Lab
Public Affairs**

Hard boil 30 eggs. Cool in cold water for approximately five minutes. Peel eggs. Refrigerate peeled eggs until completely cooled. Chop eggs into chunks and put in large mixing bowl. Add several shakes of salt and not quite as many of pepper and mix lightly so as not to smash the eggs. (Note: I use a large 3-pronged serving fork to do this.)

Add 3-4 heaping serving spoons of Kraft Light Miracle Whip, but don't mix yet. (I simply guess at the amount, but I don't like "sloppy" egg salad. I figure I can always add more Miracle Whip if it looks too dry.)

Add about ½ cup sweet pickle relish, but don't mix yet. (Again, I don't measure – just guess at the amount that looks right to me.)

Add a tablespoon or so of the juice from the sweet pickle relish. Now you can mix all the ingredients together using the 3-pronged serving fork. (Still don't want to squash those eggs!)

Refrigerate egg salad to achieve a firmer consistency. (Usually a couple of hours or overnight.)

Little Egg Salad Sandwiches continued...

To achieve the true little egg salad sandwiches as prepared for various Ames Lab functions over the last 24 years, spread an ample amount of the egg salad mixture onto silver dollar buns purchased only from Cub's bakery. (White, not wheat, and no butter – only the egg salad mixture.)

Refrigerate until ready to serve.

Enjoy egg salad eggstacy!

Beef, Black Bean, and Beer Chili (the 4 B's)

**Submitted by Gregg Schieffer, Chemistry
Graduate Assistant**

2 lb. ground beef
1 large onion, diced
5-6 garlic cloves, minced
2 poblano chilies, finely diced
1-2 red or green bell pepper, diced
2 tsp coriander
1 T. cumin
2-3 T. chili powder
1 bottle/can dark amber or porter beer
3 (28 oz.) cans plum tomatoes, w/ juice
2-3 cups black beans, rinsed
salt and pepper (optional)
1 (12 oz.) can tomato paste
1 lime (optional)
1 tsp. or T. Zatarain's shrimp and crab boil
(optional)
Diced/food processed chipotle peppers (optional)

- 1.) Sauté ground beef in a large soup pot over medium high to high heat until browned. Drain fat.
- 2.) Stir in onion, garlic, chilies, and red/green pepper: sauté about eight more minutes or until onions are transparent.
- 3.) Stir in coriander, cumin, chili powder, and beer. Increase heat to high, stirring constantly for about two minutes.
- 4.) Add tomatoes, black beans, tomato paste, salt/pepper, shrimp/crab boil, and squeeze

in lime juice. Bring chili to boil. Adjust heat to maintain a simmer and cook for one hour. Serve hot.

5.) Optional – for spice, add more chilies, shrimp/crab boil and/or chipotle peppers.

6.) Also, this chili isn't too thick. Try adding corn starch to thicken it.

Serves about eight to ten people.

Rating: *Very good – sweet, and not too spicy*

Basic Skinny Soup

**Submitted by Cynthia Feller, Ames Lab
Director's Office**

- 1 large can V-8 juice
- 2 cups water (at least)
- 3 cups chopped cabbage
- ¼ cup chopped celery
- 2 T. onion flakes or 1 chopped onion
- 3 beef bullion cubes
- 1 small can sliced mushrooms (drained)
- 1 can french style green beans (undrained)
- Dash garlic salt
- chopped carrots as desired
- ¼ cup barley (optional)
- Browned stew meat (optional)
- Salt and pepper to taste

Simmer on low on stove or in crock pot until
veggies are tender, about 3 hours.

Beefy Cabbage Stew

Submitted by Carol Smith, Materials & Engineering Physics

- 1 lb. extra-lean ground beef or ground turkey
- 1 (15 oz.) can pinto beans
- 1 (15 oz.) can kidney beans
- 1 (10 oz.) can diced tomatoes with green chile peppers
- 1 (14.5 oz.) can Italian-style diced tomatoes
- 1 (15 oz.) can whole kernel corn, drained
- 1 (11.5 oz.) can tomato juice
- 1½ cups water
- 1 (16 oz.) package coleslaw mix
- 1 tsp. Greek-style seasoning

In a large pot over medium heat, cook beef until brown; drain. Return meat to pot with remaining ingredients. Simmer over low heat 1 hour.

Cream Chicken, Mushroom & Barley Soup

Submitted by Carol Smith, Materials & Engineering Physics

4 tablespoon butter or margarine
½ lb. fresh mushrooms
¾ cup uncooked pearl barley
½ cup diced, peeled onion
½ cup diced, peeled carrot
2 (10¾ oz.) cans condensed cream of chicken soup, undiluted
2 soup cans water or chicken broth
2 cups diced, cooked chicken
1 cup dairy half- &-half or evaporated milk
1 tsp. lemon juice
1/8 tsp. ground red pepper (optional)
¼ cup chopped fresh parsley

In a 3-quart saucepan melt 2 tablespoons of butter over moderately high heat. Add mushrooms and cook 3 minutes, stirring frequently, until lightly browned; remove from pot. Reduce heat to moderate and melt remaining butter in pot; add barley and cook 2-3 minutes, stirring often, until lightly browned. Add onion and carrot and cook 2-3 minutes, stirring often, until lightly browned. Add juices that have accumulated around the mushrooms; then add soup and water and bring to boil. Reduce heat to very low, cover pot and simmer 40 minutes, *stirring often to prevent sticking*. Stir in chicken, mushrooms and *remaining ingredients* and bring just to a boil, stirring often. Yield: 8 cups, 4 servings.

Creamy Squash Soup

**Submitted by Alison Easter, Ames Lab
Scientific and Technical Information Office**

Ingredients:

2 lb. butternut squash, halved, peeled, seeded,
and cut into 1-inch pieces
1 ½ cups diced onion
2 carrots, peeled and diced
3 (13 ¾ -oz.) cans chicken broth
½ tsp. salt
2 T. butter
½ cup light or heavy cream
Sour cream, for garnish

Directions:

In a medium saucepan combine squash, onion, carrots, broth and salt. Simmer uncovered, until squash is very tender, about 40 minutes. Puree soup in a blender or food processor with the butter. Whisk cream into soup. Serve in wide, shallow bowls with a dollop of sour cream if desired.

Lentil Soup

Submitted by Jane Woline,
Microelectronics Research Center

1 lb. bag of lentils
1 (8 oz.) package frozen chopped spinach
1 large onion
2 (16 oz.) cans Italian stewed or diced tomatoes
2 celery stalks
1 (7 oz.) box salad macaroni shells (tiny ones)
3 carrots
Bouillon
12 oz. cooked ham
Oregano, hot pepper sauce, garlic, thyme, black pepper

In a large soup kettle place 1-lb. of lentils and 10 cups of water. Dice 1 large onion, 2 celery stalks, and 3 carrots. Add to soup. Then stir in 3 Tbsp. bouillon, plus add to taste: oregano, hot pepper sauce, garlic, thyme, black pepper. Stir. Add 1 package of ham (not sandwich meat; about 12 oz), diced. Bring soup to a boil. Stir in 1 package of frozen chopped spinach. Simmer for 45-60 minutes. Add 2-16oz cans Italian stewed or diced tomatoes and 1-7oz box salad macaroni shells (the tiny ones). Cook until shells are done. Serve.

Savory Beef Stew
Submitted by Bev Carstensen,
Materials & Engineering Physics

2 lb. round beef, cubed
2-4 T. vegetable oil
1½ cups chopped onion
28 oz. can diced tomatoes
1¼ cups water
1½ tsp. beef bouillon
1/8 tsp. garlic powder
2 tsp. dried parsley flakes
1½ tsp. salt
¼ tsp. pepper
1 bay leaf
6 med. carrots, peeled & sliced
3 med. potatoes (unpeeled), cut in chunks
½ cup sliced celery
¼ cup flour

Brown beef cubes on all sides in hot oil in large skillet. Add onion, tomatoes, water, beef bouillon, garlic powder, parsley flakes, salt, pepper & bay leaf. Bring to a slow boil, then reduce temperature and simmer (covered) on stove for 1½ hour, stirring occasionally. Add carrots, potatoes and celery. Bring to slow boil again, reduce temperature and simmer (covered, stirring occasionally) about an hour, till vegetables are tender. Remove bay leaf. To thicken, stir (till smooth) some water into ¼ c. flour, then add to hot stew.

Southwest White Chili

Submitted by Deb Covey, Ames Lab

Director's Office

1 T. olive oil

1 ½ lb. boneless, skinless chicken breast, cut in small cubes

¼ cup chopped onion

1 cup chicken broth

4 oz. can chopped green chilies

19 oz. can white kidney beans (cannelloni), undrained

2 green onions, sliced

1 tsp. garlic powder

1 tsp. ground cumin

½ tsp. oregano leaves

½ tsp. cilantro leaves

1/8 tsp. ground red pepper

Heat oil in large saucepan over medium-high heat. Add chicken & onions; cook 4-5 minutes.

Stir in broth, green chilies & spices. Simmer 15 minutes. Stir in beans. Simmer 5 minutes. Top with onions. Garnish with Monterey Jack cheese if desired. Makes 4 cups.

Super Awesome Chili (Winner of the first annual chili cook-off)

Submitted by Doug Guyer, Materials and Engineering Physics

- 1 lb. of meat*
- 1 quart of tomatoes
- 2 cans of chili beans, spicy
- 1 onion
- 1 green pepper
- 3-6 cloves of garlic
- 1 chili pepper
- ½ habanero pepper
- 1 can of corn, drained

Preheat oven to 350 degrees.

***For Pulled pork**

Fill a slow cooker with water and add 1 to 1.5 lbs of pork roast and plenty of black pepper and seasonings (if you so choose, for example rosemary, garlic, thyme, basil, etc) and cook till tender. Shred and add to the soup pot.

***For ground beef or deer**

Brown meat in a skillet with lowry's seasoning salt, black pepper and approximately half of the garlic that you choose to use. Drain fat and add to soup pot.

Add the rest of the ingredients to the soup pot and stir. Season as desired with herbs, salt, and chili powder. Cook for 1 hour and enjoy! Can be scaled for larger batches.

White Chili

Submitted by Ruth Mills, spouse of Bob Mills, Ames Lab & IPRT Public Affairs Office

1 T. oil
1 med onion
1 clove garlic
1 tsp. cumin
2 whole large chicken breasts, cooked and cut in 1 inch pieces
1 can white kidney beans or cannellini beans, drained
1 can (12 oz.) garbanzo beans, drained
1 can (12oz.) white corn, drained
1 ½ cups chicken broth or water with 2 boullion cubes added
1 or 2 - 4 oz. cans chopped green chilis (optional)
Shredded Monterrey jack cheese (optional)

In a large pot, sauté onion, garlic and cumin in the hot oil. When cooked through, add everything else but cheese. Heat through. Serve with shredded cheese on top. Parsley and Tabasco can also be added.
Enjoy!!

BREAKFAST CASSEROLES,

Breakfast Casserole
Submitted by Brian Muff, IPRT Company
Assistance

Ingredients: 1 dozen eggs, 1 lb. of ground sausage, 1 bag of potato crowns (can substitute tater tots), $\frac{1}{2}$ cup of milk, 1 small onion, 1 small can of black olives, 3 roma tomatoes, 4 cups of cheddar cheese.

Directions: Brown sausage. Beat the eggs in a medium mixing bowl. Mix in milk. Chop the onion and tomatoes and mix into the eggs along with the olives, sausage and 2 cups of cheese (you can add a small can of diced green chili's if you want more of a "Mexican" flavor). Spread the entire bag of potato crowns in a large, greased casserole dish. Dump the egg mixture on top of the potatoes. Spread the remaining two cups of cheese over the top. Cover with aluminum foil. Best if refrigerated overnight. Bake at 400 degrees for approximately 45 minutes if kept overnight, 1 hour if cooked immediately (or until hot throughout).

Breakfast Mock Soufflé
Submitted by Jane Woline,
Microelectronics Research Center

6 eggs

3 cups milk

Mix together

12 slices bread, no crust, buttered on both sides

1 lb. bacon or ham

½ lb. (or to taste) grated cheddar cheese

½ lb. (or to taste) grated jack cheese

Layer buttered bread, cooked meat, cheese
(repeat layers twice) in 9 x 13" pan. Pour
milk/egg over. Cover and refrigerate overnight.
Bake 45 minutes at 350 degrees.

Apple Pecan Muffins

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoj, Ames Lab Electronics Shop**

In large bowl, mix the following ingredients:

5 $\frac{1}{4}$ cups flour

3 cups sugar

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

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

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

Stir in 6 C. finely chopped (peeled) apples.

In another bowl, whisk together the following:

2 cups vegetable oil

3 eggs

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

Fold liquid mixture into the flour/apple mixture until dry mixture is completely moistened, but do not over stir. Spoon into greased muffin tins. Sprinkle with chopped pecans. Bake at 350 degrees. Cool in pan for 2-3 minutes, then remove to wire cooling rack.

Jumbo muffins – bake 30 minutes. Makes 24.

Mini muffins – bake 10 minutes. Makes 72+.

These freeze very well.

Forever Muffins

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

2 cups 100% Bran Buds

5 cups flour

1 cup margarine

1 tsp. Salt

3 cups sugar

5 tsp. soda

1 quart buttermilk

4 cups All Bran Cereal

4 eggs

Soak the Bran Buds in 2 Cups boiling water. Let stand until soft. Add to this margarine, sugar, buttermilk, eggs (one at a time), flour, salt, soda & All Bran. Mix this well. Put in refrigerator and bake as needed.

Bake in oiled muffin pans 20 – 25 minutes at 375 degrees.

Batter keeps for several weeks.

Poppy Seed Mini Muffins

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoj, Ames Lab Electronics Shop**

In a large bowl, combine the following:

2 cups flour

$\frac{3}{4}$ cups sugar

1 tsp. baking powder

1 tsp. baking soda

$\frac{1}{4}$ tsp. salt

In separate bowl, combine the following:

1 cup (8 oz.) sour cream

$\frac{1}{2}$ cup vegetable oil

2 eggs

2 T. poppy seeds

2 T. milk

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

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

Stir liquid mixture into dry ingredients just until moistened. Fill greased mini-muffin tins two-thirds full. Bake at 400 degrees for 12-15 minutes or until muffins test done (with toothpick). Cool in pan for 10 minutes before removing to a wire cooling rack.

Makes about 3-1/2 dozen. (I usually double the recipe.) These freeze well.

Raspberry Cream Muffins

Submitted by Carol Smith, Materials & Engineering Physics

Instead of raspberries, try fresh blueberries, strawberries, boysenberries or cranberries.

1 cup fresh raspberries

$\frac{3}{4}$ cups plus 2 T. sugar, divided

$\frac{1}{4}$ cup butter, softened

1 egg

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

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

2 $\frac{1}{4}$ cups all purpose flour

3 tsp. baking powder

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

1 cup half and half cream

1 cup finely chopped vanilla or white chips

2 T. brown sugar

In a small bowl, toss raspberries with $\frac{1}{4}$ cup sugar; set aside. In a large mixing bowl, cream butter and $\frac{1}{2}$ cup sugar. Beat in egg and extracts. Combine the flour, baking powder and salt. Add to creamed mixture alternately with cream. Stir in chips and reserved raspberries.

Fill greased or paper lined muffin cups three-fourths full. Combine brown sugar and remaining sugar; sprinkle over batter. Bake at 375°F for 25-30 minutes or until a toothpick comes out clean. Cool for 5 minute before removing from pan to a wire rack. Yield 1 dozen.

Basic Kolaches (Polish)

Submitted by Sandi Bishop, Ames Lab

Director's Office

1 T. sugar
2 packets active dry yeast
½ cup warm water
2 cups milk
6 T. unsalted butter
2 tsp. salt
2 egg yolks, lightly beaten
½ cup sugar
6 ¼ cups flour
1 ½ cups melted butter
Fruit filling

Preheat oven to 375 degrees. Put yeast in measuring cup & sprinkle 1 Tbsp. sugar over it. Add warm water. Warm milk in small saucepan; add butter & stir until melted. Cool to lukewarm; pour into large mixing bowl, add salt, sugar & pour in beaten egg yolks whisking to keep eggs from curdling. Whisk in yeast mixture. Add flour 1 cup at a time. When the dough gets too heavy to stir, knead by hand. Add flour until dough is glossy & sticky. Knead until dough has a sheen. Place dough in greased mixing bowl turning to coat. Cover with damp towel, set in warm place for ~60 minutes or double in size. Pinch off egg-size portions of dough, roll into balls & place on greased baking sheet several inches apart. Let raise again for ~15 minutes. Make a deep dimple with your thumb in each ball. Place a

Basic Kolaches continued...

teaspoon of fruit filling in dimple.

Popsika (topping)

Combine $\frac{1}{2}$ cup melted butter, 1 cup sugar, $\frac{1}{2}$ cup flour & 1 tsp. cinnamon. Sprinkle over each kolache. Let kolaches raise again for ~ 45-60 minutes. Bake 20-40 minutes, until golden brown. Do not place too close to heat or bottoms will burn before kolaches get done. Brush hot kolaches with melted butter. Cool. Makes ~ 3 dozen.

Buttermilk Pancakes

Submitted by Jane Woline,
Microelectronics Research Center

1 cup flour
1 egg
1 T. sugar
1 cup buttermilk, more if desired
 $\frac{1}{2}$ tsp. salt
2 T. butter, melted
 $\frac{1}{2}$ tsp. soda

Sift together dry ingredients. Beat egg in medium bowl. Blend in buttermilk. Add dry ingredients, beating until smooth. Blend in melted butter. Add up to $\frac{1}{4}$ cup more buttermilk for thinner pancakes. Cook on lightly oiled griddle or frying pan.

Cream Cheese Coffee Cake

Submitted by Carol Smith, Materials & Engineering Physics

¼ cup butter
1 (8 oz.) pkg. cream cheese
1½ cups sugar
2 eggs
2 cups flour
2 tsp. baking powder
½ tsp. salt
1 tsp. baking soda
½ cup milk
1 tsp. vanilla

Topping: ¼ cup butter
¼ cup flour
1 cup brown sugar

Cream together butter, cream cheese, sugar and eggs. In another bowl sift together flour, baking powder, salt and baking soda. Combine milk and vanilla and add to creamed butter mixture, stirring constantly until well blended. Add sifted flour mixture to the creamed ingredients, blending for 3 minutes or until all ingredients are well mixed. Spray two 9" round baking pans with cooking spray. Spoon mixture into pans.

Mix topping ingredients together and sprinkle over dough mixture. Bake at 350°F for 20 minutes. Can be easily frozen. (Can also be made in a 9x13" pan). Bake for 40 minutes.

Favorite Pancakes

**Submitted by Bev Carstensen,
Materials & Engineering Physics**

3 eggs, beaten

2 cups buttermilk

4 T. veg. oil

1½ cups flour

1 tsp. salt

1 tsp. baking soda

1½ tsp. baking powder

1 T. sugar

Mix dry ingredients and wet ingredients in separate bowls. Add wet ingredients to dry, stirring just until flour is moistened. Fry on hot grill.

Overnight Cinnamon Rolls

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoj, Ames Lab Electronics Shop**

Sprinkle evenly in greased 10" x 15" glass baking pan: 1 cup chopped pecans.

Partially thaw – just until you can cut – and then cut into fourths: 2 dozen frozen (Rhoades) dinner rolls (Don't be tempted to use the whole package...when you bake them, the caramel sauce will run over...voice of experience!) Place them randomly on top of pecans, as evenly spaced as possible.

In microwave, melt:

1 stick butter and stir in 1 cup brown sugar, 1 tsp. cinnamon, and 1 6-oz. box vanilla pudding (not instant!)

Microwave for 15 seconds on high. Stir well. Spoon in small "blobs" over dinner rolls. (The mixture will not cover rolls completely.) Tightly cover pan with plastic wrap and refrigerate overnight.

The next morning remove from refrigerator and let sit on counter for about 30 minutes. Remove plastic wrap and bake at 350 degrees for approximately 30 minutes, until lightly browned. Cool in pan for 2 minutes, then invert on cookie sheet or foil-covered counter to cool until ready to serve.

Quick Coffee Cake
Submitted by Ellen Price, Ames
Lab Accounting Office

Batter:

- 1 egg
- ½ cup sugar
- ½ cup milk
- 2 T. melted margarine
- ½ tsp. almond or vanilla extract
- 1 cup flour
- ½ tsp. salt
- 2 tsp. baking powder

Topping:

- ¼ cup brown sugar
- 1 tsp. cinnamon
- 1 tsp. melted margarine
- 1 tsp. flour
- ½ cup chopped nuts (walnuts or pecans)

Glaze:

- 1 tsp. melted margarine
 - ½ tsp. almond or vanilla extract
 - 2 heaping T. powdered sugar
- Add milk to thin to desired consistency

Mix batter ingredients with electric mixer and spread in greased 9" round pan. Mix topping ingredients with fork until crumbly, sprinkle over batter, and slightly swirl through batter with knife. Bake at 350 degrees for 20 minutes. Do not overbake. While warm, drizzle with powdered sugar glaze.

Sour Cream Coffee Cake

**Submitted by Steven Constance, Ames Lab
Storeroom**

Topping:

$\frac{3}{4}$ cup chopped walnuts

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

$\frac{3}{4}$ cup sugar

Mix and set aside.

In large mixing bowl mix:

1 $\frac{1}{2}$ sticks margarine with $\frac{1}{2}$ cups sour cream, 1
 $\frac{1}{4}$ cups sugar and 3 eggs. Add 3 cups of flour, 1
tsp. baking soda, and 1 $\frac{1}{2}$ tsp. vanilla.

Spread out half of the batter and sprinkle with $\frac{1}{2}$
of nut mixture. Spread remaining batter and
sprinkle again with remaining nut mixture.
Bake in a 10 inch tube pan for 1 hour at 350
degrees.

Sour Cream Sweet Rolls
Submitted by Jane Woline,
Microelectronics Research Center

1 cup sour cream (I actually use $\frac{1}{2}$ cup sour cream and add $\frac{1}{2}$ cup of milk)

2 T. shortening

3 T. sugar

1 large unbeaten egg

$\frac{1}{8}$ tsp. soda

1 tsp. salt

1 pkg. dry yeast or 1 cake crumbled yeast

$\frac{1}{4}$ cup warm water

3 $\frac{1}{2}$ cups flour

Heat sour cream to lukewarm in large pan.

Remove from heat and stir in shortening, sugar, egg, soda and salt. Mix yeast and water and stir until dissolved. Add yeast mixture and flour to sour cream mixture. Mix well. Turn out on lightly floured board and knead about 10 or 15 times to form smooth ball. Cover with cloth and let stand 5 min. Then roll dough $\frac{1}{4}$ inch thick into rectangle, 6 x 24. Spread with 2 tbsp. soft butter, $\frac{1}{3}$ cup brown sugar, well packed, and 1 tsp. cinnamon.

Roll up and cut into slices - about 15 slices.

Place in greased muffin tins. Cover with dry cloth and let rise at 85 degree for 1 hour. Bake 12 to 15 minutes in 350 oven. While still warm ice with 1 cup powdered sugar and 1 tbsp. milk.

Sweet Petals Coffeecake
Submitted by Bev Carstensen,
Materials & Engineering Physics

1 pkg. active dry yeast
 $\frac{1}{4}$ cup warm water (110-115° F)
 $\frac{3}{4}$ cup scalded milk
2 T. sugar
3 T. veg. shortening
1½ tsp. salt
2½ - 3 cups flour
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{2}$ cup sugar
3 T. brown sugar
1½ tsp. cinnamon
 $\frac{1}{2}$ cup powdered sugar
2 tsp. milk
 $\frac{1}{2}$ tsp. vanilla

Dissolve yeast in very warm water. Combine milk, veg. shortening, sugar & salt. Cool to lukewarm, then stir in softened yeast. Add just enough flour to make stiff dough. Knead on lightly floured surface until smooth (3-5 min.). Cover, & let rise until double, about 1 hr. Grease pizza pan. Divide dough into (about 20-24) pieces. Roll pieces into strips, about 6" x $\frac{1}{2}$ ". Dip strips into melted butter, then in cinnamon-sugar mixture. Starting in center of pan, wind pieces into a flat coil, arranging to fill pan. Cover & let rise until double. Bake at 350°F, 25-30 min. until slightly golden. Cool slightly, then drizzle with powdered sugar, milk, & vanilla mixture.

SALADS & VEGETABLES

Chicken Salad

**Submitted by Bev Carstensen,
Materials & Engineering Physics**

4 cups cooked chicken breast, cut into 1" pieces
1 cup sliced celery, cut into ½" pieces
½ cup walnuts, coarsely chopped
1 cup red seedless grapes, halved
1 cup pineapple tidbits, drained
1 cup mayonnaise (reduced or no fat)

Mix all ingredients together. Chill at least 2 hours. Serves 8.

Cranberry Coleslaw
Submitted by Jane Woline,
Microelectronics Research Center

1 bag shredded cabbage or one small cabbage
head, shredded
1 bag craisins
 $\frac{1}{4}$ cup mayonnaise
1-2 T. honey
1 T. vinegar

Combine mayonnaise, honey and vinegar.
Gently blend into shredded cabbage and craisins
mixture. Refrigerate until time to serve. Can
easily double recipe.

Crunchy Romaine Toss Salad
Submitted by Deb Samuelson, Ames Lab
Public Affairs

Dressing:

½ cup sugar

½ cup vegetable oil

¼ cup cider vinegar

2 tsp. soy sauce

Salt and pepper

Salad:

1 package (3 oz.) Ramen noodles (broken)

2 T. butter

1 ½ cups broccoli

1 small bunch romaine (torn)

4 green onions (chopped)

Walnuts or sunflower seeds

Raisins

Discard seasoning packet from noodles or save for another use. In a skillet, sauté noodles in butter until golden. In a large bowl, combine noodles, broccoli, romaine, and onions. Just before serving, toss with dressing, raisins and nuts.

Melitzanosalata/Eggplant Salad
Submitted by Steven Constance,
Ames Lab Storeroom

Four medium size eggplants

Three garlic cloves

½ cup of olive oil

Put the eggplants in the microwave or normal oven, and cook until it feels very soft (about 10 minute in the microwave/40 minutes in a normal oven). Using a sharp knife, slice in half, and using a spoon, remove the inside “meat” and place in a bowl. If the eggplants are well done, the inside should come out very easily. Put the garlic cloves in a garlic press and spread the garlic on top of the eggplant. Using a fork, start mixing the garlic and the eggplants together, and spread the oil a little at a time. When the oil is absorbed, the salad is done. Put in a fridge to cool down and serve with sprinkled parsley. Eggplant salad (also called poor man’s caviar) is eaten with French bread.

Fruit Salad

**Submitted by Alison Easter, Ames Lab
Scientific and Technical Information Office**

Ingredients:

Peach pie filling

Large can pineapple tidbits

3-4 bananas-sliced

Fresh or frozen strawberries (2 boxes frozen)

Small can Mandarin oranges

Directions:

Thaw out strawberries and add a little sugar.

Mix all the ingredients together in a medium bowl.

Mrs. Loveless Salad

Submitted by Bev Carstensen,

Materials & Engineering Physics

1 small pkg. lemon gelatin (sugar free)

1 small pkg. lime gelatin (sugar free)

2 cups hot water

1 cup mayonnaise (reduced or no fat)

1 cup evaporated milk

20 oz. can crushed pineapple, drained

2 cups cottage cheese

½ cup chopped pecans

1 T. horseradish

Dissolve gelatins in water – cool until partially set. Combine mayonnaise & milk with wire whisk; fold mixture into cooled gelatin. Add remaining ingredients, mixing well. Pour into pan; chill until set.

Scalloped Pineapple

**Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree**

1 (20 oz.) can of pineapple chunks

1/3 cup sugar

2 T. flour

2 eggs

¼ cup cheddar cheese, shredded

¼ cup Velveeta cheese, shredded

Miniature marshmallows (enough to cover the top)

Drain pineapple and save the juice. Place pineapple in a 9 x 9 pan (I prefer a glass pan). Spread shredded cheese over the pineapple.

Place juice, flour, sugar, and eggs together in a saucepan and cook until thickened. Pour over pineapple and cheeses. Bake at 350 degrees for 25 to 30 minutes. Place marshmallows on the top and bake another 5 to 10 minutes or until golden brown. Recipe can be doubled and put in a 9 x 13" pan.

Spicy Deviled Eggs

Submitted by Doug Guyer, Materials and Engineering Physics

6 eggs

¼ cup mayo

2 T. of good mustard

2 tsp. of garlic chili paste

A couple of shakes of Worcestershire Sauce

Black pepper

Chives

Hard boil the eggs (12-15 min)

Add yolks and the rest of the ingredients to a mixing bowl and mix well. Add the mixture to a sealable sandwich bag and trim off a corner.

Squirt the mixture back into the whites, dust with paprika and enjoy!

Spinach Salad
Submitted by Bev Carstensen,
Materials & Engineering Physics

10 oz. package spinach, torn in small pieces
1 small Bermuda onion, sliced
3 hard boiled eggs, sliced
6 slices cooked, crumbled bacon
 $\frac{1}{2}$ cup mayonnaise (reduced or no fat)
 $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar (or Splenda)
2 T. vinegar
 $\frac{1}{4}$ cup milk

Put spinach, onion, eggs and bacon in bowl. Mix together mayonnaise, sugar, vinegar and milk, pour over spinach mixture, and toss until well coated.

Au Gratin Potatoes

**Submitted by Deb Samuelson, Ames Lab
Public Affairs**

5 cups boiled potatoes (peeled and diced)

1 cup processed cheese (Velveeta)

3 T. onion

½ cup milk

1 can creamed soup

Layer the potatoes, cheese and onion in a greased 9 x 9 pan. Heat the milk and soup.

Pour over potato mixture. Bake at 350 degrees for 40-45 minutes.

Broccoli Casserole

Submitted by Linda Claussen, Ames Lab

Budget

1 (10 oz.) pkg. broccoli (frozen)

1 onion, chopped

$\frac{1}{4}$ cup oleo or margarine

1 can cream of chicken soup

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup milk

1 cup Minute Rice

$\frac{1}{2}$ cup Cheez Whiz

Mix all of ingredients together and put in 2 qt. casserole dish. Bake at 350 degrees for 45-55 minutes.

Calico Bean Casserole
Submitted by Jane Woline,
Microelectronics Research Center

1 lb. ground beef
 $\frac{3}{4}$ cup brown sugar
1 large onion, chopped
1 lb. can EACH of kidney beans, butter beans,
and pork & beans (total=3 cans)
 $\frac{1}{2}$ lb. bacon, diced
 $\frac{1}{2}$ tsp. dry mustard
 $\frac{1}{2}$ cup catsup

Brown ground beef, onions and bacon together in skillet; drain. Add dry mustard, catsup and brown sugar to browned meat. Simmer 15-30 minutes. Partially drain kidney beans and butter beans. Add kidney beans, butter beans, and pork and beans to meat mixture. Place mixture into a baking dish lightly greased. Bake 350 for 1 hour.

Note: Onions can be wrapped in foil and baked in the coals of an outdoor grill.

Grilled Portobello Mushrooms

Submitted by Carol Smith, Materials & Engineering Physics

1 clove garlic, minced
¼ cup olive oil
¼ tsp. onion powder
1 tsp. salt
½ tsp. ground black pepper
4 Portobello mushroom caps

Preheat grill for medium heat.

In a large bowl, mix the garlic, oil, onion powder, salt and ground black pepper. Spread mixture over gill side of the mushroom caps.

Lightly oil the grill grate. Place mushrooms over indirect heat, cover, and cook for 15-20 minutes. Yield: 4 servings.

Onions Baked in Their Skins

Submitted by Carol Smith, Materials & Engineering Physics

4 medium to large yellow or sweet Vidalia onions
1½ T. unsalted butter or margarine
Salt and freshly ground pepper to taste

Preheat oven to 375°F. Line a small baking pan with aluminum foil and spray with vegetable spray. (This is important as the onions release a sticky syrup while baking.)

Trim off the root ends of the onions but leave the skin intact. Place upright in the prepared pan and bake for 1½-2 hours or until very tender.

Remove the skins and discard. Top each with melted butter or margarine, season with salt and pepper and serve piping hot, garnished with parsley sprigs. Yield: 4 servings.

Note: Onions can be wrapped in foil and baked in the coals of an outdoor grill.

Shredded Potato Casserole
Submitted by Jane Woline,
Microelectronics Research Center

30 oz. long shredded Ore-ida Hash Brown
Potatoes

Put in 9 X 13" pan.

$\frac{1}{2}$ cup butter or margarine, melted. Then add
3 cups half and half and heat. Add 1 tsp. salt.

Pour over potatoes.

Top with $\frac{1}{2}$ cup Parmesan grated cheese (in
package, not the can)

Bake at 350 degrees for 1 hour.

Squash Casserole

Submitted by Deb Covey, Ames Lab

Director's Office

2 lb. zucchini or yellow squash, sliced

1 small onion, chopped

Salt & pepper to taste

1 T. melted butter or margarine

10 $\frac{3}{4}$ oz. can cream of chicken soup, undiluted

8 oz. carton commercial sour cream

2 T. chopped pimiento

$\frac{1}{2}$ cup melted butter or margarine

8 oz. package herb-seasoned stuffing mix

Cook squash & onion until tender in a small amount of boiling salted water; drain. Season with salt, pepper & 1 T. margarine; stir in chicken soup, sour cream & pimiento.

Combine $\frac{1}{2}$ c. margarine & stuffing mix, stirring until well blended. Combine half of stuffing mix & squash mixture. Spoon into 2 quart casserole dish. Top with remaining stuffing mix. Bake at 375 for 30 minutes. Serves 8.

Squash Meatballs – Kefthetes (Greek)
Submitted by Steven Constance, Ames Lab
Storeroom

Olive oil or other oil

1 onion chopped fine or grated

½ cup grated cheese (or ¾ cup optional)

1 ½ 2 lb. squash

1-2 eggs

1 cup bread crumbs

½ bunch parsley, finely chopped

Salt and pepper to taste

Boil squash, cut into pieces, cool and DRAIN WELL. Add salt, pepper, mix parsley, bread crumbs, cheese, eggs and onion. Take spoonfuls of this mixture and roll into flour and shape like meatballs (Kefthetes). Fry in hot oil in slow flame until golden brown.

Vegetable Casserole

Submitted by Jane Woline,

Microelectronics Research Center

1 pkg. (1 lb. bag) California Blend frozen vegetables (carrots, broccoli, cauliflower)

8 oz. Velveeta cheese, cubed

1 stick margarine

½ small box of Ritz crackers, crushed

Cook vegetables until almost done. Drain. Put in a buttered 2 quart baking dish. Sprinkle cubed cheese on top. Mix together the melted margarine and the crushed Ritz crackers and put on top of vegetables and cheese. Bake at 350 degrees for 15-20 minutes or until bubbly.

Winter Salad
Submitted by Connie Heim, Ames Lab
Purchasing

1 cup walnuts

3 T. butter

Toast in skillet for 5 minutes. Remove from heat and add:

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tsp. pepper

$\frac{1}{4}$ tsp. salt

Cool and add to salad mixture

12 cups Romaine lettuce (2 pkg.)

$\frac{3}{4}$ cup dried cranberries

4 oz. crumbled blue cheese

Dressing - Combine the following items in the blender until smooth:

$\frac{1}{4}$ cup red wine vinegar

1 tsp. minced garlic

$\frac{1}{4}$ cup vegetable oil

1 T. sugar

$\frac{1}{2}$ cup loosely packed parsley sprigs

$\frac{1}{2}$ tsp. dried oregano

$\frac{1}{4}$ cup red onion

$\frac{1}{8}$ tsp. salt & $\frac{1}{8}$ tsp. pepper

Add dressing to salad mixture just before serving.

Yellow Squash Casserole

Submitted by Ila Haugen, Ames Lab Budget

- 2 lb. yellow squash, sliced
- 1 cup water
- 2 small onions, minced
- 2 T. butter or margarine, melted
- 1 ½ cups (6 oz.) shredded Cheddar cheese
- 1 ¼ cups round buttery cracker crumbs
- ¼ tsp. salt
- ¼ tsp. pepper
- 4 slices bacon, cooked and crumbled
- 2 large eggs, lightly beaten

Combine squash and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until squash is tender. Drain well, and mash. Drain again, and set aside.

Saute onion in butter in a large skillet over medium-high heat until tender. Combining squash, onion, cheese, ¾ cup cracker crumbs, salt, pepper, bacon, and eggs: stir well.

Spoon mixture into a lightly greased 2-quart casserole: sprinkle with remaining ½ cup cracker crumbs. Bake, uncovered at 350 degrees for 40 to 45 minutes or until thoroughly heated.

Yields: 6 servings.

Submitted by the Oregon, Ames, and Eugene
 Yellow Squash Casserole
 Submitted by the Oregon, Ames, and Eugene
 Winter Salad

MAIN DISHES

2 lb. yellow squash
 1 cup water
 2 small onions, minced
 2 T. butter or margarine, melted
 1 1/2 cups (6 oz.) shredded Cheddar cheese
 1 1/2 cups round buttery cracker crumbs
 1/2 tsp. salt
 1/2 tsp. pepper
 4 slices bacon, cooked and crumbled
 3 large eggs, lightly beaten
 Combine squash and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until squash is tender. Drain well and mash. Drain again, and set aside.
 Sauté onion in butter in a large skillet over medium-high heat until tender. Combine squash, onion, cheese, 1/2 cup cracker crumbs, 1/2 tsp. salt, pepper, bacon, and eggs; stir well. Spoon mixture into a lightly greased 2-quart casserole; sprinkle with remaining 1/2 cup cracker crumbs. Bake, uncovered at 350 degrees for 40 to 45 minutes or until thoroughly heated.
 Yield: 6 servings.

Amy's Italian Meatloaf
Submitted by Sandi Bishop, Ames Lab
Director's Office

2 lb. ground beef
2 eggs, beaten
¾ cup bread crumbs
¼ cup chopped onion
¼ tsp. oregano
Salt & pepper to taste
¼ tsp. garlic
2 cups shredded mozzarella cheese
4 oz. can mushrooms, drained
1/3 cup tomato sauce with cheese

SAUCE

8 oz & leftover sauce from loaf
1/4 t. garlic salt
1 t. sugar
1 t. Italian seasoning

Mix meat, crumbs, eggs & seasonings. Moisten with some tomato sauce. On waxed paper flatten into rectangle 1/4" thick. Sprinkle with cheese & mushrooms. Roll. Place in loaf pan. Bake at 350 1 hour. Drain grease. Pour sauce over meat & bake 15 min.

Beef Casserole

Submitted by Jane Woline,

Microelectronics Research Center

2 lb. stewing beef (cubed)

1 can tomato soup

2 cans cream of mushroom soup

2 to 4 T. dry onion soup

Put raw beef in a casserole. Blend soups together and pour over the beef. Cover and bake at 350 degrees for 2 hours or until done. Serve over hot rice or mashed potatoes. Serves 4 - 6.

Bierskis

Submitted by Deb Covey, Ames Lab

Director's Office

This is a recipe that my mother (and my grandmother) made, though I've modified it to make it less time consuming by using frozen bread dough and a food processor. It was traditionally served with brown gravy over the top, but I like them heated and buttered.

2 lb. each: ground pork, hamburger, beef liver

2 tsp. Salt

1-2 tsp. Pepper

1-2 tsp. Garlic Salt

Bread dough (I buy the large frozen package of Rhodes dinner rolls and let them thaw)

Put meat in large soup pot; cover meat with water. Add salt, pepper and garlic salt. Cook meat until no longer pink. Remove the liver and process in food processor until chunky. Drain the liquid from the soup pot; reserving some of the liquid (1/2 c to a cup). Add pork and hamburger and some of the cooked meat juice and process until ground (you don't want this to be like a paté, but small bits of meat). You might need to do this in small quantities depending upon the size of your food processor. Put into a large bowl; and season to taste.

Once dinner rolls are thawed, roll out a dinner roll into a square (about 1/4 inch thick). Place some of the meat mixture (about 1/4 - 1/2 cup) on

Bierskis continued...

the dough and spread. Roll up the dough and seal the edges. Place seam-side down in greased 9x13" pan. Cover with clean cloth. Let rolls rise until doubled.

Bake at 350 degrees until light brown. Remove from oven and baste tops with butter.

Serve warm with brown gravy or additional butter. These freeze very well.

Bow Tie Chicken Supper

Submitted by Ila Haugen, Ames Lab Budget

1 lb. boneless skinless chicken breasts, cut into small bite size pieces

1 T. olive oil

1 small sweet red pepper, julienne

1 small zucchini, cut into $\frac{1}{4}$ inch slices

1 small onion, chopped

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

$\frac{1}{2}$ cup frozen peas, thawed

1 T. Italian seasoning

1 cup bow tie pasta, cooked and drained

2 medium tomatoes, seeded and chopped

$\frac{1}{2}$ cup shredded Parmesan cheese

In a large nonstick skillet, sauté chicken in oil for 3-5 minutes or until no longer pink. Remove and keep warm. In the same skillet, stir-fry red pepper, zucchini, onion and garlic salt for 3-4 minutes or until vegetables are crisp tender.

Add the peas and seasoning; stir-fry for 2 minutes. Add pasta and tomatoes; cook for 1 minute. Remove from heat. Gently stir in chicken. Salt and pepper to taste. Sprinkle with cheese.

Serves 4.

Breaded Ranch Chicken
Submitted by Carol Cowan, Ames Lab
Director's Office

- $\frac{3}{4}$ cup crushed cornflakes
- $\frac{3}{4}$ cup grated Parmesan cheese
- 1 envelope ranch salad dressing mix
- 8 boneless skinless chicken breast halves (2 lb.)
- $\frac{1}{2}$ cup butter or margarine, melted

In a shallow bowl, combine the cornflakes, Parmesan cheese and salad dressing mix. Dip chicken in butter, then roll in cornflake mixture to coat. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees for 45 minutes or until chicken juices run clear.

Yield: 8 servings.

Cavatini

Submitted by Anne Coffman, Materials & Engineering Physics

List of ingredients:

- 1 1/2 lb. hamburger
- 1 small onion (chopped)
- 1 (4 oz.) can mushrooms
- 1 (16 oz.) can spaghetti sauce
- 1 (16 oz.) can pizza sauce
- 1 tsp. brown sugar
- ¾ cup, each, of three pastas
- 8 oz. shredded mozzarella cheese

Preparation directions:

Brown beef with chopped onion. Add mushrooms, sauces, and brown sugar to meat mixture. Cook pastas. Combine pastas to meat/sauce mixture. Bake in foil covered 9 x 13 greased baking dish at 350 degrees for 40 minutes. Remove foil, sprinkle mozzarella cheese on top and return, uncovered, to oven for an additional 10 minutes. Remove from oven and allow to cool ~5 minutes before serving.

Chicken Roll-Ups

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoj, Ames Lab Electronics Shop**

Chicken breasts (I purchase at Fareway and have them run through the tenderizer one time to flatten. Or, you can pound them yourself to about ½" thickness.)

Dried Beef Slices (1 per breast)

Bacon (1 slice per breast)

Equal parts of sour cream mixed with mushroom soup

Place dried beef slice on top of chicken breast and roll up from the short end. Wrap a bacon slice around breast and secure with a toothpick. Place in deep pan (I use an enamel roaster) that has been sprayed with a non-stick coating.

Cover meat completely with the mixture of sour cream and mushroom soup. Bake uncovered at 350 degrees for about one hour or until juices run clear when you cut into meat.

We use the "gravy" served over mashed potatoes.

This isn't a very scientific recipe so you don't have to be exact in your equal parts of the sauce mixture. One thing you will have to be careful about is not to use a shallow pan. As it cooks, the sauce will boil over the pan (voice of experience!).

Chicken Enchilada Casserole

Submitted by Diane Muncrief, Ames Lab
Human Resources

3 - 4 chicken breasts, cooked & shredded or diced
(Reserve about a cup or two of the broth from the cooked chicken)

1 small onion diced

1 can cream of chicken soup

1 can cream of mushroom or cream of celery soup

8 oz. of chicken broth (or broth from cooked chicken)

¼ cup of salsa or 2 cans chopped green chili

6 oz. of sour cream

Garlic salt and black pepper to taste

8 oz. of Colby jack cheese, grated

1 dozen corn tortillas cut into quarters

Combine above ingredients except cheese and tortillas, using broth to thin sauce to desired consistency.

Layer in a large casserole dish or crock pot beginning with a light layer of sauce, tortillas, sauce again, then cheese, tortilla, sauce, cheese, etc. ending with cheese on top. (Depending on the size of your dish, this could be several layers)

Bake at 375 degrees for 60 minutes until bubbly and hot in the middle. Allow to stand for 10 minutes before serving.

Chicken Enchilada Casserole continued...

If you are using a crock-pot, begin cooking on high until it bubbles; usually a couple of hours, then drop it down to low for another hour or two or until ready to serve.

Chicken/Wild Rice Casserole
Submitted by Jane Woline,
Microelectronics Research Center

1 – 4 lb. chicken, cooked and meat diced
3 cups chicken broth
1 cup chopped celery
1 can cream of mushroom soup
1/3 cup chopped onion
1 can cream of chicken soup
1 pkg. Uncle Ben's Wild Rice
1 ½ cups drained mushrooms

Cook in 1 cup of chicken broth the chopped celery and onion. Cook together the Uncle Ben's Wild Rice with 3 cups of chicken broth. Mix together the above ingredients. Put in a 9x13 pan. Bake 50 minutes at 350. Add slivered almonds and bake an additional 20 minutes. Even if the slivered almonds are not added, do bake the additional 20 minutes. Can be prepared the night before and refrigerated until time to bake.

Chicken Tetrizzini
Submitted by Sandi Bishop, Ames Lab
Director's Office

2-3 lb. chicken
10 oz. pkg spaghetti
½ cup margarine
1 green pepper
1 small onion
1 lb. Velveeta cheese
1 can mushroom soup

Boil chicken & debone. Strain broth. Boil spaghetti in chicken broth. Brown green pepper & onion in margarine; add cheese & stir until melted. Combine with remaining ingredients & place in 9" x 13" casserole. Bake at 350 degrees for 30 minutes. Serves 6-8.

Corn Beef Casserole

**Submitted by Donna Millang, IPRT Office
of Financial Management**

Sauté 3 or 4 stocks of celery and 1 medium onion
in $\frac{1}{2}$ stick margarine
(don't brown)

Add and mix all together:

1 can mushroom soup

1 can cream of chicken soup

1 can carnation milk

Cook 6 to 8 oz. noodles (use $\frac{1}{2}$ tsp. salt in water)
then drain and mix with gravy.

Chop up corn beef in baking dish, pour noodles
and gravy over corn beef. Bake 350 degrees for
45 min. (cover with crushed potato chips and
spots of butter last 5 minutes of baking time)

Cook on low for 3-8 hours. The cooked garlic can
be used as garlic butter for the French bread.
Just squeeze and spread onto bread slices. 4
servings.

Easy Chicken Pot Pie
Submitted by Jane Woline,
Microelectronics Research Center

3 cups chopped cooked chicken
(10 oz.) package frozen mixed vegetable
1 can cream of chicken soup
8 oz. Velveeta cheese (can use Velveeta Lgt)
1 small can chicken broth

Mix all of the above and put into a 9x13" greased
casserole dish. Bake at 425 degrees for 30
minutes. Remove from the oven and cover top
with 1 can of ready made refrigerator biscuits.
Return to oven and bake 15 minutes.

40 Clove Garlic Vampire Chicken

Submitted by Carol Smith, Materials & Engineering Physics

40 cloves garlic
2 sprigs rosemary
2 sprigs thyme
2 sprigs sage
2 sprigs Italian parsley
Ground pepper to taste
3 lb. roasting or fryer chicken
3 stalks celery
Loaf French bread - optional

Rinse chicken in cold water and pat dry. Put celery on the bottom of a crockpot. Put 1 sprig of each herb into the cavity of the chicken. Place chicken on top of the celery.

Cut up the rest of the herbs and sprinkle on top of the chicken. Add ground pepper to taste. Separate garlic cloves, leave skin on, and place on top and around chicken.

Cook on low for 8-9 hours. The cooked garlic can be used as garlic butter for the French bread. Just squeeze and spread onto bread slices. 4 servings.

Greek Pasticio
Submitted by Steven Constance,
Ames Lab Storeroom

- 1 package pasta, cooked al dente
- 1 lb. ground beef or lamb
- 2 onions, chopped
- 3 cloves garlic, chopped
- 1 can whole tomatoes, chopped and liquid drained
- 1 tsp. oregano
- 1 tsp. basil
- 1 tsp. Allspice
- 1 tsp. cinnamon
- 1 tsp. sugar (to taste)

Topping:

- 4 T. butter
- 4 T. flour
- 2 cups of milk
- 3 T. parmesan cheese to taste
- 6 oz. Feta cheese (to taste)
- 2 to 3 eggs

Cook pasta tender but firm. Do not overcook.

Brown the meat with the chopped onions and garlic. Add the spices, sugar to taste, and the drained tomatoes. Let the sauce simmer 30 to 45 minutes. Mix in the cooked pasta and put in a baking pan.

Greek Pasticio continued...

To make the topping, melt the butter (or margarine) in a saucepan and mix in the flour to form a paste. Add the milk and heat over a

medium stove, stirring constantly until mixture thickens. When thick, add parmesan and crumbled feta cheese and stir until melted. A few tablespoons of parmesan and about 6 ounces of feta.

LET THIS MIXTURE COOL COMPLETELY BEFOR ADDING THE BEATEN EGGS. After the eggs are stirred in, pour this mixture over the meat and pasta. Bake about 45 minutes or until brown.

This dish is a bit like moussaka because of the topping.

Note: Made this dish with Monterey Jack cheese instead of feta. Used 1 to ½ cup tomato sauce instead of canned tomatoes and 2 eggs. Came out delicious.

Set oven for 350 to 375 degrees and cook for 40 minutes.

Greek Shrimp Santorini

**Submitted by Steven Constance, Ames Lab
Storeroom**

Large onion, chopped

6 T. butter or margarine, divided

Small can of tomato paste

2 T. sugar

Stick of cinnamon

3 cloves

Large can of Italian tomatoes, whole

1 cup Madeira wine, divided

2 tsp. basil

2 tsp. parsley

1 bay leaf

Pinch of oregano, salt and pepper

1 lb. jumbo fresh shrimp

Flour for dredging

½ lb. Greek Feta cheese

Vermicelli or ziti

Sauce: In a large saucepan, sauté one large chopped onion in 4 tablespoons of margarine until transparent. Add a small can of tomato paste, 2 tablespoons of sugar, a stick of cinnamon and three cloves. Stir briskly, and add one large can of Italian whole tomatoes, ½ cup Madeira wine, 2 teaspoons each of basil and parsley, one bay leaf, a pinch of oregano, and salt and pepper. Simmer for one hour, adding water or wine if necessary to maintain a smooth consistency. Put aside.

Greek Shrimp Santorini continued...

Shrimp: Shell, de-vein, and wash 1 lb. of jumbo fresh shrimp. Marinate for 20 minutes in $\frac{1}{2}$ cup Madeira. Shake dry, then dip the shrimp lightly in flour (pour the marinade into the sauce).

Lightly sauté the shrimp (two minutes on each side on low heat). Remove from heat.

In a 1 $\frac{1}{2}$ quart casserole pan, spread a thin layer (1/2 inch) of sauce and arrange shrimp on top of it. Cover with remaining sauce. Crumble $\frac{1}{2}$ lb. Greek Feta cheese over the top and drizzle with two tablespoons melted butter. Bake for 35 to 40 minutes in a 375 degree oven. Serve with vermicelli (cooked al dente) or ziti.

Grilled Pork loin **Submitted by Doug Guyer, Materials and** **Engineering Physics**

Best if marinated for 24 hrs or more.

Marinade:

1 quart of apple cider vinegar

1 onion

Chili pepers

Worcestershire Sauce

Horseradish

Good mustard

Rosemary

Mix and marinate the pork loin (1-10 lbs)

When grilling cut into ~2 lbs sections for reduced cooking time

Indirect grill for ~2 hrs while basting with a good bbq sauce, building a good crust.

Hot Dish

Submitted by Sandi Bishop, Ames Lab
Director's Office

- 1 lb. ground beef (can substitute cooked chicken)
- ½ onion, chopped
- 3 cups frozen broccoli, cauliflower & carrot blend
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 3-4 stalks celery, chopped (can substitute water chestnuts)
- 2 T. soy sauce
- ½ tsp. white pepper
- 12 ounces chow mein noodles

Preheat oven to 325 degrees. Brown hamburger & onion in large skillet. Drain. Add vegetables, soups, celery, soy sauce & pepper; mix well. Fold in 8 oz. chow mein noodles. Pour into casserole. Cover. Bake ~ 60 minutes. Sprinkle with remaining chow mein noodles; cover & bake another 15 minutes.

Ham & Tator Casserole

Submitted by Rhonda Hill, Ames Lab

Human Resources

2 lbs. Tator tots

2 cups ham, cubed

1 cup cheese, cubed (Velveeta)

1 can cream of celery soup

1 can cream of chicken soup

$\frac{1}{4}$ cup milk

Mix the soup and milk, add ham, cheese and tator tots. Pour into lightly greased 9x13" pan.

Bake 1 hour at 350 degrees.

Ham Balls

**Submitted by Connie Heim, Ames Lab
Purchasing**

5 1/2 lb. ground meat, divided

3 cups crushed graham crackers

2 cups Milk

2 cans Tomato soup

1/2 cup vinegar

2 1/4 cups brown sugar

3 eggs

2 tsp. dry mustard

According to your taste: 2 1/2 - 3 1/2 lb. ground
smoked ham, 1-2 lb. ground pork, or 1-2 lb.
ground beef

Combine meat, eggs, crackers and milk. Form
1/2 - 3/4 C balls. Place in greased shallow baking
dish and cover with sauce made from remaining
ingredients. Bake at 350 deg. for 1 hour. Serves
24 people.

Ham Balls

**Submitted by Jane Woline,
Microelectronics Research Center**

- 2 ½ lbs. ground ham
- 3 eggs
- 2 lbs. ground fresh pork
- 3 cups graham cracker crumbs
- 1 lb. hamburger
- 2 cups milk

Sauce:

- 1 ½ cups brown sugar
- 2 tsp. dry mustard
- 1 can tomato soup
- ¼ cup water
- ½ cup vinegar

Mix meat, eggs and crumbs well. Make into balls as large as apples. Heat sauce and pour over balls. Bake 1 ½ hours at 350 degrees.
Yield: 12-15 balls, depending on size.

HAM (MINI) LOAVES:

Submitted by Linda Claussen, Ames Lab

Budget

5 lbs. ham loaf mix (from Fareway)

3 eggs

2 cups milk

3 cups crushed graham crackers

Sauce:

2 cans tomato soup

1 lb. brown sugar

$\frac{3}{4}$ cup vinegar

2 teaspoons dry mustard

Mix meat, eggs, milk and graham cracker crumbs. Shape into mini-loaves ($\frac{1}{2}$ c. ea.).

Pour sauce over loaves and baste while cooking.

Bake at 350 degrees for 1 $\frac{1}{4}$ hours.

(These freeze well after cooking, if you want to use only $\frac{1}{2}$ recipe.)

Helen's Hamburger Bean Casserole
Submitted by Sandi Bishop, Ames Lab
Director's Office

- 1 lb. hamburger
- 1 lb. bacon
- 2 cloves garlic, minced
- 1 large onion
- 2/3 cup ketchup
- 1/3 cup dark molasses
- 2 T. dry mustard
- 1 T. vinegar
- 2 cans Bush's Baked Beans
- 1 can butter beans
- 1 can lima beans

Fry bacon; drain. Brown hamburger with onion & garlic; drain. Combine all ingredients in crock pot. Cook until heated through.

Hungry Jack Beef Casserole

Submitted by Lynnette Witt, Ames Lab
Human Resources

- 1 lb. ground beef
- 1 (16 oz.) can pork and beans
- $\frac{3}{4}$ cup BBQ sauce
- 2 T. brown sugar
- 1 T. instant minced onion (or onion powder)
- 1 tube biscuits
- 1 cup shredded Cheddar cheese

Preheat oven to 375 degrees. Brown ground beef and drain. Stir in pork and beans, BBQ sauce, brown sugar and onion; heat until bubbly. Pour into 2-quart greased casserole. Cut biscuits in half, place cut side down around edge of casserole. Bake 25-30 minutes until biscuits are golden brown. Sprinkle cheese on top of biscuits and return to oven until cheese is melted.

Ila's Lasagna

Submitted by Ila Haugen, Ames Lab Budget

- 1 lb. sausage
- 1 lb. hamburger
- 1 clove garlic, minced
- 1 T. whole basil
- 1 ½ tsp. salt
- 1 (1 lb.) can tomatoes
- 2 (6 oz.) cans tomato paste
- 10 lasagna noodles, cooked
- 2 eggs
- 3 cups fresh Ricotta cheese
- ½ cup grated Parmesan cheese
- 2 T. parsley flakes
- 1 tsp. salt
- ½ tsp. pepper
- ½ lb. Canadian bacon, sliced
- 1 lb. mozzarella cheese sliced thin

Brown sausage and ground beef, spoon off excess fat. Add next 5 ingredients and 1 cup water.

Simmer, covered, 15 minutes or until thickened; stir often. Cook noodles in boiling salted water til tender; drain; rinse. Beat eggs; add remaining ingredients, except mozzarella and Canadian bacon.

Layer half the noodles in 13x9x2 inch baking dish; spread with half the ricotta filling; layer half the Canadian bacon, spread with half the meat sauce and layer half the mozzarella cheese. Repeat layers with remaining

Ila's Lasagna continued...

ingredients. Bake at 375 degrees for 30 minutes (or assemble early and refrigerate; bake about 1 hour). Let stand 10 minutes before serving.

Serves 8-10.

Jeanette's Party Pizza
Submitted by Sandi Bishop, Ames Lab
Director's Office

2 lb. ground beef
1 lb. Velveeta cheese, cubed
1 tsp. Worcestershire sauce
4 tsp. pizza spice
½ cup pizza sauce
Parmesan cheese, grated
2 loaves Pepperidge Farms party rye bread

Brown beef; drain. Add cheese, stirring until melted. Add Worcestershire sauce, seasonings & pizza sauce. Simmer 5 minutes. Spread on rye bread, place on cookie sheet & sprinkle with Parmesan cheese. Bake at 400 degrees for 10 minutes. Serve warm.

Keftethes (Greek Meatballs)

**Submitted by Steven Constance, Ames Lab
Storeroom**

2 lb. lean ground beef
1 ½ cups bread cubed bread, crusts off and soak
in water
1 large onion, peeled and finely chopped
3 T. parsley, chopped
1 tsp. mint leaves
2 T. oregano
2 or 3 cloves of garlic, peeled and crushed
1 T. olive oil
2 eggs
1 T. fresh lemon juice
Salt and pepper to taste
Flour for dredging
Olive oil for frying

Squeeze the water from the cubed bread and place in a mixing bowl along with the beef. Add all other ingredients except the flour and oil for frying. Mix well and form into 2" round meatballs (flatten slightly). Dredge each in the flour and pan fry in the oil until lightly browned and done to your taste. Do not dry them out. Serve hot or cold.

Mom's Bbq Cups
Submitted by Sandi Bishop, Ames Lab
Director's Office

1 pkg. Pillsberry biscuits
1 lb. hamburger
 $\frac{3}{4}$ cup barbeque sauce
 $\frac{1}{2}$ cup shredded cheddar cheese
2 T. onion, chopped
Salt & pepper
Chili powder (optional)

Preheat oven to 450 degrees. Brown hamburger & onion. Add seasonings. Mix in $\frac{1}{4}$ cup cheese & barbeque sauce. Press 2 biscuits into each muffin tin to form cups. Spoon hamburger mixture into cups. Bake 15-20 minutes. Top with remaining shredded cheese & bake 5 minutes or until melted.

Mushroom Beef and Noodles

Submitted by Rhonda Hill, Ames Lab
Human Resources

- 1 can condensed golden mushroom soup, undiluted
- 1 can condensed beefy mushroom soup
- 1 can condensed French onion soup
- $\frac{1}{4}$ cup seasoned bread crumbs
- 2 lb. Beef stew meat, cut into $\frac{1}{2}$ inch cubes
- 1 pkg. (12 oz.) wide egg noodles

In a slow cooker, combine soups and bread crumbs, mix well. Stir in beef. Cover and cook on low for 8 hours on until meat is tender. Cook noodles according to package directions, drain. Serve with beef mixture.

Moussaka

**Submitted by Steven Constance, Ames Lab
Storeroom**

2 medium eggplants, about 1 lb. each, sliced $\frac{1}{4}$ inch thick

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

Meat Sauce:

2 yellow onions, peeled and chopped

2 T. olive oil

2 $\frac{1}{2}$ lbs lean ground beef or lamb

1 tsp. salt

3 cups Greek tomato sauce

Cinnamon to taste (optional)

1 cup freshly grated parmesan or Romano cheese

$\frac{1}{2}$ cup olive oil

Topping:

$\frac{1}{3}$ cup butter

$\frac{1}{2}$ cup flour

1 quart milk

1 tsp. salt

$\frac{1}{4}$ tsp. nutmeg

$\frac{1}{2}$ cup freshly grated parmesan or Romano cheese

6 eggs, beaten

Extra cheese for garnish

Slice the eggplants and sprinkle with salt. Place in a colander to drain for $\frac{1}{2}$ hour.

Prepare the meat sauce by heating a large non-stick pan or porcelain-lined stove-top casserole and add the onions and two tablespoons of olive oil. Sauté until the onions are clear and then

Moussaka continued...

add the meat. Sauté until the meat begins to brown. Add the salt and Greek tomato sauce and simmer for 30 minutes, uncovered. Taste for optional cinnamon and stir in the cheese. Set aside.

Rinse the eggplant slices and pat dry with paper towels. Pour the $\frac{1}{2}$ cup olive oil onto a large baking sheet and dip the slices in it, coating both sides. Arrange the slices on the sheet and bake at 425 degrees for 30 minutes, turning once during this time. The slices should be tender.

Prepare the topping by melting the butter in a small frying pan and stirring in the flour. Cook for a few moments. Heat the milk in a saucepan and stir in the butter-flour mixture, using a wire whip. Stir over medium heat until it thickens. Stir in the salt, nutmeg, and cheese. Stir one cup of the hot sauce into the beaten eggs using the wire whip. Stir this mixture back into the saucepan and stir over medium heat until it is thick and rich.

Construction: Arrange $\frac{1}{2}$ of the eggplant in the bottom of a 9 x 13" baking pan and top with the meat mixture. Place the remaining eggplant slices on the meat and pour the topping over the whole. Sprinkle the cheese for garnish on top and bake at 350 degrees for 1 hour. Cut into squares to serve.

Prickly Porcupine Meatballs
Submitted by Sandi Bishop, Ames Lab
Director's Office

½ cup rice - uncooked
1 lb. ground beef
2 tsp. minced onion
1 ½ tsp. salt
1 bay leaf
2 T. chili sauce
2 cups diced tomatoes in sauce

Preheat oven to 350 degrees. Mix uncooked rice, meat, onion, chili sauce & salt together. Shape into medium size balls. Place in casserole. Pour tomatoes over meatballs. Add bay leaf. Cover & bake 60-80 minutes. May be cooked in electric skillet substituting Minute Rice for regular rice.

Salisbury Steak

**Submitted by Ellen Price, Ames
Lab Accounting**

1½ lb. ground beef
½ cup uncooked quick oatmeal or
dry bread crumbs
1 egg
½ tsp. salt
¼ tsp. pepper
1 (10½ oz.) can condensed French
Onion Soup, divided
½ cup ketchup
1 tsp. Worcestershire
1 tsp. mustard
1/3 cup water
2 T. flour

Thoroughly mix 1/3 cup soup, bread crumbs or oatmeal, ground beef, egg, salt, and pepper. Shape into 6 oval patties. In large skillet, brown patties on both sides, and pour off fat.

Sauce

While patties are browning, mix remaining soup, ketchup, mustard, water, and Worcestershire sauce. Gradually blend in flour and stir until smooth. *Pour sauce over browned meat patties, cover, and cook over low heat 20 minutes or until done. Stir occasionally, and turn patties at least once during cooking to coat with sauce and prevent burning. *Alternately, you can transfer browned patties to roasting pan, pour on sauce and bake in 350 degree oven.

Soutzoukakia

**Submitted by Steven Constance, Ames Lab
Storeroom**

2 lb. minced meat

2 eggs

1 sliced onion

1 quart of liquid tomato paste

Olive oil

Salt, pepper, and oregano

Cumin seasoning

Flour

2 T. of sugar

Mix the meat with the eggs, and add the chopped onion, cumin, salt and pepper. Form into elongated balls (like small footballs) and roll inside a bowl with the flour. Fry the floured meatballs in the oil at high heat. When cooked, add the tomato paste and sugar and let cook for another 10 to 15 minutes at medium heat. Serve with either rice, fries, or chips.

Turkey Enchiladas

**Submitted by Lora Larrance, Ames Lab
Budget Office**

- 1 lb. ground turkey
- 2 cups picante sauce, divided
- 1 (10 oz.) pkg. frozen chopped spinach, thawed,
squeezed dry and chopped
- 2 tsp. ground cumin, divided
- 1 (8 oz.) pkg. reg. or light. cream cheese, cubed
- 12 (7-inch) flour tortillas, warmed
- 1 (14 oz.) can diced tomatoes in juice
- 1 cup (4 oz.) shredded cheddar cheese
- ½ tsp. salt

Optional toppings: shredded lettuce, ripe olive
slices, avocado slices, sour cream

In a 10-inch non-stick skillet, cook turkey until it loses its pink color, breaking into small pieces with spoon. Add 1 cup picante sauce, spinach, 1 ½ teaspoons cumin and salt. Cook and stir 5 minutes or until most of liquid has evaporated. Add cream cheese, stirring just until melted; remove from heat. Spoon 1/3 cup filling down center of each tortilla; roll up and place seam-side down in lightly greased 13-by-9-inch baking dish. Combine tomatoes, remaining 1 cup picante sauce and remaining ½ teaspoon cumin; mix well & spoon over enchiladas.

Bake at 350 degrees for 20 minutes or until hot. Sprinkle with cheddar cheese; return to oven for 2 minutes to melt cheese. Top as desired.
Makes 6 servings.

Thai Noodle Dish

**Submitted by Larry Stoltenberg,
Condensed Matter Physics and the Center
for Physical and Computational
Mathematics**

When I lived in Colorado, we would often go to a Thai restaurant, J's Noodle, on the south side of Denver. It got to be a regular event on Sunday when I would go there with a large pot and get a couple orders of Pad Thai, a traditional noodle dish. The cooks knew exactly what I wanted when they saw me! This is my take on that wonderful dish.

Ingredients:

8 oz. Fettucine or Linguine

4 eggs (Use less if you want)

Cooking oil (I use peanut oil; olive, canola, or other healthy oil works.)

1 lb. meat, cut into small pieces (I use chicken; beef, pork, tofu, or shrimp is OK, too)

1 small bunch green onions, chopped

1 bottle Padang Peanut Sauce (Hy-Vee has this)

$\frac{1}{4}$ cup peanuts (optional)

$\frac{1}{2}$ cup bean sprouts (optional)

1 tsp. cilantro

Crushed peanuts (optional)

Crushed red pepper (optional)

Procedure:

Boil water and prepare pasta

Thai Noodle Dish continued...

Submitted by Steven Constance, Ames Lab

Scramble eggs and set aside

In a ¼ cup of oil or so, brown meat

Add peanuts

Add pasta noodles (drained), peanuts (if desired),
cilantro, and peanut sauce; stir

Add egg and sprouts; heat for a bit

Serve and Enjoy! (If desired, top with more cilantro,
some crushed red pepper, and crushed peanuts)

1 lb. sweet butter, melted

1 egg yolk

Preheat oven to 350 degrees. Grease a 9" x 13" pan. Open the phyllo and take out the sheets one at a time and place in the pan. Brush with melted butter. Add five more layers, buttering in between each layer. Take a handful of the walnut mixture and spread all over the buttered phyllo. Add two more phyllo layers, spreading butter between the layers, and spread another handful of the nut mixture on top. Add six more layers of phyllo, buttering between each layer. The top layer of phyllo should be completely buttered, including the sides. Beat the egg yolk and spread with fingers all over the top. Score the top sheet into diamond shapes. Bake for 45 minutes to 1 hour on middle oven rack. After 45 minutes if it is getting too brown, lower the heat to 300 to 325 degrees for the last 15 minutes. Take out of the oven immediately. Pour cold syrup over the baklava. It may look like a lot of syrup, but it will eventually sink into the baklava.

Thai Noodle Dish
Submitted by Larry Stoltenberg.

Condensed Matter Physics and the
for Physical and
Mathematics

DESSERTS

When I lived in Colorado, I went to a Thai restaurant. I ordered a Pad Thai. The cook knew exactly what I wanted when they saw me! This is my take on that wonderful dish.

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- 4 eggs (Use less if you want)
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- 1 lb. meat, cut into small pieces (I use chicken; beef, pork, tofu, or shrimp is OK, too)
- 1 small bunch green onions, chopped
- 1 bottle Padang Peanut Sauce (My-Vee has this)
- $\frac{1}{4}$ cup peanuts (optional)
- $\frac{1}{2}$ cup bean sprouts (optional)
- 1 tsp. cilantro
- Crushed peanuts (optional)
- Crushed red pepper (optional)

Procedure:

Boil water and prepare pasta.

Baklava

**Submitted by Steven Constance, Ames Lab
Storeroom**

1 lb. chopped walnuts

1 tsp. cinnamon

1/3 cup sugar

Mix all of the above together.

1 lb. phyllo dough

1 lb. sweet butter, melted

1 egg yolk

Preheat oven to 350 degrees. Grease a 9" x 13" pan. Open the phyllo and take out the sheets one at a time and place in the pan. Brush with melted butter. Add five more layers, buttering in between each layer. Take a handful of the walnut mixture and spread all over the buttered phyllo. Add two more phyllo layers, spreading butter between the layers, and spread another handful of the nut mixture on top. Add six more layers of phyllo, buttering between each layer. The top layer of phyllo should be completely buttered, including the sides. Beat the egg yolk and spread with fingers all over the top. Score the top sheet into diamond shapes. Bake for 45 minutes to 1 hour on middle oven rack. After 45 minutes if it is getting too brown, lower the heat to 300 to 325 degrees for the last 15 minutes. Take out of the oven immediately. Pour cold syrup over the baklava. It may look like a lot of syrup, but it will eventually soak into the baklava.

Berry Cobbler

**Submitted by Sandi Bishop, Ames Lab
Director's Office**

- 1 box white cake mix
- 12 oz. frozen raspberries
- 12 oz. frozen blueberries
- 2 cups 7-Up (regular or diet)

Preheat oven to 350. Pour fruit into greased 9 x 13" pan. Mix 7-Up with cake mix; pour over fruit. Cover with foil & bake 20 min. Remove foil & bake uncovered 40-50 min.

Brownie and Strawberry Shortcake

**Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree**

1 box (1 lb. 3, 8oz) Fudge Brownie Mix
½ cup vegetable oil
¼ cup water
3 eggs
2 ½ cups milk
2 boxes (serving size) white chocolate instant
pudding and pie filling mix
1 pint heavy whipping cream or cool whip
3 cups fresh strawberries, slices

Heat oven to 350 degrees. Grease a 10"x15"x 1" pan with cooking spray. In a medium bowl, stir brownie mix, oil, water, and eggs with a spoon until blended. Spread batter in pan. Bake for 23 to 25 minutes or until brownie springs when lightly touch in the center. Cool 15 minutes.

In a medium bowl, mix milk & pudding mix with a wire whisk until thickened. In a small bowl, beat whipping cream with an electric mixer on high speed until stiff peaks form. Gently fold whipping cream into pudding mixture until blended. Cover mixture & refrigerate.

Cut brownies into 6 rows by 4 rows (makes 24 squares). Place one brownie square on each dessert plate and top with ¼ cup of pudding mixture. Add 2 tablespoons of strawberries. Repeat layers. Serves 12.

Buckeye Balls

**Submitted by Deb Samuelson, Ames Lab
Public Affairs**

- 1 ½ cupx creamy peanut butter
- ½ cup butter, softened
- 1 tsp. vanilla extract
- 4 cups sifted confectioners sugar
- 6 oz. semi-sweet chocolate chips
- 2 T. shortening

Line a baking sheet with waxed paper and set aside. Mix peanut butter, butter, vanilla, and sugar with hands to form a smooth stiff dough. Shape into balls using 2 tsp. of dough for each ball. Place on prepared pan and refrigerate. Melt shortening and chocolate together in a metal bowl over a pan of lightly simmering water. Remove balls from refrigerator. Insert a wooden toothpick into a ball and dip into melted chocolate. Return to wax paper, chocolate side down, and remove toothpick. Repeat with remaining balls. Refrigerate for 30 minutes to set.

Buster Bar (Ice Cream) Dessert
Submitted by Connie Nessa, Center for
NDE

- 1 ½ cups evaporated milk
- 1 lb. chocolate sandwich cookies
- 2/3 cup chocolate chips
- Crushed cookies (Oreo's work well)
- ½ cup butter
- ½ cup melted butter
- 2 cups confectioner's sugar
- ½ gallon vanilla ice cream, softened
- 1 tsp. vanilla extract
- 1 ½ cups salted peanuts
- 12 oz. container frozen whipped topping, thawed

In a saucepan over medium heat, combine evaporated milk, ½ cup butter, chocolate chips, and confectioner's sugar. Bring to a boil, and cook 8 minutes, stirring constantly. Remove from heat, and stir in vanilla extract. Allow to cool thoroughly.

In a large bowl, mix together crushed chocolate sandwich cookies and ½ cup melted butter. Press onto the bottom of a 9x13 inch pan; freeze until firm. Spread softened ice cream over crust and then freeze until firm. Spread top with cooled fudge sauce, sprinkle with peanuts; freeze until firm. Spread with whipped topping (take a few of the cookie crumbles and put on whipped topping), freeze until firm, or overnight.

Caramel Brownies

Submitted by Ila Haugen, Ames Lab Budget

1 package Kraft caramels (50) (don't substitute caramel topping, it is too soupy)

1/3 cup evaporated milk

1 German chocolate cake mix

1/3 cup evaporated milk

3/4 cup melted butter

1 cup chopped walnuts

1 cup semi-sweet chocolate chips

Heat caramels and evaporated milk in sauce pan until melted. Set aside, but keep warm so that it will still pour.

Mix together cake mix, evaporated milk, melted butter and chopped walnuts. Place one half of the cake mixture in a greased 9x13 pan and bake at 350 degrees for six minutes. Remove from oven. Sprinkle chocolate chips over baked cake mix and pour melted caramel over chocolate chips. Crumble remaining cake mixture over top.

Bake at 350 degrees for 18 minutes.

Cut into 24 bars.

Carrot Bars

**Submitted by Deb Samuelson, Ames Lab
Public Affairs**

- 4 eggs
- 2 cups sugar
- 1 cup salad oil
- 3 jars baby food carrots (small)
- 2 cups flour
- 2 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon

Beat eggs and sugar. Add oil and beat well. Mix in carrots. Mix remaining dry ingredients separately and sift into batter. (Note: batter will be runny.) Pour into greased jelly roll pan and bake at 350 degrees for 30 minutes.

Frosting for Bars:

- 4 tbsp butter
- 1 small package (3 oz.) cream cheese
- 1-1/2 cup powdered sugar
- 1/2 tsp vanilla

Cheesecake Pie

**Submitted by Cynthia Feller, Ames Lab
Director's Office**

One graham cracker crumb crust

1 (8 oz.) softened cream cheese - beat until fluffy.

Gradually add 1/2 cup sugar, 1 T. lemon juice,
1/2 tsp. vanilla, dash of salt. Add 2 eggs, one at a
time.

Pour into crust.

Bake @ 325 degrees until set - 25-30 minutes.

Topping:

1 cup sour cream, 2 T. sugar, 1/2 tsp. vanilla.
Blend.

Spoon topping over pie and then bake another 10
minutes.

Cool and chill. Serve alone or with fruit.

Cheesecake with Raspberry Sauce

**Submitted by Tom Wessels, Ames Lab
Environment, Safety, Health & Assurance,
and Glenice Varley**

Cheesecake

Large spring form pan.

Crust

- 1 ½ cups graham cracker crumbs
- ¼ cup sugar
- ½ cup melted butter

Lightly oil inside bottom of pan. Combine ingredients and press in pan. Bake 5 min at 350 degrees.

Filling

- 4 (8 oz.) pkgs. cream cheese
- 1 cup sugar
- 1 tsp. vanilla
- 6 eggs

Cream the cheese, add sugar and vanilla and cream again. Add eggs one at a time and beat well after each addition. Pour over crust and bake 40 min. at 350 degrees. Cool 15 min.

Topping

- 2 cups sour cream
- 1 1/3 cups sugar
- 1 tsp. vanilla

Mix and pour over cheesecake. Sprinkle with cinnamon and bake 10 min. at 350 degrees.

Chill 12-24 hours.

**Raspberry Sauce - recipe from Dilys Morris
Submitted by Tom Wessels, Ames Lab
Environment, Safety, Health & Assurance**

2 (10) oz. packages of frozen raspberries in
syrup, defrosted

¼ cup seedless raspberry jam

1 T. corn starch

1 T. Kirsch, or preferred liqueur

Press raspberries through strainer so liquid goes
into heavy cooking pan. If seeds are in liquid,
strain a second time with clean strainer. Add
jam to juice, bring to a boil and dissolve
raspberry jam. Remove from heat. Dissolve
cornstarch in kirsch and whisk into sauce. Cook
over moderate heat stirring until sauce boils and
thickens. Refrigerate until ready to use. Will
keep for weeks.

Carol's Sour Cream Raisin Bars
Submitted by Sandi Bishop, Ames Lab
Director's Office

1 cup margarine
1 1/3 cup packed brown sugar
1 1/2 tsp. vanilla
2 1/2 cups oatmeal
1 cup flour
1/2 tsp. soda
2 cups raisins
14 oz. sweetened condensed milk
1 T. lemon juice

In microwave bowl combine raisins, sweetened condensed milk & lemon juice. Microwave 2 minutes. Cool. In another bowl mix margarine, brown sugar & vanilla. Add oatmeal, flour & soda. Reserve 2 cups & press remainder into 9" x 13" pan. Pour raisin mixture over base. Top with the reserved 2 cups of mixture. Bake at 350 degrees for 25-30 minutes.

Chocolate Chip Dessert Cheeseball
Submitted by Deb Samuelson, Ames Lab
Public Affairs

8 oz. cream cheese, softened
 $\frac{1}{2}$ cup butter, softened
2 T. brown sugar
 $\frac{3}{4}$ cup powdered sugar
 $\frac{1}{4}$ tsp. vanilla
 $\frac{3}{4}$ cup mini chocolate chips
 $\frac{3}{4}$ cup chopped pecans (optional)

Cream butter and cream cheese. Add sugars and vanilla. Mix together. Stir in chips and chill. Form into a ball and roll in nuts (sometimes I roll the ball into mini chips). Use chocolate wafers or graham crackers to dip into ball.

Chocolate Chip Oatmeal Cookies

**Submitted by Jane Woline,
Microelectronics Research Center**

2 sticks oleo, melted
1 ½ cups flour
1 cup brown sugar
1 tsp. soda
1 cup sugar
½ tsp. salt
2 eggs
Coconut - large handful
1 tsp. vanilla
6 to 12 oz. chocolate chips (can also add M&M's
and decrease chocolate chips)
1 tsp. walnut flavoring (optional)
Chopped walnuts, optional
3 cups oatmeal

Pour melted oleo over the sugars. Beat well.
Add eggs and flavorings. Add dry ingredients
and mix well. Add coconut. Gently stir in
chocolate chips, M&M's and nuts (if desired).
Place 2" apart on greased cookie sheet. Bake 350
for 8-10 minutes.

Chocolate Crinkles
Submitted by Jane Woline,
Microelectronics Research Center

½ cup vegetable oil
4 sq. unsweetened chocolate, melted
2 cups sugar
4 eggs
2 tsp. vanilla
2 cups flour
2 tsp. baking powder
½ tsp. salt
1 cup powdered sugar

Mix oil, chocolate and sugar. Blend in eggs, one at a time. Mix well. Add vanilla. Stir in flour, baking powder and salt. Chill several hours or overnight. Drop by teaspoon into dish of powdered sugar, and roll in the powdered sugar, shaping into a ball. Place 2" apart on greased cookie sheet. Bake in 350 degree oven for 10-12 minutes, or until almost no imprint stays when touched lightly in the center. Makes 6 dozen cookies.

Chocolate Pudding Cake

**Submitted by Norma Sandvick, Ames Lab
Accounting Office**

1 cup flour
2 tsp. baking powder
 $\frac{3}{4}$ cup sugar
2 T. cocoa
 $\frac{1}{2}$ tsp. Salt
 $\frac{1}{2}$ cup Milk
1 tsp. Vanilla
2 T. margarine, melted
(Add chopped nuts if desired)

Mix dry ingredients. Stir in milk, vanilla and margarine. Pour into an 8" x 8" pan.

Sauce

$\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup cocoa
1 $\frac{1}{2}$ cups BOILING water

Mix sugar and cocoa, sprinkle over mixture in pan. Pour hot water over batter.

Bake in 350 degree oven, about 30 minutes.

When done, this is a chocolate cake with hot fudge sauce on the bottom. Top with ice cream, whipped topping, or enjoy it plain!

Chocolate Sheet Cake

Submitted by Lynnette Witt, Ames Lab
Human Resources

2 sticks butter or oleo
4 T. cocoa
1 cup water
2 cups sugar
2 cups flour
¼ tsp. salt
1 tsp. vanilla
2 eggs
1 tsp. baking soda
1 cup sour cream

Bring oleo, cocoa and water to a boil. Cool to lukewarm. Add sugar, flour, salt, vanilla, eggs, baking soda and sour cream. Pour in sheet cake pan and bake at 350 degrees for 20-30 minutes. Frost with Fudge Frosting.

FUDGE FROSTING

6 T. milk or cream
6 T. oleo
1 ½ cups sugar
½ cup chocolate chips

Bring milk, oleo, and sugar to a boil and boil for 1 to 1 ½ minutes. Add ½ cup chocolate chips and blend until smooth. Spread over cake.

(Softening chocolate chips on very low heat in the microwave will make a smoother frosting).

Coconut Cake

Submitted by Alison Easter, Ames Lab

Scientific and Technical Information Office

Cake Ingredients:

2 sticks butter, at room temperature

2 cups sugar

4 eggs

3 cups sifted self-rising flour

1 cup coconut milk

1 tsp. pure vanilla extract

Filling Ingredients:

$\frac{3}{4}$ cup sugar

1 cup sour cream

4 T. milk

$\frac{1}{2}$ cup flaked, sweetened coconut

Frosting Ingredients:

1 $\frac{1}{2}$ cups sugar

$\frac{1}{4}$ tsp. cream of tartar or 1 Tablespoon white

corn syrup

$\frac{1}{8}$ tsp. salt

$\frac{1}{3}$ cup water

2 egg whites

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

2 to 3 cups coconut, flaked and sweetened

Preheat oven to 350 degrees. Grease and flour 3 (9-inch) cake pans. Using an electric mixer, cream butter until fluffy. Add sugar and continue to cream well for 6 to 8 minutes. Add eggs, 1 at a time beating well after each addition. Add flour and coconut milk alternately to creamed mixture, beginning and

Coconut Cake continued...

ending with flour. Add vanilla and continue to beat until just mixed. Divide batter equally among prepared pans. Level batter in each pan by holding pan 3 or 4-inches above counter, then dropping it flat onto counter. Do this several times to release air bubbles and assure you of a more level cake. Bake for 25-30 minutes or until done. Cool in pans 5-10 minutes. Invert cakes onto cooling racks.

Directions: (Filling)

Stir together sugar, sour cream, milk, and coconut in a bowl until well blended. Add first cake layer onto pedestal. Using the wrong end of a wooden spoon, poke holes approximately 1-inch apart until entire cake has been poked. Spread a third of filling mixture on cake layer. Top with second layer, repeat process. Top with last layer and repeat process again. As each layer is stacked, stick them with toothpicks to prevent cake from shifting.

Directions: (Frosting)

Place sugar, cream of tartar or corn syrup, salt, water, and egg whites in the top of a double boiler. Beat with a handheld electric mixer for 1 minute. Place pan over boiling water, being sure that the boiling water does not touch the bottom of the top pan. Beat constantly on high speed with electric mixer for 7 minutes. Beat in vanilla. Frost the top and sides of the cake. Sprinkle top and sides of cake with coconut.

Cranberry Cake with Hot Butter Sauce

**Submitted by Lynnette Witt, Ames Lab
Human Resources**

2 T. butter
1 cup sugar
1 tsp. vanilla
2 cups flour
3 tsp. baking powder
½ tsp. salt
1 cup milk
2 cups whole, raw cranberries

Cream butter and sugar; beat in vanilla. Sift flour, baking powder and salt. Add dry ingredients to creamed mixture alternately with milk. Fold in cranberries. Pour into greased 9-inch square pan. Bake at 400 degrees for about 35 minutes. Serve warm with hot butter sauce.

Hot Butter Sauce

½ cup butter
1 cup sugar
½ cup cream

Melt butter in saucepan; blend in sugar and stir in cream. Simmer 3-4 minutes, stirring occasionally. Serve over warm cranberry cake.

Both cake and butter sauce can be made ahead and heated in microwave before serving.

Crock Pot Apple Crisp

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoi, Ames Laboratory
Electronics Shop**

Use a pastry blender to mix the following:

- 1 cup butter
- 1 cup brown sugar
- 1 cup flour
- 1 cup oatmeal

Press one-half of this mixture into a greased crockpot.

Peel and slice 8 or 9 large tart apples. Mix apples with:

- 1 or 2 T. flour
- $\frac{3}{4}$ cup sugar
- 1 tsp. cinnamon

Put apple mixture in crock pot.

Cover apples with remaining oatmeal mixture.
Drizzle with about 2 T. karo syrup.

Put spoon under lid of crock pot (to let steam escape while cooking) and cook on high for about 3 hours or until apples are done and top is golden brown.

Creme de Menthe Bars

**Submitted by Sharon Hjortshoj, spouse of
John Hjortshoi, Ames Laboratory**

Electronics Shop

2 cups sugar
1 cup butter
4 eggs
1 tsp. vanilla
1 ½ cups flour
4 T. cocoa
¾ tsp. baking powder
Dash salt

Cream butter and sugar. Add eggs and vanilla and beat well. Stir in dry ingredients. Spread in greased 10 x 13 glass pan and bake at 350 degrees for 25 minutes. Cool completely.

Second Layer:

½ cup butter
2 T. instant vanilla pudding (dry mix)
2 T. creme de menthe syrup
1 T. milk
2 cups powdered sugar

Mix ingredients until smooth and then spread over cooled brownies.

Third Layer:

2 cups sugar
2 T. cocoa
½ cup milk
½ cup butter

Creme de Menthe Bars continued...

1-1/3 T. white corn syrup

Mix in saucepan and cook to soft ball stage. Cool slightly and beat with mixer until spreading consistency is achieved. Beating too long will result in a fudge-like consistency that can't be spread.

Date Swirl Cookies

**Submitted by Linda Claussen, Ames Lab
Budget Office**

$\frac{1}{2}$ cup oleo or margarine

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup white sugar

1 egg

2 cups flour

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{4}$ tsp. salt

Filling:

$\frac{1}{2}$ lb. dates, cut up

$\frac{1}{3}$ cup water

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup nuts

Mix and knead dough until smooth. Roll to $\frac{1}{4}$ " thickness on waxed paper; (better to make 2 smaller rolls). Set aside. Prepare filling: Cook dates, water, and sugar for 5 minutes, stirring constantly. Cool. Add nuts. Spread this on the prepared dough and roll up (like a jelly roll); chill for several hours. Slice and bake in 350 degree oven for 10-12 minutes, or until light brown.

Der Tod Von Schokolade (Death by Chocolate)

Submitted by Sue Tourtellott, Ames Lab Accounting

- 1 recipe of chocolate brownies (9x13 pan), baked
- $\frac{1}{4}$ cup Kaluha (may be omitted)
- 2 pkg. chocolate mousse, prepared
- 1 large container Cool Whip
- 8 Heath Bars, crushed
- 1 cup pecans, chopped

Prepare brownies. Cool and poke holes. Pour Kaluha over brownies. Crumble and place $\frac{1}{2}$ in large bowl. Prepare the Chocolate Mousse according to directions and divide into two portions. Spread $\frac{1}{2}$ of the Mousse over the crumbled brownies. Spread $\frac{1}{2}$ of the container of Cool Whip over Mousse. Crush the Heath Bars and the nuts and sprinkle $\frac{1}{2}$ over Cool Whip. Repeat all the steps. Refrigerate and allow to set for several hours or overnight for flavors to mingle. This is absolutely delicious and will serve 12-15 people easily. (Maybe more because it's very rich and after a good meal, a small portion is more than adequate).

Easy Pecan Caramel Delights
Submitted by Sally Evans, Ames Lab
Director's Office & IPRT Company
Assistance

1 bag mini pretzels (not sticks)

1 bag Rolos candies

1 bag halved pecans

Preheat oven to 250. Place pretzels on baking sheet. Unwrap Rolos & place one on each pretzel. Place in oven for no more than 5 minutes. Candies should be slightly soft, but not melted. Remove from oven & push a pecan half into each candy. Refrigerate until firm. Will look like a small turtle.

Edna's Peanut Clusters
Submitted by Sandi Bishop, Ames Lab
Director's Office

12 oz chocolate chips

½ pkg. chocolate almond bark

1 jar dry roasted peanuts

Melt chips & almond bark. Stir in peanuts.

Drop by spoonful on greased cookie sheet. Chill.

Evy's Spritz Cookies

**Submitted by Sandi Bishop, Ames Lab
Director's Office**

1 cup shortening

$\frac{3}{4}$ cup sugar

1 egg

2 $\frac{1}{4}$ cups flour - sifted

$\frac{1}{2}$ tsp. baking powder

1 tsp. almond extract

Cream shortening, adding sugar gradually. Add egg & then dry ingredients. Add extract last. Drop by spoonful onto cookie sheet or make decorative shapes. Bake at 350 degrees for 10 minutes. Makes about 70 cookies.

Cream sugar and butter about 4 minutes until fluffy (use electric mixer). Beat in the chocolate and vanilla. Beat in eggs, one at a time. Beat until fluffy after each egg, scraping sides of bowl frequently. Fold in Cool Whip with a whisk.

Put mixture into cooled pastry shell immediately. Cover and chill overnight.

To serve, garnish with whipped cream and chocolate curls.

Whipped Cream: Place heavy cream, powdered sugar and second teaspoon vanilla in mixing

Frozen Peach Cream Pie
Submitted by Jane Woline,
Microelectronics Research Center

1 can (14 oz.) sweetened condensed milk
Juice of 2 large lemons, about 1/2 cup
1 cup heavy cream, whipped or Cool Whip
2 cups fresh ripe peaches, sliced and cut into
small pieces
1 (9 inch) graham cracker crust

Mix milk with lemon juice (mixture will
thicken). Fold thickened mixture into whipped
cream and peaches. Pour into chilled crust.
Freeze 1-2 hours or until slightly frozen.
Serve. Keep leftovers frozen; thaw slightly to
serve.

French Silk Pie

Submitted by Carol Smith, Materials & Engineering Physics

- 1 pastry pie shell
- 1 cup sugar
- 1 cup real butter (margarine will not work!)
- 3 oz. unsweetened baking chocolate
- 1 tsp. vanilla extract
- 3 *pasteurized* eggs (This pie is not baked!)
- 8 oz. Cool Whip
- 1 cup heavy cream
- 1 cup powdered sugar
- 1 tsp. vanilla
- Sweet chocolate for curls for garnish

Bake pie shell as directed on package (or use graham cracker crust). Cool completely.

Cream sugar and butter about 4 minutes until fluffy (use electric mixer). Beat in the chocolate and vanilla. Beat in eggs, one at a time. Beat until fluffy after each egg, scraping sides of bowl frequently. Fold in Cool Whip with a whisk.

Put mixture into cooled pastry shell immediately. Cover and chill overnight.

To serve, garnish with whipped cream and chocolate curls.

Whipped Cream: Place heavy cream, powdered sugar and second teaspoon vanilla in mixing

French Silk Pie continued...

bowl and beat until stiff. Do not over beat or it turns to butter! Do not under beat or it will be runny.

Chocolate Curls: Use a vegetable peeler and peel curls off a chunk of sweet chocolate. If chocolate crumbles, warm slightly in microwave 5-20 seconds.)

Fudge Brownies

**Submitted by Cynthia Jenks, Materials
Chemistry Program**

(adapted by Cynthia Jenks from recipe in Better
Homes and Gardens "New" Cook Book)

- 1 cup butter
- 4 oz. unsweetened chocolate
- 1 ½ cups sugar
- 4 eggs
- 2 tsp. of vanilla
- 1 ½ cups all-purpose flour
- ¾ to 1 cup chocolate chips

Grease a 13x9x2" baking pan. Melt butter and unsweetened chocolate in a microwave on medium heat. Stir in sugar. Add eggs and vanilla; beat lightly until just until combined (don't overbeat). Stir in flour. Stir in chocolate chips. Spread batter in pan. Bake in a 350 degree oven for 30 minutes. Cool.

Grandma's Oatmeal Chip Cookies
Submitted by Steve Karsjen, Ames
Laboratory/IPRT Public Affairs

- 1 cup oleo or butter Crisco
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 eggs
- 2 T. water
- 1 tsp. vanilla
- 1 ½ cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 3 cups quick oatmeal, uncooked
- 1 (12 oz.) pkg. chocolate chips

Cream shortening and sugar. Stir in beaten eggs, water and vanilla. Add sifted dry ingredients, quick oats and chocolate chips. Drop from teaspoon onto baking sheet and bake at 375 degrees for 10 to 15 minutes. Nutmeats may be added, if desired.

Kadaifi with Custard
Submitted by Steven Constance, Ames Lab
Storeroom

Syrup: Make first.

4 cups sugar

3 cups water

Stick of cinnamon

6 to 10 cloves

1 T. lemon juice

In a saucepan, mix sugar, water, one stick of cinnamon and six to ten cloves. Boil for 11 minutes. Add one tbsp. of lemon juice and boil for four more minutes. Set aside.

1 lb. Kadaifi

$\frac{3}{4}$ lb. sweet butter

1 $\frac{1}{2}$ pints of milk

4 T. sugar

1 tsp. vanilla

1 pint heavy cream

3 T. corn starch

Heat oven to 350 degrees. Using two square cake pans (either 9 x 9, 10 x 10, or 11 x 11), split the Kadaifi equally, $\frac{1}{2}$ lb. in each pan. Untangle with hands and spread all over the pans. Melt sweet butter and equally drizzle between the two pans using all of it. Put both pans in oven and bake for about $\frac{1}{2}$ hour. Kadaifi should not be too well done—leave it more on the pinkish side. Let stand on counter.

Kadaifi with Custard continued...

In a large saucepan add 1 pint of milk, heavy cream, and the sugar and start stirring over medium heat. Take the other $\frac{1}{2}$ pint of milk and dilute cornstarch in it. When the heavy cream and milk are hot, start pouring the diluted cornstarch into the pan a little bit at a time. Let it thicken to the consistency of thick custard. Remove from heat and add vanilla. Set aside.

Take one pan of the Kadaifi and pour the custard filling on top of it, spreading it all around the pan. Flip the Kadaifi out of the other pan upside down on top of the custard (like a layer cake). Now pour the syrup slowly over it and let it cool to room temperature.

Kringla

Submitted by Donna Millang, IPRT Office
of Financial Management

Cream together:

½ cup margarine

1 ¼ cups sugar

Add and mix in order given:

2 egg yolks

1 cup buttermilk (1 tsp. of soda in buttermilk)

1 tsp. baking powder

½ tsp. salt

3 cups flour

1 tsp. vanilla

Chill batter overnight. Cut into narrow strips
and form a figure eight. Roll & bake in 500
degree oven for ~ 5 min. (slightly golden brown)

8 oz. Cool Whip

Top the mixture with cool whip. Refrigerate
only.

Krispie Cookies
Submitted by Donna Millang, IPRT Office
of Financial Management

1 cup oleo
1 cup oil
1 cup white sugar
1 cup brown sugar
1 egg
3 ½ cups flour
1 tsp. soda
1 tsp. cream of tarter
1 tsp. salt
1 cup oatmeal
1 cup rice krispies
1 cup chocolate chips
1 cup chopped nuts
2 tsp. vanilla

Mix all together and drop on ungreased cookie sheet. Bake 350 degrees for 10 to 12 min.
Let stand a few minutes before removing from the cookie sheet

Layer Dessert

Submitted by Connie Heim, Ames Lab

Purchasing

Prepare graham cracker crust:

1 $\frac{1}{4}$ cups graham cracker crumbs

3 T. sugar

$\frac{1}{3}$ cup butter or margarine

Blend ingredients and spread in a 9 x 13" dish.

1 sm. pkg. instant vanilla pudding

1 pkg. Dream whip

1 $\frac{2}{3}$ cups milk

8 oz. sour cream

3 T. Powdered sugar

Using mixer, blend for 3 to 5 min. Spread over graham cracker crust.

2 cups vanilla ice cream

$\frac{1}{3}$ cup milk

1 sm. pkg. instant chocolate pudding

1 pkg. Dream whip

Blend with mixer for 3 to 5 min. Spread over top of vanilla pudding mixture.

8 oz. Cool Whip

Top the mixture with cool whip. Refrigerate only.

Louisa's Salad Dressing Cake
Submitted by Sandi Bishop,
Ames Lab Director's Office

In large bowl sift together:

2 cups flour

3 T. unsweetened cocoa powder

1 ½ cups sugar

1 ½ tsp. soda

Mix well & add:

1 cup mayonnaise

1 cup boiling water

1 tsp. vanilla

Beat well. Bake at 325 degrees for

10 minutes. Increase oven

temperature to 350 degrees and

bake for another 20 minutes. Frost

or serve plain.

Marble Brownies

**Submitted by Ellen Price, Ames
Lab Accounting**

1 (21-oz.) box brownie mix (9" x 13" pan size)

You will need eggs, oil, and water to prepare the box mix as directed on the box

Filling:

1 (8 oz.) package of regular or 1/3 less fat cream cheese, softened

1/3 cup sugar

1 tsp. vanilla

1 egg

1 cup chocolate chips, optional

Prepare brownie mix as directed on package.

Spread in greased 9x13" pan.

Beat cream cheese, egg, sugar, and vanilla until smooth. Pour over unbaked brownie batter and swirl with knife for marble effect. Sprinkle with chocolate chips if desired.

Bake in preheated oven at 350 degrees for 30-35 minutes until tests done. Do not overbake.

Cool. If desired frost with canned chocolate icing.

Molasses Sugar Cookies
Submitted by Jim Withers, Ames Lab
Environment, Safety, Health & Assurance, &
Jenifer Withers

$\frac{3}{4}$ cup shortening (1/4 cup being butter)

1 cup brown sugar

1 egg

$\frac{1}{4}$ cup sorghum

1 egg

2 $\frac{1}{4}$ cups flour

2 tsp. soda dissolved in a bit of water

1 tsp. cinnamon

$\frac{1}{4}$ tsp. salt

1 pinch cloves

$\frac{1}{4}$ tsp. ginger

1 tsp. vanilla

Cream shortening, sugar & egg. Stir in sorghum. Add dry ingredients. Chill mixture. Shape into balls & roll in sugar. Flatten with the bottom of a glass. Bake at 375 for 8-9 minutes. Frost with butter cream icing.

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1 stick butter

1 lb. powdered sugar

2-4 T. milk

1 tsp. vanilla

Mix until desired consistency.

Nettie's Rhubarb Cake
Submitted by Sandi Bishop, Ames Lab
Director's Office

2-3 cups rhubarb, chopped
1 cup sugar
1 T. flour (heaping)
1 box vanilla instant pudding mix
1 orange cake mix

Preheat oven to 350 degrees. Grease & flour 9" x 13" cake pan. Place enough rhubarb in bottom of pan to cover about 1" deep. Mix sugar, flour & dry pudding mix. Sprinkle over rhubarb. Mix orange cake according to package directions. Pour over rhubarb. Bake 350 for 35-40 minutes.

No Bake Candy Bar (Bun Bar) Cookies

Submitted by Pat Emley, Ames Lab Budget Office

- 1 ½ cups chocolate flavored chips (9oz.)
- 1 cup butterscotch flavored chips (6 oz.)
- 1 cup peanut butter (I like extra crunchy)
- 1 lb. confectioner's (powdered) sugar (~ 3 ¾ cups)
- ½ cup margarine (softened)
- ¼ cup milk
- 2 T. dry instant vanilla (I like French vanilla) pudding and pie filling
- 1 ½ cups dry roasted peanuts, coarsely chopped

Line a (9x13") baking pan with waxed paper.
Melt first 3 ingredients together in double boiler using hot (not boiling) water.
Pour ½ of the chocolate mixture into 13x9 pan.
Spread thin and refrigerate until set.

Beat powdered sugar, margarine, milk and pudding mix together until well blended. Spread on chocolate layer. Refrigerate at least 10 minutes.

Add peanuts to remaining chocolate mixture. Spread evenly over cream layer. If chocolate is too thick, return to double boiler.

Refrigerate at least 2 hours (overnight better).
Cut into squares (suggested 1" square). Yield:
NEVER ENOUGH!! Store covered in refrigerator.

Orange Cake

Submitted by Sarah Kallsen, Center for NDE

- 1 (18.25 oz.) package yellow cake mix
 - 1 (3 oz.) package instant lemon pudding mix
 - $\frac{3}{4}$ cup orange juice
 - $\frac{1}{2}$ cup vegetable oil
 - 4 eggs
 - 1 tsp. lemon extract
 - $\frac{1}{3}$ cup orange juice
 - $\frac{2}{3}$ cup white sugar
 - $\frac{1}{4}$ cup butter
1. Grease a 10 inch Bundt pan. Preheat oven to 325 degrees F (165 degrees C).
 2. In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in $\frac{3}{4}$ cup orange juice, oil, eggs and lemon extract. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Pour batter into prepared pan.
 3. Bake in preheated oven for 50 to 60 minutes. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
 4. In a saucepan over medium heat, cook $\frac{1}{3}$ cup orange juice, sugar and butter for two minutes. Drizzle over cake.

Peach-Nectarine Crisp

**Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree**

4 cups sliced fruit (I use 4 peaches and 2 white nectarines)

Topping:

$\frac{3}{4}$ cup brown sugar, packed

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup flour

$\frac{3}{4}$ tsp. cinnamon

$\frac{3}{4}$ tsp. nutmeg

$\frac{1}{4}$ cup margarine, soft (hold until needed)

Mix all the dry ingredients together. Add soft margarine to dry mixture. Place the fruit in a 9 x 9" pan. Place crumbled topping over the fruit. Bake at 350 degrees for 30-40 minutes (or until fruit is done).

Peanut Butter Balls

**Submitted by Rhonda DeShong, Ames Lab
Human Resources**

2 (1 lb.) pkgs. powdered sugar
1 stick butter
1 tsp. vanilla
2 cups peanut butter
1 cup Eagle Brand Milk
Nuts (if desired)

Mix above ingredients together thoroughly.
Form into 1" balls and place on cookie sheets
lined with waxed paper. Refrigerate several
hours or freeze to prepare for dipping.

$\frac{1}{2}$ bar paraffin
2 pkgs. milk chocolate chips

Melt paraffin in a double boiler. Add chocolate
chips and heat until smooth. Using a toothpick,
dip balls quickly into chocolate mixture and
drain off excess with light taps. Carefully set
back on clean sheet of wax paper. Cool. Hint:
Stir chocolate frequently while dipping; If
chocolate thickens return to heat for a minute or
two.

Peanut Butter Bars
Submitted by Rhonda Hill, Ames Lab
Human Resources

2/3 cup oil
2 cups sugar
4 eggs
½ cup peanut butter
1 1/3 cup flour
½ tsp. salt
2 tsp. vanilla

Preheat over to 350. Grease a 9x13 pan. Mix together the oil and sugar. Add eggs and vanilla; beat well. Then beat in peanut butter until well mixed. Slowly add flour and salt, just until everything is mixed. Pour into 9x13 inch pan; bake for 20 to 25 minutes. When cool, frost with butter icing.

Butter Icing:

½ or 2/3 stick butter or margarine
2 T. peanut butter
½ tsp. Vanilla
2 T. milk
2 ½ cups powdered sugar

Have butter or margarine at room temperature. Beat together well all ingredients, adjusting amounts of powdered sugar and milk until spreadable.

Peanut Butter Blossom Cookies

Submitted by Jane Woline,
Microelectronics Research Center

½ cup peanut butter
1 tsp. baking soda
½ cup Crisco shortening
½ tsp. salt
½ cup white sugar
1 ¾ cups flour
½ cup brown sugar
1 egg
1 tsp. vanilla
2 T. milk

Preheat oven to 375 degrees. Cream the peanut butter, Crisco shortening, and sugars together. Add the egg and beat well. Stir in the vanilla and milk and mix well. Add the soda and salt, beating well. Then stir in the flour until batter is well blended.

Roll the cookie dough into small balls, roll the balls in granulated sugar, and place on an ungreased cookie sheet. Bake for about 6 1/2 minutes. Remove from oven and place a chocolate star in the center of the partially baked cookie dough. Return the cookie sheet to the oven and continue baking for about 30-45 seconds. Remove from the cookie sheet and place cookies on a cooling rack.

Makes about 3 1/2 dozen cookies.

Prune Bars or Carrot Cake
Submitted by Vickie Hahn, Ames Lab
Occupational Medicine

4 Eggs – beaten. Stir in 2 cups white sugar, add 1 cup vegetable oil and 3 small jars of prune tapioca baby food (Carrots or Apricots)

Add:

2 cups flour

1 tsp. soda

2 tsp. cinnamon

Chopped Nuts if desired

Bake in a 9 x 13" cake pan at 350 degrees for 35 – 50 minutes

Frosting

3 oz. cream cheese

$\frac{3}{4}$ stick margarine

1 tsp. milk

1 $\frac{3}{4}$ cups powdered sugar

1 tsp. vanilla

Spread frosting on cooled cake.

Pudding Rolls

**Submitted by Lynnette Witt, Ames Lab
Human Resources**

1 box cook-type vanilla pudding (3 oz.)

1 ½ cups milk

1 stick margarine

1 tsp. salt

2 pkg. dry yeast

½ cup warm water

5 ½ cups flour

FILLING:

Brown sugar

Soft butter

Cinnamon

CARAMEL SAUCE

1 cup packed brown sugar

¾ cup margarine

½ cup nuts (optional)

2 T. white sugar

1 T. water

1 tsp. cinnamon

Cook vanilla pudding with milk. Stir in margarine until melted and let cool. Mix dry yeast with warm water. When pudding mixture is lukewarm, mix with yeast mixture and add salt. Add the flour, one cup at a time. Knead until smooth and let rise to double. Punch down and roll into rectangle. Smooth butter over dough and sprinkle with brown sugar and cinnamon. Roll up and slice about ¾ to 1 inch thick. Place into pans on top of

Pudding Rolls continued...

caramel sauce. Let rise. Bake at 350 degrees for about 20 minutes. Let stand for about 1 minute and then turn over onto aluminum foil. Cover and seal with another sheet of foil immediately (this is important – if you don't do this the rolls turn HARD). To eat, warm in microwave.

Caramel sauce:

Combine brown sugar, margarine, nuts, sugar, water and cinnamon. Stir over low heat until combined. Pour into ungreased baking pans.

Pumpkin Bars

Submitted by Sandi Bishop, Ames Lab

Director's Office

- 1 cup flour
- 1 cup sugar
- 1 tsp. baking powder
- 1 tsp. soda
- 1 tsp. cinnamon
- 8 oz. pumpkin
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup oil
- 2 eggs

Combine all ingredients in large bowl & mix well. Pour into 9" x 13" cake pan. Bake at 350 for 25 minutes. Cool & frost.

FROSTING

- 3 oz. cream cheese
- 6 oz. margarine
- 1 tsp. vanilla
- 2 cups powdered sugar

Combine all ingredients & beat well. Frost cooled bars. Recipe may be doubled and baked in jelly roll pan.

Pumpkin Spice Roll

Submitted by Susan Elsner, Materials and Engineering Physics

$\frac{3}{4}$ cup plus 2 T. powdered sugar, divided
 $\frac{3}{4}$ cup flour
1 $\frac{1}{2}$ tsp. pumpkin pie spice
1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
3 eggs
1 cup sugar
 $\frac{3}{4}$ cup canned pumpkin (half of a 15oz. can)
1 cup chopped walnuts (optional)
4 oz. cream cheese, softened
1 $\frac{1}{2}$ cups Cool Whip (regular or French vanilla)

Preheat oven to 375°. Grease 15x10x1-inch baking pan. Line with wax paper; grease and flour wax paper. Sprinkle clean towel with $\frac{1}{4}$ cup of the powdered sugar.

Mix flour, spice, baking powder and salt; set aside. Beat eggs and sugar in large bowl with electric mixer on high speed until thickened. Add pumpkin; mix well. Add flour mixture; beat just until blended. Spread evenly into prepared pan; sprinkle with walnuts (if desired).

Bake 15 minutes or until top of cake springs back when touched. Immediately invert cake onto towel; remove pan. Carefully peel off paper. Starting at one of the short sides, roll

Pumpkin Spice Roll continued...

up cake and towel together. Cool completely on wire rack.

Beat cream cheese and $\frac{1}{2}$ cup of the powdered sugar in medium bowl with electric mixer on medium speed until well blended. Add whipped topping; mix well. Carefully unroll cake; remove towel. Spread cream cheese mixture over cake. Reroll cake; wrap in plastic wrap. Refrigerate at least 1 hour or until ready to serve. Sprinkle with the remaining 2 Tbsp. powdered sugar just before serving.

TOPPING:

2 cups boiling water
1 (6 oz.) pkg. strawberry or raspberry gelatin
2 (10 oz.) pkgs. frozen raspberries

Prepare gelatin according to directions. Add frozen raspberries. Stir until the fruit has thawed and the gelatin is just starting to thicken. Pour over cream cheese mixture. Chill in refrigerator overnight.

Raspberry Gelatin Dessert or Salad
Submitted by Karen Huiatt, Ames Lab
Accounting

CRUST:

2 cups crushed pretzels
1 cup melted butter
2 T. sugar

Press into a 9x13" pan. Bake 10 minutes at 350 degrees. Cool.

FILLING:

8 oz. cream cheese
1 cup sugar
12 oz. frozen whipped topping

Mix cream cheese and sugar together. Add thawed whipped topping. Spread over cooled crust.

TOPPING:

2 cups boiling water
1 (6 oz.) pkg. strawberry or raspberry gelatin
2 (10 oz.) pkgs. frozen raspberries

Prepare gelatin according to directions. Add frozen raspberries. Stir until the fruit has thawed and the gelatin is just starting to thicken. Pour over cream cheese mixture. Chill in refrigerator overnight.

Rhubarb Cake
Submitted by Jane Woline,
Microelectronics Research Center

1 ½ cups brown sugar
1 tsp. soda
½ cup margarine
2 cups flour
1 egg
Dash salt
1 tsp. vanilla
1 ½ cups raw rhubarb, cut fine
1 cup buttermilk

Cream sugar and margarine. Add egg, vanilla, and buttermilk. Beat well. Combine flour, soda, and salt. Add to creamed mixture. Mix in finely cut raw rhubarb. Pour into greased and floured 9x13 pan. Sprinkle with mixture of 1 tsp. cinnamon and 1/2 cup sugar. Bake at 350 degrees for 35-40 minutes or until done.

Rhubarb Custard Pie

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

2 cups sugar
¼ cup flour
¼ tsp. nutmeg
Dash of salt
3 Eggs
4 cups rhubarb

Mix sugar, flour, nutmeg, salt & eggs then add rhubarb. Pour into a 9" pie shell.

Bake at 400 degrees for 45 – 60 minutes.

There is *no* top crust with this recipe.

TOPPING:

2 cups boiling water
1 (6 oz.) pkg. strawberry or raspberry gelatin
2 (10 oz.) pkgs. frozen raspberries

Prepare gelatin according to directions. Add frozen raspberries. Stir until the fruit has thawed and the gelatin is just starting to thicken. Pour over cream cheese mixture. Chill in refrigerator overnight.

Rich Chocolate Cake
Submitted by Jane Woline,
Microelectronics Research Center

In a 9x13" pan, mix 1 cup brown sugar and 1/2 cup cocoa powder. Then stir in 2 cups of water until well blended.

Snip 12 large marshmallows into quarters and scatter over this mixture.

Spoon carefully over this chocolate/marshmallow mixture, Duncan Hines Devil's Food Cake mix batter (prepared according to the box directions). Top with 1 cup of broken nuts. Bake 350 for 45-50 minutes. Turn cake upside down when serving so chocolate sauce is on top. Serve warm or cold with whipped cream.

Rhubarb Cream Pie
Submitted by Jane Woline,
Microelectronics Research Center

- 1 ½ cups sugar
- 3 T. flour
- ½ tsp. nutmeg
- 1 T. butter or margarine
- 2 well-beaten eggs
- 3 cups cut rhubarb
- 1 recipe Plain Pastry

Blend sugar, flour, nutmeg and butter. Add eggs; beat smooth; pour over rhubarb in 9-inch pastry-lined piepan. Top with pastry. Bake 450 for 10 minutes, then 350 degree oven for about 30 minutes.

Scotch Cross
Submitted by Jane Woline,
Microelectronics Research Center

Combine in 3-quart saucepan:

1 cup sugar

1 cup light corn syrup

Cook to boiling. Remove from heat. Add 1 cup peanut butter. Mix well. Stir in 6 cups Rice Krispies. Pour in greased 9x13 pan. In double boiler melt: 6 oz real chocolate chip bits & 6 oz butterscotch chips. Spread the chocolate mixture over the bars. Cut after the chocolate has set. Refrigerate if needed.

Spring Dessert

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

1 ½ cups flour

1 Stick margarine/butter

1 cup nuts

1 ½ cups powdered sugar

1 (8 oz.) pkg. of cream cheese

1 large container of Cool Whip

2 cups mini marshmallows

3 cups milk

1 (6 oz.) instant pudding (or 2 small pkgs. of pudding)

Mix flour, butter & nuts, put in 9 x 13" cake pan, bake at 350 degrees for 15 minutes. Let cool.

1st layer; Mix sugar, cream cheese, ½ container of cool whip and mini marshmallows. Layer this on cooled crust.

2nd layer; Mix milk and pudding – set 20 minutes – put this on top of the 1st layer of cream cheese etc.

Put remaining cool whip on top of the pudding layer.

I use pistachio pudding and pecans, but any flavor of pudding and type of nuts can be used, even coconut.

Tammy's Rhubarb Cake

**Submitted by Drew Fullerton, Ames Lab
Environment, Safety, Health & Assurance**

- 1 package yellow cake mix
- 4 cups rhubarb
- 2 cups white sugar
- 1 cup heavy cream

Following the instructions on the box, make the cake mixture and pour it into an 8 X 11" pan. Next add the rhubarb, sugar, and pour the heavy cream on top. Bake for 1 hour at 350 degrees. Remove from oven. Let cool and enjoy.

Texas Brownies

**Submitted by Vickie Hahn, Ames Lab
Occupational Medicine**

Sift together 2 cups sugar and 2 cups flour.
Melt in saucepan & bring to boil & then pour
over flour & sugar mixture, mixing well;

1 stick margarine

½ cups vegetable oil

4 T. cocoa

1 cup water

Add to the above mixture & blend well:

½ cup buttermilk

1 tsp. Soda

2 beaten eggs

1 tsp. vanilla

Bake 20 minutes at 400 degrees in slightly
greased jelly roll pan

Frosting:

In same saucepan as used before, mix and bring
to boil;

1 stick margarine

4 – 6 T. milk

4 T. cocoa

Remove from heat and add; 1 lb. box of powered
sugar

1 tsp. Vanilla

1 cup chopped nuts (if desired)

Have frosting ready to spread as cake comes
from oven or you can wait till cake cools also.

Tiramisu Anacapri

Submitted by Carol Smith, Materials & Engineering Physics

1 cup cold water
1(14 oz.) can fat-free sweetened condensed milk
1(1.4 oz.) pkg. sugar-free vanilla instant pudding mix
1(8 oz.) block 1/3-less-fat cream cheese, softened
1(8-oz.) tub frozen reduced-calorie whipped topping, thawed
1 cup hot water
½ cup Kahlúa (coffee-flavored liqueur)
1 T. instant espresso or 2 T. instant coffee granules
24 cakelike ladyfingers (2 [3 oz.] packages)
3 T. unsweetened cocoa, divided

Combine first 3 ingredients in a large bowl; stir well with a whisk. Cover surface with plastic wrap; chill 30 minutes or until firm.

Remove plastic wrap, and add cream cheese. Beat with a mixer at medium speed until well-blended. Gently fold in whipped topping.

Combine hot water, Kahlúa, and espresso. Split ladyfingers in half lengthwise. Arrange 16 ladyfinger halves, flat sides down, in a trifle bowl or large glass bowl. Drizzle with 1/2 cup Kahlúa mixture. Spread one-third of pudding mixture evenly over ladyfingers; sprinkle with 1 tablespoon cocoa. Repeat layers, ending with cocoa. Cover and chill at least 8 hours.

Yield: 12 servings (serving size: about 2/3 cup)

Zucchini Brownies
Submitted by Deb Covey, Ames Lab
Director's Office

2 cups grated zucchini
2 cups sugar
2 cups flour
 $\frac{1}{4}$ cup cocoa
1 tsp. vanilla
 $\frac{1}{2}$ cup oil
1 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ cup nuts
1 $\frac{1}{2}$ cups chocolate chips

Mix all ingredients. Pour into 9" x 13" greased pan. Bake at 350 degrees for 20-25 minutes.

FROSTING

Bring to boil: $\frac{1}{2}$ cup butter or margarine, $\frac{1}{4}$ cup cocoa & 5 T. milk.

Remove from heat & add: 3 cups powdered sugar, 1 tsp. vanilla & $\frac{1}{2}$ cup nuts.

Beat with mixer until smooth.

Amaretto Cocoa Mix
Submitted by Janet Wolcott
Microelectronics Research Center

10 1/2 cup nondairy dry milk
4 cups confectioner's powdered creamer
2 (8 oz.) jars Amaretto flavored nondairy
powdered creamer
1 1/2 cup water
1/3 cup Worcestershire sauce
2 cups ketchup
1/2 cup liquid dish
1/2 cup salt

Combine all ingredients and stir in well.
Mixing 8 pint jar.
Store in refrigerator in airtight container.
To mix: Combine 3 heaping tablespoons of cocoa
mix into hot water or milk; stir.

Amaretto Cocoa Mix
Submitted by Jane Woline,
Microelectronics Research Center

10 1/2 cup nonfat dry milk
4 cups confectioner's sugar
2 (8 oz.) jars Amaretto flavored nondairy
powdered creamer
3 1/2 cups Nestle's Quick chocolate milk powder
2 3/4 cup nondairy powdered creamer
1/2 tsp. salt

Combine all ingredients and store in an airtight jar. Makes: 8 pints.

To mix: Combine 3 heaping tablespoons of cocoa mix into hot water or milk; stir.

FROSTING

Bring to boil: 1/4 cup butter or margarine, 1/4 cup cocoa & 5 T. milk.

Remove from heat & add: 3 cups powdered sugar, 1 tsp. vanilla & 1/4 cup nuts.

Beat with mixer until smooth.

BBQ sauce

**Submitted by Lynnette Witt, Ames Lab
Human Resources**

2 cups ketchup

1/3 cup Worcestershire sauce

Dash Tabasco sauce

1 tsp. celery salt

1 tsp. chili powder

1 cup water

Dash liquid smoke

Heat all ingredients and simmer for 30 minutes.

Sauce good for ribs, chicken, hamburgers, etc.

Keeps in refrigerator for weeks.

Caramel Corn
Submitted by Lynnette Witt, Ames Lab
Human Resources

1 cup dark karo syrup
1 cup white sugar
1 cup whipping cream, soured with 1 T. vinegar
or lemon juice
2/3 tsp. baking soda
1 ½ batches air-popped popcorn

Pop popcorn and set aside. Cook Karo, sugar and soured cream until soft ball stage (about 20-30 minutes). Remove from heat and add baking soda. Mix well and pour over popcorn. Mix well. Form into balls and store in sandwich bags, or store in airtight container.

Caramel Corn
Submitted by Deb Samuelson, Ames Lab
Public Affairs

5 quarts popped corn
2 sticks butter
 $\frac{1}{2}$ cup light corn syrup (Karo)
 $\frac{1}{4}$ tsp. cream of tarter
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla
 $\frac{1}{2}$ tsp. baking soda
2 cups brown sugar

Preheat oven to 225 degrees. Pop the corn. Melt 2 sticks butter in saucepan. Add the brown sugar, cream of tarter, syrup, and salt. Bring all to a boil and let boil for five minutes. Remove from heat and add vanilla and baking soda. Mix well. Pour over popped corn (which should be placed in a large non-enamel pan). Mix thoroughly and bake for one hour at 225 degrees. Stir every 10 to 15 minutes. Pour onto waxed paper and cool.

Hot Chocolate Mix

**Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree**

1 8-quart box of powdered milk

1 (15 oz.) can of Nestles Nesquik Chocolate (in a yellow can)

11 oz. of French vanilla powdered cream

1 cup powdered sugar

Mix all ingredients together in a large container. When ready for some hot chocolate, fill a cup $\frac{1}{2}$ full of cocoa mixture. (Be sure to fill a cup half full; any less and the taste just isn't there). Add hot water and stir.

NOTE: Betty demonstrated this recipe on the TV and she even got paid for it. We always have some in the RV and at home.

Rhubarb and Cherry Jam

**Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree**

5 cups (1 ¼ lbs.) fresh rhubarb, chopped

5 cups sugar

1 cup water

1 (6 oz.) package cherry flavored gelatin

1 (21-oz.) can of cherry pie filling

¼ tsp. almond extract

Combine the first three ingredients in a large saucepan. Bring to boil; reduce heat and simmer uncovered for 15 minutes. Add gelatin. Cook, stirring constantly, until gelatin dissolves. Remove from heat and stir in pie filling and almond extract. Spoon into sterilized containers. Let cool. Store jam in refrigerator for up to one month.

Yield: 7 CUPS

Tangy Party Punch
Submitted by Betty Moorman, Spouse of
Jack Moorman, Ames Lab Retiree

- 1 (46 oz.) can pineapple juice, chilled
- 1 (46 oz.) can orange juice, chilled
- 1 (12 oz.) can frozen limeade concentrate, thawed
- 1 (12 Oz.) can frozen lemonade concentrate, thawed
- 3 liters of ginger ale or Sprite, chilled
- 1 pint each orange, lime, and lemon sherbet

In a large punch bowl, combine the first four ingredients. Just before serving, stir in ginger ale or Sprite. Add scoops of sherbet. Serve immediately.

YIELD: 8 QUARTS

Teo's Punch

**Submitted by Carol Smith, Materials &
Engineering Physics**

1 (12 oz.) can frozen cranberry-apple juice

1 (12 oz.) can frozen orange-pineapple juice

4 cups Sierra Mist

Combine juices; stir until blended. Add soda just before serving. Serve over ice.

Tzaziki

**Submitted by Steven Constance, Ames Lab
Storeroom**

500 grams (1/2 quart) of Greek yoghurt (or
natural full, dairy yoghurt)

Three garlic cloves

½ cup of olive oil

½ sliced cucumber

Put the yoghurt in a bowl. Put the garlic through a garlic press and using the edge of a knife, spread the garlic coming out of the press on the yoghurt. Take the cucumber and peel the skin. Slice it thinly, either with a knife or using a salad slicer. Mix the ingredients with a mixer (or a fork) and slowly add the oil. The oil will be absorbed and when it is done, the tzazki is ready. Serve with a spoon and a few olives spread on the top. Tzazki is eaten with plenty of French bread.

White Nonalcoholic Sangria
Submitted by Carol Smith, Materials &
Engineering Physics

4 cups white grape juice
1 cup orange juice
3 cups Sierra Mist (or white wine for alcoholic)
1 orange, cut in small pieces
4-5 fresh strawberries, sliced
Ice cubes

Combine juices; stir until blended. Add soda just before serving. Serve over ice.