

**MOUNT AYR, IOWA  
CHAMBER OF COMMERCE**



TX715.2  
M53  
C654x  
2002

**COMMUNITY  
COOKBOOK**

## History

The Mount Ayr Chamber of Commerce was incorporated on January 1, 1989. The original directors were Gordon Parker, Kim Greenland, Robert Shafer, Jay Watson, Kelly Thornton, and Steve Taylor.

The Incorporator's who signed the Articles of Incorporation were Jack Elliott, Kelly Thornton, Jay Watson, and Larry Hopkey.

At the printing of this cookbook in 2002, there are 75 members and the Officers are: Harold Crawford - President, Pat Williamson - Vice President, and Edna Small - Secretary/Treasurer. The Board of Directors are Tracy Barnes, Justin Akers, Liz Schafer, Harold Crawford, Pat Williamson, Jim Deutsch, and Judy Hensley as Past President.

The Chamber is very active in the community. A Farmer's Appreciation is conducted in March. The Beautification committee takes care of the flowers around the statue in the courtyard and business's display a flower pot in front of their business.

The United States Flags flying around the square are sponsored by the Chamber.

In June we have a garage sale on the day of the County-Wide garage sale. The proceeds from this goes towards the purchase of a new speaker system.

In September our celebration "Autumn in the Ayr" is held on the fourth weekend. A carnival, parade, B.B.Q., flea market and craft show, live music, dancing, and other activities are held.

In December, the annual Tour of Homes is held and also the Window Walk and Lighted Parade are held. A Christmas Home Lighting contest is also held.

# SUBSTITUTIONS

FOR	YOU CAN USE. . .
1 T. cornstarch .....	2 T. flour OR 1½ T. quick cooking tapioca
1 C. cake flour .....	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour .....	1 C. plus 2 T. cake flour
1 sq. chocolate .....	3 T. cocoa & 1 T. fat
1 C. melted shortening .....	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk .....	½ C. evaporated milk & ½ C. water
1 C. sour milk or buttermilk .....	1 T. lemon juice or vinegar & enough sweet milk to measure 1 C.
1 C. heavy cream .....	⅔ C. milk & ⅓ C. butter
Sweetened condensed milk .....	No substitution
1 egg .....	2 T. dried whole egg & 2 T. water
1 tsp. baking powder .....	¼ tsp. baking soda & 1 tsp. cream of tartar OR ¼ tsp. baking soda & ½ C. sour milk, buttermilk or molasses; reduce other liquid ½ C.
1 C. sugar .....	1 C. honey; reduce other liquid ¼ C.; reduce baking temperature by 25°
1 C. miniature marshmallows .....	About 10 large marshmallows (cut-up)
1 medium onion (2½-inch diameter) ...	2 T. instant minced onion OR 1 tsp. onion powder OR 2 T. onion salt; reduce salt 1 tsp.
1 garlic clove .....	1/8 tsp. garlic powder OR ¼ tsp. garlic salt; reduce salt 1/8 tsp.
1 T. fresh herbs .....	1 tsp. dried herbs OR ¼ tsp. powdered herbs OR ½ tsp. herb salt; reduce salt ¼ tsp.

## QUANTITIES TO SERVE 100 PEOPLE

Coffee – 3 Pounds	Baked Beans – 5 gallon
Sugar – 3 Pounds	Beets – 30 Pounds
Cream – 3 Quarts	Cauliflower – 18 Pounds
Whipping Cream – 4 Pints	Cabbage for Slaw – 20 pounds
Milk – 6 Gallon	Carrots – 33 Pounds
Fruit Cocktail – 2½ Gallon	Bread – 10 Loaves
Fruit Juice – 4 No. 10 cans (26 lbs.)	Rolls – 200
Tomato Juice – 4 No. 10 cans	Butter – 3 Pounds
Soup – 5 Gallon	Potato Salad – 12 Quarts
Oysters – 18 Quarts	Fruit Salad – 20 Quarts
Weiners – 25 Pounds	Vegetable Salad – 20 Quarts
Meat Loaf – 24 Pounds	Lettuce – 20 Heads
Ham – 40 Pounds	Salad Dressing – 3 Quarts
Beef – 40 Pounds	Pies – 18
Roast Pork – 40 Pounds	Cakes – 8
Hamburger – 30 to 36 Pounds	Ice Cream – 4 Gallon
Chicken for Chicken Pie – 40 lbs.	Cheese – 3 Pounds
Potatoes – 35 Pounds	Olives – 1¾ Pounds
Scalloped Potatoes – 5 Gallon	Pickles – 2 Quarts
Vegetables – 4 No. 10 cans (26 lbs.)	Nuts – 3 Pounds Sorted

*To Serve 50 People – Divide by 2*

*To Serve 25 People – Divide by 4*

## FLOUR EQUIVALENTS

1 Cup White Flour Equals:

¾ Cup Whole Wheat Flour

7/8 Cup Rice Flour

1¼ Cup Rye Flour

1 Cup Rye Meal

5/8 Cup Potato Flour

¾ Cup Buckwheat Flour

7/8 Cup Cornmeal

1½ Cup Oatmeal

¼ Cup Bean Flour

# HOW MANY DROPS IN A "DASH"?

Here, a cook's guide to the most-often-called-for food measures and equivalents

How many cups of berries in a pint? How many slices of bread make a half cup of crumbs? For two tablespoons of orange peel, will you need more than one orange? You'll find the answers to these questions and lots more in this handy kitchen chart.

## EQUIVALENT MEASURES

Dash	2 to 3 drops or less than 1/8 teaspoon
1 tablespoon	3 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons plus 1 teaspoon
1/2 cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 peck	8 quarts
1 bushel	4 pecks
1 pound	16 ounces

## FOOD EQUIVALENTS

<b>Apples</b> 1 pound	3 medium (3 cups sliced)
<b>Bananas</b> 1 pound	3 medium (1 1/3 cups mashed)
<b>Berries</b> 1 pint	1 3/4 cups
<b>Bread</b> 1 pound loaf	14 to 20 slices
<b>Bread crumbs, fresh</b> 1 slice bread with crust	1/2 cup bread crumbs
<b>Broth, chicken or beef</b> 1 cup	1 bouillon cube or 1 envelope bouillon or 1 teaspoon instant bouillon dissolved in 1 cup boiling water
<b>Butter or margarine</b> 1/4 pound stick	1/2 cup
<b>Cheese</b> 1/4 pound	1 cup, shredded
<b>Cheese, cottage</b> 8 ounces	1 cup
<b>Cheese, cream</b> 3 ounces	6 tablespoons
<b>Chocolate, unsweetened</b> 1 ounce	1 square
<b>Chocolate, semi-sweet pieces</b> 6 ounce package	1 cup

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# Appetizers, Dips, and Beverages

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Hints for Appetizers, Beverages, and Dips

Save leftover fruit juices until there's enough to freeze in an ice tray. The cubes add extra flavor to lemonade, iced tea or Jello.

You won't need sugar with your tea if you drink Jasmine tea or the lighter bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also slows melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

You can thaw frozen orange juice right in the container. Remove the top metal lid and place the opened container in the microwave. Heat on high power 30 seconds for 6 oz. and 45 seconds for 12 oz.

Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.

Coffee beans and ground coffee retain their strong flavor longer if kept in the freezer.

Use a teaspoon of nonfat dry milk in your coffee or tea rather than nondairy creamers which contain saturated fats and sugar.

To keep tea and tea bags fresh, store them in air-tight containers in a cool, dark place away from strong-flavored foods.

When serving hors d'oeuvres on a silver tray, you may wish to protect the tray from acids by covering it with a layer of green lettuce.

Use yogurt instead of sour cream for dips and you will reduce the calorie content.

Buy a loaf of unsliced pumpernickle bread and freeze it for an hour so that you can slice it wafer thin. Then spread with unsalted butter and a light sprinkling of Parmesan cheese. Toast at 325° until crisp.

Cut circles of bread with a cookie cutter, spread with mayonnaise, top with a cucumber and a pimienta sliver or a sprig of dill.

## - APPETIZERS, DIPS AND BEVERAGES -

### BEV'S CEREAL MIX

*Betty Davenport*

- |               |                       |
|---------------|-----------------------|
| 6 C. Cheerios | 1 stick oleo          |
| 1 C. nuts     | 1 C. brown sugar      |
| 1 C. M & M's  | ¼ C. white corn syrup |
| 1 C. raisins  | ¼ tsp. salt           |
|               | ¼ tsp. soda           |

Bring to a boil oleo, brown sugar, white corn syrup and salt. Boil 2 minutes and remove. Add ¼ tsp. soda and pour over dry mixture. Spread on cookie sheet. Bake 15 minutes at 250°.

### CARAMEL MIX

*Lois Hays Irwin*

- |                       |   |
|-----------------------|---|
| 1 stick oleo          | 1 tsp. vanilla                            |
| ½ C. white Karo syrup | 1 jar dry roasted peanuts                 |
| 1 C. brown sugar      | 1 (12.3 oz.) box Kellogg's Crispix cereal |
| 2 tsp. soda           |   |

Combine in large bowl, oleo, brown sugar and syrup. Microwave for 6 minutes on high. Stir. Microwave 2 minutes more. Remove and add soda and vanilla. Mix well. In large paper sack, pour in Crispix mix and dry roasted peanuts. Pour mix over cereal and nuts. Stir. Heat in microwave 1½ minutes. Stir. Heat 1½ minutes. Stir. Heat 1 minute more. Remove from bag and spread on wax paper. Cool. Break apart and store in airtight container. Add 1 C. M & M's when cool.

### CARAMEL CRISPIX

*Jodie Wurster*

- |                               |                       |
|-------------------------------|-----------------------|
| 1 (16 oz.) box Crispix cereal | ½ C. white Karo syrup |
| 2 sticks margarine            | 1 tsp. baking soda    |
| 2 C. brown sugar              | Peanuts (optional)    |

Pour cereal in brown paper bag. Melt margarine, sugar and syrup in microwave. Boil for 1½ minutes. Stir in 1 tsp. soda. Pour mixture over cereal and shake. Cook on high for 4 minutes, in the microwave, every minute take out and shake. Pour out on wax paper to cool. Add peanuts, if desired.

## **CEREAL PARTY MIX**

*Danielle Brosam*

3 C. Rice Chex	2 tsp. butter flavored sprinkles
3 C. Corn Chex	½ tsp. garlic powder (or more )
3 C. Cheerios	½ tsp. seasoned salt
3 C. pretzels	½ tsp. onion powder (or more)
2 tsp. Worcestershire sauce	

In a 15 × 10 × 1-inch baking pan, combine cereals and pretzels. Light coat with a butter cooking spray, drizzle with Worcestershire sauce. Combine remaining ingredients and sprinkle over cereal mix. Bake at 200° for 1½ hours, stirring every 30 minutes. Cool. Store in airtight container.

## **CRACKER MIX**

*Denise Golliday*

2 boxes Ritz Bits	1 bag pretzel sticks
1 box mini Triscuits	1 bag salted peanuts or dry roasted
1 box mini Wheat Thins	1 box Twix crackers

Put all of the above ingredients in paper sack. Pour 1 C. vegetable oil and 1 pkg. of Hidden Valley dry mix over crackers in the bag and shake to coat.

## **CRISPIX MIX**

*Marla Crawford*

1½ sticks oleo	¼ + 1/8 tsp. baking soda
⅓ C. light corn syrup	1 box Crispix cereal
1½ C. brown sugar	1 (16 oz.) jar dry roasted peanuts

Microwave oleo, corn syrup and sugar in large bowl until it starts to boil. Remove and stir in baking soda until caramel colored. Add Crispix cereal and peanuts. Stir together and microwave 5 minutes, stopping every minute to stir. Remove from microwave and stir to separate as it cools.

## CRISPIX MIX

*Judy Stewart*

- |                       |                      |
|-----------------------|----------------------|
| ½ C. oleo             | 1 box Crispix cereal |
| 1 C. brown sugar      | 1 can mixed nuts     |
| ¼ C. Karo white syrup | ½ tsp. soda          |

Mix first 3 ingredients and microwave 2 minutes on high. Stir and microwave 2 more minutes. Stir in ½ tsp. soda. Pour over cereal and nuts. Microwave 5 minutes, stirring every minute.

## HONEY ROASTED CHEX MIX

*Linda Barber*

- |  |                       |
|--|-----------------------|
| 3 C. honey nut Chex cereal                     | 2 T. light corn syrup |
| 2 C. Cheerios cereal                           | 2 T. honey            |
| 1½ C. Bugles original flavor                   | 1 T. margarine        |
| 1 C. pretzels or ½ C. honey<br>roasted peanuts | ½ tsp. vanilla        |

Heat oven to 325°. Mix cereals, snacks and pretzels in large 15½-inch cookie sheet with sides. Heat corn syrup, honey and margarine to boiling in 1 quart saucepan over medium heat stirring occasionally. Remove from heat; stir in vanilla. Pour over cereal and stir until evenly coated. Bake 20 minutes, stirring after 10 minutes. Let cool and break into bite-sized pieces. Store in airtight container. About 7½ C. snack. Do not use spread or tub products.

## OYSTER CRACKER MUNCHIES

*Lois Hays Irwin*

- |                         |  |
|-------------------------|--|
| 1 tsp. dill weed        | 1 tsp. garlic powder                             |
| 1 C. vegetable oil      | 1 pkg. Hidden Valley Ranch salad<br>dressing mix |
| 2 pkgs. oyster crackers |  |

Mix dill weed, garlic powder, salad dressing mix and vegetable oil. Mix well. Put oyster crackers in large bowl with cover. Pour mixture over crackers and shake every hour or so for a day. Then munch away.

## POPCORN SNACK MIX

*Carol Hays*

- |                         |                           |
|-------------------------|---------------------------|
| 3 quarts popped popcorn | ¼ C. oleo                 |
| 4 C. Cheerios           | 2 C. salted peanuts       |
| ¾ C. corn syrup         | 2 tsp. vanilla            |
| 4 C. Crispix            | 1 C. brown sugar (packed) |
| ½ tsp. baking soda      |                           |

In a large greased roasting pan, combine popcorn, cereal and peanuts. In a saucepan, combine sugar, syrup and oleo; bring to a rolling boil and boil 6 minutes, stirring occasionally. Remove from heat. Stir in vanilla and soda until mixture is light and foamy. Pour over mixture; mix well and bake at 250° for 1 hour, stirring every 15 minutes. Cool.

## SUGARED PARTY MIX

*Jan Ford*

- |                                  |                        |
|----------------------------------|------------------------|
| 1½ sticks oleo                   | 12 oz. Spanish peanuts |
| ½ C. brown sugar                 | 1 box Crispix cereal   |
| ⅓ C. white Karo syrup            | 1 pkg. stick pretzels  |
| M&M's, raisins, any little thing |                        |

Microwave oleo, brown sugar and Karo syrup for 4½ minutes until it bubbles and you can stir it down. Add peanuts, cereal, pretzels and other M&M's or raisins or you don't have too. I just add what I have on hand. Stir well until everything is coated with syrup mixture and microwave for 5 minutes, stirring once every minute. Then place on a cookie sheet or wax paper until cool. Break up and store in Tupperware container.

## CHEESE YUMMIES

*Margaret Place*

- |                              |                            |
|------------------------------|----------------------------|
| 2 C. Cheddar cheese (grated) | 1 C. flour (sifted)        |
| 1 stick butter (softened)    | 1 C. toasted Rice Crispies |

Mix cheese and butter. Add flour; mix well. Gently add Rice Crispies cereal and roll into balls, walnut size. Place on cookie sheet, press down with a fork. Bake at 350° for 15 minutes.

## MELANIE'S CARAMEL APPLE DIP

Marilyn Johnson

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1 C. sugar                          | ½ C. margarine          |
| 1 C. brown sugar                    | 1 tsp. vanilla          |
| 1 C. half & half or evaporated milk | 1 (14 oz.) bag caramels |

Bring sugars, half and half and margarine to a boil. Add vanilla and caramels. Stir until caramels melt.

## CREAMY TOFU DIP

Michiko and Gary Baker

- |                                   |   |
|-----------------------------------|---|
| 1 C. tofu (mashed)                | ½ C. plain non-fat yogurt                     |
| 1 clove garlic (minced or mashed) | 1 tsp. Dijon style mustard<br>(no salt added) |
| ½ C. green onions (chopped fine)  | Freshly ground pepper                         |
| 1 T. fresh parsley (chopped fine) |   |

Combine all ingredients in a blender or food processor, and process until thoroughly blended. Chill several hours or overnight. Serve with pita bread triangles, unsalted fat free crackers or sliced raw vegetables. For centuries, Chinese and Japanese cooks have used tofu, a high quality protein made from soybeans. Now most Americans can find tofu in their supermarkets, in a variety of forms: soft, firm, water packed or dry. Before using, water packed tofu should be sliced and pressed between paper towels to remove excess moisture.

## TOFU SOUR CREAM DIP

Deb Repp

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 pkg. Mori-Nu silken soft tofu | 2 scallions (finely chopped)      |
| Juice of ½ lemon                | ½ C. fresh parsley (chopped fine) |
| 1 medium clove garlic (minced)  | ¼ C. fresh dill (chopped fine)    |
| ½ tsp. salt (optional)          |                                   |

Blend tofu, lemon, garlic and salt until smooth and creamy. Remove from blender and stir in parsley and scallions. Chill before serving. Notes: Substitute 2 T. dried dill and 1/8 C. dried parsley if fresh is not available.

## APPLE DIP

*Karen Taylor*

- |                    |                                |
|--------------------|--------------------------------|
| 4 oz. cream cheese | 2 T. milk                      |
| 4 tsp. cinnamon    | ½ C. powdered sugar            |
| 1 tsp. vanilla     | 1 small carton whipped topping |

Mix all together and serve with apple slices.

## APPLE DIP

*Gary and Michiko Baker*

- |   |                                |
|---|--------------------------------|
| 1 C. nonfat or low fat, low sodium ricotta cheese | ½ tsp. cinnamon                |
| 1 C. unsweetened applesauce                       | ½ tsp. nutmeg (freshly grated) |

Combine all ingredients in blender or food processor. Process 30 seconds or until mixture is smooth and creamy. Store covered in the refrigerator. Serve with fresh apple slices, grapes or sliced oranges. Yield 1 cups.

## APPLE DIP

*Melinda England, Jodie Wurster and Dixie Baker*

- |                               |                     |
|-------------------------------|---------------------|
| 8 oz. cream cheese (softened) | ¼ C. powdered sugar |
| ½ C. brown sugar              | 1 tsp. vanilla      |

Cream all together. Serve with sliced apples.

## CARAMEL DIP FOR APPLES

*Peggy Overholser*

- |                               |                        |
|-------------------------------|------------------------|
| 8 oz. cream cheese (softened) | ¼ C. powdered sugar    |
| ¾ C. brown sugar (packed)     | 1 tsp. vanilla extract |

Combine cream cheese, brown sugar and sugar in mixer bowl; mix until smooth. Mix in vanilla. Spoon into serving bowl. Serve with sliced apples. Yield 8 servings.

## JODIE'S CARAMEL FOR APPLES

Jodie Wurster

- |                                 |                        |
|---------------------------------|------------------------|
| 4 cans sweetened condensed milk | 4 C. sugar             |
| 1 C. flour                      | 2 sticks margarine     |
|                                 | 1 jar white corn syrup |

In a small bowl, mix 2 cans sweetened condensed milk and 1 C. flour; set aside. In large heavy pans, mix 4 C. sugar, 2 sticks butter and jar of corn syrup. Mix until butter is melted and sugar is dissolved. Add 2 cans sweetened condensed milk. Stir well. Add contents from small bowl. Stir constantly to 210° to 220°, approximately 30-45 minutes. Add 2 T. vanilla. Fills a 3 quart crock pot. Great to quarter an apple, put in a bowl and drizzle over. Sell for \$200 and fundraisers and concession stands.

## HAM AND SPINACH DIP

Verla and Deb Repp

- |  |                                      |
|--|--------------------------------------|
| 1 (10 oz.) pkg. chopped frozen spinach | 1 (10 oz.) can ham or grind your own |
| 1 (8 oz.) pkg. cream cheese            | Season salt, to taste                |
| 1 (16 oz.) carton sour cream           |                                      |

Defrost frozen chopped spinach, soften cream cheese. Mix ingredients together. Refrigerate for a couple hours. Serve with crackers and vegetables.

## ONION DILL DIP

Gary and Michiko Baker

- |   |                                    |
|---|------------------------------------|
| ¼ C. nonfat or low fat, low sodium ricotta cheese | 2 T. Dijon style mustard, not salt |
| 1 T. nonfat or reduced fat mayonnaise             | 1 T. dried onion flakes            |
|   | 2 tsp. dried dill weed             |
|   | 1 C. plain nonfat yogurt           |

Combine all ingredients in blender or food processor. Process 30 seconds or until mixture is smooth and creamy. Store covered in the refrigerator. Serve with raw vegetables or fat free crackers. This mixture of ricotta cheese, onion and dill for raw vegetables also goes well with cooked ones. Just heat in microwave and the dip turns into a sauce.

## **SPINACH DIP**

*Nicole Denney*

- |                                |  |
|--------------------------------|--|
| 1½ C. sour cream               | 1 (9 oz.) can water chestnuts          |
| 1 (10 oz.) pkg. frozen spinach | 3 green onions (chopped)               |
| 1 pkg. Knorr leek soup mix     | 1 round loaf French or sourdough bread |
| 1 C. mayonnaise                |  |

Thaw and drain spinach. Mix together all ingredients. Refrigerate for 4-6 hours. Hollow out center of bread and pour dip into it. Break up bread, raw vegetables and more bread for dipping.

## **SHIRLEY'S DIP FOR VEGGIES**

*Iona Triggs*

- |                          |                           |
|--------------------------|---------------------------|
| 2 C. cottage cheese      | 3 T. parsley flakes       |
| 2 C. mayonnaise          | 1 T. beau monde seasoning |
| 3 T. minced onion flakes | 1 T. dill weed            |

Blend cottage cheese smooth, then add spices.

## **SPINACH DIP**

*Sheila Shafer*

- |                                 |  |
|---------------------------------|--|
| 1 pkg. Knorr vegetable soup mix | 1 can water chestnuts (chopped)              |
| 1 C. sour cream                 | 2 green onions (chopped)                     |
| 1 C. mayonnaise                 | 1 pkg. chopped frozen spinach (well drained) |

Combine and refrigerate 24 hours before serving.

## **VEGETABLE DIP**

*Carol Hays*

- |                          |   |
|--------------------------|---|
| 1 (8 oz.) tub sour cream | 1 pkg. original Hidden Valley buttermilk dressing |
| ¾ C. Kraft mayonnaise    | 1 small pkg. Cheddar cheese (shredded)            |
| ½ tsp. sugar             |   |

Mix all together and serve.

## DIANE'S TACO DIP

*Diane England*

- |                            |                                |
|----------------------------|--------------------------------|
| 2 cans Frito Lay bean dip  | 2 C. Cheddar cheese (shredded) |
| 1 carton A & E Mexican dip | Onion (chopped)                |
| ½ C. mayonnaise            | Tomatoes (chopped)             |
| ½ C. sour cream            | Black olives (chopped)         |
| ½ pkg. taco seasoning mix  | Jalapeno peppers (sliced)      |

Spread bean dip very thin on a pizza pan. Combine the dip, mayonnaise, sour cream and taco mix. Spread over bean layer. Top with cheese and your favorite taco toppings. Serve with a bag of tortilla chips.

## SPICY BEAN PITA CRISP

*Michelle Repp*

- |                          |                    |
|--------------------------|--------------------|
| ½ C. refried black beans | ½ whole wheat pita |
| ½ C. medium chunky salsa | 2 T. hot sauce     |

Cut whole wheat pita in half. Place half of pita in toaste, but do not toast yeat. Microwave ½ C. refried beans for 1 minute, 20 seconds. When beans are 40 seconds into cooking, begin toasting pita half. Remove pita, splash with 2 T. hot sauce, layer beans, and then salsa to finish it off. This is really filling, tasty and sometimes I mix the beans with spinach.

## SPICY BEAN DIP

*Gary and Michiko Baker*

- |   |   |
|---|---|
| 2 C. cooked pinto or kidney beans<br>(well drained) | 2 tsp. cider vinegar                              |
| 1-2 cloves garlic (minced or<br>mashed)             | 2-3 drops tabasco sauce, to taste                 |
| 1 tsp. dijon style mustard, no salt                 | 2 T. nonfat Cheddar cheese<br>(grated)            |
| 2 T. canned diced green chilies                     | ¼ C. green onions (thinly sliced,<br>for garnish) |

In a blender or food processor, combine all the ingredients except tabasco and green onions. Process until smooth. If mixture seems too thick, add bean cooking liquid or stock. Add tabasco carefully, drop by drop. cover and chill overnight, to allow flavors to blend. Serve at room temperature or warmed, topped with green onions.

## CHEESE AND JAM DIP

*Cyndy Savage Lamberson*

- |                                 |  |
|---------------------------------|--|
| 1½ lbs. Cheddar cheese (grated) | Dash bottled liquid hot red pepper sauce |
| 1½ C. mayonnaise                |  |
| 3 green onions (minced)         | 1 (16 oz.) jar seedless raspberry jam    |
| ¾ C. pecans (chopped)           |  |

To grated cheese, add mayonnaise (light mayonnaise can be used), minced green onions, pepper sauce and pecans; blend well. Pat into a patty about 1½-inch thick and chill in refrigerator at least 3-4 hours or overnight. Place on serving plate and cover top with jam. Serve with crackers.

## HOT CHEESE DIP

*Marlee Egly*

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 lb. Velveeta cheese     | 1 (8 oz.) jar paconi paste mild |
| 1 lb. ground beef         | 1 can refried beans             |
| 1 can Cheddar cheese soup | Onion (chopped, to taste)       |
| 1 T. Lawry seasoning salt | ¼ tsp. garlic salt              |

Melt Velveeta cheese. Fry ground beef and drain well. Mix all ingredients and heat at low temperature. Keep hot while serving. Excellent dip for vegetables.

## HOT CHEESE DIP

*Jodi Haley*

- |   |                                    |
|---|------------------------------------|
| 1½ lb. hamburger<br>(fried with onions) | 1 can refried beans                |
| Taco mix                                | 1 can Rotel green chili & tomatoes |
|   | 1 small can green chili            |

Mix all ingredients in a skillet and then melt ½ box of Velveeta cheese and simmer in crock pot for 1 hour or until cheese is melted. Serve with chips.

*Keep smiling - it will make people  
wonder what you've been up to!*

## **HOT CHEESE AND BROCCOLI DIP**

*Monte and Sherri Parrott*

- |                                 |  |
|---------------------------------|--|
| 2 pkgs. frozen chopped broccoli | 4 oz. mushroom stems & pieces<br>(drained)                           |
| 4 T. butter or margarine        |  |
| 1 C. onion (chopped)            | 1 (10 <sup>3</sup> / <sub>4</sub> oz.) can cream of<br>mushroom soup |
| 1 (6 oz.) roll garlic cheese    |  |

Cook broccol in small amount of water, just to thaw; drain. Saute onion in butter, melt cheese in the onion mixture. Stir in mushrooms, soup and broccoli. May thin with small amount of milk. Serve hot. Great with Fritos.

## **CHIP DIP**

*Royce and Judy Dredge*

- |                             |                       |
|-----------------------------|-----------------------|
| 1 (8 oz.) carton sour cream | 1 T. parsley flakes   |
| 1 C. Miracle Whip           | 1 pkg. dry onion soup |
| 1 T. dill weed              |                       |

Mix well, chill and serve.

## **HOT CHIP DIP**

*Jared Armstrong*

- |                     |                           |
|---------------------|---------------------------|
| 2 lbs. hamburger    | 1 jar salsa               |
| 1 can refried beans | 1 can Cheddar cheese soup |
| 1 jar taco sauce    | 1 small onion             |

Brown hamburger and onion together; drain. Put into crock pot with rest of above ingredients. Stir well until hot. Simmer about 1 hour. Serve with chips.

## **CRABMEAT DIP**

*Cyndy Savage Lamberson*

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 (8 oz.) pkg. cream cheese (soft) | ½ tsp. horseradish               |
| 1 T. milk                          | Dash pepper                      |
| 1 T. fresh onion (minced)          | 1 (6 oz.) can crabmeat (drained) |
|                                    | ⅓ C. almond slivers (optional)   |

Mix well. Place in an oven proof dish and bake for 15 minutes at 375°. Top with ⅓ C. toasted almond slivers, if desired. Serve warm with crackers or melba toast.

## 57 SAUCE HONEY MUSTARD DIP

Sheila Shafer

- 1/4 C. Heinz 57 sauce
- 1/4 C. mustard
- 2 T. honey

Combine all ingredients; blend well. Makes about 1/2 cup. Good with chicken nuggets.

## HAMBURGER DIP

Patty Schuster

- 1 lb. hamburger
- 1 lb. Velveeta cheese
- 1 (4 1/4 oz.) can chopped black olives
- 1 (4 oz.) can green chilies
- 10 3/4 oz. can cream of mushroom soup
- 10 3/4 oz. can cream of chicken soup

Brown hamburger, drain. Mix all ingredients and put in crock pot. Heat until heated through.

## HIDDEN VALLEY BACON AND CHEDDAR DIP

Marlee Egly

- 1 oz. pkg. Original Ranch party dip
- 1 pint sour cream
- 1/4 C. bacon bits
- 1 C. Cheddar cheese (shredded)

Mix 1 oz. packet party dip with 1 pint sour cream. Add 1/4 C. bacon bits and 1 C. shredded Cheddar cheese. Mix together, let stand (cooked) 1 hour. Serve.

## MEXICAN DIP

Marlene Tull

- 1 lb. ground beef
- 1/2 lb. Velveeta cheese (cubed)
- 2/3 C. Miracle Whip
- 1/4 C. onion (chopped)

Season to taste and brown meat; drain. Add remaining ingredients and mix well. Spoon mixture on 9-inch pie plate. Bake 10 minutes at 350°. Stir and continue to bake 5 minutes longer. Serve with corn chips.

## PARTY DIP

*Lois Hays Irwin*

- |                                |                       |
|--------------------------------|-----------------------|
| 2 C. cottage cheese            | 2 T. horseradish      |
| 1 C. Sharp Cheddar cheese      | ½ C. onion (chopped)  |
| Salt & pepper, to taste        | 3 T. dairy sour cream |
| Few drops Worcestershire sauce | ¾ C. milk             |

Put into blender and blend. Very very good on crackers, vegetables and potatoes.

## SHRIMP DIP

*Cyndy Savage Lamberson*

- |                              |                          |
|------------------------------|--------------------------|
| 1 (8 oz.) pkg. cream cheese  | 2 green onions (chopped) |
| ½ stick margarine            | Salt & pepper, to taste  |
| 1 can medium deveined shrimp |                          |

Melt margarine and cream cheese together. Add other ingredients. Serve warm with chips or crackers.

## APRICOT CHEDDAR CHEESE

*Connie Sandage Manus*

- |   |   |
|---|---|
| 2 C. Cheddar cheese (shredded, grated yourself) | ¼ C. mango Chutney<br>(Crosse & Blackwell's Major Grey Chutney) |
| 2 (8 oz.) pkgs. cream cheese                    | ¼ C. brandy (Grand Marnier)                                     |
| ¾ C. dried apricots (chopped)                   | ¾ C. pineapple orange juice                                     |
| ½ C. dark raisins                               |   |

Process cheeses until smooth. Line a 3 C. mold with heavy duty plastic wrap. Pack cheese into mold. Cover and refrigerate. Combine apricots, raisins, chutney, juice and brandy. Boil over medium heat. Cook 8-10 minutes until liquid evaporates. Cool and refrigerate. Invert cheese and spoon mixture over top. Serve with apple slices, gingersnaps or Waverly crackers.

## CHEESE FILLING

*Lois Hays Irwin*

- |                        |             |
|------------------------|-------------|
| 1 C. milk              | 1 lb. bacon |
| 2 lbs. Velveeta cheese | 1 egg       |

Cut bacon up; fry, drain and crumble. Cut cheese in cubes and heat with milk in double boiler. Add egg slightly beaten. Cool, remove and add bacon. Chill in refrigerator. For finger sandwiches, delicious served on round cinnamon bread.

## **CREAMY HERB SPREAD**

*Ringgold Sanitation*

- |  |  |
|--|--|
| 12 oz. reduced fat firm tofu<br>(drained & crumbled) | 4 T. fresh parsley (minced)                                  |
| 3 T. light miso                                      | 2 tsp. dry dill weed (2 T. fresh)<br>or other herb of choice |
| 1 T. sesame tahini                                   | 1 clove garlic (crushed)                                     |
| 1 green onion (chopped)                              | Pinch nutmeg   |

Combine all ingredients in food processor; pulse until smooth. Pack into a serving bowl. Serve immediately with crusty bread, crackers, breadsticks and/or raw vegetables. Makes 8 appetizer servings.

## **HERB BREAD SPREAD**

*Sheila Shafer*

- |                                |                       |
|--------------------------------|-----------------------|
| 2 T. butter or oleo (softened) | 1/8 tsp. onion powder |
| 2 T. Parmesan cheese (grated)  | 1 tsp. parsley flakes |
| 1/8 tsp. garlic salt           |                       |

Mix ingredients together until smooth. Enough for 6-8 pieces of French bread.

## **GARLIC BREAD SPREAD**

*Darline Bear*

- |                              |  |
|------------------------------|--|
| 2 sticks oleo                | 1/4 tsp. garlic powder                     |
| 1 T. Hidden Valley Ranch mix | 1/3 C. Kraft Parmesan cheese<br>(to taste) |

Melt oleo, then add rest of ingredients and spread on sliced French bread or toast. Place in oven at 350° until toasted as you like.

## **STRAWBERRY CREAM CHEESE SPREAD**

*Sheila Shafer*

- |   |                             |
|---|-----------------------------|
| 1/3 C. strawberry juice<br>from frozen strawberries | 1 (8 oz.) pkg. cream cheese |
|---|-----------------------------|

Mix together.

## SPICY TOFU SPREAD

*Michiko and Gary Baker*

- 8 oz. tofu
- 1 T. nonfat or reduced fat mayonnaise
- 2 cloves garlic (minced/mashed)

- 2 green onions (chopped fine)
- 4-6 sprigs parsley (chopped fine)
- ¼ C. salsa, no salt added

Pour water off tofu and drain on paper towels. Combine all ingredients in the bowl of a blender or food processor and process until smooth. Place mixture in a small bowl; cover and refrigerate for several hours. Serve with pita bread and/or raw vegetables.

## YUMMY MAPLE SPREAD FOR TOAST

*Dorothy L. Main*

- 1 C. brown sugar
- 1 T. cinnamon

- ½ C. butter or margarine (soft)
- 3 T. maple syrup

Mix sugar and cinnamon together. Add the softened butter or margarine and the maple syrup. Mix with a fork until well blended. Spread on bread and place under broiler until bubbly or can be spread on hot toast.

## MEXICAN CASSEROLE

*Janis Denney*

- 16 oz. cream cheese
- 2 C. Cheddar cheese (shredded)
- 2 C. sour cream (divided)
- 1 envelope dry taco seasoning
- 3 eggs

- 4 oz. can mild chopped chilies (drained)
- ⅔ C. mild or hot salsa
- Green onion, tomatoes (chopped, for garnish)

In mixing bowl, mix cream cheese and Cheddar cheese until light and fluffy. Beat in 1 C. of sour cream and taco seasoning. Beat in eggs, one at a time, fold in the chilies. Pour into 9-inch springform pan. Place on a cookie sheet and bake at 350° for 35-40 minutes, until center is almost set. Remove from oven; cool for 10 minutes and combine remaining sour cream and salsa, then spoon over top of cheesecake and put back in oven. Bake for 5 minutes more. Cool on wire rack and refrigerate for 3-24 hours. Run knife around edges to loosen. Garnish with green onions and tomatoes.

## PICKLED JALAPENO EGGS

*Diane England*

- |                          |                                |
|--------------------------|--------------------------------|
| 4 C. vinegar             | 2 dozen small hard cooked eggs |
| 1 C. water               | (peeled)                       |
| 1 medium onion (chopped) | 1 (16 oz.) jar sliced jalapeno |
| 1 T. salt                | peppers with juice             |
|                          | 1 T. bottled hot pepper sauce  |

In a large pan, combine the vinegar, water, onion and salt. Bring to a boil, simmer uncovered for 10 minutes. Remove from heat. Place eggs in clean jars. Stir hot peppers and hot sauce into vinegar mixture. Pour hot mixture over eggs, dividing jalapenos evenly among jars. Place lids on jars. Can keep for 7 days in refrigerator.

## CRESCENT ROLLS

*Jamie Haley*

- |                        |                      |
|------------------------|----------------------|
| 2 tubes crescent rolls | 2 pkgs. chipped beef |
| 2 pkgs. cream cheese   | ½ C. mayonnaise      |
| Bundle green onions    | 2 peppers            |

Spread crescent rolls in pan. Bake at 350° for 10 minutes or until brown. Mix ingredients together and spread on crescent rolls.

## CRESCENT VEGGIE TREE

*Phyllis Riggs*

- |  |   |
|--|---|
| 2 (8 oz.) cans refrigerator<br>crescent dinner rolls | 1 tsp. dried dill weed  |
| 1 (8 oz.) pkg. cream cheese (soft)                   | 1/8 tsp. garlic powder  |
| ½ C. sour cream                                      | 3 C. finely chopped raw veggies<br>(broccoli, cauliflower, carrots,<br>peppers, radishes) |

Heat oven to 375°. Remove dough from cans and slice while rolled up (16 slices each can). Put 5 slices in bottom, 4 next, etc. Use for tree trunk. Bake on cookie sheet. Makes 2 trees. Spread with cheese, sour cream, dill weed and garlic mixture. Cover with veggies.

## SAUSAGE AND CHEESE CRESCENT SQUARES

Marvin Woollums

2 (8 oz.) cans refrigerated  
crescent dinner rolls  
1 lb. hot or mild bulk pork  
sausage

1 (8 oz.) pkg. cream cheese  
8 oz. Sharp Cheddar cheese  
(shredded)

Heat oven to 375°. Unroll 1 can of dough into 2 long rectangles. Place in ungreased 13 x 9-inch glass baking dish; press over bottom and ½-inch up sides to form crust. Brown sausage in large skillet over medium heat until thoroughly cooked, stirring frequently. Remove sausage from skillet; discard drippings. Add cream cheese to same skillet. Cook over low heat until melted. Add cooked sausage; stir to coat. Spoon evenly over crust in baking dish. Sprinkle with Cheddar cheese. Unroll second can of dough on work surface. Press to form 13 x 9-inch rectangle; firmly press perforations to seal. Carefully place over cheese. Press edges to seal. Bake at 375° for 21-26 minutes or until golden brown. Cool 15 minutes. Cut into small squares.

## SWEET SAUSAGE ROLLS

Sue F. Jones

1 (8 oz.) tube refrigerated  
crescent rolls  
24 miniature smoked sausage  
links (smokies)

½ C. butter or margarine (melted)  
½ C. nuts (chopped)  
3 T. honey  
3 T. brown sugar

Unroll crescent dough and separate into triangles; cut each lengthwise into 3 triangles. Place a sausage on the long end and roll up tightly; set aside. Combine the remaining ingredients in an 11 x 7 x 2-inch baking dish. Arrange sausage rolls, seam side down, in butter mixture. Bake, uncovered at 400° for 15-20 minutes or until golden brown. Yield 2 dozen.

*You can't keep trouble from coming,  
but you needn't give it a chair to sit on.*

## VEGETABLE BARS

*Elaine Willis*

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 tubes refrigerated rolls          | 3/4 C. green pepper (chopped)    |
| 3/4 C. Miracle Whip                 | 3/4 C. broccoli (chopped)        |
| 1/2 C. sour cream                   | 3/4 C. carrots (shredded)        |
| 2 (8 oz.) pkgs. cream cheese        | 3/4 C. cauliflower (sliced)      |
| 1 envelope Ranch style dressing mix | 3/4 C. Cheddar cheese (shredded) |

Cover an 11 x 17-inch pan with the crescent rolls and bake at 350° for 7-8 minutes. In a mixing bowl, combine Miracle Whip, cream cheese, sour cream and dressing mix. Spread cheese mixture over cooled dough. Toss vegetables to combine and spread evenly over cheese mix and press in. Cover and refrigerate for 3-4 hours. Before serving, sprinkle grated cheese over. Cut into small squares. Various vegetables may be used according to taste. Be careful not to over bake the roll dough. These are extra nice to take to picnics or potluck dinners. They keep in the refrigerator for several days and the flavor just gets better.

## VEGGIE BARS

*Mari McGehee*

- |                                     |                              |
|-------------------------------------|------------------------------|
| 2 cans crescent rolls               | 3/4 C. broccoli (chopped)    |
| 2 (8 oz.) pkgs. cream cheese        | 1/2 C. bell pepper (chopped) |
| 3/4 C. mayonnaise                   | 1/2 C. cauliflower (chopped) |
| 1 pkg. dry ranch style dressing mix | 3/4 C. cheese (shredded)     |
|                                     | 3/4 C. carrots (shredded)    |

For the crust, separate packages of crescent dinner rolls into sheets to make large rectangle on an ungreased cookie sheet. Press edges together. Bake at 350° for 8-10 minutes. Allow to cool completely. For the spread, combine softened cream cheese, mayonnaise and dressing mix. Blend well and spread on top of baked crust. For the topping, chop vegetables in tiny pieces and combine with grated cheese. Spread over crust. Refrigerate. Cut in bite size pieces when ready to serve. Serves 60-70.

## VEGETABLE PIZZA

Sheila Shafer

- |   |                   |
|---|-------------------|
| 2 (8 count) pkgs. crescent rolls        | 1 C. mayonnaise   |
| 8 oz. cream cheese                      | Assorted veggies  |
| 1 pkg. Hidden Valley ranch dressing mix | Cheese (shredded) |

Spread crescent rolls out in cookie sheet. Bake according to package directions. Blend cream cheese, dressing mix and mayonnaise. Spread on cooled crust. Top with an assortment of veggies. Then top with shredded cheese. Refrigerate.

## VEGETABLE PIZZA

Rolland Harvey

- |  |                        |
|--|------------------------|
| 2 pkgs. crescent rolls                       | 1 tsp. dill weed       |
| 11 oz. cream cheese (softened)               | 1 tsp. pepper          |
| ¾ C. Miracle Whip                            | ½ tsp. garlic salt     |
| ¼ pkg. Hidden Valley Ranch dressing (powder) | Green onions (chopped) |
|  | Fresh vegetables       |

Lay out crescent rolls on cookie sheet, make sure all are touching. Bake as directed. Meanwhile, mix ingredients and spread on hot baked dough. Cover with Saran Wrap and refrigerate overnight. Top with chopped fresh vegetables (broccoli, cauliflower, carrots, mushrooms, etc.).

## ZESTY SPINACH ROLL UPS

Cyndy Savage Lamberson

- |  |                                   |
|--|-----------------------------------|
| 1 C. sour cream                          | 1 (1 oz.) pkg. dry ranch dressing |
| 1 C. mayonnaise                          | ½ C. bacon bits                   |
| 2 (10 oz.) pkgs. frozen spinach (thawed) | 12 soft flour tortillas           |
|  | 6 green onions (sliced thin)      |

Mix ingredients and spread on tortillas. Roll up jelly roll style. Chill. Slice ½-inch thick. Use toothpicks to serve.

## TORTILLAS PINWHEELS

*Carol Hays*

- |                              |                           |
|------------------------------|---------------------------|
| 2 (8 oz.) pkgs. cream cheese | 1 C. sour cream           |
| 1 C. cheese (shredded)       | 1 can black sliced olives |
| 1 can sliced green chilies   | Picante sauce             |

Mix all together and spread on tortilla shells. Roll up, jelly roll style. Chill, slice and serve.

## BACON WRAPS

*Sheila Shafer*

- |                                |                              |
|--------------------------------|------------------------------|
| 1 can water chestnuts (halved) | Bacon strips (cut in thirds) |
| ¼ C. soy sauce                 |                              |

Wrap bacon around chestnuts; secure with toothpick. Marinate in soy sauce for ½ hour. Bake at 400° for 5 minutes; then at 200° for 1 hour.

## BAKED SPINACH DIP LOAF

*Jody Greene*

- |  |                                       |
|--|---------------------------------------|
| 2 (8 oz.) pkgs. cream cheese (softened)                | 1 green onion (chopped)               |
| 1 C. mayonnaise  | 2 tsp. dill weed                      |
| 1 (10 oz.) pkg. frozen spinach (thawed & squeezed dry) | 1 garlic clove (minced)               |
| 1 C. Cheddar cheese (shredded)                         | ½ tsp. seasoned salt                  |
| 1 (8 oz.) can water chestnuts (chopped)                | 1/8 tsp. pepper                       |
| 5 bacon strips (cooked & crumbled)                     | 1 unsliced round loaf sourdough bread |
|  | Raw vegetables or tortilla chips      |

In a mixing bowl, beat cream cheese and mayonnaise. Stir in next 9 ingredients. Cut a 1½-inch slice off top of bread; set aside. Carefully hollow out bottom, leaving a ½-inch shell. Cube removed bread and set aside. Fill shell with spinach dip; replace top. Wrap in heavy duty foil; place on baking sheet. Bake at 375° for 1¼-1½ hours or until dip is heated through. Open foil carefully. Serve warm with bread cubes and vegetables or tortilla chips. Can use reduced fat cream cheese, fat free mayonnaise and reduced fat Cheddar cheese.

## CREAM PUFFS

*Janis Denney*

1 C. water  
1 stick oleo  
1 C. flour

1 envelope onion soup mix  
4 eggs

Bring water and oleo to a boil and cook until oleo is melted. Add flour and soup mix and stir until well blended. Add eggs, one at a time. Bake at 400° for 40 minutes. Cool. Split open and fill with beef salad or egg salad.

## CRISPY BAKED RAVIOLI

*Verlene Cannon*

1 (9 oz.) pkg. cheese filled ravioli  
½ C. Italian dry bread crumbs  
¼ C. Parmesan cheese

½ C. sour cream  
¼ C. milk  
Pasta sauce (warmed)

Preheat oven to 375°. Combine bread crumbs and cheese. In small bowl, combine sour cream and milk. Dip ravioli in sour cream mixture, then in bread mixture, coat evenly. Place on non-stick baking sheet. Bake 12-14 minutes until crisp and light brown. Serve with warm pasta sauce.

## RUMAKI

*Verlene Cannon*

1 (8 oz.) can water chestnuts  
¼ C. soy sauce

1 T. sugar  
8 slices bacon (cut in thirds)

Combine water chestnuts, soy sauce and sugar; mix well. Let stand 30 minutes to marinate. Drain. Wrap 1 piece of bacon around each water chestnut. Secure with toothpick. Broil 4-6 inches from heat for 4-7 minutes on each side until bacon is crisp.

## CHEESE BALL

*Charlotte Summers*

¾ lb. aged Cheddar cheese  
2 oz. crumbled blue cheese

4 oz. cream cheese  
¼ C. walnuts (chopped)

Bring cheese to room temperature. Beat with electric mixer for 3 minutes at medium speed. Roll into ball. Roll balls is chopped nuts and refrigerate until serving time. Serves 8.

## **BILL'S CHEESE BALL**

*Bill Hightshoe*

2 (8 oz.) pkgs. cream cheese  
½ C. onion (chopped)  
½ tsp. garlic salt

4 pkgs. dried beef  
½ tsp. salt  
Parsley flakes

Chop dried beef (keep back about ¾ of a package to put on top). Chop onion fine. Mix salts, cream cheese and onion. Add dried beef, mix well. Top with remaining dried beef and parsley flakes.

## **CHEESE BALL**

*Gary and Michiko Baker*

2 cloves garlic  
(minced or mashed)  
1 C. grated nonfat Cheddar cheese

½ C. fresh parsley (chopped fine)  
2 C. nonfat cream cheese  
1 T. Worcestershire sauce

Combine cream cheese, Worcestershire sauce and garlic in a blender or food processor and process until smooth. Add Cheddar cheese and mix well. Line a 2 C. small bowl with plastic wrap. Place cheese mixture in lined bowl and pull up plastic wrap to form a ball. When cheese is cold and firm, unwrap and roll the ball in chopped parsley. Place on a serving platter, cover and refrigerate. Yield 2 cups.

## **CHEESE BALL**

*Helen C. Terry*

1 roll garlic cheese  
1 roll smoked cheese  
18 oz. pkg. Phil. cream cheese

1 wedge blue cheese  
1 wedge Roguefort cheese  
Dash onion juice  
Dash Worcestershire sauce

Let cheese soften, mix thoroughly. Form into ball and cover with slivered almonds or other nuts if you wish. Roll into ball.

## CHEESE BALL

Margaret Fletchall

- |   |                             |
|---|-----------------------------|
| 1 (8 oz.) pkg. Phil. cream cheese<br>(room temp.) | 4 green onions with tops    |
| 1 pkg. corn beef                                  | 1½ tsp. accent              |
|   | ½ tsp. Worcestershire sauce |

Cut beef in very small pices (leave some for top). Mix all together good. Sprinkle rest of cut up beef on top.

## CRAB CHEESE BALL

Tracey Olsen

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 pkgs. cream cheese          | 1 small onion (chopped fine)   |
| 1 pkg. dry mix ranch dressing | 2 C. Cheddar cheese (shredded) |
| 1 pkg. crabmeat (chopped)     |                                |

Mix softened cream cheese with dry ranch dressing, crabmeat and chopped onion. Roll into a ball over layer of Cheddar cheese. Roll into shape and coat thoroughly. Chill for a couple hours to firm cheese ball. Serve with a variety of crackers.

## SALMON BALL

Lois Hays Irwin

- |                                       |                    |
|---------------------------------------|--------------------|
| 1 can salmon (remove skin &<br>bones) | 2 tsp. horseradish |
| 1 (8 oz.) pkg. cream cheese           | 2 T. minced onion  |
| 2 T. lemon juice                      | Pinch salt         |

Mix all ingredients. Refrigerate 1 hour. Shape into a ball and roll in pecans or place in small dish and sprinkle pecans on top. This makes a delicious meat salad to use on a salad bar.

## TANGY MEATBALLS

Charlotte Summers

- |                      |                        |
|----------------------|------------------------|
| 5 T. butter          | ½ lb. Roguefort cheese |
| 1 lb. ground sirloin | 1 tsp. salt substitute |
| 1 T. sour cream      |                        |

Melt butter. Combine meat, cream cheese and salt. Blend well and roll into small balls. Brown in butter. Serve with toothpicks. Serves 8.

## LITTLE SMOKIES

*Beulah Hutchinson*

- 1 bag little smokies
- 3 tsp. mustard (salad)
- 1 large jar apple jelly

Mix jelly and mustard together. Put all in crock pot. Heat through then simmer for 30 minutes.

## CRAB RANGOON

*Janis Denney*

- 12 oz. cream cheese (room temp.)
- 5 oz. crab meat
- ½ tsp. soy sauce
- 1 (16 oz.) pkg. wonton skins
- 1 tsp. garlic powder
- 1 egg white
- 1 green onion (minced)

Mix the cream cheese, soy sauce, garlic powder and minced onions; stir in crabmeat. Place 1 tsp. filling just below center of each wonton skin. Roll up skin (little mini egg rolls like you see in restaurants, or like half moons and use scissors to shape). Moisten the skins with the egg white to make them stick together. Fry a few at a time in oil heated to 375° 2-3 minutes or until golden. Drain on paper towel. Makes about 45.

## SEAFOOD FANCIES

*Sheila Shafer*

- 1 pkg. imitation crab
- 1 T. onion (chopped)
- 1 C. Swiss cheese (shredded)
- 1 T. pimento
- 1 C. mayonnaise
- ½ tsp. Lawry's seasoned salt
- 2 T. celery (thinly sliced)
- 2 C. pasta (cooked)

Combine all ingredients. Pour over 2 cups cooked pasta. Makes 1 serving. One package crab fills 16 pasta shells.

*A man wrapped up in himself makes a very small bundle.*

## SHRIMP MOLD

*Connie Sandage Manus*

1 can tomato soup  
9 oz. cream cheese  
2 T. Knox gelatin  
½ C. water

3 cans small shrimp (drain)  
½ C. celery  
½ C. scallions or green onions  
(chopped real fine)  
1 C. mayonnaise

Heat tomato soup and cream cheese together in pan on top of stove until creamy. Place Knox gelatin plus ½ C. water in a bowl and stir together. Add the heated tomato soup mixture in same bowl right away and stir together. Add rest of the ingredients and mix together. Spray Pam in Teflon mold. Pour ingredients from bowl into mold. Cover with Saran Wrap and place in the refrigerator for 24 hours. Serve with big round crackers.

## SMOKED SALMON WITH MUSTARD DILL SAUCE

*Kim Greenland*

¼ C. corn oil  
¼ C. honey mustard  
4 tsp. Dijon mustard  
1 T. sugar

2 tsp. white wine vinegar  
3 T. dill (chopped)  
1 lb. sliced smoked salmon  
Pumpnickel bread

Whisk first 5 ingredients in medium bowl to blend. Stir in dill. Season sauce to taste with salt and pepper. Can be prepared 2 days ahead. Cover and refrigerate. Serve on pumpnickel bread with sauce.

## HOMEMADE SALAMI

*Rolland Harvey*

2 lbs. lean ground beef  
1 C. water  
2 T. Tender Quick salt

1/8 tsp. garlic powder  
¼ T. liquid smoke

Mix all ingredients together, combining well. Shape. Let set overnight or up to 24 hours. Bake 1 hour at 325°.

## **SAUTEED DUCK BREAST**

*Connie Sandage Manus*

Duck breast  
Cavender's seasoning

Olive oil

Slice duck breast into thin slices about 1/8-1/4 inch thick. Coat with olive oil and apply Cavender's seasoning to taste. Saute the meat until all the red color is gone. Serve hot or cold. Warm your guests about shot!

## **SALSA DIP**

*Judy Stewart*

1 C. mayonnaise  
1 C. sour cream

1 bottle salsa  
1 pkg. vegetable soup mix

Mix together and refrigerate at least 2 hours.

## **SALSA**

*Melinda England*

2 cans tomato puree  
1 small can hot diced peppers  
1/2 C. onions (diced)

1/4 tsp. diced (dried) minced garlic  
1 T. sugar

Mix all together and bring to a boil. Continue cooking over medium heat for 5 minutes. Let cool completely and chill. Serve with tortilla chips.

## **SALSA**

*Gary and Michiko Baker*

2 C. tomatoes (chopped fine)  
2-3 green onions (chopped fine)  
2-3 sprigs fresh parsley  
(chopped fine)  
2-3 cloves garlic (minced or  
mashed)

1 fresh chili pepper (seeded &  
finely chopped) or 1 (3 1/2 oz.)  
can hot chili peppers (seeded &  
chopped)  
1/2 tsp. dried oregano

Combine all ingredients and chill for several hours. NOTE: The hottest parts of fresh chilies are the seeds, inner membranes and juices. Cut them carefully and wash your hands well with soap and water afterwards. Avoid touching your hands to your face and especially to your eyes while cutting peppers. Use rubber gloves.

## **BACON AND EGGS**

*Wyatt Jackson*

White chocolate or almond bark      Pretzels (thin stick)  
 Yellow M & M candies

Melt white chocolate or almond bark and pour into small puddles on wax paper. Place a yellow M & M in the puddle, just off center. Place 2 thin pretzel sticks, side by side, just next to M & M. Now you have bacon and eggs.

## **BURGER BITES AND FRIES**

*Zachary Murphy*

Vanilla wafers      Karo syrup  
 Frosting, homemade or canned      Sesame seeds  
 Chocolate covered mint patties      Shoestring potatoes

Take 2 vanilla wafer to use as the bun with frosting as glue. Attach a mint patty to the flat side of the bottom wafer for the hamburger. Spread red tinted frosting for ketchup and yellow tinted frosting for mustard, letting some fall over edges of patty for show. Top with the other wafer, flat side down. Spread Karo syrup and sprinkle sesame seeds. Wrap each burger in foil. Serve with shoestring potatoes or French fries.

## **BIRD SEED**

*Abby Greenland*

1 box toasted oats (not Cheerios)      1 lb. M & M's  
 1 box raisins      1 lb. nuts

Mix all together and store in tightly sealed container.

## **MICROWAVE CARAMEL CORN**

*Jacy England*

1 C. brown sugar      ½ tsp. salt  
 1 stick margarine      20 C. popped corn  
 ¼ C. white syrup

In a 1 quart or larger microwave safe dish, mix. Cook in microwave until butter is melted. Stir well. Bring to a boil and boil 3 minutes. You do not need to stir during this 3 minute time. Add ½ tsp. soda, stir until foamy. Pour over popcorn in brown grocery sack; stir well. Microwave 3½ minutes. Stop microwave and shake the sack every 30 seconds. When done, tear open sack and spread out caramel corn to cool. Enjoy. Keep in an airtight container.

## **CARAMEL CORN (MICROWAVE)**

*Barbara Walter*

4 quarts popped corn	¼ C. light Karo syrup
1 C. brown sugar	½ tsp. salt
1 stick butter or oleo	½ tsp. baking soda

Combine brown sugar, butter, syrup and salt in 2½ quart microwave safe bowl. Bring to boil on full power (takes 2-3 minutes). Once boiling, boil mixture for 3 minutes, stirring several times. Remove from microwave and stir in the soda. Mix well (it will get real foamy) and pour over popcorn (which should be in a large 4-5 quart microwave safe bowl) and coat as well as possible. Put coated popcorn back in microwave and cook on full power for 3-3½ minutes, stirring every 30 seconds. This frequent stirring is needed to coat popcorn well. Remove and spread out to cool; as corn cools it becomes quite crisp. Store in an airtight container. I use a large brown heavy grocery sack. Roll down top and shake every 30 seconds. It works great. Enjoy.

## **CINNAMON CORN**

*Karen Taylor*

8 quarts popped corn	1 pkg. red hots
1 C. oleo	1 tsp. vanilla
½ C. white syrup	½ tsp. soda

Boil oleo, sugar, syrup and red hots for 5 minutes. Add vanilla and soda. Pour over popped corn. Put on cookie sheet. Bake at 250° for 1 hour, stirring every 15 minutes.

## **POPCORN BALLS**

*Carmeta Shields*

6 quarts popped corn	2 tsp. vanilla
1 stick oleo	1 (16 oz.) pkg. large marshmallows
Food color (optional)	

Spray cast iron large skillet, type that has a lid, with butter flavor pan spray. Add oil and heat to very hot. Carefully add frozen HyVee yellow hull less popcorn. When corn starts to pop, put lid on skillet. Shake constantly over highest heat. Empty popped corn in large metal container or large dish pan. Salt popcorn. Melt oleo, add marshmallows and add vanilla and color if desired. Pour over popcorn and stir well. Spray hands with butter flavor pan spray. Make the balls quickly; lay on cookie sheet to cool. When cool, wrap in Saran Wrap. Store in cool place. You may add colored M & M's after mixing the marshmallow mixture into popcorn.

## JELLO JIGGLERS

*Sheila Shafer*

4 (4 serving) boxes Jello brand gelatin      2½ C. boiling water or juice

Dissolve gelatin in boiling water or juice. Pour into 13 × 9-inch pan. Chill until firm. To unmold, dip pan in warm water for about 15 seconds.

## PEANUT BUTTER PLUNGE

*Kay Drake*

½ C. peanut butter      2 T. honey  
 ⅓ C. milk

Microwave at high for 45 seconds. Stir until smooth; serve with fruit chunks.

## PUPPY CHOW

*Megan Doubleday*

1 stick margarine      6 C. Rice or corn Chex cereal  
 1 C. chocolate chips      2 C. powdered sugar  
 ½ C. crunchy peanut butter

Melt margarine, chocolate chips and peanut butter in microwave oven or low heat on stove. Pour mixture over cereal and stir until covered. Put coated cereal in a brown paper sack and add powdered sugar and shake until cereal is coated with powdered sugar. Remove from bag and let dry.

## PUPPY CHOW

*Melinda England*

10 C. Crispix cereal      1 C. peanut butter  
 6 oz. chocolate chips      2 C. powdered sugar  
 ½ C. butter or margarine

Melt chips, margarine and peanut butter together. Pour over cereal until well coated. Spread out on wax paper to cool. When cool, pour cereal into a bag with powdered sugar. Shake until cereal is coated. Spread on wax paper to dry.

## TUMBLEWEEDS

*Sue F. Jones*

1 (12 oz.) can salted peanuts  
1 (7 oz.) can potato sticks

3 C. butterscotch chips  
3 T. peanut butter

Combine peanuts and potato sticks in a bowl; set aside. In a microwave, heat butterscotch chips and peanut butter at 70% power for 1-2 minutes or until melted; stirring every 30 seconds. Add to peanut mixture; stir to coat evenly. Drop by rounded tablespoons onto waxed paper lined baking sheets. Refrigerate until set, about 5 minutes. Store in airtight container. Yield 4½ dozen.

## PUPPY CHOW

*Tiffany and Danielle Brosam*

1 C. chocolate chips  
½ C. peanut butter

1 stick oleo  
6 C. Rice Chex  
2½ C. powdered sugar

Melt chocolate chips, peanut butter, oleo in a large bowl microwave. Add rice Chex and stir gently. Put 2½ C. powdered sugar into large grocery sack, add chocolate mix and shake. Wait a few minutes before opening. Reshake clumps.

## PIZZA ON THE GO

*Michelle Repp*

1 flour tortilla  
1 T. pizza quick sauce

¼ C. part skim mozzarella cheese

Spread pizza sauce and sprinkle cheese. Heat at 400° until melted. Slice and eat as pizza or roll it up like a burrito.

## OCTOPUS DOGS

*Ashlee Lee*

6 hot dogs  
6 hot dog buns

1 can chili

From one end of hot dog, start a slit that goes vertically almost to the other end. Turn a quarter turn and make another slit. Keep making slits until you have eight legs for the hot dog. Boil and the hot dog, will look like an octopus. Serve with head up and legs spread out over an open hot dog bun that has chili on it.

## APPLE CHIPS

*Katie and Jamie Hankins*

½ C. confectioners' sugar      1 apple (cored, sliced crosswise in 1/16-inch rounds)

Preheat the oven to 275°. Sift half of the confectioner's sugar onto a nonstick baking sheet. Arrange the apple slices in a single layer on the baking sheet and sift the remaining confectioners' sugar over them. Bake the slices for 45 minutes. To check if they are done, remove 1 slice with a spatula and place it on a cool surface. If after 1 minute it hardens enough so that it will snap in half, the chips are ready. If it doesn't, continue to bake, checking at 15 minute intervals to see if they are done. When they are, immediately remove the apple chips from the pan with a metal spatula and place them on a wire rack to cool completely. The apple chips can be stored in an airtight container in a cool dry place for up to 2 weeks. Servings vary depending on size of apple. Approximately 10 chips per serving.

## HENS NEST FOR EASTER

*Ashlee Lee*

½ C. butter      ¼ tsp. cinnamon  
½ tsp. vanilla      5 C. shredded wheat  
10 oz. marshmallows

Melt butter and marshmallows in microwave until melted. Remove from microwave, add vanilla and cinnamon. Mix well. Add wheat stir until coated. Drop by tablespoons and shape into nests, then decorate with Jello beans, Easter eggs and sprinkles. Great for kids to do!

## BUTTERSCOTCH NESTS FOR EASTER

*Ashlee Lee*

1⅔ C. butterscotch chips      8.5 oz. chow mein noodles  
¾ C. creamy peanut butter      3½ C. mini marshmallows

Line baking sheets with wax paper. Microwave chips in large bowl on medium high power for 1 minute. Stir. Microwave an additional 10-20 second intervals, stirring until smooth. Stir in peanut butter until well blended. Melt the marshmallows in with the chips and peanut butter. Add chow mein noodles. Toss until coated. Drop by teaspoon onto prepared baking sheets. We made this into bird nests and put eggs into them refrigerate until ready to serve.

## PEANUT BUTTER TURTLES

Ashlee Lee

1 apple

5 grapes

2 T. peanut butter

Carrot shavings

Slice an apple in half. Make several slits in each half. Fill with peanut butter or sesame butter (available in health food stores). Attach seedless grapes with toothpicks (remove before giving to young children) for the head and legs and stick a carrot shaving on for a tail (tuck into one of the slits).

## GUMMI WORM CAKE

Hunter Lee

1 chocolate cake

2 pkgs. gummi worms

Chocolate frosting

1 pkg. Oreo cookies

Bake a chocolate cake. Spread frosting on cake as thickly as possible. Crush Oreo cookies with a fork or rolling pin. It will look like soil. Sprinkle  $\frac{1}{2}$  of the crushed cookies on frosted cake. Garnish with gummi worms. Make some of the worms look like they are crawling out of the cake. Sprinkle top with remaining crushed cookies.

## EYEBALLS ON RITZ

Hunter Lee

Eggs (hard boiled)

Ritz crackers

Black olives

Red food coloring

Cut hard boiled eggs in half lengthwise. Remove yolks and make filling for deviled eggs. Cut out small hole from bottom center of each egg (about  $\frac{5}{8}$ -inch diameter). Poke a black olive partway through each hole and hold in place by filling eggs with yolk filling. Place each egg, olive side up, on a Ritz cracker. Paint red lines, resembling blood veins with a toothpick on the eye.

## CAT'S EYES

*Hunter Lee*

1 banana (cut in 8 slices)  
8 raisins

½ C. peanut butter  
8 Ritz crackers

Spread peanut butter on crackers and top each with a slice of banana. Place a raisin in center of each banana to form a cat's eye and repeat for all banana topped crackers.

## EARTH ROCKS

*Cheryl Whittington*

Graham crackers  
2-3 bananas

¾ C. peanut butter  
1 T. vegetable oil

Slice bananas into 1-inch pieces. Melt peanut butter with the oil until dipping consistency. Put graham crackers in a Ziploc baggie and push out air and seal the bag. Roll over top of bag with a rolling pin until crackers are crushed fine. Use a fork to carefully dip banana piece into peanut butter mixture. Then roll the covered banana in graham cracker crumbs. Place on waxed paper and chill.

## ANTS IN THE SAND

*Hunter Lee*

2 graham crackers  
Chocolate sprinkles

1 plastic sandwich bag

Place graham crackers in a plastic sandwich bag and crush with a rolling pin. Add a few chocolate sprinkles to make ants, then seal the bag. Give them to the kids to take outside and eat or let them pour it into a small bowl and eat at the table, using their fingers, or course. Variations: Add raisins (call them beetles) or red hots (lady bugs).

*Instead of pointing a finger, why not hold out a hand?*



**MOUNTAIN CHERRY PUNCH**

*Nicole Denney*

- 2 (12 oz.) can Dole pure & lite mountain cherry frozen concentrate
- 1 1/4 C. lime juice
- 1 (2 liter) bottle diet 7-Up

Combine all ingredients and serve with ice. Makes 25 servings.

**ICE HOLIDAY PUNCH**

*Nicole Denney*

- 1 (6 oz.) pkg. cherry gelatin
- 3/4 C. sugar
- 2 C. boiling water
- 1 (46 oz.) can pineapple juice
- 6 C. cold water
- 2 liters chilled ginger ale

In a 4 quart freezer proof container, dissolve gelatin and sugar in boiling water. Stir in pineapple juice and cold water. Cover and freeze overnight. Remove from freezer 2 hours before serving. Place in punch bowl; stir in ginger ale, just before serving. Yield 32-36 servings.

**GREEN PUNCH**

*Mari McGehee*

- 2 pkgs. lemon lime KoolAid
- 1 gallon water
- 2 C. sugar
- 2 (6 oz.) cans frozen lemonade
- 8 cans water
- 46 oz. pineapple juice
- 28 oz. bottle 7-Up

Combine all ingredients, adding 7-Up just before serving. Makes a beautiful green, refreshing punch, serving 35-40. Can use other KoolAid choice but green is prettiest and most refreshing.

**HOMEMADE EGG NOG**

*Leza Johnson*

- 6 eggs
- 1 quart half and half
- 1 C. sugar
- 1/2 tsp. salt
- 1 C. golden rum, if desired or 1-2 T. rum flavoring
- Nutmeg or cinnamon

In a large bowl, beat eggs until light and foamy. Add sugar and salt beating until thick and lemon color. Stir in rum and half and half. Chill at least 3 hours. Before serving, sprinkle with nutmeg or cinnamon.

## EGG NOG

*Diane Henry*

3 eggs (slightly beaten)  
1/3 C. sugar  
Dash salt  
2 1/2 C. milk  
1 tsp. vanilla

1 C. chilled whipping cream  
2 T. powdered sugar  
1/2 tsp. vanilla  
1/2 C. rum  
Ground nutmeg

Mix eggs, sugar and salt in heavy 2 quart saucepan. Stir in milk gradually. Cook over low heat, stirring constantly until mixture just coats spoon (about 15-20 minutes). Remove from heat and stir in vanilla. Place pan in cold water until cool. Cover and refrigerate at least 2 hours but not longer than 24 hours. Just before serving, beat whipping cream, powdered sugar and 1/2 tsp. vanilla in chilled bowl until stiff. Stir in rum and 1 C. of the whipped cream into the custard. Pour egg nog into punch bowl and drop remaining whipped cream into mounds on egg nog. Sprinkle with nutmeg and serve immediately.

## SUGAR FREE HOLIDAY NOG

*Louise Frost*

7 C. skim milk (divided)  
1 (1 oz.) pkg. instant sugar free  
vanilla pudding  
1 C. evaporated skim milk

1-2 tsp. vanilla or rum  
Sugar substitute equal to  
4-8 tsp. sugar

Combine 2 C. milk, pudding mix, vanilla and sugar substitute in a bowl; mix according to pudding directions. Pour in 1/2 gallon container with tight fitting lid. Add 3 C. milk. Shake well. Add evaporated milk and shake. Add remaining milk; shake well. Yield 8 servings.

*Leftovers are the kind of food that are here today -  
and here tomorrow.*

## VEGAN EGG NOG

*Ringgold Sanitation*

- |  |                                 |
|--|---------------------------------|
| 21 oz. firm silken tofu or reduced fat firm silk tofu (crumbled) | 1 C. cold water                 |
| 2 C. rice milk or reduced fat soy milk                           | 1 C. apple juice                |
| 2/3 C. light brown or turbinado sugar                            | 4 1/2 tsp. pure vanilla extract |
|  | 20 ice cubes                    |
|  | Nutmeg (freshly grated)         |

Place half of tofu and rice milk or soy milk in blender with sugar and salt; blend until smooth. Scrape mixture into large bowl; repeat with remaining tofu and soy milk. Whisk in water and vanilla; cover and refrigerate until serving time. To serve, blend half the mixture in blender with 10 ice cubes until frothy; repeat. Serve in glasses with nutmeg sprinkled on top. Serves 10.

## FRIENDSHIP TEA

*Lois Hays Irwin*

- |                           |                 |
|---------------------------|-----------------|
| 1 1/2 C. instant tea      | 18 oz. Tang     |
| 1 1/2 C. granulated sugar | 1 tsp. cinnamon |
| 1 pkg. dry lemonade mix   | 1 tsp. cloves   |

Mix ingredients together and store in cool, dry place. Use 1 or 2 tsp. per cup of hot or cold water.

## FRUIT SMOOTHIES

*Eunice Myers*

- |   |   |
|---|---|
| 1 (14 oz.) can Eagle brand sweetened condensed milk (not evaporated milk) | 1 (8 oz.) canm crushed pineapple with juice (chilled) |
| 1 (8 oz.) carton yogurt   | 2 T. lemon juice from concentrate                     |
| 1 small banana (cut up)   | 1 C. ice cubes  |
|   | 1 C. frozen or fresh strawberries                     |

Chill Eagle brand milk in blender container. Add yogurt, bananas, strawberries, pineapple and juice. Add lemon juice. Cover and blend until smooth. With blender running gradually add ice cubes; blend until smooth. Pour into glasses and garnish with half strawberries, if desired. Serve immediately. Makes 5 servings. You can also use other fruits to your liking, such as peaches, lime or orange juice, raspberries, blueberries, etc.

## **FRUIT SMOOTHIE**

*Jeremy England*

- |                             |                   |
|-----------------------------|-------------------|
| 1 C. low fat vanilla yogurt | 1 banana          |
| 1 C. ice                    | ½ C. strawberries |
| 1 C. orange juice           |                   |

In a blender, mix yogurt, ice and orange juice. Add fruits and blend well.

## **HOT CHOCOLATE MIX**

*Karlee England*

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 (8 quart) pkg. powdered milk | 1 (7 oz.) jar CoffeeMate creamer |
| 1 (1 lb.) box Quik chocolate   | ½-1 C. powdered sugar            |

Mix all ingredients together. Mix well. Store in covered container. To make hot chocolate drink, put ⅓ C. mixture into coffee mug. Add hot water. Stir.

## **HOT COCOA MIX**

*Ringgold Sanitation Crew*

- |  |                       |
|--|-----------------------|
| 1 (8 quart) box instant dry milk       | 16 oz. jar Coffeemate |
| 1 lb. can Hershey's or<br>Nestles Quik | 1 C. powdered sugar   |

Sift all ingredients together. Store in airtight container. Serves over 60 cups. To make: for 1 C. of hot cocoa use ¾ C. hot water and ¼ C. mix. Sure warms you up after a cold day outside.

## **INSTANT COCOA MIX**

*Mary Frances Baker*

- |   |                       |
|---|-----------------------|
| 1 (10 oz.) can Quik chocolate<br>powder | 16 oz. jar Coffeemate |
| 8 quart box powdered milk               | ¾ lb. powdered sugar  |

Mix all ingredients and store in an airtight container. For cocoa: Add ⅓ C. mix to 1 C. boiling water.

## **SUGAR FREE COCOA MIX**

*Louise Frost*

- 2 C. nonfat dry milk powder
- ½ C. light powdered non-dairy  
  creamer
- ½ C. baking cocoa

- Sugar substitute equivalent to  
  3 T. sugar
- ¾ tsp. ground cinnamon

Combine all ingredients. Store in airtight container. For each serving, add ⅓ C. mix to ¾ C. boiling water. Stir until dissolved. Yields 8 servings.

## **CAPPACHINO**

*Carol May*

- ⅓ C. powdered sugar
- 1⅓ T. sugar

- ⅔ C. French vanilla creamer
- ⅓ C. instant coffee

Mix all ingredients together. Add 2 T. to 1 C. hot water. You can try any flavor of creamer instead of French vanilla.

## **APPLE YOGURT SMOOTHIE**

*Michelle Repp*

- 1 C. plain non-fat yogurt
- 2 apples
- ¼ C. unsweetened applesauce

- 1 tsp. vanilla
- 1 tsp. cinnamon
- ¼ tsp. nutmeg

Core and cut apples into blender jar. Add remaining ingredients and 3-4 ice cubes. Blend until smooth and frothy.

## **YOGURT SHAKE**

*Gary and Michiko Baker*

- 1 C. plain nonfat yogurt
- ½ C. fresh or frozen fruit

- 1 T. fruit juice concentrate

For those who don't like a real breakfast or have no time for it, a drink and run alternative. **BASIC DIRECTIONS:** Place all ingredients in the blender (cube fruit and remove seeds first). Blend 30-45 seconds. For an even quicker breakfast, load the blender container at night and refrigerate. In the morning, process and drink!

## **TOMATO YOGURT SHAKE**

*XIM Gary and Michiko Baker*

- |  |                             |
|--|-----------------------------|
| 1 C. plain nonfat yogurt                             | 1 tsp. lemon juice          |
| 1 C. tomato or mixed vegetable juice (no salt added) | ¼ tsp. ginger root (grated) |

Place all ingredients in the blender (cube fruit and remove seeds first). Blend 30-45 seconds. For an even quicker breakfast, load the blender container at night and refrigerate. In the morning, process and drink!

## **TROPICAL REFRESHER**

*Gary and Michiko Baker*

- |   |                          |
|---|--------------------------|
| 1 (8 oz.) can unsweetened crushed pineapple | 1 C. plain nonfat yogurt |
|   | 1 banana                 |

Place all the ingredients in the blender (cube fruit and remove seeds first). Blend 30 to 45 seconds. For an even quicker breakfast, load the blender container at night and refrigerate. In the morning, process and drink!

## **FRUIT SHAKE**

*Gary and Michiko Baker*

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 C. nonfat (skim) milk          | ¼ tsp. cinnamon              |
| 2 T. instant nonfat dry milk     | 1 T. apple juice concentrate |
| 2 ripe bananas, pears or peaches |                              |

Place all the ingredients in the blender (cube fruit and remove seeds first). Blend 30-45 seconds. For an even quicker breakfast, load the blender container at night and refrigerate. In the morning, process and drink!

## **ORANGE MILK SHAKES**

*Gary and Michiko Baker*

### **MILK SHAKE 1:**

- 1 C. orange juice
- ¼ tsp. vanilla extract
- ¼ C. instant nonfat dry milk

### **MILK SHAKE 2**

- 1 C. water
- 1 C. nonfat (skim) milk
- ½ C. frozen orange juice concentrate
- ½ tsp. vanilla

**RHUBARB COOLER**

*Lois Hays Irwin*

- |                        |                             |
|------------------------|-----------------------------|
| 1 lb. rhubarb (cut up) | 3 T. lemon juice            |
| 3 C. water             | Ice cubes                   |
| 1 C. sugar             | 1 (28 oz.) bottle gingerale |
| 2/3 C. orange juice    | (chilled)                   |

In medium saucepan, cook rhubarb with water and sugar about 15 minutes or until fruit is very soft, press through sieve. Add to fruit juices. Cover, chill. To serve, pour 1/2 C. rhubarb liquid over ice cubes in a tall glass. Fill glass with ginger ale, stir. Makes 12 (6 oz.) servings. This is easily frozen at the rhubarb juice stage in larger quantities to use and mix as you would punch.

**SLUSH**

*Peggy Drake*

- |                                     |                       |
|-------------------------------------|-----------------------|
| 2 (12 oz.) cans frozen lemonade     | 2 C. sugar            |
| 2 (12 oz.) cans frozen orange juice | 7 C. water            |
| 2 C. instant tea                    | 2 C. vodka (optional) |

Boil sugar in 2 C. water to dissolve. Add rest and mix well. Freeze. Scoop into glasses. Add 7-Up to serve. Keeps well in freezer. Can add food coloring.

**STRAWBERRY SHAKE**

*Deb Repp*

- |  |   |
|--|---|
| 1 pkg. Mori-Nu silken, extra firm tofu (drained & cut in 1/2-inch cubes) | 1 (10 oz.) pkg. frozen strawberries (slightly thawed) |
|--|---|

Combine in blender. Blend. ENJOY.

*You cannot do a kindness too soon because you never know when it will be too late.*

## WASSAIL

*Diane Henry*

- |                       |                            |
|-----------------------|----------------------------|
| 1 gallon apple cider  | 2 (3-inch) sticks cinnamon |
| 2 tsp. whole cloves   | $\frac{2}{3}$ C. sugar     |
| 2 tsp. whole allspice | Red hots, if desired       |

Heat cider, cloves, allspice, cinnamon and sugar to boiling. Reduce heat. Cover and simmer 20 minutes. Strain and pour into punch bowl. For added tang, put wassail in a 30 cup coffee pot and add a handful of red hots.

## PINEAPPLE PUNCH

*Carol Hays*

- |  |  |
|--|--|
| 3 large cans pineapple juice           | $\frac{1}{2}$ gallon pineapple sherbet |
| $\frac{1}{2}$ gallon vanilla ice cream | $1\frac{1}{2}$ bottles gingerale       |

Melt sherbet and ice cream; stir in pineapple juice. Add gingerale last.

## PINK LASSIE

*Margaret Fletschall*

- |                      |                        |
|----------------------|------------------------|
| 1 C. cranberry juice | 1 C. vanilla ice cream |
| 4 T. orange juice    |                        |

Whip in blender until smooth. Yields  $2\frac{1}{2}$  cups.

*Fretting is like a rocking chair;  
you can do a great deal of agitating  
in it without getting anywhere.*

# Breads

*My Favorite Recipes in this section are:*

**RECIPE**

**PAGE #**

_____	_____
_____	_____
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## Hints for Breads and Spreads

Dry yeast is soaked or softened in warm liquid. Technically, you cannot "dissolve the yeast"; it is a living organism, cells merely separate, activate, and reconstitute to expand and reproduce. They will appear to dissolve only because the cells are exceedingly small.

Hot water kills yeast. You can tell if the temperature is correct by pouring the water over your forearm; if you cannot feel either hot or cold, the temperature is just right.

Add ½ tsp. of sugar to the yeast when stirring it into the water to soften. If it foams and bubbles in ten minutes, you know the yeast is alive and active.

There is a difference in the yeast called for in old recipes and today's. A "cup of yeast" called for in some older recipes is similar to sourdough batter; "2 ounces" yeast called for in a 1954 cookbook is equal to a one-fourth ounce envelope of today's yeast.

Use water that has been used to boil potatoes to make bread more moist, adds flavor and provides food for the yeast.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

When creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

Dough won't stick to your hands if it is kneaded inside a large plastic bag.

To help yeast dough rise quickly and evenly, use a heating pad. Set the covered bowl on the pad with its temperature set at medium. If the television is in use, it makes a nice warm spot for dough to rise.

Another way to raise bread; turn oven to 200°. When temperature is reached, shut oven off and put bread in to rise.

Dough can be raised in 15 minutes using a microwave. Place the dough in a microwave proof bowl and put it in the microwave with another container of 8 ounces of water. Heat at 10% power (or lowest setting) for 3 minutes. Let rest in the oven for three minutes, then heat again for 3 minutes. Let rest 6 minutes. Dough should have doubled in bulk and is ready for shaping.

To thaw frozen bread loaves, place in clean brown paper and put in 325° oven for 5 to 6 minutes to thaw completely. For thawing rolls, allow several more minutes. 20 seconds in the microwave is enough time for 2 slices to thaw.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil are absorbed more readily into the dough or batter and do not help release baked goods from pan.

## - BREADS -

### HOT ROLLS

*Olive Davis*

1 pkg. dry yeast  
1 C. lukewarm milk  
½ C. sugar

½ C. shortening  
1 tsp. salt  
3 eggs (beaten)  
4 C. flour

Dissolve yeast in 1 C. milk. Cream sugar, shortening and salt. Add the beaten eggs, mix well and add the yeast mixture, beating well again. Add 4 C. of flour or more if needed. Knead dough until smooth. Place in greased bowl and let rise until double in size. Shape into rolls and put in greased pans. Let rise until light. Makes 24 large rolls. Bake 15-20 minutes at 350°.

### BOHEMIAN KOLACHES

*Eileen Lesan*

2 pkgs. dry yeast  
¼ C. lukewarm water  
2 C. lukewarm milk  
⅔ C. lard

½ C. sugar  
4 egg yolks (beaten)  
1 tsp. salt  
6 C. flour (divided)

#### FILLING:

½ C. water  
½ C. sugar

1 C. apricots or prunes  
(finely chopped)  
1 tsp. flour

Dissolve yeast, lukewarm water and lukewarm milk. Mix in sugar, lard, salt and egg yolks, along with 3 C. flour. Beat until smooth then add remaining 3 C. flour; work in well. Dough will be sticky. Let rise until double in bulk. Make into balls, place in 10 × 15-inch pan about an inch apart, let rise again. With tips of 4 fingers and thumb pull down centers and fill with filling. Brush with melted fat. Bake at 375° for 12-15 minutes. Brush with melted fat before removing from pan. For the filling, cook until thickened. May double this if you like a lot of filling. I add a little cinnamon.

## BOHEMIAN KOLACHES

*Doris Klejch*

1 C. milk (scalded)	2 eggs (beaten)
6 T. shortening	1 pkg. active dry yeast
½ C. sugar	5 C. flour
1 tsp. salt	Poppy seed filling
	Topping

### POPPY SEED FILLING:

2 cans ground poppy seed	¼ C. milk
¼ C. sugar	

### TOPPING:

1 C. brown sugar	1 C. flour
4 T. margarine	

Mix together milk, shortening, sugar and salt in large bowl. When lukewarm, add eggs, yeast (softened in ¼ C. warm water) and half the flour. Mix well. Stir in the remaining flour (enough to make a dough easy to handle). Knead until smooth; shape into a ball. Place in greased bowl; turn once. Cover; let rise until double, 1-1½ hours. Punch down; cover and let rest 10 minutes. Shape dough into 1½-inch balls and place on greased baking sheet, 10 × 15 × 1-inch. Let rise until double in bulk. With fingers, make an indentation in each ball. Fill indentation with poppy seed filling. Let rise 15-30 minutes. Just before baking, sprinkle with topping. Bake at 350° for 30 minutes or until brown. Makes 18-20 kolaches.

## BUTTERHORNS

*In Memory of Vera Hacker  
(Submitted by Dora Ann Shields)*

¾ C. milk	1 tsp. soda
¼ C. warm water	½ C. soft margarine
1 pkg. dry yeast	2 eggs
½ C. sugar	5-5½ C. flour

Scald milk. Cool to lukewarm. Dissolve yeast in warm water in a large bowl. Add milk, sugar, salt, margarine and eggs. Beat in 3 C. flour until smooth. Add enough flour to make smooth dough. Use remainder of flour on bread board. Knead until little blisters appear. Bring up greasy side and let rise for 1½ hours. Punch down and let rise again for 30 minutes. Then make into horns or biscuits. Let rise to desired height on greased baking sheet. Bake at 400° for 25-30 minutes.

## MAKE AHEAD BUTTERHORNS

Alice Greene

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 (4 oz.) pkg. active dry yeast | ½ C. sugar                        |
| 3 T. warm water                 | 3 eggs                            |
| 4½ C. flour (divided)           | 1 tsp. salt                       |
| 1 C. warm milk                  | 2 T. butter or margarine (melted) |
| ½ C. shortening                 |                                   |

In a large mixing bowl, dissolve yeast in water. Add 2 C. flour, milk, shortening, sugar, eggs and salt; beat for 2 minutes or until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead lightly. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 2-3 hours. Punch dough down; divide into 4 equal parts. Roll each into a 9-inch circle; brush with butter. Cut each circle into 8 pie shapes wedges; roll up each wedge from wide edge to tip of dough and pinch to seal. Place rolls, tip down, on baking sheets, freeze. When frozen, place in freezer bags and keep frozen until needed. To bake, place on greased baking sheets; thaw 5 hours or until doubled in size. Bake at 375° for 12-15 minutes or until lightly browned. Remove from baking sheets and serve immediately or cool on wire racks. Yield 32 rolls.

## PUDDING CINNAMON ROLLS

Janis Denney

- |  |                   |
|--|-------------------|
| 1 (3 oz.) box vanilla pudding<br>(not instant) | 2 tsp. sugar      |
| 1 stick oleo                                   | 2 pkgs. dry yeast |
| 2 eggs (beaten)                                | ½ C. warm water   |
| 1 tsp. salt                                    | 6½ C. flour       |

Prepare pudding according to directions on box. Stir in butter and let cool to lukewarm. Add eggs and salt. In a cup, dissolve the yeast and sugar in the warm water. Let set 5 minutes. Stir and add to pudding mixture. Stir in flour. Makes a soft sticky dough. Cover and let rise 1 hour. Punch down and let rise 45 minutes. Put out on floured board and knead in ½ C. additional flour. Divide dough in half. Roll each half into a rectangle. Spread with soft butter. Sprinkle with cinnamon and brown sugar. Roll up and cut into 12 slices. Put in 2 greased 9 × 13-inch pan. Let rise 20 minutes. Bake at 375° for 15-20 minutes. Frost with powdered sugar icing.

## NEVER FAIL ROLLS

Lillie Rinehart

1½ pkgs. yeast	1 tsp. salt
1 C. lukewarm water	1 T. shortening
2 eggs	⅓ C. sugar
1 C. boiling water	6 C. flour

Beat eggs lightly, pour boiling water over them. Add salt, shortening and sugar. Let stand until lukewarm. Mix well. Add yeast to 1 C. lukewarm water to soften. Then add to other mixture. Slowly mix in 5 C. flour. Turn out onto a lightly floured surface. Slowly add 1 more cup of flour, or more if needed as you knead for 10 minutes. Let rise for 1 hour. Punch down and mold into rolls. Let rise until double in size. Bake in 375° oven for about 25 minutes.

## REFRIGERATOR ROLLS

Ellen Powell

2 pkgs. yeast	⅔ C. sugar
2 C. warm water	2 eggs (well beaten)
⅔ C. canola oil	7 C. flour
2 tsp. salt	

Dissolve yeast in 2 C. warm water. Add ⅔ C. oil. Combine salt, sugar, eggs and 3 C. of the flour. Then add 4 more cups of the flour with spoon. Do not knead. Set this in refrigerator for an hour. Then knead. At this time you can make into buns, rolls or loaves. Let double in size. Bake at 325° until done.

## 3 HOUR ROLLS

*In Memory of Recie Wicker  
(Submitted by Jayla Shelman)*

1½ C. warm water	1 pkg. dry yeast
⅓ C. sugar	1 tsp. salt
1 egg (beaten)	½ C. shortening (melted)

Mix well. Add 2 C. flour, beat. Add 2 more cups flour. Let rise for 1 hour. Make into rolls. Place into greased pan. Let rise until double in size. Bake 30 minutes at 375°.

**QUICK HOT ROLLS**

*Diane Huntsman*

- ¾ C. flour
- ¼ C. sugar
- ½ tsp. salt
- 1 pkg. yeast
- 5 T. butter
- 2⅔ C. hot water
- 1 egg
- 2½ C. flour

Combine ¾ C. flour, ¼ C. sugar, salt and dry yeast in large mixer bowl. Add butter and pour in water. Beat 2 minutes at medium speed. Add egg and ½ C. flour. Beat 2 minutes at high speed. Stir in enough additional flour to make soft dough. Knead 10 minutes. Let rise about 1 hour until double. Punch down. Shape into rolls and place on cookie sheet. Cover and let rise until double. Brush with melted butter. Bake at 400°. Makes about 2 dozen.

**ROGER'S TRUCK STOP CINNAMON ROLLS**

*Linda Sickels*

- 2 tsp. salt
- ⅔ C. sugar
- ½ C. oleo or Crisco
- 2 C. lukewarm water
- 1 cake yeast
- 2 eggs (beaten)
- 6 C. flour

Mix salt, sugar, oleo and warm water. Add yeast and dissolve. Add eggs. Gradually add 6 C. flour. Mix well. Set aside and let rise 45 minutes or until double in bulk. Roll out in large rectangle. Spread with warm butter, sugar and cinnamon. Roll up. Cut and place in greased pan. Let rise again. Bake about 15 minutes at 350°. Frost with white or caramel frosting. 2 dozen.

**ICEBOX ROLLS**

*Donna Young*

- 1 C. warm water
- 1 T. sugar
- 2 pkgs. yeast
- 1 egg
- ½ C. lard
- ½ C. sugar
- 1 C. flour
- 2 C. warm water
- 8 C. flour
- 1 tsp. salt

Mix water, sugar and yeast; let stand 10 minutes. Add 1 egg, ½ C. lard, ½ C. sugar, 1 C. flour. Beat very hard, then add 2 C. water, alternately with 8 C. flour and 1 tsp. salt. This will be kneaded let rise 2 times. Make into rolls or loaves, put in greased pan, let rise to double the size and bake at 400° until golden brown. This can be put covered in the refrigerator, you must knead down once a day when not used. Just take out the amount you need, let rise after you have shaped it into rolls or loaves and bake.

## HONEY WHOLE WHEAT BREAD OR ROLLS

Lillie Rinehart

3 C. warm water or milk	$\frac{2}{3}$ C. oil
$\frac{2}{3}$ C. honey	$\frac{1}{2}$ tsp. salt
2 pkgs. yeast	5 C. whole wheat flour
4 large eggs	2 C. white flour

Dissolve honey in 3 C. liquid; add yeast and allow to dissolve. Add 2 C. flour and blend well. Add eggs, shortening and salt. Beat well. Beat in rest of flour. Knead until smooth and put in warm place to rise. Let rise until double in size. Shape into 2 loaves. Let rise and bake for 30 minutes at 325° or shape into rolls.

## COTTAGE BREAD

Ernil Hainline

$3\frac{3}{4}$ C. all purpose flour	$1\frac{1}{4}$ tsp. salt
1 T. soft shortening	1 pkg. dry yeast
$1\frac{1}{2}$ T. sugar	1 C. warm water
$\frac{1}{4}$ C. warm water	

Add yeast to the  $\frac{1}{4}$  C. warm water. Put the 1 C. warm water in mixing bowl (large). Add sugar and salt; stir until lukewarm. Stir yeast well and pour in this. Mix in half of flour and beat until smooth. Add shortening and more flour. When dough cleans side of bowl and can be handled, turn out on floured board and knead. When smooth and elastic, place in greased bowl. Let rise until dent remains when pushed in. Shape into round loaf and place in round casserole dish. Let rise until doubled. Slash top to form cross and sift a little flour over top. Bake 35-45 minutes at 400°.

*Borrow trouble for yourself, if that's your nature -  
but don't lend it to your neighbors.*

## BREAD MACHINE CHEESE ONION BREAD

*Martha Ricker*

- |                             |                                |
|-----------------------------|--------------------------------|
| 1¼ C. lukewarm water        | 2 T. dry milk                  |
| 1¼ tsp. salt                | 1 C. Cheddar cheese (shredded) |
| 2 T. sugar                  | 1 T. instant minced onion      |
| 4 C. better for bread flour | 1½ tsp. active dry yeast or    |
|                             | 1 tsp. bread machine yeast     |

Place ingredients in bread machine in order recommended by bread machine manufacturer, making sure yeast does not come into contact with water. Do not use delayed bake feature, use white bread cycle. May use light crust color if lighter colored loaf is desired. Makes 2 lb. loaf. For 1½ lb. loaf, decrease water to 1 C., salt to ¾ tsp., flour to 3 C., dry milk to 1 T., cheese to ¾ C., onion to 2 tsp. Other ingredients remain the same.

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## HEARTY WHITE BREAD FOR BREAD MACHINE

*Dep Repp*

- |                    |   |
|--------------------|---|
| 2 tsp. yeast       | 3 T. wheat germ/wheat bran/<br>oat bran |
| 2½ T. sugar        | ¼ C. potato flakes                      |
| 10-12 oz. water    | 2 T. dry milk                           |
| 1 egg (room temp.) | 4 C. flour                              |
| 2 T. oil           |   |

I spray Pam on the bottom of the machine, so it doesn't stick. In the machine, I dissolve the yeast with the sugar and water. When the yeast begins to bubble, I add the beaten egg and oil. I then add the dry ingredients, scraping the sides as it starts to mix. I then add more water if the dough is too stiff or more flour if dough is too soft.

## ITALIAN BREAD

*Velma E. Walters*

- |                  |                          |
|------------------|--------------------------|
| 2 pkgs. yeast    | 1 T. salt or garlic salt |
| 2½ C. warm water | ¼ C. oil                 |
| 3 T. sugar       | 6 C. flour               |

Measure dry ingredients in a large bowl. Make hole in center, pour all liquids in. Mix, let raise until double. Knead 100 times. Place on greased pizza pan or 3 (9-inch) pie pans. Let raise until double. Bake at 350° for 25 minutes or until done. Add if desired any of these: 5 T. grated cheese or garlic powder or celery flakes or sage.

## DILLY BREAD

*Dorothy L. Main*

- |  |                              |
|--|------------------------------|
| 1 pkg. active dry yeast                              | 2 tsp. dill seed             |
| ¼ C. warm water (110°-115°)                          | 1 tsp. salt                  |
| 2 T. onion (chopped) or<br>1 T. instant minced onion | ¼ tsp. baking powder or soda |
| 1 T. butter or margarine                             | 1 egg (beaten)               |
| 1 C. cottage cheese                                  | 2½ C. flour                  |
|  | 2 T. sugar                   |

Dissolve yeast in warm water (110°-115°). Cook onion in butter until tender. Heat cottage cheese to lukewarm. In a large mixing bowl, put warmed cottage cheese, sugar, dill seed, salt, baking powder or soda and beaten eggs. Add dissolved yeast mixture and cooked onion. Add flour gradually, enough to make a stiff dough. Cover and let rise in warm place until doubled, about 1¼ hours. Stir down. Form into loaf and place in well greased 9½ x 5 x 3-inch loaf pan. Let rise until light, about 40 minutes. Bake at 350° for 35-50 minutes or until crust is browned. Brush with butter. Sprinkle with salt if desired.

## GRANDMA'S HOMEMADE BUNS

*In Memory of Lucille Adams  
(Submitted by Diane Repp)*

- |                            |                      |
|----------------------------|----------------------|
| 1 C. warm water            | ⅓ C. butter (melted) |
| 1 yeast cake               | 1 C. warm water      |
| Flour, to make thick paste | Pinch salt           |
| ½ C. sugar                 | 2 egg whites         |

Stir until melted, water and yeast. Add enough flour to make a thick paste; let rise until it is 2 cups. Then add sugar, butter, warm water, salt. Add enough flour to make stiff dough. Fold in 2 egg whites beaten stiff. Let rise. Punch down. Cut with biscuit rounds and dip the tops in melted butter. Place far apart on greased cookie sheets. Bake at 375° for 30 minutes or until done.

## PEPPERONI BREAD

*Stacey Newby*

- |                        |                  |
|------------------------|------------------|
| 1 loaf frozen bread    | 1 pkg. pepperoni |
| 3 C. mozzarella cheese |                  |

Roll out loaf of bread. After unthawed, add pepperoni and cheese. Roll up around pepperoni and cheese. Bake at 350° for 25-30 minutes or until brown on top. Makes 8 servings.

## EASY OVERNIGHT CINNAMON ROLLS

*Ardie Winemiller*

- |                              |                  |
|------------------------------|------------------|
| 1 pkg. frozen cinnamon rolls | ¾ C. white sugar |
| ¾ C. ice cream               | 1 stick oleo     |
| ¾ C. brown sugar             | Pecans           |

Melt oleo in saucepan. Add ice cream and sugars. Bring to a boil and boil 1 minute. Spray 9 × 13-inch pan with Pam. Spread pecans in bottom of pan. Arrange frozen rolls in pan over nuts. Pour hot mixture over rolls. Cover with foil. Put in refrigerator overnight. Bake at 350° for 30 minutes or until golden brown.

## GOOEY CINNAMON ROLLS

*Ryan England*

- |                                     |                  |
|-------------------------------------|------------------|
| 1 pkg. frozen cinnamon rolls        | 1 C. butter      |
| 1 pkg. regular butterscotch pudding | 1 C. brown sugar |
|                                     | Nuts (optional)  |

Place rolls in pan. Sprinkle pudding over rolls. Boil butter and brown sugar together. Add nuts. Pour over rolls. Cover with wax paper. Let rise overnight. Bake at 350° for 30 minutes.

## RAISED DOUGHNUTS

*Wanda Adams*

- |                     |                      |
|---------------------|----------------------|
| 2 pkgs. yeast       | 1 tsp. salt          |
| 1 C. lukewarm water | Dash nutmeg          |
| 1 C. milk           | 2 eggs (well beaten) |
| 1 C. sugar          | 7 C. flour (sifted)  |
| ½ C. butter         |                      |

Put yeast in water, stir. Let stand 10 minutes. Scald milk and cool to lukewarm; add to yeast and stir in 3 C. flour. Beat until smooth. Cream together sugar, butter, salt, nutmeg and eggs. Beat until creamy, then add rest of flour, a little more or less flour may be used. Dough should be soft and easy to handle. Knead until smooth. Let rise in warm place until doubled in size. Punch down let rise again. Place on lightly floured board, roll out and cut. Let rise again, then fry. Doughnut Glazing: Mix together 3 C. powdered sugar, ½ C. cold waer, ½ tsp. salt, ½ tsp. vanilla. Dip doughnuts while they are still hot.

## RAISED DOUGHNUTS

Lisa Drake

12 C. flour	2 tsp. salt
2 pkgs. dry yeast	4 eggs
1 C. sugar	4 C. milk
2½ sticks oleo	

Measure 6 C. flour and set aside. Heat milk. When lukewarm, take out ½ C., add dry yeast to it and dissolve. Heat rest of milk until hot. Add oleo to it; let stand until oleo melts and cool to lukewarm. Add eggs, sugar, salt and yeast mixture; mix well. Then add 6 C. flour. Cover and set in warm place until double in size. Stir in remaining 6 C. flour. Refrigerate overnight. When morning comes, roll out to ¼-½ inch thickness. Cut with doughnut cutter. Place on greased cookie sheet. Let rise in warm place. Drop in hot oil. As soon as they are done, dip into glaze. GLAZE: 1 lb. powdered sugar, 1 T. cornstarch, ½ C. cold water, ½ C. oleo, 1 tsp. vanilla. Melt oleo, add rest of ingredients, warm up if gets too thick. Will have to double for whole batch of doughnuts.

## RAISED DOUGHNUTS

Lywanda Case

1 C. milk	1 pkg. yeast
1 C. lukewarm water	½ C. shortening
⅔ C. sugar	2 eggs
2 tsp. vanilla	1 tsp. salt
7 C. flour	

Scald milk and cool to lukewarm. Soften yeast in water and add milk. Cream shortening and sugar. Add eggs and beat; add vanilla. Add milk and yeast mixture; alternating with flour. Stir until smooth. Let rise until double in bulk, roll and cut. Let rise until double in bulk. Fry and dip in glaze. Yields 50. I usually just use a powdered sugar and milk glaze.

*Wrinkles should merely show where the smiles have been.*

## DOUGHNUTS

*In Memory of Ruth Taggart  
(Submitted by Phyllis Kimball)*

¼ C. shortening  
2 C. sugar  
4 eggs  
1 C. sweet milk

½ C. sweet cream  
4 tsp. baking powder  
½ tsp. nutmeg  
3 C. flour

Mix shortening and sugar together. Add eggs, milk and cream. Mix well. Add baking powder and nutmeg and work flour into mixture. Mix well. Roll out on floured surface. Use donut cutter. Fry in hot grease. Glaze with frosting after they are done.

## ORANGE DROP DOUGHNUTS

*Lucy Ricker*

2¼ C. flour  
2½ tsp. baking powder  
½ tsp. salt  
2 eggs (beaten)

2 T. shortening  
2 tsp. grated orange rind  
½ C. sugar  
½ C. milk  
¼ tsp. vanilla

Cream shortening, sugar and orange rind. Add beaten egg, vanilla. Sift flour, baking powder and salt. Add dry ingredients alternately with milk. Drop by heaping teaspoon in oil 350° until light brown. Cool and shake in sugar or powdered sugar or a light glaze of powdered sugar, warm orange juice and vanilla.

## GARLIC CHEESE BISCUITS

*Diane England*

3 C. Bisquick baking mix  
⅔ C. milk  
½ C. Cheddar cheese (grated)

¼ C. butter (melted)  
¼ tsp. garlic powder

Combine the Bisquick, milk and cheese until soft dough forms. Beat 30 seconds. Drop by spoonfuls onto ungreased cookie sheets. Bake at 425° for 8-10 minutes or until brown. Combine butter and garlic, brush over warm biscuits.

## PERFECT BISCUITS

*Dorothy L. Main*

- |                        |                         |
|------------------------|-------------------------|
| 2 C. flour             | 2 tsp. sugar            |
| ½ tsp. salt            | ½ C. (scant) shortening |
| 4 tsp. baking powder   | ⅔ C. milk               |
| ½ tsp. cream of tartar |                         |

Sift together first 5 ingredients. Cut in shortening with a pastry cutter. Add milk and stir together with a fork just until mixed. Turn dough onto floured surface and knead gently. With a rolling pin, roll out gently to ½-inch thickness. Cut with biscuit cutter or if in a hurry may be cut into squares. Place biscuits on a cookie sheet and bake at 450°-475° for 10-12 minutes. Serve warm.

## QUICK BISCUITS

*Juanita Sickels*

- |                      |                        |
|----------------------|------------------------|
| 2 C. flour           | ½ tsp. cream of tartar |
| 4 tsp. baking powder | ½ C. shortening        |
| 1 T. sugar           | ⅔ C. milk              |
| 1 egg                |                        |

Add dry ingredients, blend in shortening. Stir in milk until the flour is dampened. Stir in egg. Knead 5 times. Press out to ½-inch; cut and put on ungreased sheet. Bake 10-15 minutes at 450°.

## LISA'S BISCUITS

*Jessica Richardson*

- |                        |                               |
|------------------------|-------------------------------|
| 2 C. all purpose flour | 1 T. sugar                    |
| 2½ tsp. baking powder  | ⅓ C. firm butter or margarine |
| ¼ tsp. salt            | ¾ C. buttermilk               |
| ½ tsp. baking soda     |                               |

Mix the dry ingredients in a large bowl, pour in the buttermilk and stir until the dough sticks together and clings to the fork in a large lump. Turn dough out on a floured surface, then knead a few times. Roll out, cut into biscuits. Bake at 400° for about 15-20 minutes or until golden brown on top. You may want to double the recipe.

## BISCUIT MIX

*Ringgold Sanitation*

8 C. unbleached flour  
1½ C. powdered milk  
5 T. baking powder

1 T. salt  
1 C. vegetable shortening

Mix dry ingredients together; cut in shortening. Store in tightly covered container at room temperature for up to 6 weeks. For biscuits, 2¾ C. mix, ¾ C. water. Knead lightly, roll, cut and bake at 425° for 10-12 minutes. Makes 8-10 biscuits.

## COFFEE CAKE

*Rena Smith*

1 pkg. yellow cake mix  
1 pkg. instant pudding  
(vanilla or coconut)  
1 C. sour cream  
½ C. salad oil  
4 eggs  
1 tsp. vanilla

¾ C. water  
½ C. brown sugar  
1½ tsp. cinnamon  
Powdered sugar  
½ C. pecans  
Milk, to make glaze

Combine eggs, oil, sour cream and vanilla. Stir in cake mix, pudding and water. Put half of batter in greased and floured 11 × 7-inch pan. Sprinkle half combined sugar, cinnamon and pecans over batter. Pour rest of batter evenly over mix. Top with remaining sugar mix. Bake at 350° for 35 minutes. Drizzle with glaze.

## COFFEE CAKE

*Darla Sobotka*

1 pkg. yellow cake mix  
1 C. sugar

2 T. cinnamon  
1 stick butter

Combine sugar and cinnamon; set aside. Follow instructions on cake mix. Put half mixture in 9 × 13-inch pan. Sprinkle with ½ of sugar/cinnamon mixture. Add remaining ½ of cake mix and top with remaining cinnamon and sugar. Melt butter and pour over top. Bake at 350° for 25 minutes.

## CHRISTMAS COFFEE CAKE

*Ringgold Sanitation*

Butter & flour, or nonstick cooking spray	3 eggs
3 C. unbleached flour	¾ C. buttermilk
½ tsp. salt	1½ C. white grape or apple fruit juice concentrate
1½ tsp. baking soda	½ C. nonfat plain yogurt
1 tsp. cinnamon	1 C. cranberries
½ tsp. ground ginger	⅓ C. golden raisins

### STREUSEL:

½ C. granulated maple syrup or brown sugar	⅓ C. nuts (chopped, walnuts or pecans)
⅓ C. rolled oats	3 T. butter (softened)

Preheat oven to 350°. Place oven rack in center of oven. Lightly butter and flour an 11 × 7-inch jelly roll pan, tapping out excess flour or spray with non-stick cooking spray. Sift together flour, salt, baking soda, cinnamon and ginger in a medium bowl; make a well in center. In a separate bowl, mix eggs, buttermilk and juice concentrate together. Pour into well; whisk until barely combined. Fold in yogurt (don't overbeat). Stir in cranberries and raisins. Transfer to pan; smooth top. For the streusel, in a small bowl, work ingredients with fingers until crumbly. Sprinkle evenly over top of batter just before baking. Bake 25-30 minutes, or until a toothpick comes out clean. Cool completely in pan. 12 servings. NOTE: Concentrated frozen fruit juices can be used as a sugar substitute. When using concentrates, pick a mild flavor, white grape or apple, so other flavors in the dish are not overwhelmed. When replacing sugar with juice concentrate, you may need to reduce other liquids.

## GRANDMA SHIRLEY'S COFFEE CAKE

*Bryson Tyler Hightshoe*

1 C. sugar	1 tsp. vanilla
1 C. shortening	3 tsp. baking powder
1 C. milk	3 C. flour
2 T. cinnamon	1½ C. brown sugar
½ tsp. salt	⅓-½ C. butter (melted)
2 eggs (beaten)	

Cream sugar and shortening; add salt. Add beaten eggs and baking powder. Alternate flour with milk, vanilla. Spread half of batter in 9 × 13-inch pan. Sprinkle ½ of sugar mixture. Then add rest of batter and top with remaining sugar mixture. Drizzle melted butter over top. Bake at 350° for 30 minutes.

**CREAM CHEESE AND RASPBERRY  
COFFEE CAKE***M. Jane Lawhead and  
Charlie Jane's B & B*

1 (8 oz.) pkg. cream cheese	1 tsp. baking powder
1 C. sugar	½ tsp. baking soda
½ C. butter (softened)	¼ tsp. salt
1¾ C. all purpose flour	½ C. seedless raspberry preserves or strawberry
2 eggs	Powdered sugar (sifted)
¼ C. milk	
½ tsp. vanilla	

In a large bowl, beat cream cheese, sugar and butter with an electric mixer until fluffy. Add half of the flour, eggs, milk, vanilla, baking powder, baking soda and salt. Beat about 2 minutes or until well mixed. Beat in remaining flour on low speed until well mixed. Spread butter evenly in a greased and floured 13 × 9 × 2-inch baking pan. Spoon preserves in 8-10 portions on top of batter. With a knife, swirl preserves into batter to marble. Bake at 350° for 30-35 minutes. Cool slightly on a wire rack. Sift powdered sugar atop. Cut into squares; serve warm. Makes 24 servings. Do not use fat free cream cheese; also use real butter or margarine, not spread.

**EASY COFFEE CAKE***Vicki Sickels*

1 pkg. yellow cake mix	2 tsp. cinnamon
1 box instant pudding (any flavor)	⅓ C. sugar
¾ C. vegetable oil	⅓ C. powdered sugar
1 tsp. vanilla	1 T. milk
4 eggs	½ tsp. vanilla
½ C. pecans (chopped)	

Blend first 5 ingredients. Add eggs, one at a time and beat well at medium speed for 8 minutes. Mix pecans, cinnamon and sugar. Sprinkle half of nut mixture in bottom of bundt pan; alternate layers of batter (3) and nut mixture (2), ending with batter. Bake at 325° for 1 hour. Let cool in pan approximately 30 minutes. Remove to plate. Mix powdered sugar, milk and vanilla; drizzle over cake.

## HEATH BAR COFFEE CAKE

*Lois Hays Irwin*

Mix in a bowl and reserve 1 C. for topping: 2 C. brown sugar,  $\frac{1}{2}$  C. oleo and 2 C. flour. In small bowl, beat the following: 1 egg,  $\frac{1}{2}$  tsp. salt, 1 tsp. vanilla, 1 C. milk and 1 tsp. soda. Combine with first mixture and pour into 13 x 9-inch pan. Into the 1 C. crumbs reserved for topping, add  $\frac{1}{2}$  C. nuts and 6 crushed Heath candy bars. Sprinkle over cake. Bake at 350° for 35 minutes.

## OVERNIGHT COFFEE CAKE

*Virginia Main*

### CAKE:

$\frac{2}{3}$ C. oleo	1 tsp. soda
1 C. sugar	1 tsp. baking powder
2 eggs	2 tsp. cinnamon
2 C. flour	$\frac{1}{2}$ tsp. salt
1 C. buttermilk	

### TOPPING:

$\frac{3}{4}$ C. brown sugar	$\frac{1}{2}$ C. nuts
2 T. sugar	$\frac{1}{2}$ C. coconut
$\frac{1}{2}$ tsp. nutmeg	1 T. butter
1 tsp. cinnamon	

Heat oven to 350°. Cream oleo, sugar and eggs. Add buttermilk and dry ingredients. Spread half mixture into pan (9 x 13-inch). Cover with half of topping. Repeat. Refrigerate overnight. Bake for 30-35 minutes. Set out of refrigerator 10 minutes before baking. Serves 12.

## QUICK CINNAMON CAKE (COFFEE CAKE)

*Stacey Shields*

1 $\frac{1}{2}$ C. flour	1 egg
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ C. milk
2 tsp. baking powder	$\frac{1}{2}$ tsp. vanilla
$\frac{2}{3}$ C. sugar	$\frac{1}{4}$ C. sugar
$\frac{1}{4}$ C. shortening (melted)	$\frac{1}{2}$ tsp. cinnamon

Sift flour, salt, baking powder and sugar together. Add shortening, egg, milk and vanilla. Bake 25 minutes at 350°. Take from oven and butter top of cake well. Sprinkle with sugar and cinnamon. Put back in oven for few minutes.

## PEACHES AND CREAM COFFEE CAKE

Lois Hays Irwin

- |   |                  |
|---|------------------|
| 3/4 C. flour                                    | 1/2 C. milk      |
| 1 tsp. baking powder                            | 1/4 tsp. salt    |
| 1 (3 oz.) pkg. vanilla pudding<br>(not instant) | 3 T. butter      |
| 1 (15 oz.) can peaches                          | 1 egg            |
| 1 (8 oz.) pkg. cream cheese                     | 3 T. peach juice |
|   | 1/4 C. sugar     |

Combine flour, salt, baking powder and softened butter. Mix well. Add pudding, milk, egg and beat 2 minutes. Grease a 9 x 9-inch pan. Pour in batter. Arrange peach slices on top of batter. Combine cream cheese, sugar and peach juice. Beat until smooth. Spoon over batter within 1-inch from the edge. For the topping, 1 T. sugar, 1/3 C. chopped nuts, 1/2 tsp. cinnamon. Sprinkle over top. Bake 30 minutes at 350°.

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## STREUSEL FILLED COFFEE CAKE

Janis Denney

- |                        |                       |
|------------------------|-----------------------|
| 3/4 C. sugar           | 1/2 tsp. salt         |
| 1/4 C. soft shortening | 1/2 C. brown sugar    |
| 1 egg                  | 2 T. flour            |
| 1/2 C. milk            | 2 tsp. cinnamon       |
| 1 1/2 C. flour         | 2 T. butter (melted)  |
| 2 tsp. baking powder   | 1/2 C. nuts (chopped) |

Heat oven to 350°. Mix the first 3 ingredients. Stir in the milk. Stir in the 1 1/2 C. flour, baking powder and salt. Spread half of the batter in a greased 9-inch square pan. Make the streusel by mixing the brown sugar, 2 T. flour, cinnamon, melted butter and nuts. Sprinkle half over the batter. Add the remaining batter and sprinkle with the remaining streusel topping. Bake approximately 25 minutes or until a toothpick inserted in the center comes out clean.

*If you haven't got time to do a job right,  
when will you have time to do it over?*

## APPLESAUCE MUFFINS

*Meredith Dredge*

- |                 |                 |
|-----------------|-----------------|
| 2 C. Bisquick   | ½ C. sugar      |
| 2 T. oil        | ¼ C. milk       |
| 1 tsp. cinnamon | ½ C. applesauce |
| 1 egg           |                 |

### TOPPING:

- |                    |            |
|--------------------|------------|
| ½ C. oleo (melted) | ¾ C. sugar |
| ½ tsp. cinnamon    |            |

Mix muffin ingredients and pour into greased tins. Bake at 400° for 10 minutes. For the topping, mix sugar and cinnamon together. While muffins are still warm, dip into melted butter, then into sugar and cinnamon mixture.

## EVER READY MUFFINS

*Lois Hays Irwin*

- |             |                        |
|-------------|------------------------|
| 5 C. flour  | 15 oz. box Raisin Bran |
| 3 C. sugar  | 4 eggs                 |
| 5 tsp. soda | 1 C. vegetable oil     |
| 3 tsp. salt | 1 quart buttermilk     |

Mix flour, sugar, salt, soda and bran in large bowl; set aside. Beat eggs, oil and buttermilk. Blend this into dry ingredients. Don't beat, just stir until well blended. Makes 3½ quarts. Keep in refrigerator 3-4 weeks. Do not stir before baking. Bake at 400° for 15 minutes. So easy, so good, so convenient!

## APPLE MUFFINS

*Lois Hays Irwin*

- |                      |  |
|----------------------|--|
| 2 C. flour (sifted)  | 1 egg (beaten)                               |
| 4 tsp. baking powder | ⅓ C. vegetable oil or shortening<br>(melted) |
| ½ tsp. salt          | ⅔ C. sweetened applesauce                    |
| ½ tsp. cinnamon      | ½ C. milk                                    |
| ¼ tsp. ginger        |  |

Sift dry ingredients. Make a well in center and add remaining ingredients. Stir only enough to mix. Spoon into muffin pan cups that have been lightly greased on the bottoms only. Sprinkle with mixture of 2 T. white or brown sugar and ½ tsp. cinnamon. Bake at 400° for 20-25 minutes.

## SIX WEEK MUFFINS

Sam Osborn

- |                            |                          |
|----------------------------|--------------------------|
| 1 (20 oz.) box Raisin Bran | 1 quart buttermilk       |
| 3 C. sugar                 | 1 C. salad oil           |
| 5 C. flour                 | 4 eggs (well beaten)     |
| 2 tsp. salt                | 1 C. boiling water       |
| 5 tsp. baking soda         | 1½ C. raisins (optional) |

Mix all dry ingredients in very large mixing bowl. Mix all liquid (except hot water) with high speed mixer until thoroughly blended. Pour over dry ingredients and stir well until thoroughly blended. Add hot water and stir again. Add raisins and stir again; mix well. Pour into large plastic container (18 C. with well sealed lid) and store in refrigerator. Must set at least 12 hours before cooking. Bake in muffin cups for 12-15 minutes at 400°. Check with toothpick. If dough becomes too thick, add small amounts of hot water until proper consistency is reached. This mixture can remain in the refrigerator for 6 weeks. Can be cooked any time within this period.

## BRAN AND FRUIT MINI MUFFINS

Allan Baker

- |   |  |
|---|--|
| 1 C. Nabisco 100% Bran cereal             | ¼ tsp. vanilla                               |
| ½ C. non-fat (skim) milk                  | ½ C. all purpose                             |
| 2 T. all fruit sweetener                  | 1 tsp. baking powder                         |
| Reduced fat egg product equal to<br>1 egg | ½ C. fresh or frozen fruit<br>(chopped fine) |

Preheat oven to 375°. Coat miniature muffin tins with non-stick spray. In a small bowl, combine bran, milk, sweetener, egg product and vanilla. Set aside for 5 minutes. In a larger bowl, combine flour and baking powder. Stir bran mix into flour just until blended. Carefully stir in fruit. Spoon into prepared tins. Bake 12-15 minutes, until toothpick inserted in center comes out clean. Remove to a rack to cool.

*The only fair way to talk about somebody is  
to speak as though you knew he was listening in.*

## OAT BRAN MUFFINS

*Louise Frost*

- |   |                                |
|---|--------------------------------|
| 2 C. Quaker Oat bran cereal<br>(uncooked) | 1 C. skim milk                 |
| ¼ C. brown sugar (firmly packed)          | 2 egg whites (slightly beaten) |
| 2 tsp. baking powder                      | ¼ C. honey or molasses         |
| ½ tsp. salt (optional)                    | 2 T. vegetable oil             |

Heat oven to 425°. Line 12 medium muffin cups with paper lining or spray bottoms only with non-stick cooking spray. Combine dry ingredients; mix well. Add combined milk, egg whites, honey or molasses and oil. Mix just until dry ingredients are moistened. Fill prepared muffin cups ¾ full. Bake 15-17 minutes or until golden brown. Makes 1 dozen. Can add ½ C. fresh or frozen blueberries or ½ C. mashed ripe banana (medium size). If using, fold in after batter is ready for pan.

## OATMEAL MUFFINS

*Rhonda Baker Lovell*

- |  |                      |
|--|----------------------|
| 1 C. oatmeal   | 1 egg                |
| 1 C. buttermilk or soured milk<br>(milk with 1 tsp. vinegar) | 1 C. flour           |
| ⅓ C. shortening (part butter)                                | 1 tsp. baking powder |
| ½ C. brown sugar   | ½ tsp. soda          |
|  | 1 tsp. salt          |

Soak oats in milk for 1 hour. If in a hurry, you can skip this, but muffins will be a little crumbly). Blend dry ingredients. Mix egg, shortening and sugar. Stir dry ingredients into egg mix alternately with oatmeal and milk. Spoon into muffin pans and sprinkle sugar on top (optional). Bake 20-25 minutes at 400°. Makes 12 muffins.

## CINNAMON MUFFINS

*Lois Hays Irwin*

- |                 |                       |
|-----------------|-----------------------|
| 1 C. sugar      | ¼ C. milk             |
| ½ C. margarine  | 2 C. flour            |
| 2 eggs          | 1½ tsp. baking powder |
| 1 tsp. vanilla  | 1 tsp. soda           |
| 1 C. sour cream | ½ tsp. salt           |

Cream sugar and margarine. Add eggs and vanilla. Blend in sour cream and milk. Add dry ingredients. Combine 2 T. sugar and 1 tsp. cinnamon. Top muffins with mixture before baking at 350° for 20 minutes.

**BLUEBERRY MUFFINS***Lois Hays Irwin*

- |               |                              |
|---------------|------------------------------|
| 1 egg         | 2 T. vegetable oil           |
| 2 C. Bisquick | 1 C. blueberries             |
| ½ C. sugar    | 1 C. hickory nuts or walnuts |
| ¼ C. milk     | (finely chopped)             |

Beat egg and mix in all ingredients except blueberries and nuts. Stir until thoroughly mixed. Fold in blueberries and nuts. Fill muffin cups  $\frac{2}{3}$  full. Bake in 400° oven for 18-20 minutes. Makes 18-20 muffins. Can substitute chopped up peaches or other fruit in place of blueberries. In place of Bisquick you may use 2 C. sifted flour and 4 tsp. baking powder. May need a little more milk or water. Prefer wild blueberries that I pick in Canada every year.

**MRS. Z'S BRAN***Lois Hays Irwin*

- |                          |                    |
|--------------------------|--------------------|
| 6 C. bran                | 1 quart buttermilk |
| 2 C. boiling water       | 5 C. flour         |
| 1 C. shortening (melted) | 5 tsp. baking soda |
| 3 C. sugar               | 2 tsp. salt        |
| 4 eggs                   | 2 tsp. cinnamon    |

Pour water over bran (2 C.). Mix in shortening. Mix in the remaining 4 C. bran. Use whisk and add the rest of ingredients by hand. Add sugar and eggs. Add buttermilk and flour with dry ingredients (soda, salt and cinnamon) alternating liquid and flour. Pour into greased muffin tins. Cook 20 minutes at 400°. Can make  $\frac{1}{2}$  batter into muffins and save  $\frac{1}{2}$  batter in refrigerator. Good for 4 weeks. Muffins can be kept in freezer; heat in microwave for 30 seconds. You can make them all ahead of time and freeze them; muffins for weeks. They taste great and are good for you.

**HEALTH MUFFINS***Lois Hays Irwin*

- |                            |                               |
|----------------------------|-------------------------------|
| 1 box lite yellow cake mix | ½ lb. carrots (can substitute |
| 1 C. raisins               | 8 oz. dried apricots, washed  |
| 3 C. oatmeal               | & thinly sliced)              |

Mix cake according to directions on box. As soon as cake is mixed, put in oatmeal, raisins, carrots (grate and cook in microwave  $\frac{1}{2}$  lb.),  $\frac{1}{2}$  C. water. Mix with spoon only until ingredients are blended. Put into muffin papers in tins and into oven immediately. Bake according to box directions.

## RASPBERRY CHOCOLATE CHIP MUFFINS

Marie Still

- |                                  |  |
|----------------------------------|--|
| 1 $\frac{2}{3}$ C. flour         | 1 egg (beaten)                               |
| $\frac{3}{4}$ C. quick cook oats | $\frac{3}{4}$ C. skim milk                   |
| $\frac{2}{3}$ C. sugar           | $\frac{1}{3}$ C. canola oil                  |
| 2 tsp. baking powder             | 2 T. orange juice                            |
| 1 tsp. baking soda               | 1 tsp. vanilla                               |
| $\frac{1}{4}$ tsp. cinnamon      | $\frac{3}{4}$ C. fresh or frozen raspberries |
|                                  | $\frac{1}{2}$ C. miniature chocolate chips   |

In a large bowl, combine flour, oats, sugar, baking powder, soda and cinnamon. Combine the egg, milk, oil, orange juice and vanilla, then stir into dry ingredients, just until moistened. Fold in raspberries and chocolate chips. Fill muffin cups about  $\frac{2}{3}$  full. Bake at 375° for 20-25 minutes. Makes 1 dozen. If using frozen berries, do not thaw before adding to batter.

## REFRIGERATOR BRAN MUFFIN MIX

Dana Scott

- |                           |                          |
|---------------------------|--------------------------|
| 1 C. (heaping) shortening | 5 C. flour               |
| 3 C. sugar                | 5 tsp. soda              |
| 4 eggs                    | 1 tsp. salt              |
| 2 C. 100% Nabisco Bran    | 1 quart buttermilk       |
| 2 C. boiling water        | 4 C. Kellogg bran flakes |
|                           | Raisins (optional)       |

Combine bran and boiling water; set aside. Cream shortening and sugar. Beat in eggs 1 at a time. Sift flour with soda and salt and add alternately with buttermilk. Fold in 100% bran mixture and bran flakes. Bake at 400° for 15 minutes. Will keep 6 weeks in tightly covered container in refrigerator. Makes approximately 1 gallon batter.

*A friend is a person who goes around saying  
nice things about you, behind your back.*

## STREUSEL TOPPED CINNAMON CHIP MUFFINS

*Karen Taylor*

1 egg  
3/4 C. milk  
1/3 C. oil  
1 3/4 C. flour

1/3 C. sugar  
3 tsp. baking powder  
1 2/3 C. cinnamon chips

Heat oven to 400°. Line muffin cups with paper cups. Beat egg in bowl. Stir in milk and oil. Combine flour, sugar and baking powder. Add to egg mixture, stirring just until moistened. Gently stir in chips. Fill muffin cups 2/3 full with batter. Sprinkle with streusel topping. For the streusel topping, combine 1/2 C. flour, 2 T. sugar and 2 T. softened oleo. Mix with fork until crumbly. Bake 20 minutes or until golden. Cool in cups 5 minutes; remove. Serve warm. Makes 12-14 muffins.

## APPLE BREAD

*Gerri Dailey*

1/2 C. margarine  
1/2 C. sugar  
2 eggs  
1 tsp. baking soda in  
2 T. sour milk

2 C. flour  
1/2 tsp. salt  
1 tsp. vanilla  
2 C. raw apples (chopped)  
1/2 C. nuts

### TOPPING:

2 T. margarine  
2 T. sugar

2 T. flour  
1 tsp. cinnamon

Heat oven to 325°. Cream margarine and sugar; beat in eggs. Dissolve baking soda in sour milk (for sour milk, add a small amount of lemon or vinegar to milk). Let stand a for a short time. Stir in flour, salt, vanilla, apples and nuts. Pour into greased loaf pan. Combine topping ingredients. Mix well and sprinkle over batter. Bake 1 hour. Yields 1 loaf. Powdered sugar glaze can be used instead of topping.

## APPLE BREAD

*Freda Shields*

2/3 C. shortening (not oil)	4 C. flour
1 1/3 C. sugar	2 tsp. baking powder
4 eggs	1 tsp. salt
1/3 C. sour milk	1 tsp. baking soda
2 C. apple (peeled, grated)	1 tsp. vanilla
	1 C. walnut nutmeats (chopped)

Cream shortening and sugar together. Add the 4 eggs; beat in. Add milk and grated apple. Add vanilla. Add all of dry ingredients and nuts. Stir just until ingredients are mixed. Pour into oiled loaf pan; let set for 20 minutes. Put into oven heated to 350°. Bake 50-60 minutes. Can test with toothpick or touching with finger.

## APPLE CHEESE NUT BREAD

*Lois Hays Irwin*

1/2 C. butter	1 C. apple (unpeeled, ground)
2/3 C. sugar	1/2 C. Sharp cheese (grated)
2 C. flour	1/4 C. nuts (chopped)
2 eggs (well beaten)	1 tsp. baking powder
1 tsp. soda	1/2 tsp. salt

Cream butter and sugar; add eggs. Sift flour, baking powder, soda and salt. Add to creamed mixture along with apple. Fold in cheese and nuts. Pour into well greased pan and let stand 15 minutes before baking. Bake at 350° for 1 hour. When baked, wrap in foil and freeze or refrigerate before using and then it will not be crumbly.

## BANANA BREAD

*Ada Stanley*

1/3 C. shortening	2 3/4 tsp. baking powder
2/3 C. sugar	1/2 tsp. salt
2 eggs (slightly beaten)	1 C. bananas (mashed)
1 3/4 C. flour	

Cream shortening, gradually add sugar. Add eggs and other ingredients. Pour into greased and floured bread pan. Bake at 350° for 15 minutes, then reduce to 325° for 15 minutes.

## BANANA BREAD

Judy Hensley

- |                     |                      |
|---------------------|----------------------|
| ½ C. oleo           | 1 C. sugar           |
| 1 egg (well beaten) | 1 C. banana (mashed) |
| 3 T. milk           | 1 tsp. baking powder |
| ½ tsp. soda         | 2 C. flour           |
| ½ C. nutmeats       |                      |

Cream oleo and sugar. Add well beaten egg. Mash banana; add soda and milk, then add to oleo and sugar mixture. Add flour and baking powder which has been sifted together. Add nutmeats last, then pour into well greased and floured loaf pan. Bake 1 hour at 350°.

## BANANA BREAD

Lois Irwin

- |                                |             |
|--------------------------------|-------------|
| ½ C. butter                    | 2 C. flour  |
| 1 C. sugar                     | 1 tsp. soda |
| 2 egg yolk, whites (separated) | ½ tsp. salt |
| 2 fully ripe bananas           | ½ C. nuts   |
| ½ C. cold water                |             |

Cream butter and sugar. Add yolks, mash bananas and blend into mixture with cold water. Sift dry ingredients together. Add to liquid mixture. Beat egg whites until stiff. Fold into mix. Add nuts. Grease and flour loaf pan. Bake at 375° for 1 hour. Cool and wrap in waxed paper and let stand overnight before slicing and serving.

## BANANA NUT BREAD

Christine Doubleday

- |                         |                      |
|-------------------------|----------------------|
| 2 bananas (mashed)      | 2 C. flour           |
| ½ C. margarine (melted) | ¼ tsp. salt          |
| 1 C. sugar              | ½ tsp. soda          |
| 2 eggs                  | ½ tsp. baking powder |
| 3 T. milk               | ½ C. nuts (chopped)  |
| 1 tsp. vanilla          |                      |

Mix wet ingredients together first, then add dry ingredients and stir only enough to moisten dry ingredients. Pour into bread pan. Bake at 375° for 55-65 minutes.

## BANANA BREAD

*Patty Schuster*

- |                    |                        |
|--------------------|------------------------|
| 1¾ C. flour        | 1 C. bananas (mashed)  |
| 1½ C. sugar        | ½ C. oil               |
| 1 tsp. baking soda | ¼ C. + 1 T. buttermilk |
| ½ tsp. salt        | 1 tsp. vanilla         |
| 2 eggs             | 1 C. nuts (chopped)    |

In a large bowl, stir together flour, sugar, baking soda and salt. Add eggs, vanilla, oil, bananas and buttermilk. Fold in nuts. Bake at 325° for 1 hour.

## BANANA NUT BREAD

*Mary Grose*

- |                       |                          |
|-----------------------|--------------------------|
| ⅔ C. margarine        | ½ tsp. salt              |
| 1⅔ C. sugar           | ⅔ C. buttermilk          |
| 2 eggs                | 1 tsp. banana flavoring  |
| 2½ C. flour           | 3 large bananas (mashed) |
| 1¼ tsp. baking powder | 1 C. nuts                |
| 1 tsp. soda           |                          |

Cream margarine and sugar together. Add eggs and beat well. Sift flour, baking powder, soda and salt; add alternately with buttermilk. Add bananas, banana flavoring and nuts. Bake at 350° for 55 minutes.

## BANANA NUT BREAD

*Margaret Rhodes*

- |                    |                      |
|--------------------|----------------------|
| 1 C. sugar         | 3 T. sour milk       |
| ½ C. shortening    | 1 tsp. baking powder |
| ½ tsp. salt        | 1 tsp. soda          |
| 3 bananas (mashed) | 2 C. flour           |
| 2 eggs             |                      |

Combine sugar and shortening; add eggs and bananas. Add baking powder, soda and salt to sour milk. Add to above. Add flour and stir well. Bake at 325° for 30 minutes. I like butter flavor Crisco for shortening.

## BANANA NUT BREAD

*Marilyn Ploeger*

- |              |                              |
|--------------|------------------------------|
| 1 stick oleo | 1 tsp. soda                  |
| 1 C. sugar   | 3 real ripe bananas (mashed) |
| 2 eggs       | ½ C. nuts                    |
| 2 C. flour   |                              |

Cream oleo and eggs together; add flour and soda. Mix in bananas and nuts. Grease 3 large soup cans (16 oz.). Fill less than  $\frac{2}{3}$  full. Bake 45 minutes to 1 hour at 350°.

## GRANDMA'S BANANA BREAD

*Cindy Haugland*

- |                         |                                  |
|-------------------------|----------------------------------|
| ½ C. oleo (softened)    | 1 tsp. vanilla                   |
| 1½ C. sugar             | 2 C. flour                       |
| 2 ripe bananas (mashed) | 1 tsp. salt                      |
| 2 eggs                  | 1 tsp. soda                      |
| ¾ C. sour cream         | ¾ C. walnuts (chopped, optional) |

Beat all ingredients together; add nuts last. Pour into 2 greased loaf pans and bake at 375° for 30 minutes.

## BRAZIL NUT BREAD

*Phyllis Riggs*

- |                                |                      |
|--------------------------------|----------------------|
| 2 lbs. whole dates             | 1½ C. flour          |
| 1 lb. shelled walnuts          | 1½ C. sugar          |
| 1 lb. Brazil nuts              | 1 tsp. baking powder |
| 2 small pkgs. candied cherries | ½ tsp. salt          |
|                                | 4 eggs (well beaten) |

Sift dry ingredients over prepared nuts and fruit until all are coated. Add eggs. Mix until all is moistened. Grease 1 lb. loaf pans and line with wax paper. Grease paper also. Bake 1½ hours at 250°. Place pan of water in oven. Makes 4 (1 lb.) loaves. Mix in large pan or bowl. To shell Brazil nuts, put nuts in cold water. Bring to boil and boil 3 minutes. Blanch in cold water for 1 minute. Shells can easily be removed.

## CHOCOLATE CHIP PUMPKIN BREAD

*Vicki Sichel*

- |                     |                             |
|---------------------|-----------------------------|
| 3 C. sugar          | 1 tsp. allspice             |
| 1 C. oil            | 1 tsp. salt                 |
| 4 eggs              | 1 tsp. cloves               |
| 1 small can pumpkin | 2 tsp. soda                 |
| 3½ C. flour         | ⅔ C. hot water              |
| 1 tsp. cinnamon     | 12 oz. pkg. chocolate chips |
| 1 tsp. nutmeg       |                             |

Mix first 10 ingredients in electric mixer. Dissolve soda in water and add. When well blended, add chocolate chips. Pour into 2 greased loaf pans. Bake at 375° for a maximum of 1½ hours. Check after 1 hour by inserting knife in center.

## CHRISTMAS BREAD

*Barb Pottorf*

- |                                 |  |
|---------------------------------|--|
| 1 white cake mix                | ½ C. water                                   |
| 2 T. flour                      | ¾ C. oil                                     |
| 1 (3 oz.) pkg. strawberry Jello | 1 (10 oz.) pkg. frozen strawberries (thawed) |
| 4 eggs                          |  |

Preheat oven to 350°. Mix all ingredients in a bowl. Pour into greased 9×5-inch loaf pan. Bake 50-55 minutes.

## BUTTERMILK CORNBREAD

*Carmeta Shields*

- |                       |                    |
|-----------------------|--------------------|
| 1½ C. cornmeal        | ½ tsp. baking soda |
| 1½ C. flour           | 1 egg              |
| 3½ tsp. baking powder | 2¼ C. buttermilk   |
| 1½ tsp. salt or less  |                    |

Put all dry ingredients in mixing bowl. Add all remaining ingredients. Stir together until just barely mixed. Don't beat. Oil a large iron skillet with unsalted oil or shortening. Bake at 375° preheated oven for 10 minutes; then set oven for 350° for remaining cooking time, until browned on top.

## CORN BREAD

*Meredith Dredge*

- |                      |                        |
|----------------------|------------------------|
| 1 C. flour           | 2 C. cornmeal (yellow) |
| 4 tsp. baking powder | 1 egg                  |
| 1 tsp. salt          | 2 C. milk              |
| 3 T. sugar           | 4 T. oleo (melted)     |

Mix all ingredients together, except melted oleo. Pour into greased 9 × 13-inch dish. Pour melted oleo over top of mixture and cut through batter with a knife. Bake at 425° for 20-30 minutes.

## SOUTHERN CORN BREAD

*Lois Hays Irwin*

- |   |                        |
|---|------------------------|
| 1 (10 oz.) pkg. frozen chopped broccoli | 4 eggs                 |
| 1 (6 oz.) carton cottage cheese         | 1 Jiffy box corn bread |
| 1 small onion (chopped)                 | 1 T. oleo              |

Combine. Bake in greased 10-inch skillet at 350° for 35 minutes or until done.

## LOW FAT CORN BREAD/TOFU STUFFING

*Deb Repp*

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1 C. mushrooms (thinly sliced)    | ½ C. walnuts (chopped, optional)     |
| 2 T. margarine                    | 1 C. vegetable broth                 |
| 1 (6 oz.) pkg. cornbread stuffing | 1 pkg. Mori-Nu silken lite firm tofu |
| 1 C. onions (sliced)              | Seasoning, to taste                  |
| 1 C. celery (sliced)              | 2 T. fine bread crumbs               |

Lightly saute mushrooms in margarine. In a large bowl, mix thoroughly the next 4 ingredients with the sauteed mushrooms. Set aside. Blend together broth and tofu until smooth. Pour over cornbread mixture; season as desired and mix thoroughly. Sprinkle a lightly oiled baking dish with bread crumbs; add corn bread mixture and bake in a preheated 350° oven for 45 minutes. Serve hot.

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## CRANBERRY ORANGE NUT BREAD

*Ed Shields*

- |                           |                            |
|---------------------------|----------------------------|
| 2 C. flour                | 1 T. grated orange peel    |
| ¾ C. sugar                | ¾ C. orange juice          |
| 1½ tsp. baking powder     | 1 egg                      |
| ¾ tsp. salt               | 1 C. cranberries (chopped) |
| ½ tsp. soda               | ½ C. pecans (chopped)      |
| ¼ C. margarine (softened) |                            |

Heat oven to 350°. Grease bottom of 9 × 5 × 3-inch loaf pan. Mix dry ingredients in a large bowl. Cut in the margarine until the mixture is crumbly. Stir in orange peel, juice and egg just until mixture is crumbly. Stir in cranberries and nuts. Spread in pan. Bake 55-65 minutes. Loosen sides of loaf pan. Remove and cool completely.

## LAURA'S GINGER BREAD

*In Memory of Laura Baker  
(Submitted by Dixie Baker)*

- |                     |                      |
|---------------------|----------------------|
| 1 C. brown sugar    | 2 eggs               |
| ½ C. lard           | 1 C. molasses        |
| 3 C. flour (sifted) | 2 tsp. baking powder |
| 1 tsp. cinnamon     | 1 tsp. allspice      |
| 1 tsp. ginger       | 1 tsp. nutmeg        |

Stir brown sugar, molasses, lard and baking powder together. Put into 1 C. boiling water. Bake in a 350° oven for 30 minutes. Use a 9 × 13-inch greased pan.

## MONKEY BREAD - GRANDMA CREEKS RECIPE *Amanda Miller*

- |                        |                                   |
|------------------------|-----------------------------------|
| 4 tubes HyVee biscuits | 1 C. brown sugar                  |
| ⅔ C. white sugar       | 1 tsp. cinnamon                   |
| ¾ C. butter            | ½ C. pecans or walnuts (optional) |

Cut biscuits in fourths. Combine white sugar and cinnamon in a bag. Shake biscuits in bag. Take a bundt pan, greased, and sprinkle nuts in bottom. Fill with biscuits. Melt butter and brown sugar; pour over biscuits. Bake in preheated oven at 350° for 30-40 minutes. Remove from pan right away. Turn over on plate or foil and it should come out. Scrap bottom onto the bread.

## **MONKEY BREAD (MICROWAVE)**

*Darla Sobotka*

- |                              |                  |
|------------------------------|------------------|
| 2 cans refrigerator biscuits | 1½ tsp. cinnamon |
| 1 stick butter or oleo       | 1 C. brown sugar |
| ½ C. sugar                   |                  |

Melt brown sugar and butter in glass measuring cup or bowl in microwave (boil 1 minute). (This takes about 3 minutes). Roll biscuits in cinnamon and sugar and lay in microwave bundt pan or a pie plate with a glass in the center open end up. Pour melted butter and brown sugar over top. Cook in microwave on high 6 minutes. Turn upside down on plate and serve. Conventional oven 350° for 20-30 minutes. Microwave recipe will be doughier than oven.

## **MONKEY BREAD**

*Ronda Smith*

- |                  |                     |
|------------------|---------------------|
| 3 tubes biscuits | 1½ sticks margarine |
| ½ tsp. cinnamon  | 1 tsp. cinnamon     |
| ⅓ C. sugar       | 1 C. brown sugar    |

Cut each biscuit in 4 pieces. Roll each piece in mixture of ½ tsp. cinnamon and ⅓ C. sugar. Grease bundt pan with Crisco. Place nuts in bottom of pan, than layer biscuits. Combine margarine, 1 tsp. cinnamon and brown sugar. Boil 2-3 minutes. Pour over biscuits and nuts. Bake at 350° for 25 minutes or until golden brown. Cool 10 minutes then turn out on plate.

## **PINEAPPLE DATE NUT BREAD**

*Ed Shields*

- |                       |                                 |
|-----------------------|---------------------------------|
| 3 C. flour            | ⅓ C. oil                        |
| ¾ C. sugar            | 1 egg                           |
| 1½ tsp. baking powder | 1 tsp. vanilla                  |
| ½ tsp. soda           | 1 (8 oz.) can crushed pineapple |
| ½ tsp. salt           | 1 C. dates (chopped)            |
| ¾ C. buttermilk       | 1 C. walnuts (chopped)          |

Preheat oven to 350°. Grease 2 (4½ × 8½-inch) loaf pans and line with waxed paper. Combine dry ingredients. Beat together buttermilk, oil, egg and vanilla. Stir undrained pineapple into milk mixture. Make a well in dry ingredients; stir in liquid just until blended. Add dates and walnuts. Spoon batter into pans. Bake 45-55 minutes until done. Cool in pans 10 minutes. Remove and cool.

## **PINEAPPLE NUT BREAD**

*Lois Hays Irwin*

- |                     |                                  |
|---------------------|----------------------------------|
| 2 C. flour          | 3 tsp. baking powder             |
| 3 eggs              | 1/3 C. sugar                     |
| 1/3 C. oil          | 1 (8¾ oz.) can crushed pineapple |
| ¾ C. nuts (chopped) |                                  |

Sift together flour and baking powder; beat eggs and sugar until very light. Add oil, pineapple not drained, nutmeats and flour mixture. Pour into well greased pans ½ full. Bake at 350° for 1 hour.

## **POPPY SEED BREAD**

*Iona Trigs and Peggy Drake*

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 yellow cake mix<br>(pudding in mix) | 1 pkg. instant coconut pudding |
| ½ C. oil                              | 1 C. hot water                 |
| 4 eggs                                | 2 T. poppy seeds               |

Combine all ingredients. Beat 4 minutes. Bake in 2 loaf pans for 50 minutes at 350°.

## **POPPY SEED BREAD**

*Michell Ricker*

- |                       |                       |
|-----------------------|-----------------------|
| 3 C. flour            | 1 1/8 C. oil          |
| 2¼ C. sugar           | 1½ tsp. vanilla       |
| 1½ tsp. baking powder | 1½ T. poppy seeds     |
| 1½ tsp. salt          | 1½ tsp. almond flavor |
| 3 eggs                | 1½ tsp. butter flavor |
| 1½ C. milk            |                       |

### **GLAZE:**

- |                |                      |
|----------------|----------------------|
| ¾ C. sugar     | ½ tsp. almond flavor |
| ½ tsp. vanilla | ¼ C. orange juice    |

Dump all ingredients into bowl and mix with mixer for 2 minutes. Divide batter into 2 greased and floured 8½ x 4½-inch loaf pans. Bake at 350° for 1 hour. Bring all glaze ingredients to a boil in microwave and pour over bread after bread is done baking. Easy! Fast! Delicious!

## PUMPKIN BREAD

*In Memory of Lula McLain Shields  
(Submitted by Forest Shields)*

2<sup>2</sup>/<sub>3</sub> C. sugar  
2/3 C. shortening  
4 eggs  
2 C. pumpkin

2/3 C. water  
3 1/2 C. flour  
1/2 tsp. baking powder  
2 tsp. baking soda

Mix well the first 3 ingredients. Add pumpkin and water. Mix dry ingredients together and add to liquid mixture. Put into a greased loaf pan. Bake at 350° for 30 minutes or until tester comes out clean. Can serve in slices or make into small sandwiches with a cream cheese filling.

## PUMPKIN BREAD

*Mary Grose*

3 1/3 C. flour (sifted)  
2 tsp. soda  
1 1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. nutmeg

3 C. sugar  
1 C. oil  
4 eggs  
2/3 C. water  
2 C. canned pumpkin

Sift dry ingredients into mixing bowl. Make a well in dry ingredients and add rest of ingredients; mix until smooth. Portion batter in 3 conventional greased and floured bread loaf pans. Bake at 350° for 1 hour or until done .

## RHUBARB ROLLS

*In Memory of Nellie Hays  
(Submitted by Lois Hays Irwin)*

2 1/4 C. flour  
4 tsp. baking powder  
1/2 tsp. salt

2/3 C. milk  
1/3 C. cream  
2 C. rhubarb

### SYRUP:

1 1/2 C. sugar

1 1/2 C. water

Dice rhubarb fine. Sift flour, baking powder and salt together. Mix milk and cream into dry ingredients. Stir. Batter will be stiff. Roll out on floured surface to about 1/4-inch thick. Arrange the rhubarb on the dough. Roll up jelly roll style. Cut into 1 1/2-inch slices and arrange in baking dish. Makes about 12 slices. Then mix syrup. Bring to a boil. Pour boiling syrup over rhubarb slices. Sprinkle with sugar, if desired. Bake at 375° until brown. My dad Virgil loved this with cream or ice cream on top while warm.

## GRANDMA'S RHUBARB ROLLS

*In Memory of Mildred Hays  
(Submitted by Deb Repp)*

2 C. flour  
3 tsp. baking powder  
¼ tsp. soda  
4 T. sugar

1½ C. cream or ½ C. short &  
½ C. milk  
4 C. rhubarb  
1 tsp. salt

### SYRUP:

1⅓ C. water

1½ C. sugar

Mix the flour, baking powder, soda, sugar and salt together. Mix cream to make a stiff dough. Put rhubarb on bottom of 9×9-inch greased pan. Top with dough, then a little rhubarb mixture on top. Make syrup and pour over rolls. Bake at 400° for 30 minutes.

## RHUBARB ROLLS

*In Memory of Virgil Hays  
(Submitted by Carol Hays)*

1 C. flour  
2 T. sugar  
2 tsp. baking powder  
½ tsp. salt  
½ C. milk

3 C. rhubarb (chopped)  
1 C. sugar  
¾ C. water  
4 T. oleo

Mix the flour, baking powder, soda, sugar, salt together. Mix milk to make a stiff dough. Boil sugar and water until sugar is dissolved and pour over top of rolls. Bake at 400° for 30 minutes in 9×9-inch pan.

## WHITE NUT BREAD

*Stacey Shields*

¾ C. sugar  
2 T. shortening (soft)  
1 egg  
1½ C. milk

3 C. flour  
3½ tsp. baking powder  
1 tsp. salt  
¾ C. nuts (chopped)

Mix together sugar, shortening and egg. Stir in milk. Sift and stir in flour, baking powder and salt. Blend in nuts. Pour into well greased loaf pan. Let stand 20 minutes before baking. Bake at 350° for 60-70 minutes or until wooden toothpick comes out clean.

## RHUBARB ROLLS

*In Memory of Mildred and Virgil Hays  
(Adapted by Carolyn Dolecheck)*

4+ C. rhubarb (cut up)  
1½ C. sugar  
Dash cinnamon  
2 C. water  
2 C. all purpose flour

4 tsp. baking powder  
1 tsp. salt  
3 tsp. sugar  
1 egg  
½ C. milk  
1 stick butter (softened)

Place rhubarb, sugar, cinnamon, water in saucepan; cook until rhubarb is tender, 7-8 minutes. Stir together flour, baking powder, salt and sugar. Cut butter into flour mixture. Beat egg in milk and pour into flour/butter mixture. Stir well. Pour some of the rhubarb mixture into bottom of 13 × 9-inch baking pan. Drop large spoonfuls of dough on top of rhubarb. Pour rest of rhubarb over dough. Do not be concerned about so much liquid; most will be absorbed into dough. Bake at 375° for about 25 minutes until lightly brown on top. Spoon into dessert bowls. Best when served warm.

## ZUCCHINI BREAD

*In Memory of Bessie Trenkle  
(Submitted by Dixie Baker)*

3 eggs (beaten until foamy)  
2 C. sugar  
1 C. oil  
1 tsp. vanilla  
2 C. zucchini (grated)  
2 tsp. cinnamon

1 tsp. salt  
1 tsp. soda  
¼ tsp. baking powder  
3 C. flour  
1 C. nuts  
1 C. raisins

Mix first 5 ingredients. In separate bowl, mix dry ingredients. Add the liquid batter to the dry ingredients. Add nuts and raisins. Mix well. Bake in 2 greased loaf pans at 350° for 50-60 minutes.

*Scatter sunshine everywhere you go.*

## ZUCCHINI BREAD

*Lois Hays Irwin*

- |                 |                                  |
|-----------------|----------------------------------|
| 1 C. oil        | ½ tsp. nutmeg                    |
| 2 C. sugar      | 3 tsp. vanilla                   |
| ½ tsp. salt     | 2 C. zucchini (unpeeled, ground) |
| 2 C. flour      | 1 C. walnuts                     |
| 1 tsp. soda     | 3 eggs                           |
| 3 tsp. cinnamon |                                  |

Mix oil, sugar and eggs. Sift together soda, flour, salt, spices and add vanilla. Add zucchini and nuts. Mix all ingredients together and pour into 2 greased and floured loaf pans. Bake 1 hour at 325°-350°.

## SELF RISING BREAD

*Marilyn Ploeger*

- |                        |                               |
|------------------------|-------------------------------|
| 3 C. self rising flour | 1 can beer (room temperature) |
| 3 T. sugar             |                               |

Mix ingredients together and let rest for 30 minutes in a greased loaf pan. Bake at 350° for 30 minutes.

## GOOD BREAD

*Roxie Deutsch*

- |                         |                       |
|-------------------------|-----------------------|
| 1 loaf bread (unsliced) | 1 stick butter        |
| Swiss cheese            | Poppy or sesame seeds |
| 1 small onion (chopped) |                       |

Make criss cross cuts in bread but not clear through. Stuff with Swiss cheese. Saute onions in butter until clear. Put bread on foil, bring up around but do not cover top. Pour butter and onion over bread. Sprinkle with seeds of your choice. Bake in a 400° oven until top is brown and cheese is melted.

## BISCUIT DOUGHNUTS AND ROLLS

*Roxie Deutsch*

Tube Hyvee biscuits

Cut a hole in the middle with a doughnut cutter. Fry in oil until brown on 1 side, then turn. You can fry the holes too. Shake in a bag of sugar or sugar and cinnamon. Could frost or glaze. You can also take the biscuits on your camping trip. Put a little butter in the bottom of an iron skillet. Put biscuits in, turn when brown on one side.

**PIZZA CRUST**

*Deb Repp*

- 3 C. flour
- 1 pkg. yeast
- 1 C. warm water
- 1 T. sugar
- ½ tsp. salt

Set for 15 minutes. Knead dough, spread out on pizza pan. Add toppings. Bake at 350° for 30 minutes.

**DUMPLINGS**

*In Memory of Ruth Taggart*

- 3 eggs
- 1 C. cold water
- 3 T. oil
- 1½ tsp. salt
- 3 T. baking powder
- 3 C. flour

Mix ingredients well. Drop into hot broth. Cook 15-20 minutes. Makes a large amount.

**HOMEMADE NOODLES**

*Deanne Adams*

- 5 egg yolks (beaten)
- 2 tsp. salad oil or shortening (melted)
- 6 T. milk
- ½ tsp. salt
- ½ tsp. baking powder
- Flour

Beat egg yolks, then add other ingredients; mix well. Add enough flour to make stiff enough to roll out. Roll until thin. Cut in strips and let dry. Store in plastic bag if completely dry or put in freezer.

*Happiness is a perfume you cannot pour on others  
without getting a few drops on yourself.*

# - JUST FOR NOTES -

RECIPE

1 C. oil  
2 C. sugar  
1/4 tsp. salt  
2 C. flour  
1 tsp. baking powder  
1 tsp. vanilla

1 T. sugar  
1/2 tsp. salt

1/2 cup. butter  
1/2 cup. vanilla  
2 C. powdered sugar  
1 C. milk

1 egg  
1 T. oil  
1/2 C. milk

Mix the first four ingredients together in a large bowl. Add the egg and milk and mix until smooth. Roll out on a floured surface and cut into rounds. Bake at 350° for 30 minutes.

1/2 C. oil  
1 T. baking powder  
1/2 C. flour

1 egg  
1 T. oil  
1/2 C. milk

Mix ingredients well. Drop into hot oil. Cook 15-20 minutes. Drain on paper towels.

1 egg  
1 T. oil  
1/2 C. milk

1/2 cup. butter  
1/2 cup. vanilla  
2 C. powdered sugar  
1 C. milk

1 small onion (chopped)

do not cover top. Four bases. Bake in a 400° oven until top is brown and sides are cooked.

## BISCUIT DOUGHNUTS AND ROLLS

1 egg  
1 T. oil  
1/2 C. milk

1/2 cup. butter  
1/2 cup. vanilla  
2 C. powdered sugar  
1 C. milk

Cut a hole in the dough and fry the hole too. Shake in a bag of sugar or sugar and cinnamon. Could frost or glaze. You can also take the biscuits on your camping trip. Put a little butter in the bottom of an iron skillet. Fry biscuits in, turn when brown on one side.

# Breakfast

*My Favorite Recipes in this section are:*

RECIPE

PAGE #


## HINTS FOR BREAKFAST

When making hash brown potatoes, use seasoned salt instead of regular salt. Makes a tremendous difference in taste.

For perfect shaped pancakes use a meat baster to "squeeze" your batter onto the hot griddle.

To make nice fluffy pancakes, beat the egg yolks and add to batter. Whip egg whites until stiff and fold into the batter. The results will be a nice fluffy pancake.

Adding a little sugar to the batter of pancakes and waffles will make them brown more quickly.

For evenly rounded tops on nut breads and muffins, grease baking pans or muffin cups on the bottom and only ½ inch up the sides. Do this and your batter will cling to the sides of the pan instead of sliding back down.

For biscuits with softer sides, place them in a baking pan with sides barely touching, for firmer sides leave space in between them.

To quickly use that frozen juice concentrate, simply mash it with a potato masher. No need to wait for it to thaw! A wire whip works also.

Transfer your jelly to a small plastic squeeze bottle - no more messy, sticky jars or knives!

When making scrambled eggs, for each 2 eggs, add a tablespoon of sour cream and ¼ teaspoon dill weed. Delicious!

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh - if it rises to the surface, throw it away.

Add a few drops of vinegar or a little salt to the water when poaching eggs, it will help keep the egg whites from separating.

Scrambled eggs for a crowd. Add a pinch of baking powder and 2 teaspoon of water per egg.

Minimize bacon shrinkage by running bacon under water before frying. This reduces shrinkage by about 50%.

## - BREAKFAST -

### APPLE AND OATS CEREAL

*Debra Repp Hankins*

- |   |                                |
|---|--------------------------------|
| 1 medium apple (grated) or<br>1 C. unsweetened applesauce | ½ C. rolled oats               |
| ¾ C. apple juice  | 2 T. raisins or dried currants |
| 1 T. instant nonfat dry milk                              | ½ tsp. cinnamon or nutmeg      |

Mix apple with juice, or pour juice into a blender container. Add apple and blend for 30 seconds. Stir in remaining ingredients and refrigerate. A versatile breakfast that tastes good cold with nonfat (skim) milk, heated in the microwave or spread on toast and browned under the broiler.

### BACK PACKERS' CEREAL

*Debra Repp*

- |                              |  |
|------------------------------|--|
| 1 C. rolled oats             | ½ tsp. cinnamon  |
| 1 C. wheat flakes            | ½ tsp. nutmeg  |
| 1 C. barley flakes           | 1 C. dried fruit (raisins, banana<br>slices, chopped dates or<br>apricots) |
| 1 C. instant nonfat dry milk |  |

Preheat oven to 450°. Mix grains together and spread in a shallow pan. Toast in the oven until brown, about 5-7 minutes. Watch closely and stir to prevent burning. Remove from oven and cool. Stir in dry milk, seasoning and dried fruit. Store in an airtight container. To serve, add hot water and mix. You can substitute soy milk powder for the dry milk. I don't add the barley flakes. Put in corn flakes.

### FRUIT AND GRAIN CEREAL

*Diane Repp Lee*

- |   |   |
|---|---|
| ½ C. oat bran or other breakfast<br>grain | ¾ C. unsweetened fruit juice<br>of choice |
| ½ tsp. cinnamon or cardamon               | 1 peach or nectarine<br>(seeded & cubed)  |
| 1 C. plain nonfat yogurt                  | 1 banana (sliced)                         |

In a food processor or blender, blend juice and fruits until smooth. Combine oat bran and cinnamon in a small bowl. Pour fruit over and mix well. Cover and chill. Just before serving, stir in yogurt.

## FAT FREE SUGARLESS GRANOLA

*Diane Repp Lee*

- |                              |                                    |
|------------------------------|------------------------------------|
| 2 C. rolled oats             | 1 tsp. cinnamon                    |
| 1 C. barley flakes           | 1 tsp. nutmeg                      |
| 1 C. untoasted wheat germ    | 1 tsp. vanilla or almond flavoring |
| ½ C. instant nonfat dry milk | ¼ C. unsweetened apple juice       |

Preheat oven to 350°. In a large bowl, stir dry ingredients together. Add vanilla to juice and mix with dry ingredients. Spread in a shallow nonstick baking pan or one that has been coated with nonstick spray. Bake for 15 minutes. Stir mix, lower heat to 225° and continue baking until cereal is dry. Stir occasionally to prevent sticking and allow even browning. Drying time is approximately 2 hours, depending on size of pan. For a complete breakfast, serve with raisins or sliced banana and nonfat yogurt or milk. Mix with unsweetened commercial cereals to make them more nutritious. Double or triple the recipe; it keeps well if it's refrigerated.

## QUICK AND EASY BREAKFAST

*Jamie and Katie Hankins*

- |                             |            |
|-----------------------------|------------|
| ½ C. high fiber bran cereal | ½ C. fruit |
| ½ C. cottage cheese         |            |

Mix together and enjoy. Very satisfying.

## LOW FAT CHEESE DANISH

*Michelle Repp*

- |  |   |
|--|---|
| ½ C. nonfat or 1% cottage cheese       | 2 slices whole wheat toast<br>(no salt added)                                     |
| ¼ tsp. cinnamon, nutmeg or<br>cardamon | 4 slices pineapple canned in its<br>own juice or 1 peach or<br>nectarine (sliced) |
| ¼ tsp. vanilla                         |   |

Mix cheese with seasonings. Divide and spread over toast. Lay 2 pineapple slices or half the peach slices on each slice of toast. Warm under broiler or in toaster oven until heated through.

## EGG CASSEROLE

*Carol Glendenning*  
(Submitted by LaVerne Glendenning)

- |                                     |  |
|-------------------------------------|--|
| 1 pkg. Pepperidge seasoned croutons | 2 (12 oz.) pkgs. sausage (fried & drained) |
| 2 C. sharp cheese (shredded)        | ½ tsp. dry mustard                         |
| 4 eggs (beaten)                     | 2½ C. milk                                 |
| 1 can cream of mushroom soup        | ½ C. milk                                  |

Spread seasoned croutons in bottom of 9 × 13-inch pan. Layer sausage over croutons. Sprinkle cheese over sausage. Mix dry mustard, eggs (beaten), and 2½ C. milk; pour over cheese. Refrigerate overnight. The next morning, mix mushroom soup and milk (½ C.) together and pour over top. Bake at 300° for 1½ hours.

## EGG CASSEROLE

*Marlene Tull*

- |                                 |                        |
|---------------------------------|------------------------|
| 6 eggs (beaten)                 | 1 tsp. dry mustard     |
| 6 slices bread (torn in pieces) | 2 C. cheese (cubed)    |
| 3 C. milk                       | 1 lb. sausage or bacon |

Cook sausage or bacon; drain off fat and let cool. Beat eggs and mix all ingredients together. Put in a bowl and refrigerate overnight. Place in 9 × 13-inch greased dish when ready to bake. Bake at 375° for 1 hour.

## EGG CASSEROLE

*Helen C. Terry*

- |   |                                |
|---|--------------------------------|
| 8 slices buttered bread (remove crusts) | 1 lb. sharp cheese (grated)    |
| 6 eggs (well beaten)                    | 1 T. dry mustard               |
| 2 C. milk                               | Butter and cube bread          |
|   | Ham or bacon pieces (optional) |

Grease casserole. Add all ingredients. Mix. Refrigerate overnight. Remove, stir. Bake at 350°. Will rise. Depends on size of pan as to length of time to bake. I usually use a 10-inch square casserole dish and takes about 1 hour to bake.

## EGG CASSEROLE

*Marlee Egly*

- |                      |                                |
|----------------------|--------------------------------|
| 2 lbs. sausage links | 1 dozen eggs                   |
| ¾ C. onion (chopped) | 8 oz. sour cream               |
| ¾ C. green pepper    | 1 lb. Velveeta cheese (grated) |
| 1 lb. hash browns    |                                |

Fry sausage until done; drain well on paper towels. Cut in bite size pieces. Spread in 9×13-inch cake pan. Saute onions and green pepper; add hash browns (browned). Spread on top of sausage. Mix together eggs and sour cream. Pour in cake pan. Bake at 350° for 1½ hours. Spread cheese on cake pan. Bake at 350° for 20 minutes.

## EGG CASSEROLE

*Marlene Tull*

- |                                 |                        |
|---------------------------------|------------------------|
| 6 eggs (beaten)                 | 1 tsp. dry mustard     |
| 6 slices bread (torn in pieces) | 2 C. cheese (cubed)    |
| 3 C. milk                       | 1 lb. sausage or bacon |

Cook the sausage or bacon; drain off fat and let cool. Beat eggs and mix all ingredients together. Put into a bowl and refrigerate overnight. Place in 9×13-inch greased dish when ready to bake. Bake at 375° for 1 hour.

## EGG CASSEROLE

*Darla Sobotka*

- |                    |                     |
|--------------------|---------------------|
| 4 pieces bread     | 1 C. cheddar cheese |
| 4 eggs             | 1-2 C. ham (cubed)  |
| 2 C. milk          | Peppers (optional)  |
| 1 tsp. dry mustard |                     |

Rip up 4 pieces of bread and put in bottom of 8×8-inch pan. Add cubed ham. Mix 4 eggs, 2 C. milk, 1 tsp. dry mustard. Pour over bread, ham, cheese, if desired. Can add peppers, onions, etc. Let sit a few hours or overnight. Bake at 350° for 1 hour. Double for 9×13-inch pan.

## EGG AND SAUSAGE SOUFFLE

*Sheila Shafer*

- |                              |                               |
|------------------------------|-------------------------------|
| 6 eggs (beaten)              | 1 tsp. dry mustard            |
| 2 C. milk                    | 1 lb. mild sausage            |
| 6 slices white bread (cubed) | 1 C. cheddar, Colby or Cojack |
| 1 tsp. salt                  | cheese (grated)               |

Brown sausage. Beat egg slightly. Add milk, salt and mustard. Add bread and stir. Add cheese and sausage. Pour into 8 × 12-inch glass casserole and refrigerate overnight. Microwave on high for 7 minutes. Preheat oven to 325°. Bake 1 hour. Makes 6 servings.

## EGG AND SAUSAGE CASSEROLE

*Jane Bartling*

- |   |                                 |
|---|---------------------------------|
| 1½ lbs. pork sausage<br>(browned & drained) | 9 slices bread (cubed)          |
| 9 eggs (beaten)                             | 3 C. milk                       |
| 1½ tsp. dry mustard                         | 1 tsp. salt                     |
| ¼ lb. cheddar cheese (shredded)             | Pepper & onion flakes, to taste |

Mix and put into well greased 9 × 13-inch pan. Cover and refrigerate overnight. Uncover and bake at 350° for 45 minutes.

## SCRAMBLED EGG CASSEROLE

*Diane England*

- |                                 |                        |
|---------------------------------|------------------------|
| 2 T. butter                     | 1 C. ham (cubed)       |
| 2½ T. flour                     | ¼ C. onion (chopped)   |
| 2 C. milk                       | 3 T. butter (melted)   |
| ½ tsp. salt                     | 1 dozen eggs (beaten)  |
| 1/8 tsp. pepper                 | 1 can sliced mushrooms |
| 1 C. American cheese (shredded) |                        |

### TOPPING:

- |                      |                    |
|----------------------|--------------------|
| ¼ C. butter (melted) | 2¼ C. bread crumbs |
|----------------------|--------------------|

Make a cheese sauce using first 6 ingredients listed. Cook in saucepan until shredded cheese is melted. Saute ham, onion and 3 T. butter; then add eggs and mushrooms. Spoon egg mixture into greased 9 × 13-inch pan. Pour cheese sauce on top. Combine topping ingredients, then sprinkle on top of egg/cheese mixture. Cover and chill in refrigerator overnight. In the morning, uncover and bake at 350° for 30 minutes.

## **EGG SAUSAGE CASSEROLE**

*Don Ella Reed*

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 pkg. cheddar cheese croutons | 1½ lbs. sausage (fried & drained) |
| 4 eggs                         | 1 C. or more cheddar cheese       |
| 2½ C. milk                     | (shredded)                        |
| 1 can cream of mushroom soup   | Onions (chopped, optional)        |

Place croutons in 9 × 13-inch pan. Beat eggs, add milk and soup. Pour over croutons. Top with sausage. Sprinkle cheese over top. Let stand several hours or overnight in refrigerator. Bake at 325° for 30 minutes covered and 30 minutes uncovered. Freezes well.

## **SAUSAGE AND EGG CASSEROLE**

*Virginia Main*

- |                   |                              |
|-------------------|------------------------------|
| ¾-1 lb. sausage   | ½ tsp. salt                  |
| 5 eggs            | 2 slices bread               |
| 1½ C. milk        | ¾ C. cheddar cheese (grated) |
| Mustard, to taste |                              |

Cook sausage until finely crumbled, then drain. Beat eggs slightly. Add milk, mustard to taste and ½ tsp. salt. Cube bread and add cheese. Mix together and add sausage. Cook for 18 minutes at 80% power in microwave or until eggs are set. Better if made night before.

## **SAUSAGE EGG BAKE**

*LaZeta Brooks*

- |  |                                |
|--|--------------------------------|
| 1 lb. bulk Italian sausage                                     | 9 eggs                         |
| 2 (10¾ oz.) cans condensed<br>cream of potato soup (undiluted) | ¾ C. milk                      |
|  | ¼ tsp. pepper                  |
|  | 1 C. cheddar cheese (shredded) |

In a skillet, cook sausage until no longer pink; drain. Stir in soup. In a mixing bowl, beat eggs, milk and pepper; stir in sausage mixture. Transfer to a lightly greased 11 × 7 × 2-inch baking dish. Sprinkle with cheese. Bake uncovered at 375° for 40-45 minutes or until a knife inserted near center comes out clean. Yield 12 servings.

## BREAKFAST BARS

Marlee Egly

- |                            |                         |
|----------------------------|-------------------------|
| ½ C. margarine             | 1 tsp. salt             |
| 1¼ C. brown sugar (packed) | 1 tsp. cinnamon         |
| 2 eggs                     | 2 C. oatmeal (uncooked) |
| ⅓ C. molasses              | ½ C. walnuts (chopped)  |
| 1¾ C. flour                | 1 C. raisins            |
| 1 tsp. baking soda         | 1 C. chocolate chips    |

Combine margarine, sugar, eggs and molasses in large mixing bowl. Stir together flour, soda, salt and cinnamon; add to first mixture and mix well. Stir in oatmeal, walnuts, raisins and chocolate chips. Spoon into greased 9 × 13-inch baking pan. Bake at 400° for 12-15 minutes or done.

## BREAKFAST BURRITO

Verla Repp

- |                              |                        |
|------------------------------|------------------------|
| 1 large pepper (chopped)     | 1 C. cheese (shredded) |
| ½ onion (chopped)            | ¼ C. salsa             |
| 1 tomato (chopped)           | 8 eggs (beaten)        |
| ¼ C. green chilies (chopped) | 1 C. milk              |
| 1 lb. unfrozen hash browns   | Salt, pepper, garlic   |

Saute onion, pepper, seasonings to taste until tender. Add potatoes, brown. Add chilies, tomatoes and mix well. Put in 9 × 13-inch pan. Add cheese. This can set overnight. Beat eggs and milk, pour over potato mixture; loosen with fork. Bake at 350° for 40-50 minutes until set. Cut in 16 or 18 rectangles. Remove and wrap each section in a 10-inch tortilla.

## BREAKFAST CASSEROLE

Lois Hays Irwin

- |                               |   |
|-------------------------------|---|
| Bread slices                  | 2 (10½ oz.) cans cream of mushroom soup |
| 1 lb. cheddar cheese (grated) | 2 lbs. pork sausage (fried & drained)   |
| 4 eggs (beaten)               |   |
| 2¼ C. milk                    |   |

Layer bread slices in bottom of baking dish. Spread sausage over bread and grated cheese over the sausage. Beat eggs. Add milk. Pour mixture over bread, sausage and cheese. Refrigerate overnight. In morning, spread mushroom soup over all and bake in buttered 9x13-inch pan at 350° for 1¼ hours.

## BREAKFAST CASSEROLE

Louise Frost

- |  |  |
|--|--|
| 2 slices whole wheat bread<br>(toasted & cut in cubes) | 1 C. low fat Swiss cheese<br>(shredded, divided) |
| 2 oz. lean deli Virginia ham<br>(chopped)              | 2 C. fat free milk                               |
| 4 eggs   | Salt & pepper, to taste                          |

Preheat oven to 350°. Spray 8 × 8-inch baking pan with non-stick cooking spray. Arrange bread crumbs in a single layer in prepared baking pan; sprinkle evenly with ham, then all but 2 T. of the cheese. In a medium mixing bowl, using a fork, beat eggs. Add milk, salt and pepper; beat well. Pour egg mixture over ingredients in pan. Sprinkle with the remaining 2 T. cheese. Bake until top is browned and knife inserted comes out clean, about 1 hour. Serve immediately. Prepare ahead tip: Prepare the day before but do not bake; refrigerate, covered, then bake as directed. Makes 4 servings.

## BREAKFAST CASSEROLE

Diane Repp Lee

- |  |                  |
|--|------------------|
| 12 slices bread<br>(buttered both sides) | ¼ C. onion       |
| 9 eggs                                   | 2 C. cheese      |
| 2 C. sausage (cooked)                    | 2 C. corn flakes |
| 2 C. bacon (cooked)                      | 1 stick butter   |

Line bottom of 9 × 13-inch pan with 6 slices bread buttered on both sides. Layer sausage, bacon, onion and cheese. Put remaining bread on top. Mix eggs and milk, then pour over bread, cover and refrigerate overnight. In the morning melt butter and mix the crushed corn flakes. Pour over top. Bake at 350° for 1 hour.

*A smile is a light in the window of your face  
to show your heart is at home.*

## BREAKFAST CASSEROLE

*Iona Triggs*

- |  |   |
|--|---|
| 3 slices dry bread (cubed)               | ¼ stick margarine (melted)                        |
| 8 oz. Velveeta or cheddar cheese (cubed) | 9 eggs (or egg beaters)                           |
| 1 lb. ham or fried sausage (drained)     | ¼ tsp. salt                                       |
| ¼ C. onion (chopped)                     | 1 green pepper (chopped)                          |
|  | 2 C. milk (decrease to 1 C. if using egg beaters) |

Line a greased 13 × 9-inch pan with bread cubes. Add cubed meat and cheese. Top with eggs which have been beaten and combined with milk, salt, green pepper and onions. Pour melted margarine over the top. Cover with foil and refrigerate overnight. Bake with foil for 25 minutes. Then remove foil and continue baking, uncovered 20 minutes. Bake at 350°.

## COUNTRY BREAKFAST CASSEROLE

*Lois Hays Irwin*

- |                          |                                |
|--------------------------|--------------------------------|
| ½ C. butter or margarine | 2 T. milk                      |
| 2 C. frozen hash browns  | ¼ C. parsley (chopped)         |
| 6 eggs (beaten)          | 1 C. ham (cubed)               |
| ¾ tsp. salt              | 1 C. cheddar cheese (shredded) |
| Dash pepper              | ¼ C. onion (finely chopped)    |

Preheat oven to 350°. Melt butter in 10-inch skillet. Add potatoes and onion and cook over medium heat for 15 minutes until tender and lightly browned; stir occasionally. Place in 2 quart casserole. Beat together eggs, salt, pepper and milk. Stir in half of parsley and ½ C. cheese. Pour egg mixture over potatoes; sprinkle with ham. Bake for 20 minutes or until eggs are set. Sprinkle remaining ½ C. cheese over eggs; return to oven until cheese is melted, about 2 minutes. Remove from oven and garnish with remaining parsley. Enjoy!

## BREAKFAST CASSEROLE

*Ardie Winemiller*

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 dozen eggs (beaten)           | 2 C. ham, bacon or sausage (diced) |
| 2 C. milk                       |                                    |
| 2 C. Velveeta cheese (shredded) | 1 (2 lb.) bag hash browns          |

Put hash browns in 9 × 13-inch pan. Sprinkle with salt and pepper, to taste. Sprinkle 1 C. cheese over potatoes. Mix eggs, milk and meat. Pour over cheese and potatoes. Top with remaining cheese. Bake at 350° for 45-60 minutes.

## **BREAKFAST CASSEROLE**

*Ronda Smith*

- |             |                             |
|-------------|-----------------------------|
| 12 eggs     | 1 (8 oz.) carton sour cream |
| 1 lb. bacon | 1-2 C. cheese (grated)      |

Use a 9 × 13-inch pan. Soft scramble eggs, crumble fried bacon over eggs, then spread on sour cream. Sprinkle on grated cheese. Cover and bake at 350° for 20-30 minutes.

## **BREAKFAST ENCHILADAS**

*Lois Hays Irwin*

- |                                 |                            |
|---------------------------------|----------------------------|
| 12 oz. ham (finely chopped)     | 1 T. flour                 |
| 2½ C. cheddar cheese (shredded) | ¼ tsp. salt                |
| ½ C. green pepper (chopped)     | 4 eggs (beaten)            |
| ½ C. green onion (chopped)      | 2 C. milk                  |
| 8 (7-inch) flour tortillas      | ¼ tsp. garlic powder       |
|                                 | Few drops hot pepper sauce |

OPTIONAL: Black olives (chopped) and/or chopped chilies may be added to ham mixture. Mix ham with 2 C. of the cheese, onion and green pepper. Put ⅓ C. mixture on each shell, roll and place seam side down in 11 × 17-inch baking dish. Combine eggs, milk, flour, salt, garlic and pepper sauce; pour over enchiladas. Refrigerate several hours or overnight. Bake covered at 350° for 40 minutes. Uncover and bake another 10-15 minutes. Add remaining cheese and bake until cheese is melted. Serves 8.

## **BREAKFAST LASAGNA**

*Betty Snethen*

- |                                    |                |
|------------------------------------|----------------|
| 8-10 slices white bread            | 2 C. milk      |
| 2 lbs. sausage (browned & drained) | 2 tsp. mustard |
| 8 oz. cheddar cheese               | Salt           |
| 8 eggs                             | Pepper         |

Cube bread. In a 9 × 13-inch pan, layer bread, sausage and cheese. Beat eggs and milk. Mix in mustard, salt and pepper. Pour over bread, meat and cheese. Cover and place in refrigerator at least 24 hours. Uncover and bake at 350° for 1 hour.

## BREAKFAST PIZZA

*Diane England*

- |                         |                 |
|-------------------------|-----------------|
| 1 lb. sausage (browned) | 5 eggs          |
| 1 can crescent rolls    | ¼ C. milk       |
| 1 C. hash browns        | Salt            |
| 1 C. cheddar cheese     | Pepper          |
|                         | Parmesan cheese |

Arrange crescent rolls on 12-inch pizza pan. Press down and form crust. Spoon sausage over crust. Sprinkle with potatoes. Top with cheddar cheese. Beat together eggs and milk, then pour over filling. Sprinkle with Parmesan cheese. Bake at 375° for 25-30 minutes.

## BAKED CARAMEL FRENCH TOAST

*Joyce Weehler*

- |                       |                                |
|-----------------------|--------------------------------|
| 1 C. brown sugar      | 5 eggs                         |
| 6 T. margarine        | 1 C. Carnation evaporated milk |
| ⅓ C. whipping cream   | 1 tsp. vanilla                 |
| 1 T. white corn syrup | 1 loaf French bread            |

In a saucepan, combine first 4 ingredients and mix well. Cook over medium heat until smooth, stirring constantly. Do not boil. Spread in a 9×13-inch glass baking dish that has been sprayed with cooking spray. Slice French bread, diagonally and place close together in pan on top of caramel mixture. Beat eggs. Add milk and vanilla. Beat well. Pour this mixture over bread slices. Cover and refrigerate 8 hours or overnight. Uncover and bake 45 minutes in a 325°-350° oven. Enjoy!

## FRENCH TOAST

*Marilyn Triggs Bierma*

- |                |                         |
|----------------|-------------------------|
| ¼ C. flour     | 1/8 tsp. salt           |
| 1½ tsp. sugar  | ¾ C. milk               |
| 3 eggs         | 9 (1-inch) pieces bread |
| ¼ tsp. vanilla |                         |

Mix all but bread. Dip both sides of bread in mixture and cook on both sides in buttered skillet.

## NONFAT FRENCH TOAST

*Ashley Comer*

- |                         |   |
|-------------------------|---|
| 1 egg white             | ½ tsp. dried orange bits                  |
| ¼ C. nonfat (skim) milk | 2 slices day old bread<br>(no salt added) |
| ½ tsp. vanilla          | All fruit spread of your choice           |

Preheat broiler or a nonstick pan. Beat egg white or egg product until frothy. Add milk and seasonings. Dip bread slices in mix and turn until all liquid is absorbed. Place on a rack under the broiler and brown each side about 3 minutes, or brown slices in a nonstick pan, turning as needed. Serve hot with all fruit spread of your choice. Lowers fat, sugar and salt in diet.

## VEGAN FRENCH TOAST

*Ringgold Sanitation*

- |   |                                       |
|---|---------------------------------------|
| 2 C. bananas (sliced)   | 1 tsp. canola oil                     |
| ¾ C. vanilla soy milk   | 8 slices day old whole wheat<br>bread |
| 1 tsp. cinnamon or ¾ tsp.<br>cinnamon plus ¼ tsp.<br>cardamom | Maple syrup                           |

This recipe looks and tastes like French toast, but is made without egg or milk. Place bananas, soy milk, cinnamon and cardamom (if using) in a blender or food processor; blend until smooth. Pour mixture into a pie plate. Dip bread into mixture, turning to coat both sides. Scrape off excess batter. Brush a nonstick skillet or griddle lightly with oil. When hot, add coated bread slices. Brown on 1 side, 2-3 minutes. Turn; brown on other side. Transfer to plates; serve immediately with mango puree or maple syrup. Makes 8 slices.

## NOODLE KNEGEL

*Diane Repp Lee*

- |                             |                                    |
|-----------------------------|------------------------------------|
| 8 oz. wide noodles (cooked) | ½ stick butter (melted)            |
| 6 eggs                      | 1 (8 oz.) pkg. cream cheese (soft) |
| 2 C. milk                   | 1 tsp. salt                        |
| ½ C. sugar                  |                                    |

Cook noodles. Blend together egg, milk, cheese, sugar. Melt butter and salt. Put noodles in greased 8 × 12-inch casserole dish. Pour egg mixture over top. Refrigerate overnight covered. Sprinkle top with crushed frosted flakes, ¼ C. sugar and cinnamon. Bake at 350° for 1 hour.

## QUICHE

*Becky Brown*

- 4 eggs
- 1 C. milk
- 2 T. flour
- 1-2 C. cheese (shredded)

- 2 frozen pie shells
- Meat: ham, seafood, sausage, vegetables

Beat eggs in a bowl; add milk. Add flour to the grated cheese, shake together, then pour into mixture. Add cooked meat and vegetables. Pour into pie shell. Cook at 350° for 30-45 minutes. Great topped with sour cream or salsa.

## QUICHE LORRAINE

*Charlotte Summers*

- 1 (9-inch) pie plate
- 1 lb. crisp bacon
- 2 eggs
- 2 egg yolks
- 1 tsp. dijon mustard
- ½ tsp. dry mustard
- 1/8 tsp. cayenne pepper
- ⅓ C. bacon fat
- ½ C. Parmesan cheese (grated)
- 2 C. heavy cream
- 1 tsp. parsley (chopped)

Break up crisp bacon and sprinkle half in bottom of pie plate. Make custard: mix well 2 whole eggs plus 2 yolks, dijon mustard and dry mustard, pepper, fat and ⅓ C. cheese. Scald cream by heating to boiling point (do not boil). Pour cream into custard mixture. Bake at 300° for 35 minutes. Remove, when set, sprinkle remaining cheese, bacon and parsley. Serve warm. Serves 8.

## BACON PIE

*Patty Schuster*

- 12 slices bacon
- 1 C. Swiss cheese (shredded)
- ⅓ C. onion (chopped)
- 2 C. milk
- 4 eggs
- 1 C. Bisquick
- 1/8 tsp. ground black pepper

Heat oven to 400°. Grease a glass pie plate, 10 × 1 × 1½-inches. Place bacon in large deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Sprinkle bacon, cheese and onion in plate. In a medium bowl, stir milk, eggs and Bisquick and pepper with fork until blended. Pour in plate. Bake 35-40 minutes.

## COUNTRY QUICHE

*Lois Hays Irwin*

- |                               |                           |
|-------------------------------|---------------------------|
| 4 C. raw potatoes (shredded)  | ¼ C. celery (chopped)     |
| ½ C. onion (diced)            | 1 C. broccoli florets     |
| 1 egg (beaten well)           | 1½ C. ham (cubed, cooked) |
| ¾ C. flour                    | 4 eggs (beaten well)      |
| Dash salt                     | 1 C. half and half cream  |
| 1½ C. Colby cheese (shredded) | ½ C. whole milk           |
| ¼ C. green pepper (diced)     | Salt & pepper             |
|                               | 2 dash tabasco sauce      |

For the crust, combine first 5 ingredients and press into 10-inch dish or 7 × 12-inch dish. Bake at 375° for 20 minutes. At the end of 20 minutes reduce oven temperature to 350°. For the filling, combine 1 C. of the cheese, onion, pepper, celery, broccoli, ham, eggs, milk and half and half, salt, pepper and tabasco sauce. Pour into baked potato crust. Sprinkle ¼ C. buttered bread crumbs over top. Bake 35 minutes. Remove from oven and sprinkle the remaining ½ C. cheese on top. Let set for 5 minutes. Serves 8-10.

## APPLE TOFU PANCAKES

*Deb Repp*

- |   |  |
|---|--|
| 1 pkg. Mori-Nu Silken soft tofu (drained) | 1 tsp. allspice                            |
| ½ C. whole wheat pastry flour             | 2 T. honey                                 |
| 1 T. vegetable oil                        | 2 egg whites                               |
| 1 tsp. cinnamon                           | 1 small apple (peeled, sliced very thinly) |
|   | Margarine for frying, if desired           |

Combine first 6 ingredients and beat with electric mixer on high until smooth, about 1 minute. In a separate bowl, beat egg whites until stiff but still shiny. Fold tofu/flour mixture into egg whites. Blend thoroughly. Lightly butter a non-stick frying pan and place several apple slices on bottom. Pour ½ C. batter over apples for each pancake. Fry covered. Brown both sides and serve hot with your favorite topping. Servings: 3 pancakes.

## BUTTERMILK PANCAKES

*Lois England*

1 C. flour	1 tsp. baking powder
½ tsp. baking soda	½ tsp. salt
1 T. sugar	1 egg
3 T. oil	1 C. buttermilk

Mix dry ingredients. Add egg, buttermilk and oil. Mix quickly.

## COUNTY FAIR 4-H PANCAKE RECIPE

*Judy Hensley*

2 dozen eggs	1 gallon milk
5 lbs. flour	3 tsp. salt
1½ C. baking powder	1 tsp. soda
3 C. cooking oil	3 C. white sugar

Mix all ingredients in large plastic bucket and let stand overnight in the refrigerator. Cook on hot, oiled griddle.

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## PANCAKES

*Diane Repp Lee*

½ C. unbleached white flour	½-1 C. fresh or frozen blueberries (optional)
1 C. whole wheat flour	1 T. dried orange bits (optional)
2 tsp. low sodium baking powder	All fruit spread of your choice
1 C. nonfat (skim) milk	
2 egg whites (slightly beaten) or reduced fat egg product equal to 2 eggs	

Preheat a nonstick griddle or one that has been coated with cooking spray. Sift dry ingredients into a large bowl. Beat together milk and egg whites. Stir egg into dry ingredients until moistened. Carefully stir in blueberries and orange bits. Drop batter by spoonfuls onto preheated griddle. Cook until bubbles appear; turn and cook other side. Serve hot with all fruit spread of your choice. Recipe to lower fat, sugar and salt in your diet.

## WHOLE WHEAT PANCAKE MIX

Ringgold Sanitation

- |                        |                            |
|------------------------|----------------------------|
| 4 C. whole wheat flour | ½ C. wheat germ            |
| 4 C. unbleached flour  | ¼ C. baking powder         |
| 1½ C. powdered milk    | 1 T. salt                  |
| ¾ C. fructose          | 1½ C. vegetable shortening |

Mix dry ingredients together and cut in shortening. Place in a covered container and store in refrigerator for up to 6 weeks. For pancakes, mix 2¼ C. mix, 1 beaten egg in 1¼ C. water. Bake on buttered griddle. Makes 15 (3-inch) pancakes. Preparation time: 10 minutes. Yield: 3½ quarts mix.

*Doing nothing is the most tiresome job in the world,  
because it's impossible to quit to take a rest.*

# Cakes and Frostings

*My Favorite Recipes in this section are:*

RECIPE

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## Hints for Cakes, Frostings, and Toppings

When baking cakes and quick bread in the microwave, fill the pans just half full of batter as they rise higher than in conventional ovens.

Trace the bottom of the baking pan onto wax paper and cut it out. Now this can be placed in the bottom of the pan and the sides greased and floured like normal. When the cake is done it can be inverted and the paper taken off while still warm with no sticking.

Use cocoa to dust baking tins so cookies and cakes won't have a floury look. Or sprinkle greased pan generously with wheat germ, instead. It keeps the cake from sticking and adds nutrients.

To add an interesting flavor to cakes, beat 4 T. of creamy or chunky peanut butter into the butter-sugar mixture. Beat in the eggs and proceed as directed.

Grated orange and lemon rind added to a cake mixture gives the cake a nice flavor and prevents it from becoming stale.

As you take a cake from the oven, place it for a very few moments on a cloth wrung out of cold water. Then it may be turned out easily without sticking to the pan.

The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

When baking layer cakes, put a pan of water on the bottom oven shelf. Cakes will bake more evenly and be heavenly moist.

Spaghetti is great with cake! While waiting for icing to set, a few sticks of dry spaghetti will hold the layers in place. Also, a piece of raw spaghetti works well to light birthday candles. Try using spaghetti instead of a toothpick to check your cake for doneness.

If powdered sugar is sprinkled on top of each layer before filling or frosting, this will keep the filling from soaking through the cake.

Icing won't become grainy if a pinch of salt is added to the sugar.

To keep powdered sugar icings moist and prevent cracking, add a pinch of baking soda or baking powder.

Your frosting will look professional if you first frost with a thin layer and let it set. Then apply a second coat of frosting.

A quick frosting can be made by adding a bit of chocolate syrup to prepared whipped topping.

If icing that isn't thick enough runs down the sides of the cake, sift powdered sugar over it and the drippings will stop.

## - CAKES AND FROSTINGS -

### BANANA CAKE

*LaVerne Glendenning*

- |                              |                               |
|------------------------------|-------------------------------|
| ½ C. shortening              | 2 bananas or 3 small (mashed) |
| 1½ C. sugar                  | 2 C. flour (sifted with       |
| 1 C. buttermilk or sour milk | 1 tsp. baking powder)         |
| 1 tsp. soda                  | ½ tsp. vanilla                |
| 2 eggs (unbeaten)            | 1 C. nuts (chopped, optional) |

Cream shortening, sugar, then add eggs, next bananas, last milk all together. Mix dry ingredients and add to mixture with sugar, eggs, bananas and milk. Add vanilla last. Can use 9 × 13-inch pan or 3 (8-inch) layer pans and bake at 350° for 50 minutes or use toothpick to check if use 9 × 13-inch pan.

### APPLE DAPPLE CAKE

*Mary Jo Baker*

- |                    |                                     |
|--------------------|-------------------------------------|
| 2 C. flour         | 2 eggs                              |
| 2 C. sugar (less)  | 1 tsp. vanilla                      |
| 2 tsp. cinnamon    | 1 C. salad oil                      |
| 1 tsp. baking soda | 4 C. apples (peeled, thinly sliced) |
| ½ tsp. salt        | ½-1 C. English walnuts              |

Mix together with spoon. Batter will be stiff. Spread into greased, floured pan 13 × 9-inch. Bake at 350° for 40-50 minutes.

### CARAMEL APPLE CAKE

*Evekyn Sickels*

- |   |   |
|---|---|
| 1½ C. original Bisquick                     | ¾ C. brown sugar (packed)                           |
| ⅔ C. granulated sugar                       | ½ tsp. ground cinnamon                              |
| ½ C. milk                                   | 1 C. boiling water                                  |
| 2 medium cooking apples<br>(peeled & diced) | Sweetened whipped cream or<br>ice cream, if desired |
| 1 T. lemon juice                            |   |

Heat oven to 350°. Mix Bisquick and granulated sugar in medium bowl. Stir in milk until blended. Pour into ungreased square pan, 9 × 9 × 2-inches. Top with apples; sprinkle with lemon juice. stir together brown sugar and cinnamon; sprinkle over apples. Pour boiling water over apples. Bake 50-60 minutes or until toothpick inserted in center comes out clean. Serv warm with whipped cream. 6 servings.

## PATTY'S DUTCH APPLE CAKE

*Carol McCreary*

- |                |                           |
|----------------|---------------------------|
| 3 eggs         | 2 C. flour                |
| 1 C. oil       | 2 tsp. cinnamon           |
| 2 C. sugar     | 1 tsp. baking soda        |
| 1 tsp. vanilla | ½ tsp. salt               |
|                | 4 C. raw apples (chopped) |

### SAUCE:

- |                                  |                    |
|----------------------------------|--------------------|
| 1 C. brown sugar                 | 1 C. cream (½ & ½) |
| 1 C. real butter                 | 2 tsp. vanilla     |
| 2 T. flour with 1 C. white sugar |                    |

Grease and flour 9 × 13-inch pan. Beat together lightly eggs and oil. Add sugar and vanilla. Add dry ingredients sifted together. Last add chopped raw apples. Bake at 350° for 45 minutes. For the sauce, mix 2 T. flour with 1 C. white sugar. Add rest of ingredients and mix. Bring to boil. Stir to prevent scorching. Boil 2 minutes. Remove from heat. Serve warm over cake.

## GERMAN APPLE CAKE

*Marlee Egly*

- |                 |                                |
|-----------------|--------------------------------|
| 2 eggs          | ½ tsp. salt                    |
| 1 tsp. soda     | 4 C. Jonathan apples (chopped) |
| 2 tsp. cinnamon | 1 C. nuts                      |
| 2 C. sugar      | 1 C. salad oil                 |
| 2 C. flour      | 1 tsp. vanilla                 |

Mix all ingredients together. Beat well. Pour into greased 9 × 13-inch pan. Bake at 350° for 45 minutes or insert toothpick (comes out clean).

## KNOBBY APPLE CAKE

*Betty Jones*

- |                         |                                    |
|-------------------------|------------------------------------|
| 2 C. sugar              | 2 tsp. baking soda                 |
| 2 eggs (unbeaten)       | ½ tsp. salt                        |
| ½ C. shortening or oleo | 1 tsp. cinnamon                    |
| 5 C. apples (chopped)   | 1 tsp. nutmeg                      |
| 2 C. flour              | Raisins, nuts & coconut (optional) |

Mix all ingredients and pour into 9 × 13-inch pan. Bake 45 minutes in 350° oven. Serves 15. Ice, if desired, but is good plain.

## APPLE WALNUT CAKE

Carol Hays

### CAKE:

- |                                  |                        |
|----------------------------------|------------------------|
| 2 eggs                           | 1 C. white sugar       |
| 1 C. brown sugar                 | 1 C. oil               |
| 2 C. flour                       | 2 tsp. soda            |
| 1 tsp. salt                      | 1 tsp. vanilla         |
| 2 tsp. cinnamon                  | 1 C. walnuts (chopped) |
| 3 large apples (chopped, peeled) |                        |

### SAUCE:

- |                    |                    |
|--------------------|--------------------|
| 1/3 C. brown sugar | 1/3 C. white sugar |
| 2 T. flour         | 1 C. water         |
| 1/4 C. oleo        | 1 tsp. vanilla     |

Mix the cake ingredients and bake in 9×13-inch greased pan for 35-50 minutes at 350°. For the sauce, mix sugars and flour. Add to oleo and water. Add vanilla. Bring to a good boil. Pour over cake as soon as it is done.

## FRESH APPLE CAKE

Mary Jo Baker

- |                        |                 |
|------------------------|-----------------|
| 2 C. flour             | 1 tsp. cinnamon |
| 2 tsp. baking soda     | 2 C. sugar      |
| 1/2 tsp. salt          | 1/2 tsp. nutmeg |
| 4 C. apples (diced)    | 1/2 C. nuts     |
| 1/2 C. butter (melted) | 2 eggs          |

Mix dry ingredients together. Add diced raw apples, butter, eggs and nuts; mix well. Turn into a well greased 9×13-inch baking dish and bake at 350° about 55 minutes.

## FRESH APPLE CAKE

Ed Shields

- |                                  |                          |
|----------------------------------|--------------------------|
| 2 C. sugar                       | 2 tsp. soda              |
| 1/2 C. shortening                | 1/2 tsp. salt            |
| 2 eggs (beaten)                  | 2 C. flour               |
| 6 medium apples (chopped finely) | 1 tsp. cinnamon          |
|                                  | 1/2 C. walnuts (chopped) |

Cream together the sugar and shortening. Add the eggs. Stir in the apples. Sift the dry ingredients together and stir in the liquid mixture. Pour into a greased and floured 9×13-inch pan. Bake at 350° for 45 minutes or done.

## FRESH APPLE CAKE

Lois Hays Irwin

4 C. apples (diced)	2 C. sugar
½ C. vegetable oil	1 C. walnuts
2 eggs (well beaten)	2 tsp. vanilla
2 C. flour	2 tsp. soda
1 tsp. salt	2 tsp. cinnamon

Combine apples and sugar. Mix well and add oil, eggs, walnuts and vanilla. Mix well and add flour, salt, soda and cinnamon. Mix all together well. Generously grease 9 × 13-inch pan. Turn batter into pan and bake at 350° for almost 1 hour. Serve warm with whipped topping. Serves 12. Batter may be frozen before baking. Thaw and bake to use at another time.

## FRESH APPLE CAKE

Lois Hays Irwin

3 large apples (cut in small pieces)	2 eggs (well beaten)
1 C. nuts (chopped)	¼ tsp. salt
1¼ C. Wesson oil	1½ tsp. soda
2 C. sugar	2 T. vanilla

### TOPPING:

½ C. Carnation milk	1 stick oleo
1 C. sugar	1 tsp. vanilla

For the cake, mix sugar and oil, eggs (beaten), and add apples and dry ingredients. Stir until mixed. Bake in 9 × 12-inch pan for 1¼ hours at 275°. For the topping, bring ingredients to a boil and boil hard for 3 minutes. Poke top of cake full of holes with fork. Pour topping over cake. We prefer Jonathan apples. We make this cake when anyone in the family has desire for apple cake, which is several times a year.

*The same rain that grows weeds for the pessimist,  
sprinkles flowers for the optimist!*

## OZARK APPLE CAKE

*Lois Hays Irwin*

- |                   |                             |
|-------------------|-----------------------------|
| 2 eggs            | 1 tsp. soda                 |
| 2 C. sugar        | 1 tsp. salt                 |
| 1¼ C. cooking oil | 1 tsp. cinnamon             |
| 2 tsp. vanilla    | 3 C. apples (peeled, diced) |
| 2 C. flour        | 1 C. nuts                   |

Beat well with mixer, eggs, sugar, oil and vanilla. Mix in until well blended the flour, soda, salt and cinnamon. Stir together with apples and nuts. Batter will be stiff. Spread in a 9 × 13-inch pan and bake at 325° for 45 minutes.

## ALMOND JOY CAKE

*Stasia Taylor Nickle*

For the first layer, prepare a chocolate cake mix according to directions, adding 1 extra egg and 1 package of chocolate instant pudding. Bake in a 9 × 13-inch pan. For the second layer, in a saucepan bring to a boil ½ can of Carnation milk and 1½ C. sugar. Remove from heat. Add 25 large marshmallows. Stir until melted. Add 14 oz. flaked coconut. Spread mixture over baked cake. For the third layer, in a saucepan, combine 1 C. sugar and ½ can Carnation milk. Bring to a boil and remove from heat. Add ½ C. oleo and 2 C. chocolate chips. Stir until melted. Cook until thickened. Spread over cake. Refrigerate for at least 2 hours.

## ANGEL FOOD PINEAPPLE CAKE

*Phyllis Hawkins*

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1 (1 step) angel food cake mix        | Fresh or frozen strawberries |
| 1 large can crushed pineapple & juice | Dream Whip                   |

Don't add water to the 1 step angel food cake mix. Add pineapple with juice. Bake according to directions on box. Serve with strawberries and Dream Whip.

## **PINEAPPLE CAKE**

*Stacey Newby*

- |             |                                     |
|-------------|-------------------------------------|
| 2 eggs      | 1 tsp. vanilla                      |
| 2 C. flour  | ½ C. walnuts (chopped)              |
| 2 tsp. soda | 1 (20 oz.) can pineapple with juice |
| 2 C. sugar  |                                     |

### **FROSTING:**

- |                    |                        |
|--------------------|------------------------|
| 8 oz. cream cheese | ½ C. walnuts (chopped) |
| 1 stick oleo       | 1 lb. powdered sugar   |

Add eggs, flour, soda, sugar, vanilla, walnuts and pineapple all together. Mix. Put in greased 11 × 13-inch cake pan. Bake at 350° for 30-35 minutes. Cool. For the frosting, mix cream cheese, oleo and powdered sugar. Add walnuts. Put on cooled cake.

## **PINEAPPLE CAKE**

*Sam Osborn*

- |                        |  |
|------------------------|--|
| 2 C. quick oatmeal     | 1 (No. 2) can crushed pineapple in juice |
| 2 C. powdered milk     | ¼ C. cooking oil                         |
| 3 tsp. baking soda     | 3 tsp. vanilla                           |
| 3 tsp. cinnamon        | 2 C. raisins (optional)                  |
| 1 tsp. nutmeg          |  |
| 1½ C. brown sugar twin |  |

Mix all dry ingredients well in a large mixing bowl. Add pineapple, oil and vanilla and mix well. If mixture is too thick, add small amount of orange or apple juice and remix. Add raisins and remix. Bake at 350° for 30-35 minutes in 8 × 12-inch glass baking dish. This cake is cholesterol free and sugar free and is fat free except for the small amount of oil in cake mix.

## **BANANA CAKE**

*Tracey Olsen*

- |                       |                        |
|-----------------------|------------------------|
| 2½ C. flour           | ½ C. Crisco shortening |
| 1½ C. sugar           | 1 C. bananas (mashed)  |
| 1 tsp. baking soda    | ⅔ C. buttermilk        |
| 1½ tsp. baking powder | 2 eggs                 |
| 1 tsp. salt           | 1 tsp. vanilla         |

Mix first 5 ingredients. Add Crisco and bananas on low. Add eggs, vanilla and buttermilk. Mix for 2 minutes on medium. Bake at 350° for 30 minutes in greased pan.

## BAKED DEVILS FLOAT

Linda Reed

Sift together 1 C. flour,  $\frac{3}{4}$  C. sugar, 2 tsp. baking powder and  $\frac{1}{2}$  tsp. salt. Mix 2 T. soft margarine, 1 tsp. vanilla and 1 C. nuts (chopped). Add flour and mix well. Add  $\frac{1}{2}$  C. milk. Mix and put in 8 x 8-inch pan. Mix  $\frac{1}{2}$  C. sugar and  $\frac{1}{2}$  C. brown sugar. Pour over batter. Add 1 C. boiling water. Pour over cake. Bake at 350° for 30-35 minutes.

## BLACK RUSSIAN CAKE

Julie Routh

- |   |                         |
|---|-------------------------|
| 1 pkg. Duncan Hines yellow cake mix             | 4 eggs                  |
| 1 (4½ oz.) pkg. Jello instant chocolate pudding | $\frac{1}{4}$ C. vodka  |
| 1 C. oil  | $\frac{1}{4}$ C. kahlua |
|   | $\frac{3}{4}$ C. water  |

Beat all ingredients with mixer very well. Pour into a greased bundt pan and bake at 350° for 50-60 minutes. Cool  $\frac{1}{2}$  hour in pan. Sift powdered sugar over top or glaze with  $\frac{1}{2}$  C. sifted powdered sugar and additional kahlua to a glaze consistency. Serves 14.

## BLACK WALNUT CAKE

Lois Hays Irwin

- |                                     |                 |
|-------------------------------------|-----------------|
| 1 T. butter or shortening           | 1 C. sweet milk |
| 1 C. sugar                          | 1 tsp. vanilla  |
| 2 tsp. baking powder                | 2 C. flour      |
| 2 eggs                              | Pinch salt      |
| $\frac{3}{4}$ C. black walnut meats |                 |

Cream sugar and butter. Add eggs, add milk alternately with flour in which baking powder has been added. Add pinch of salt, vanilla and beat well. Bake in greased loaf pan.

## **BLUEBERRY TEA CAKE**

*Sheila Williamson*

- |                    |                   |
|--------------------|-------------------|
| 2 T. butter        | 1½ C. flour       |
| 1 C. sugar         | ⅓ C. milk         |
| 2 eggs (separated) | 1½ C. blueberries |

Cream butter and sugar together until well blended. Beat egg yolks and add to creamed mixture. Add the flour alternately with milk. Beat egg whites until stiff and fold into batter. Mix thoroughly. Pour ½ of batter into a greased oblong pan. Cover with floured berries and top with remaining batter. Bake in a 350° oven for 30 minute. Sprinkle with powdered sugar while still warm. Cut into 2-inch squares. Makes 8-10 servings.

## **CAKE THAT DOESN'T LAST**

*Lois Hays Irwin*

- |  |                       |
|--|-----------------------|
| 3 C. flour                                   | 1 C. nuts             |
| 2 C. sugar                                   | 1 tsp. soda           |
| 3 eggs                                       | 1 tsp. salt           |
| 1½ C. oil                                    | 1 tsp. cinnamon       |
| 1 (8 oz.) can crushed pineapple<br>(crushed) | 1 tsp. vanilla        |
|  | 2 C. bananas (mashed) |

Mix dry ingredients in a large bowl. Make a well in the center; add eggs, pineapple, nuts, oil, vanilla and bananas. Stir, do not beat. Will take only a few stirs to mix. Pour into a greased and floured tube pan. Bake at 350° for 75 minutes.

## **CHERRY PUDDING CAKE**

*Mary Jo Baker*

- |   |  |
|---|--|
| 2 C. all purpose flour                    | 2 (14½ oz.) cans water packed,<br>pitted tart red cherries<br>(well drained) |
| 2½ C. sugar (divided)                     |  |
| 4 tsp. baking powder                      | 1/8 tsp. almond extract  |
| 1 C. milk                                 | Whipped cream or ice cream<br>(optional)                                     |
| 2 T. vegetable oil                        |  |
| 2-3 drops red food coloring<br>(optional) |  |

In a mixing bowl, combine flour, 1 C. sugar, baking powder, milk and oil; pour into a greased shallow 3 quart baking dish. In a bowl, combine cherries, food coloring if desired, extract and remaining sugar; spoon over batter. Bake at 375° for 40-45 minutes or until a wooden pick inserted in the cake portion comes out clean. Serve warm with whipped or ice cream.

## AUNT NINA'S COCOA CAKE

*Cyndy Savage Lamberson*

1 C. water (divided)	1 egg
3 T. cocoa	½ tsp. vanilla
1 C. sugar	1½ C. flour
2½ T. vegetable shortening	1 tsp. soda
	¼ tsp. salt

Bring ½ C. water and cocoa to a boil and let cool. Cream shortening and sugar, add egg; beat well. Add flour, sifted with salt and soda, alternately with remaining water; beat well. Add cocoa mixture, stir and pour into 8 × 8-inch greased and floured pan. Bake at 350° for 30-35 minutes. Cool, frost with your favorite powdered sugar frosting.

## CHOCOLATE ANGEL FOOD CAKE - 2 WAYS

*Virginia Scott*

### NUMBER 1:

¾ C. cake flour	1¼ tsp. cream of tartar
4 T. cocoa	1 tsp. vanilla extract
1½ C. sugar (divided)	¼ tsp. almond extract
2 C. egg whites	¼ tsp. salt

### NUMBER 2:

1 angel food cake mix	1¼ C. + 1 T. cold water
4 T. cocoa	1 T. powdered sugar

For number 1, sift flour, cocoa and ½ C. together 4 times; set aside. In a mixing bowl, combine egg whites, cream of tartar, extracts and salt; beat on high until soft peaks form but mixture is still moist and glossy. Add remaining sugar, ¼ C. at a time, beating well after each addition. Sift flour mixture a fourth at a time over the egg white mixture; fold in gently, about 15 strokes for each addition. Spoon batter into an ungreased 10-inch tube pan (pan will be very full). Bake at 375° for 35-40 minutes or until the cracks feel dry. Immediately invert cake in pan to cool completely. Loosen sides of cake from pan and remove. For number 2, mix dry cake mix and cocoa in bowl, add powdered sugar and mix well. Add the waters and mix as directed on cake mix box. Bake as directed and cool until cold and remove from pan.

## CHOCOLATE CAKE

*Ramona Brand*

1 Swiss chocolate or German  
chocolate cake mix  
1 can sweetened condensed milk

1 jar caramel ice cream topping  
Cool Whip  
Heath candy bar (crushed)

Make cake mix according to directions. Cool. Poke holes in baked cake with wooden spoon handle every 1-2 inches. Drizzle sweetened condensed milk over cake, followed with caramel ice cream topping. Refrigerate until cold. Frost with Cool Whip and sprinkle with crushed Heath candy bar. Refrigerate until ready to serve.

## CHOCOLATE CAKE

*Margaret Rhodes*

1 C. shortening  
2 C. sugar  
1 tsp. salt  
1 tsp. vanilla  
2 eggs

2½ C. flour (unsifted)  
1 C. buttermilk  
½ C. cocoa  
2 tsp. soda  
1 C. hot water

Cream shortening, sugar, salt and vanilla. Add eggs. Beat until frothy (light and creamy). Add flour, buttermilk; beat 2 minutes. In small mixing bowl, mix cocoa, soda, hot water. Add to batter. Put into 3 (8-inch) pans or 9 × 12 × 2-inch large pan. Bake at 350° for 40 minutes. Frost with 2 C. sugar, 6 T. cornstarch, 4 squares sweet chocolate, 2 T. butter and 1 tsp. vanilla. Add sugar and cornstarch in 2 quart pan. Add water and chocolate. Cook until thick. Add butter and vanilla. Will frost 3 layers or large pan.

## CHOCOLATE SHEET CAKE

*Barb Shields*

2 C. flour  
2 C. sugar  
1 tsp. soda  
1 C. water  
5 T. cocoa

2 sticks oleo  
2 eggs (beaten)  
½ C. buttermilk  
1 tsp. vanilla

Mix flour, sugar and soda together. Put in a saucepan water, cocoa and oleo. Bring to a boil. Then add to ingredients in mixing bowl. Then add eggs, buttermilk and vanilla. Mix well. Bake in sheet cake pan. Bake at 350° for 25 minute. Do not grease pan. Cool 5 minutes and frost.

## CHOCOLATE CAKE

Lucy Ricker

- |                    |                    |
|--------------------|--------------------|
| 2 C. flour         | 1 C. oil           |
| 2 C. sugar         | 1 C. buttermilk    |
| ½ C. cocoa         | 1 tsp. vanilla     |
| 2 tsp. baking soda | 2 eggs             |
| ¼ tsp. salt        | ½ C. boiling water |

### FROSTING:

- |              |                     |
|--------------|---------------------|
| 1 stick oleo | 3 C. powdered sugar |
| ⅔ C. cocoa   | ⅓ C. milk           |
|              | 1 tsp. vanilla      |

Blend together flour, sugar, cocoa, baking soda, salt. Add oil, buttermilk, vanilla, eggs and water. Beat slowly and beat well. Bake 45-50 minutes. Bake at 350° in a 9 × 13-inch pan, greased and floured. For the frosting, melt oleo, stir in cocoa. Add powdered sugar and milk, vanilla. Beat on medium speed; may add more milk if needed. Beat until spreading consistency.

## CHOCOLATE CHERRY TORTE CAKE

Patrick Williamson

- |  |                          |
|--|--------------------------|
| 1 pkg. German chocolate cake mix               | 1 can vanilla frosting   |
| 1 (3.8 oz.) box instant French vanilla pudding | 3-4 T. lemon juice       |
| 8 oz. pkg. cream cheese (soft)                 | 1 can cherry pie filling |

Preheat oven according to cake recipe. Empty cake mix into large mixing bowl. Add instant pudding mix and continue to prepare cake mix according to box directions and bake. Then cool. For the frosting, in a separate bowl, blend the vanilla frosting, cream cheese and lemon juice until smooth. Spread frosting on top of cake and top with cherry pie filling. Enjoy!

*Patience is the ability to idle your motor  
when you feel like stripping your gears.*

## CINNAMON CHOCOLATE CAKE

Pat Teply

2 C. sugar	1 C. water
2 C. flour	2 eggs
4 T. cocoa	½ C. buttermilk
1 tsp. cinnamon	1 tsp. soda (dissolve in buttermilk)
1 stick oleo	1 tsp. vanilla
½ C. shortening	

### CHOCOLATE FROSTING:

1½ C. sugar	6 T. milk
6 T. oleo	

Bring to a boil cinnamon, oleo, shortening, water. Add remaining ingredients and mix. Place in floured 9 × 13-inch cake pan and bake for 20-25 minutes at 3235°. Frost cake when cooled. For the frosting, boil for 1 minute. Remove from heat and add ½ C. chocolate chips. Stir until melted and thickened. Recipe says beat until thick. Spread over cake or brownies.

## COCOA CAKE

Rolland Harvey

1½ C. water (divided)	1 egg
5 T. cocoa	1 tsp. vanilla
1½ C. sugar	2¼ C. flour
¾ T. vegetable shortening	1½ tsp. soda
	½ tsp. salt

Bring ½ C. water and cocoa to a boil; let cool. Cream shortening and sugar, add egg; beat well. Add flour, sifted with salt and soda, alternately with remaining water; beat well. Add cocoa mixture, stir and pour into 8 × 8-inch greased and floured pan. Bake at 350° for 30-35 minutes. Cool, frost with your favorite powdered sugar frosting.

*Happiness is like potato salad -  
when you share it with others, it's a picnic.*

## **GLEN'S DEVIL FOOD CAKE**

*Steve Swank*

- |                    |                |
|--------------------|----------------|
| 2 eggs             | 1 tsp. soda    |
| 1½ C. sugar        | ¼ tsp. salt    |
| 2 T. cocoa         | 2 tsp. vanilla |
| 1 C. sour cream    | 1½ C. flour    |
| ½ C. boiling water |                |

Beat eggs until light. Add sugar, cocoa and beat. Add sour cream. Pour soda into boiling water and add to above. Add flour and vanilla. Beat until full of bubbles. Bake at 350° for 30 minutes.

## **EASY GERMAN CHOCOLATE CAKE**

*Karen Pettit*

- |                                  |           |
|----------------------------------|-----------|
| 1 pkg. yellow cake mix           | 2 eggs    |
| 1 pkg. instant chocolate pudding | 2 C. milk |
| 2 T. salad oil                   |           |

### **FROSTING:**

- |                  |                     |
|------------------|---------------------|
| ½ C. butter      | 1 C. coconut        |
| 6 T. canned milk | 1 C. nuts (chopped) |
| 1 C. brown sugar |                     |

Beat cake mix. Add rest of ingredients. Pour into 9 × 13-inch or 2 layer pans. Bake according to directions on box. Heat frosting. Spread on cake and heat under broiler until bubbling.

## **MARSHMALLOW FUDGE CAKE**

*Ellen Powell*

- |                |                        |
|----------------|------------------------|
| ¾ C. sugar     | ¼ tsp. baking powder   |
| ¼ tsp. salt    | 2 T. cocoa             |
| ¾ C. flour     | ½ C. oleo              |
| 1 tsp. vanilla | 2 eggs                 |
| ½ C. nuts      | Miniature marshmallows |

Cream butter and sugar. Add eggs and beat well. Add vanilla then dry ingredients. Put in a greased and floured 8 × 10-inch pan. Bake 15 minutes at 350°. Take out and cover with marshmallows and continue baking until marshmallows just start to melt. Frost with chocolate powdered sugar frosting when cool.

## MISSISSIPPI MUD CAKE

*Bernard Crawford*

- |             |                |
|-------------|----------------|
| 1 C. oleo   | 1½ C. coconut  |
| 2 C. sugar  | 1½ C. nuts     |
| ½ C. cocoa  | 1 tsp. vanilla |
| 1½ C. flour | 4 eggs         |

### FROSTING:

- |                      |                      |
|----------------------|----------------------|
| 1 C. oleo            | ½ C. cocoa           |
| 1 box powdered sugar | ⅓ C. evaporated milk |

Cream oleo, sugar and cocoa. Add eggs and remainder of ingredients. Pour into greased 9 × 13-inch cake pan. Bake 30-40 minutes at 350°. As soon as cake comes from oven, spread small jar of marshmallow creme on top. Frost with above recipe.

## TRIPLE LAYER MOCHA CAKE

*Connie Sandage Manus*

- |                           |                     |
|---------------------------|---------------------|
| 1 C. shortening           | 3 C. cake flour     |
| 2½ C. sugar               | 4 tsp. baking cocoa |
| 5 eggs (separated)        | 1 tsp. baking soda  |
| 5 T. strong brewed coffee | ½ tsp. salt         |
| 2 tsp. vanilla extract    | 1 C. buttermilk     |

### FROSTING:

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 5½-6 C. confectioner sugar         | 1 stick butter                      |
| 1 T. baking soda                   | 3 T. + 1½ tsp. strong brewed coffee |
| 1 (8 oz.) pkg. cream cheese (soft) | 1½ tsp. vanilla extract             |

In a mixing bowl, cream shortening and sugar. Add egg yolks, one at a time, beating well after each addition. Beat in coffee and vanilla. Combine dry ingredients. Add to the creamed mixture alternately with buttermilk. In another bowl, beat egg whites until stiff peaks form; fold into batter. Pour into 3 greased and floured 9-inch round baking pans. Bake at 350° for 25-30 minutes or until toothpick comes out clean. Cool for 10 minutes before removing from pans to wire rack to cool completely. For the frosting, combine confectioners sugar and cocoa. In a mixing bowl, cream butter and sugar mixture. Beat in coffee and vanilla. Spread between layers and over top and sides of cake.

## SNICKER CAKE

*Shirley Klejch*

- |                                 |                        |
|---------------------------------|------------------------|
| 1 box German chocolate cake mix | 1/3 C. milk            |
| 1 (14 oz.) pkg. caramels        | 3/4 C. chocolate chips |
| 1 stick margarine               | 1 C. pecans            |

Prepare cake mix as directed on package. Pour half of batter into greased 9 x 13-inch pan. Bake at 350° for 20 minutes. Meanwhile, melt caramels, margarine and milk together. I do this in microwave oven. You can also use double boiler. Remove cake from oven and pour caramel over it. Top with chocolate chips and pecans. Pour remaining cake batter over the top and return cake to oven at 250° for 20 minutes. Then turn oven to 350° for 10-15 minutes.

## WACKY CHOCOLATE CAKE *In Memory of Lottie Rees, Iona Triggs*

- |                |                      |
|----------------|----------------------|
| 1 3/4 C. flour | 1/2 C. vegetable oil |
| 1 C. sugar     | 1 C. water           |
| 1/4 tsp. salt  | 1 T. vinegar         |
| 3 T. cocoa     | 1 tsp. vanilla       |
| 1 tsp. soda    |                      |

Mix together flour, sugar, salt, cocoa and soda. Make a hole in the middle and add oil, water, vinegar, vanilla. Mix well with wire whip or wooden spoon and bake at 325° until done, 30-35 minutes in a 9 x 9-inch baking dish.

## WACKY CAKE

*Joanne Repp Shrader*

- |                    |               |
|--------------------|---------------|
| 1 1/2 C. flour     | 1/2 tsp. salt |
| 1 tsp. baking soda | 3 T. cocoa    |
| 1 C. sugar         |               |

Stir into ungreased 9 x 9-inch baking dish. Make 3 holes in dry mixture. In 1 hole put 1 tsp. vanilla, another put 1 T. vinegar and in the other put 6 T. Mazola oil. Add 1 C. cold water. Stir well with a fork. Bake at 350° for 40 minutes. Very moist.

CAKES AND FROSTINGS

## CHOCOLATE CHIP CAKE

*Lisa Drake*

- |                           |                      |
|---------------------------|----------------------|
| 1¼ C. sugar               | 1¾ C. flour          |
| 1 C. oleo                 | 1 tsp. soda          |
| 2 eggs                    | 3 T. cocoa           |
| 1½ tsp. red food coloring | 1 tsp. vanilla       |
| 1 C. water                | 1 C. chocolate chips |

Cream sugar and oleo; add eggs and beat. Add in food coloring and blend in water and mix dry ingredients together. Add into sugar mixture. Add in vanilla. Pour into 9×13-inch pan. Sprinkle chocolate chips on top. Bake at 350° for 20-30 minutes.

## CHOCOLATE CHIP CAKE

*Lois Hays Irwin*

- |                               |                       |
|-------------------------------|-----------------------|
| 1 yellow cake mix             | 4 eggs                |
| ½ C. oil                      | ¼ C. water            |
| 1 box instant vanilla pudding | 8 oz. sour cream      |
| 1 square chocolate (grated)   | 6 oz. chocolate chips |
| 1 C. nuts (chopped)           |                       |

Mix chocolate, cake mix, egg, oil, water and pudding. Beat for 2 minutes. Mix in sour cream. Add chocolate chips and nuts. Bake in a tube pan at 350° for 1 hour. NOTE: Use half pecans and half walnuts.

## CHOCOLATE CHIP CAKE

*Tracey Olsen*

- |  |                        |
|--|------------------------|
| 1 pkg. yellow cake mix                 | ½ C. Crisco oil        |
| 1 C. sour cream                        | ¼ C. water             |
| 1 small pkg. chocolate instant pudding | 4 eggs                 |
|  | 1 pkg. chocolate chips |

Mix all ingredients with mixer. Pour into bundt pan and bake at 350° for 40 minutes or until toothpick comes out clean.

## COCONUT BLACK WALNUT POUND CAKE

*In Memory of Leola Shaw  
(Submitted by Judy Jackson)*

- |                 |                              |
|-----------------|------------------------------|
| 2 C. sugar      | ½ tsp. baking powder         |
| 1 C. salad oil  | 1 C. buttermilk              |
| 4 eggs (beaten) | 1 C. black walnuts (chopped) |
| 3 C. flour      | 1 C. flaked coconut          |
| ½ tsp. salt     | 2 tsp. coconut extract       |
| ½ tsp. soda     | Coconut syrup                |

Combine sugar, salad oil and eggs. Beat well. Combine dry ingredients. Add to sugar mixture alternately with buttermilk, beating well after each addition. Stir in nuts, coconut and flavorings. Put in 10-inch tube pan. Bake at 325° for 1 hour and 5 minute or until toothpick comes out clean. Pour hot coconut syrup over hot cake. Let cake sit in pan 4 hours to absorb syrup. Wrap well. Cake will be moist. For the coconut syrup, combine 1 C. sugar, 2 T. butter or margarine, ½ C. water and 1 tsp. coconut flavoring in a saucepan. Bring to a boil. Boil 5-10 minutes. Remove from heat and stir in flavoring.

## CREAM PUFF CAKE

*Jordan Crawford*

- |   |                             |
|---|-----------------------------|
| 1 C. water                                      | 4 eggs                      |
| 2 small boxes French vanilla<br>instant pudding | 1 (8 oz.) pkg. cream cheese |
| 1 stick oleo                                    | 3½ C. milk                  |
|   | 1 C. flour                  |

Bring water and oleo to boil. Add flour. Stir and cook until forms a ball. Beat in eggs one at a time. Spread on greased jelly roll pan. Bake at 375° for 30 minutes. Mix pudding, cream cheese and milk. Beat until smooth. Spread on top of cooled cream puff layer. Top with Cool Whip.

*Whoever wants to do a thing can always find a way -  
who doesn't can always find a way out.*

## **CRUMB CAKE**

*Janis Denney*

- |                 |                |
|-----------------|----------------|
| ½ C. shortening | 1½ tsp. salt   |
| 1 C. sugar      | 1 egg          |
| 2 C. flour      | 1 C. sour milk |
| 1 tsp. cinnamon | 2 T. molasses  |
| 1 tsp. cloves   | 1 tsp. soda    |
| 1 tsp. nutmeg   |                |

Mix shortening, sugar, flour, spices and salt as if making a pie crust. Set aside ½ C. of mix for topping. To the remainder, add the egg, molasses, and soda dissolved in the milk. Bake in a 9×13-inch greased pan. Sprinkle the ½ C. reserved mix on top. Bake at 350° for 25-30 minutes.

## **DATE CAKE**

*Jordan Crawford*

Combine 1 C. dates (cut up), 1 C. hot water and 1 tsp. soda; let stand until cool. Add and mix, 1 egg, 1⅔ C. flour, 1 heaping T. butter, ½ tsp. baking powder, 1 C. sugar and ½ C. nuts. Bake at 350° for 25-30 minutes. For the frosting, pan boil ½ C. nuts, 1 C. chopped dates, 1 C. sugar and ¾ C. water for 5 minutes. Good with Cool Whip on top.

## **EARTHQUAKE CAKE**

*Peggy Drake*

- |                             |                      |
|-----------------------------|----------------------|
| 1 C. coconut                | 3½ C. powdered sugar |
| 1 C. pecans (chopped)       | 8 oz. cream cheese   |
| 1 German chocolate cake mix | ½ C. oleo (softened) |

Sprinkle coconut and pecans on bottom of 9×13-inch pan. Mix cake as directed on package. Pour over coconut and pecans. Beat together powdered sugar, cream cheese and oleo. Drop by teaspoons on top of cake. Bake as directed on cake box. Serve with whipped cream.

## UNBAKED FRUIT CAKE

*Phyllis Riggs*

- |                                     |                     |
|-------------------------------------|---------------------|
| 1 lb. graham crackers (rolled fine) | 4 C. nuts (chopped) |
| 1 lb. raisins (lite or dark)        | 1 lb. marshmallows  |
| 1 lb. dates (cut fine)              | 1 C. milk           |
| 1 jar Dromedary fruit cake fruits   |                     |

Combine first 5 ingredients. Melt marshmallows in milk. Stir in first 5 ingredients. Press in wax paper lined pan. Chill. Remove from pan and wrap in foil or plastic. Age 1 month before using. May be sprinkled with fruit or nuts.

## JELLO CAKE

*Cindy Snethen*

- |                    |                                     |
|--------------------|-------------------------------------|
| 1 white cake mix   | 2 (3 oz.) boxes Jello (your choice) |
| 2 C. boiling water | 8 oz. Cool Whip                     |

Make as directed. Cool. Poke holes in cake with fork. Mix water and Jello and cool. Pour on top of cake. Frost with Cool Whip.

## KITTY LITER CAKE

*Roni Waske*

- |                               |                        |
|-------------------------------|------------------------|
| 1 pkg. chocolate cake mix     | 12 small Tootsie rolls |
| 1 pkg. white cake mix         | 1 pkg. vanilla pudding |
| 1 pkg. white sandwich cookies | Green food coloring    |

Prepare cake mixed and bake according to directions. Prepare pudding mix and chill until ready to assemble. Crumble cookies in small batches in blender; then tend to stick, so scrape often. Set aside all but 1/4 C. To the 1/4 C. cookie crumbs, add a few drops green food coloring and mix using fork. When cakes are cooled to room temperature, crumble into large bowl. Toss with 1/2 the remaining cookie crumbs and the chilled pudding. Line a new, clean kitty litter box. Place the cake mixture into litter box. Place 3 unwrapped Tootsie rolls in microwave safe dish and heat until soft and pliable. Shape ends so they are no longer blunt, curving slightly. Repeat with 3 more Tootsie Rolls and bury in cake mixture. Sprinkle with other half of cookie crumbs over top. Scatter green cookie crumbs lightly over top. Heat remaining Tootsie rolls, 3 at a time, in microwave until almost melted. Scrape them on top of the cake and sprinkle with cookie crumbs. Serve with a new pooper scooper. Serves 24.

## LAZY DAISY CAKE

*Helen C. Terry*

2 eggs	½ C. milk (scalded with
1 C. sugar	1 T. butter)
1 C. flour & 1 tsp. baking powder (sifted)	Vanilla

Beat eggs thoroughly. Add sugar gradually. Continue beating. Add flour with baking powder to above mixture. Scald milk, butter and add. Add vanilla. Bake at 325° for 35 minutes. When cake is done and still hot, cover with the following mixture and broil under low heat. Mix 1 C. brown sugar, 1 C. coconut, 2 T. butter, 4 T. cream and ½ C. nut meats (optional).

## DREAM CAKE

*Keleta Dunkeson*

1 lemon cake mix	3 T. flour
1 (8 oz.) can mandarin oranges	

Prepare cake mix plus 3 T. flour. Add drained mandarin oranges. Bake as directed. For the frosting, mix 1 carton Dream Whip, 1 pkg. French vanilla instant pudding mix and 1 C. crushed pineapple. Spread on cool cake. Can also use nuts and coconut if desired.

## LEMON CAKE

*Ramona Brand*

Lemon cake mix	¾ C. oil
1 pkg. instant lemon pudding	¾ C. water
4 eggs	

### GLAZE:

2 C. powdered sugar (sifted)	⅓ C. orange juice
2 T. oil	

Mix cake mix, pudding, eggs, oil and water together for 4 minutes. Bake at 350° for 40 minutes. While warm, prick cake with fork all over and pour glaze ovetop. To make glaze, mix the powdered sugar, orange juice and oil.

## LEMON PUDDING CAKE

*Cyndi Mapes*

- |                             |                 |
|-----------------------------|-----------------|
| 1 box yellow cake mix       | ¾ C. salad oil  |
| 1 box lemon instant pudding | ¾ C. cold water |
| 4 eggs (beaten)             |                 |

Combine above ingredients. Bake in a 9 × 13-inch cake pan at 350° for 35-40 minutes. Remove from oven and prick top of cake with a fork and pour over following glaze while cake is hot: ⅓ C. fruit juice (any kind), 2 C. powdered sugar and 2 T. butter. Blend together. For chocolate cake mix, use chocolate syrup in place of juice.

## MANDARIN PINEAPPLE CAKE

*Alyce Reed Mattes*

- |   |  |
|---|--|
| 1 yellow cake mix                                   | 11 oz. can mandarin oranges<br>(drained)       |
| 2 eggs  | 2 (4 oz.) boxes vanilla instant<br>pudding mix |
| ½ C. mayonnaise                                     | 12 oz. Cool Whip                               |
| 15 oz. can crushed pineapple<br>(drained, reserved) |  |

Mix cake mix, egg, pineapple juice, drained oranges and mayonnaise. Pour in greased 9 × 13-inch bake. Bake at 350° for 25-30 minutes. Cool. Mix pudding, Cool Whip and pineapple with a spoon. Spread over cooled cake.

## MOON CAKE

*Carol Hays*

- |   |                         |
|---|-------------------------|
| 1 C. water                                  | ½ C. oleo               |
| 1 C. flour                                  | 4 eggs                  |
| 2 small boxes instant sugar free<br>pudding | 1 can Hershey chocolate |
| 1 (8 oz.) pkg. low fat cream<br>cheese      | 1 C. peanuts (crushed)  |

Bring water and oleo to a boil. Remove from heat and add flour; mix well. Beat in eggs and spread on greased jelly roll pan. Bake at 400° for 30 minutes. Pastry will look like surface of the moon. Prepare instant sugar free vanilla pudding as directed on package. Blend in low fat cream cheese. Spread over pastry. Top with fat free Cool Whip and can drizzle Hershey chocolate syrup and crushed peanuts on top.

CAKES  
AND  
FROSTINGS

## MOM'S POUND CAKE

*Carol May*

1 box. white cake mix	½ C. milk
1 box instant pudding mix	½ C. water
4 eggs	½ C. oil
¼ tsp. salt	1 tsp. vanilla

Put all ingredients in bowl and beat 4 minutes. Pour into tube pan and bake for 45 minutes at 325°. Any flavor of cake and pudding mix can be used. Glaze with powdered sugar frosting.

## OATMEAL CHOCOLATE CHIP CAKE

*Gerri Dailey*

1¾ C. boiling water	1 tsp. baking soda
1 C. oatmeal (uncooked)	1 tsp. cocoa
1 C. brown sugar (packed)	¼ tsp. salt
1 C. sugar	1 (12 oz.) pkg. chocolate chips (divided)
3 eggs	¾ C. walnuts (chopped)
1¾ C. flour	

In a mixing bowl, pour water over oatmeal. Allow to stand 10 minutes. Add sugars and butter, stirring until the butter melts. Add eggs, one at a time, mixing well after each addition. Sift flour, soda, cocoa and salt together. Add to batter. Mix well. Stir in half the chocolate chips. Pour into a greased 13 × 9-inch baking pan. Sprinkle top of cake with walnuts and remaining chips. Bake at 350° for about 40 minutes. Yield 12 servings.

## ORANGE CAKE SUPREME

*Mari McGehee*

1 orange cake mix	3 oz. instant vanilla pudding mix
½ C. sour cream	8 oz. cream cheese
2 eggs	20 oz. crushed pineapple
21 oz. can peach pie filling	8 oz. frozen whipped topping (thawed)

Combine cake mix and next 3 ingredients with a fork and pour in greased and floured 9 × 13-inch pan. Bake at 325° for 35 minutes. Cool. Beat pudding into creamed cheese. Mix in pineapple (undrained). Fold in whipped topping. Spread on cake. Keep cake refrigerated. I cut up the peach slices in the pie filling before adding to cake mix.

## OATMEAL PICNIC CAKE

*Edna Small*

- |                     |                 |
|---------------------|-----------------|
| 1 C. quick oats     | 2 eggs          |
| 1½ C. boiling water | 1½ C. flour     |
| 1 C. brown sugar    | 1 tsp. soda     |
| 1 C. white sugar    | ½ tsp. cinnamon |
| ½ C. margarine      |                 |

### TOPPING:

- |                   |                |
|-------------------|----------------|
| 1 stick margarine | 1 C. coconut   |
| 1 C. brown sugar  | 1 C. nuts      |
| ¼ C. cream        | 1 tsp. vanilla |

Soak the oats and boiling water for 20 minutes. Cream the brown sugar, white sugar and margarine. Add 2 eggs and mix well. Add sifted dry ingredients. Add oatmeal mixture last. Bake 35-40 minutes at 350° in 9 × 13-inch pan. When done add the topping and slip under the broiler until it bubbles. Remove from oven.

## ORANGE SUPREME CAKE

*Janet Haley*

- |                        |                         |
|------------------------|-------------------------|
| 1 pkg. orange cake mix | ½ C. sour cream         |
| 2 eggs                 | 1 can peach pie filling |

Mix all together and bake according to directions on cake mix. Use a cream cheese frosting mix to frost.

## PINEAPPLE CAKE

*Iona Triggs*

- |   |                 |
|---|-----------------|
| 2 eggs  | 1 tsp. vanilla  |
| 1¾ C. sugar                                     | 2¼ C. flour     |
| 1 (20 oz.) can crushed pineapple<br>(undrained) | 1 tsp. soda     |
|   | Nuts (optional) |

### FROSTING:

- |                         |                      |
|-------------------------|----------------------|
| 8 oz. pkg. cream cheese | 1 tsp. vanilla       |
| 1 stick oleo            | ½ C. English walnuts |
| 2 C. powdered sugar     |                      |

Stir together eggs, pineapple and vanilla. Add flour, soda, nuts. Pour into a greased 9 × 13-inch pan. Bake at 350° for 30 minutes. Stir frosting and spread over cooled cake.

## PEANUT BUTTER SHEET CAKE

*Louise Stamper*

- |             |                           |
|-------------|---------------------------|
| 2 C. flour  | ½ C. chunky peanut butter |
| 2 C. sugar  | ¼ C. vegetable oil        |
| 1 tsp. soda | 2 eggs                    |
| ½ tsp. salt | ½ C. buttermilk           |
| 1 C. water  | 1 tsp. vanilla            |
| ¾ C. oleo   |                           |

### GLAZE:

- |                      |                             |
|----------------------|-----------------------------|
| ⅔ C. sugar           | ⅓ C. chunky peanut butter   |
| ⅓ C. evaporated milk | ⅓ C. miniature marshmallows |
| 1 T. oleo            | ½ tsp. vanilla              |

In a large bowl, combine flour, sugar, soda and salt; set aside. In a saucepan, bring water and butter to a boil; stir in peanut butter and oil until blended. Add to dry ingredients; mix well. Combine eggs, buttermilk and vanilla; add to peanut butter mixture. Mix well. Pour into greased 15 × 10 × 1-inch pan. Bake at 350° for 16-20 minutes or until toothpick inserted in center comes out clean. Meanwhile, combine sugar, milk and butter in saucepan. Bring to boil, stirring constantly; cook and stir for 2 minutes. Remove from heat, stir in peanut butter, marshmallows and vanilla until marshmallows are melted. Spoon over warm cake and carefully spread over top. Cool completely.

## PINEAPPLE CAKE

*Sam Osborn*

- |                           |   |
|---------------------------|---|
| 2 C. oatmeal (quick cook) | 1 (No. 2) can crushed pineapple<br>in juice |
| 2 C. powdered milk        |   |
| 3 tsp. soda               | ¼ C. cooking oil                            |
| 3 tsp. cinnamon           | 3 tsp. vanilla                              |
| 1 tsp. nutmeg             | 2 C. raisins (optional)                     |
| 1½ C. brown sugar twin    |   |

Mix all dry ingredients thoroughly. Add pineapple, oil and vanilla; mix well. Add raisins and mix well. If mixture is too thick, add small amount of orange or apple juice and remix. Bake at 350° for about 30 minutes in a greased 8 × 12-inch glass pan. This is very low calorie, sugar free, cholesterol free and good for diabetic condition.

## PINEAPPLE CAKE

*Connie Worthington*

- |             |   |
|-------------|---|
| 2 C. flour  | 2 eggs (beaten)                               |
| 1½ C. sugar | 1 (No.2) can crushed pineapple<br>(undrained) |
| 2 tsp. soda | 1 tsp. vanilla                                |
| ½ C. nuts   |   |

### FROSTING:

- |                             |                |
|-----------------------------|----------------|
| 1 (8 oz.) pkg. cream cheese | ½ stick oleo   |
| 1 C. sugar                  | 1 tsp. vanilla |

Mix all together. Put in 9 × 13-inch pan. Bake at 350° for 30 or 40 minutes. For the frosting, beat until smooth. Frost warm cake.

## PINEAPPLE CAKE

*Fern Gregg*

- |   |                |
|---|----------------|
| 2 C. flour                                  | 2 eggs         |
| 2 C. sugar                                  | 1 tsp. soda    |
| 1 (No. 2) can crushed pineapple<br>in juice | 1 tsp. vanilla |
|   | 1 C. nuts      |

### FROSTING:

- |                             |                       |
|-----------------------------|-----------------------|
| 1 (8 oz.) pkg. cream cheese | 1-2 C. powdered sugar |
| 1 tsp. vanilla              |                       |

Mix side cake ingredients in order listed by hand. Bake for 35-40 minutes at 350°. Mix frosting ingredients together and spread over warm cake.

## PUNCH BOWL CAKE

*Cindy Snethen*

- |   |   |
|---|---|
| 1 pkg. cherry chip cake mix                     | 2 (No. 2) cans chunk pineapple<br>(drained) |
| 2 small boxes French vanilla<br>instant pudding | 2 C. pecans                                 |
| 2 cans cherry pie filling                       | 16 oz. Cool Whip                            |

Bake cake as directed. Cool and cut up in small pieces. Put half in punch bowl. Prepare 1 box instant pudding, put over cake; 1 can pie filling, 1 can pineapple chunks, 1 C. pecans and half of Cool Whip. Repeat layers. Let set at least 3 hours.

## PUMPKIN CAKE

Ronda Smith

### CRUST:

- |   |                   |
|---|-------------------|
| 1 box. Duncan Hines yellow cake mix (save 1 C.) | 1 stick margarine |
|   | 1 egg             |

### FILLING:

- |                           |                 |
|---------------------------|-----------------|
| 1 (29 oz.) can pumpkin    | 3 eggs          |
| ½ C. brown sugar (packed) | 1 tsp. cinnamon |
| ⅔ C. milk                 | ¼ C. sugar      |

### TOPPING:

- |                              |                     |
|------------------------------|---------------------|
| 1 C. cake mix                | ½ C. sugar          |
| ½ stick margarine (softened) | ½ C. nuts (chopped) |

Mix crust with fork and pat into 9 × 13-inch greased pan. Mix filling and pour into pan. Mix topping like pie dough and sprinkle on top. Bake at 350° for 50-55 minutes.

## PUMPKIN PIE CAKE

Nick Taylor

### CRUST:

- |                   |           |
|-------------------|-----------|
| 1 yellow cake mix | ½ C. oleo |
| 1 egg             |           |

### FILLING:

- |                           |           |
|---------------------------|-----------|
| 1 can pumpkin             | ½ C. oleo |
| 2½ tsp. pumpkin pie spice | 1 egg     |

Mix crust together and reserve 1 cup. Press the rest into bottom of 9 × 13-inch pan. Mix filling and pour over crust. To reserve mix, add ½ C. sugar, 3 T. flour and 1 tsp. cinnamon. Sprinkle over filling in pan. Bake at 350° for 45 minutes.

## **PUNCH BOWL CAKE**

*Louise Frost*

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 yellow cake mix               | 1 (16 oz.) can crushed pineapple  |
| 2 pkgs. instant vanilla pudding | 2 cartons fresh strawberries      |
| 2 or 3 bananas                  | 2 (8 oz.) cartons whipped topping |
|                                 | Pecan halves                      |

Bake 2 layer cakes as directed. To assemble in a clear punch bowl, place 1 layer of cake in bottom of bowl. Prepare instant pudding, Use half on first layer. Slice bananas over top of pudding. Pour ½ can pineapple, juice and all, over bananas (will keep bananas from turning brown). Put strawberries ¼-inch deep over pineapple (1 carton). Top with 1 carton whipped topping. Start over with next layer of cake. Repeat following directions above using all layers. Top with pecans. Can use angel food cake, sugar free pudding and strawberries, lower fat whipped topping to make for diabetics or for lower calories.

## **PUNCH CAKE**

*Deanna Adams*

- |                          |   |
|--------------------------|---|
| Medium punch bowl        | 2 cans blueberry pie filling                      |
| 2 angel food cakes       | 2 (8 oz.) containers Cool Whip or whipped topping |
| 2 cans crushed pineapple |   |

Bake angel food cake as directed. Cool. Break into small bite size pieces. Drain pineapple and put in bowl. Add pie filling and cake. Toss to coat. Top with Cool Whip. Serves 32-36. Can use different kind of filling and can also pud in cake pans.

## **RED CAKE**

*David and Shirley Hightshoe*

- |                         |                 |
|-------------------------|-----------------|
| ½ C. oleo               | 1 tsp. vinegar  |
| 1½ C. sugar             | 1 C. buttermilk |
| 2 eggs                  | 2½ C. flour     |
| 2 oz. red food coloring | 1 tsp. salt     |
| 1 tsp. vanilla          | 2 tsp. cocoa    |
|                         | 1 tsp. soda     |

Cream shortening and sugar. Add vanilla and eggs. Mix coloring and cocoa together. Then add to sugar mixture. Add buttermilk, flour and salt. Add soda dissolved in vinegar. Bake at 350° for 30 minutes in 2 layer pans. Frost with cream cheese frosting: 1 (8 oz.) pkg. cream cheese (soft), 1 stick oleo (melted) and enough powdered sugar to make spreading consistency.

## AUNT ARDY'S RED CAKE

*Lois Hays Irwin*

- |                         |                     |
|-------------------------|---------------------|
| ½ C. shortening         | 2 T. cocoa          |
| 1½ C. sugar             | 1 T. vinegar        |
| 2 eggs                  | 1 tsp. soda         |
| 1 tsp. vanilla          | 1 tsp. (scant) salt |
| 2 oz. red food coloring | 1 C. buttermilk     |
| 2¼ C. flour             |                     |

Cream shortening and sugar. Make a paste of food coloring and cocoa; add salt and flour (sifted), buttermilk and vanilla. Mix vinegar and soda last. Do not beat after soda and vinegar have been added. Use 2 (9-inch) pans. Bake at 350° for 30-35 minutes.

### FROSTING:

- |             |                |
|-------------|----------------|
| 1 C. milk   | 1 C. sugar     |
| 3 T. flour  | Pinch salt     |
| ¾ C. butter | 1 tsp. vanilla |

Add milk to flour and salt. Cook over low fire. Stir constantly 5 minutes or until thick. Cool. Cream butter and sugar for 7 minutes. Add cooled mixture. Beat 5 minutes more until fluffy. Add vanilla. This is a favorite Holiday cake at our house and we would like to dedicate this recipe to our grandson, Nathan Eckheart who we lost in an accident on July 6, 1995. He was 5 years old.

## RASPBERRY CAKE

*Louise Stamper*

- |  |                    |
|--|--------------------|
| 1 (18¼ oz.) pkg. white cake mix                                | 4 eggs             |
| 1 (3 oz.) pkg. raspberry Jello                                 | ½ C. vegetable oil |
| 1 (10 oz.) pkg. frozen sweetened raspberries (thawed, drained) | ¼ C. hot water     |

### FROSTING:

- |                                      |  |
|--------------------------------------|--|
| 1 (12 oz.) carton Cool Whip (thawed) | 1 (10 oz.) pkg. frozen sweetened raspberries (thawed, undrained) |
|--------------------------------------|--|

In a large bowl, combine dry cake mix and Jello. Add raspberries with juice, eggs, oil and water. Beat until well blended. Pour into greased 13 × 9 × 2-inch pan. Bake at 350° for 35-40 minutes or until toothpick inserted near center comes out clean. Cool. For the frosting, fold Cool Whip into raspberries. Spread over cake. Refrigerate for 2 hours before serving. Store in refrigerator.

## RAISIN BLACK WALNUT CAKE

*Lois Hays Irwin*

1½ C. sugar	¾ tsp. cinnamon
¼ C. + 2 T. margarine	½ tsp. allspice
3 eggs	½ tsp. cloves
2¼ C. flour	½ tsp. nutmeg
1½ tsp. baking powder	1½ C. buttermilk
1½ tsp. baking soda	1 C. black walnuts (ground)
¼ tsp. salt	1 C. raisins

Cream together, sugar, margarine and add eggs. Mix together the flour, baking powder, baking soa, salt and spices; add to batter alternately with the buttermilk. Add raisins and walnuts. Grease and flour 9 × 13-inch pan. Bake at 350° for 30-35 minutes. Invert on covered board and frost.

### FROSTING:

12 oz. cream cheese (softened)	4 C. powdered sugar
¼ C. margarine (softened)	2½ T. lemon juice (fresh)

Mix together and beat until smooth. We added this frosting. This cake was used for the Quasqueton Sesquicentennial in 1992. The cake is an old recipe dating back into the 1800's. We have substituted margarine for the original lard.

## RASPBERRY CREAM CHEESE BARS

*Laurie Cox*

2 C. flour	1 (8 oz.) pkg. cream cheese
1½ C. oats	1 (14 oz.) can sweetened condensed milk
¾ C. brown sugar	¼ C. lemon juice
1 C. butter (softened)	1 can raspberry pie filling

Preheat oven to 350°. Mix flour, oats, sugar and butter until crumbly. Set aside 1½ C. mixture. Press remaining mixture in bottom of greased 9 × 13-inch pan. Bake 15 minutes. With mixer beat cream cheese until fluffy. Mix in condensed milk until smooth. Mix in lemon juice. Spread over baked crust. Spoon pie filling over cream cheese layer. Sprinkle with remaining crumb mixture. Bake for 45 minutes. Cool and cut.

## **RHUBARB CAKE**

*Ada Stanley*

- |                        |                             |
|------------------------|-----------------------------|
| 5 C. rhubarb (chopped) | 3 C. miniature marshmallows |
| 1 C. sugar             | 1 yellow cake mix           |
| 1 pkg. raspberry Jello |                             |

Layer in a 9 × 13-inch pan rhubarb, sugar, Jello, marshmallows. Mix 1 yellow cake mix as directed. Pour over top of layers. Bake at 350° for 1 hour.

## **RHUBARB CAKE**

*Marla Crawford*

- |                                |                                 |
|--------------------------------|---------------------------------|
| 4 C. rhubarb (diced)           | 1¼ C. sugar                     |
| 4 C. marshmallows              | 1 (3 oz.) pkg. strawberry Jello |
| 1 box yellow or white cake mix |                                 |

Layer rhubarb and marshmallows on bottom of 9 × 13-inch pan. Mix together sugar and Jello. Pour over rhubarb and marshmallows evenly. Mix 1 box cake mix according to directions and add on top slowly to cover completely. Bake at 350° for about 30 minutes or until done.

## **RHUBARB CAKE**

*Lois Hays Irwin*

- |                      |                                 |
|----------------------|---------------------------------|
| ½ C. oleo            | 1 tsp. soda                     |
| ½ C. brown sugar     | ¼ tsp. allspice                 |
| 1 C. white sugar     | 2¼ tsp. cloves                  |
| 1 tsp. vanilla       | 1 C. buttermilk                 |
| 1 egg                | 1½ C. rhubarb (finely cut)      |
| 2½ C. flour (sifted) | ½ C. nut meats (finely chopped) |
| 1 tsp. salt          |                                 |

### **TOPPING:**

- |            |                 |
|------------|-----------------|
| ⅓ C. sugar | ¾ tsp. cinnamon |
|------------|-----------------|

Cream butter and sugar. Add vanilla and egg; mix well. Sift together dry ingredients and add alternately with buttermilk. Fold in rhubarb and nuts. Pour half the batter in well greased pan. Sprinkle with half the sugar/cinnamon mixture. Top with remaining batter, then rest of topping. Bake at 350° for 45-50 minutes or until cake tests done.

## RHUBARB CAKE

*Lois Hays Irwin*

- |                   |                  |
|-------------------|------------------|
| ½ C. butter       | 1 C. buttermilk  |
| 1½ C. brown sugar | 2 C. cake flour  |
| 1 egg             | 2 C. raw rhubarb |
| 1 tsp. salt       | 1 tsp. soda      |
| 1 tsp. vanilla    |                  |

Cream butter. Add brown sugar, cream thoroughly. Add beaten egg, salt, vanilla, then buttermilk alternately with flour and soda. Add rhubarb. Bake at 350° for 45 minutes. Before baking, put ½ C. sugar and teaspoon of cinnamon on top. Good with ice cream, Cool Whip or plain.

## RHUBARB PUDDING CAKE

*Lois Hays Irwin*

- |                 |                      |
|-----------------|----------------------|
| 1 C. sugar      | 1 egg                |
| 1 C. sour cream | 2 C. rhubarb (diced) |
| ½ tsp. soda     | 1½ C. flour          |

Beat egg, add sugar, cream, soda and flour. Add rhubarb to the batter last. Bake about ½ hour in moderate oven (350°). This is a very old recipe. My mother and grandmother used separated farm cream. Today I use whipping cream with vinegar added to get the same good results which works much better than the commercial sour cream. Of course we always added more fresh cream on top when served.

## SNICKER CAKE

*Lois Hays Irwin*

- |                               |                           |
|-------------------------------|---------------------------|
| 1 box milk chocolate cake mix | ⅓ C. milk                 |
| 1 lb. caramels                | 1 C. milk chocolate chips |
| 1 stick butter                | 1 C. nuts (chopped)       |

Prepare cake mix as per package directions. Pour half the batter into a greased and floured 9 × 13-inch pan. Bake at 350° for 20 minutes. Melt caramels, butter and milk together. Pour over cake. Sprinkle with chocolate chips and nuts. Top with remaining batter. Bake at 250° for 20 minutes; then increase oven to 350° and bake 10 minutes more.

## STRAWBERRY CAKE

Joan Jackson

Miniature marshmallows  
White cake mix  
1 lb. pkg. frozen strawberries  
(thawed)

Large box dry strawberry Jello  
Cool Whip  
Fresh strawberries (if available)

Preheat oven to 350°. Grease and flour a 9 × 13-inch pan. Cover the bottom of prepared pan with the miniature marshmallows. Mix white cake mix according to box directions. Pour prepared cake mix over marshmallows. Combine thawed strawberries with dry Jello. Pour strawberry mixtures over cake mixture. Bake at 350° for 35-40 minutes. Cool. Spread Cool Whip on top of cake. Garnish with fresh strawberries, if available.

## SPICE CAKE

*In Memory of Nellie Hays  
(Submitted by Lois Hays Irwin)*

1 C. sugar  
½ C. butter  
1 egg (beaten)  
1 C. milk  
2 C. flour

2 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. allspice

Mix sugar, butter, egg and milk. Then add flour, baking powder and spices. Bake at 350° for 30-40 minutes.

## EASY SPONGE CAKE

*Lois Hays Irwin*

2 eggs (beaten)  
1 C. sugar  
1 C. flour

1 tsp. baking powder  
½ C. hot water  
Vanilla or lemon flavoring

Mix in order given. Pour in 9 5/8 × 5 1/2 × 2 3/4-inch pan. Bake at 325°-350° for 20-25 minutes.

## GENUINE SPONGE CAKE

*Fred Shields*

This recipe was given to a family member by his mother when a recipe book was being made for a wedding present. If you need a fast, easy cake, make one yourself. But when you get to the cupboard and find it empty, go to the neighbor on the North and get ½ C. shortening. A quick look shows no sugar. So step over to neighbor on the East and get 1 C. sugar. Mix until creamy. Oh no eggs. Make a quick rush to the South and borrow 2 eggs. Beat well. Now you need 2 C. flour, so over to neighbors on the West to see if you can get it from them. Now mix in 2 tsp. baking powder, ¾ C. milk and 1 tsp. vanilla - all you found at home. Put in 9 × 12-inch baking pan. Bake at 350°. Now you have a genuine sponge cake. Of course you can make it from your own if you have all the supplies. Is extra good with strawberries and cream.

## 9 EGG SPONGE CAKE

*Lois Hays Irwin*

9 eggs (separated)

Pinch salt

1¾ C. sugar

1 C. flour (sifted)

¾ tsp. cream of tartar

½ tsp. orange extract

½ tsp. vanilla extract

Add 1 C. of the sugar to egg whites and the balance (¾ C.) to the egg yolks. Beat each mixture with mixer at high speed for 6 minutes. To the egg white mixture, add cream of tartar and salt. Fold the flour into egg white mix, then add the yolk mix which has had the flavoring added. Bake in angel food cake pan for 1 hour and 15 minutes at 325°. Invert and cool. This cake was made often by my mother in law as they raised their own chickens and gathered and sold eggs from the farm. This was a birthday cake for approximately 40 years of family gatherings.

*Some people are so stingy with praise  
you'd think there was a tax on it.*

## ZUCCHINI CHOCOLATE CAKE

*In Memory of Edna Shields  
(Submitted by Phyllis Grose/Kimball)*

½ C. margarine	2½ C. flour
½ C. oil	4 T. cocoa
1¾ C. sugar	½ tsp. baking powder
2 eggs	½ tsp. soda
1 tsp. vanilla	½ tsp. salt
½ C. sour milk	2 C. zucchini (grated)
	½ C. chocolate chips

Cream first 3 ingredients. Add the next 3 ingredients. Beat well. Sift dry ingredients together. Stir into other mixture. Fold in zucchini. Put batter into a greased 9 × 13-inch pan. Sprinkle chocolate chips on top. Bake at 325° for 40-45 minutes.

## WALDORF ASTORIA ROSE CAKE

*Betty Newton*

½ C. shortening	1 tsp. salt
1½ C. sugar	2¼ C. flour
2 eggs	1 tsp. vanilla
1½ oz. red food coloring	1 tsp. soda
2 tsp. cocoa	1 tsp. vinegar
1 C. buttermilk	

Cream shortening, sugar and eggs. Make paste of red coloring and cocoa. Add to mixture. Add buttermilk and salt alternating with flour. Add vanilla. Last fold in soda and vinegar. Hold over bowl as it foams. Bake in 2 (9-inch) layer tins at 350° for 30 minutes. Cool and split layers.

### FROSTING:

3 T. flour	1 C. milk
1 C. sugar	1 C. butter or oleo
1 tsp. vanilla	

Cook milk and flour until thick. Cool. Cream sugar, oleo and vanilla until fluffy. Blend into flour and milk mixture. Do not beat, just blend.

## WALDORF CAKE

Lillie Rinehart

- |                      |                      |
|----------------------|----------------------|
| 1½ C. sugar          | 1 tsp. vanilla       |
| ½ C. Crisco          | 2¼ C. flour (sifted) |
| 2 eggs               | 1 tsp. salt          |
| 2 tsp. cocoa         | 1 tsp. vinegar       |
| 2 oz. red food color | 1 tsp. soda          |
| 1 C. buttermilk      |                      |

Cream sugar and Crisco. Add eggs and beat. Dissolve cocoa in red food coloring. Add vanilla and salt. Then add flour and buttermilk alternately, mixing. Last add soda dissolved in vinegar and mix well. Bake in 2 (9-inch) pans for 30 minutes at 350°. Cool and split layers. For the frosting, cook 1½ C. milk with 4½ T. flour until thickened. Cool. Cream 1½ C. sugar and 1½ C. Crisco and 1½ tsp. vanilla. Add milk mixture and beat until fluffy. Frost cake. Do not substitute Crisco.

## WHITE TEXAS SHEET CAKE

Carol Hays

- |                       |                       |
|-----------------------|-----------------------|
| 1 C. oleo             | 1 C. water            |
| 2 C. flour            | 2 C. sugar            |
| 2 eggs (beaten)       | ½ C. sour cream       |
| 1 tsp. almond extract | 1 tsp. almond extract |
| 1 tsp. salt           | 1 tsp. baking soda    |

### FROSTING:

- |                       |                        |
|-----------------------|------------------------|
| ½ C. oleo             | ¼ C. milk              |
| 4½ C. powdered sugar  | 1 C. walnuts (chopped) |
| ½ tsp. almond extract |                        |

In a large saucepan, bring butter and water to a boil. Remove from the heat; stir in flour, sugar, eggs, sour cream, almond extract, salt and baking soda until smooth. Pour into a greased jelly roll pan and bake for 20-22 minutes at 375° or until cake is golden brown and tests done. Cool for 20 minutes. For frosting, combine butter and milk in a saucepan. Bring to a boil. Remove from heat; add sugar and extract; mix well. Stir in walnuts; spread over warm cake.

## CHOCOLATE FILLED CUPCAKES

*Clione Hosfield*

2½ C. flour	1 C. salad oil
2 C. sugar	1 C. buttermilk
4 T. cocoa	2 tsp. soda
¼ tsp. salt	1 C. hot water
2 eggs	1 tsp. vanilla

Sift together flour, sugar, cocoa and salt . Beat 2 eggs, add vanilla, oil and buttermilk. Then mix with the dry ingredients. Next dissolve 2 tsp. soda in 1 C. hot water and stir into batter. Put in paper baking liners and bake at 350° for 18-20 minutes. Cool.

### FILLING:

½ C. sugar	⅓ C. milk
⅔ C. Crisco	¼ tsp. salt
Vanilla	

Beat all for 5 minutes, then add ½ C. powdered sugar. After cakes are cool, place filling into cake decorator and insert through top of cupcake. Top with chocolate frosting.

## SELF FILLED CUPCAKES

*Ellen Powell*

1 pkg. 2 layer chocolate cake mix	1 egg
1 (8 oz.) pkg. cream cheese (soft)	Dash salt
⅓ C. sugar	1 (6 oz.) pkg. semi-sweet chocolate pieces

Mix cake according to directions. Fill paper baking cups in muffin pans ⅔ full. Cream the cheese with the sugar. Beat in egg and salt. Stir in chocolate pieces. Drop 1 rounded teaspoon cheese mixture into each cupcake. Bake as package directs (25-30 minutes) at 350°. Makes about 30 cupcakes.

## ONE POINT CUPCAKES

*Dorothy Hughes*

1 box cake mix (spice or chocolate)	15 oz. can pumpkin
½ C. water	1 T. walnuts or pecans (chopped, optional)

Mix all ingredients together and bake in mini muffin/cake pans according to cake box instructions. Makes 24 cakes.

## INDIVIDUAL SOFT CENTER CHOCOLATE CAKES

*Ringgold Sanitation*

2 C. malt sweetened chocolate  
chips or semi-sweet chocolate  
chips  
10 oz. soft silken tofu  
¾ C. honey  
3 eggs

1½ T. vanilla  
1 C. unbleached flour  
½ tsp. salt  
1 tsp. baking powder  
8 (3-4 inch) diameter individual  
baking or souffle cups

Preheat oven to 350°. Place oven rack in center of oven. Melt chocolate chips over hot (not boiling) water in double boiler. (If temperature is too high, the chocolate will burn and lose its smoothness). While chocolate melts, puree tofu in food processor bowl. Blend 3-4 minutes or until smooth, scraping sides when necessary. When chocolate has melted, remove from heat. Stir well and add honey. Stir until honey is incorporated; add tofu, eggs and vanilla. Sift together flour, salt and baking powder in a separate mixing bowl; fold into chocolate mixture. Spray baking cups with non-stick cooking spray. Divide batter evenly among cups. Batter may be stored in refrigerator, if desired, for up to 4 hours. Place cups on baking sheet. Bake 15-18 minutes or until cakes are mostly firm yet still pudding like in center. Center should remain soft and somewhat underdone and top crust should start to crack. Serve within 20 minutes. Makes 8 cakes. These warm, wonderful, gooey in the center chocolate cakes are meant to be served within 20 minutes of baking.

## BLACK CAKE

*Neighborhood Center*

1 lb. flour  
1 lb. currants  
1 lb. raisins  
1 lb. sugar  
½ lb. citrons  
½ lb. figs (chopped)  
¾ lb. butter  
10 eggs (leave out 2 whites)

Teacup molasses  
Teacup sour cream  
Teacup soda  
1 gill brandy or good whiskey  
½ C. cinnamon  
2 T. allspice  
2 T. cloves  
4 T. jam

This recipe was taken from original cook book made and used in Iowa from 1870 to 1900.

## ARTIFICIAL WHIPPED CREAM FROSTING

*Lois Hays Irwin*

½ C. oleo  
½ C. Crisco  
1 tsp. vanilla  
1 C. sugar  
1 egg yolk

Beat in order given and slowly add ½ C. milk and beat a good 10 minutes. Keep cool.

## CHOCOLATE CREAM CHEESE FROSTING

*Janis Denney*

1 (8 oz.) pkg. cream cheese (soft)  
½ C. butter (softened)  
½ C. unsweetened cocoa powder  
1 tsp. vanilla  
4 C. powdered sugar (sifted)

Place cream cheese and butter in a large mixing bowl. Blend with electric mixer on low speed until combined. Add cocoa, vanilla and powdered sugar. Blend on low speed until moistened. Increase to medium speed and beat for 2 minutes until fluffy. Makes 4 cups.

## DECORATORS ICING

*Katherine Webb/Wion*

1 lb. C & H powdered sugar  
9 T. Crisco  
5 tsp. cornstarch  
1 large egg white  
1 tsp. clear vanilla

Beat until smooth. Can add water if too thick. Can use for decorating.

## FROSTING (LIKE 7 MINUTE FROSTING)

*Betty Davenport*

2 T. (heaping) flour  
1 C. water  
½ C. oleo  
½ C. Crisco  
1 C. sugar  
1 tsp. vanilla

Boil flour and water until thick. Cool. Cream oleo, Crisco, sugar with a mixer. Add to flour water mixture; beat well. Add vanilla and any other flavoring you like. Add food coloring also at this time. I put peppermint flavoring and green food coloring to make a mint frosting, cherry flavoring and red food coloring for a cherry look.

## NANA'S LEMON SAUCE

*Ellen Powell*

½ C. sugar

Salt

1 T. cornstarch

Butter, lemon or vanilla flavor

1 C. water

Bring to a boil sugar, cornstarch, water and salt; cook until clear. Add butter, lemon or vanilla flavoring. Delicious over hot white or lemon cake.

## NEVER FAIL CHOCOLATE FROSTING

*Jan Kelly*

1½ C. sugar

6 T. margarine

6 T. milk

½ C. (heaping) real chocolate chips

Bring sugar, milk and margarine to a boil and boil for 30 seconds only. Remove from heat and add the chocolate chips. Stir until chips are melted.

## MY FLUFFY FROSTING RECIPE

*Lois Hays Irwin*

1 C. milk

1 tsp. salt

6 T. flour

2 tsp. vanilla

1 C. sugar

2 C. powdered sugar

1 C. shortening

Mix the milk and flour. Cook on stove top, stirring constantly until it forms a paste. Cool. Mix sugar, shortening and salt with mixer. Add paste and vanilla; mix again. Once the sugar has completely dissolved, mix in the powdered sugar.

## PUDDING FROSTING

*Verla Repp*

1 box instant pudding

Milk

If you don't have frosting for your cake, use a box of instant pudding. Follow the recipe except use half a cup less milk.

**- JUST FOR NOTES -**

CANDY AND SWEET RECIPES

1 C. water  
 1 T. cornstarch  
 1/2 C. sugar  
 1 egg  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch  
 1/2 C. sugar

Bring to a boil, stirring constantly. Delicious over hot wife or lemon-meringue.

**NEVER FAIL CHOCOLATE CREAM**

1/2 C. sugar  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch  
 1/2 C. sugar  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch

Bring to a boil, stirring constantly. Delicious over hot wife or lemon-meringue. Makes 4 cakes. Makes 4 cakes.

**MY FLUFFY FROSTING RECIPE**

1 lb. C. & H. powdered sugar  
 1/2 C. egg whites  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch  
 1/2 C. sugar  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch

Mix the milk and flour. Cook on stove top, stirring constantly until it forms a paste. Cook for 5 minutes. Add the sugar and mix thoroughly. Add the vanilla; mix again. Once the sugar has completely dissolved, mix in the powdered sugar.

**FROSTING (LIKE 7 MINUTE FROSTING)**

1/2 C. sugar  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch  
 1/2 C. sugar  
 1/2 C. milk  
 1/2 C. water  
 1 T. cornstarch

Bring to a boil, stirring constantly. Delicious over hot wife or lemon-meringue. Makes 4 cakes. Makes 4 cakes.

# Candy

*My Favorite Recipes in this section are:*

RECIPE

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## Hints for Candy, Nuts, and Popcorn

For perfect popped corn, melt butter-flavored shortening in the corn popper, then add the desired amount of kernels. The end result is amazing! Not only does the corn pop evenly into perfect fluffy popcorn, it also has a flavorful butter taste with no added cholesterol.

Popcorn will pop better if you sprinkle it with warm water an hour before popping.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Set fudge to cool in an ice cube tray. When the fudge is nearly ready to cut, use the tray divider to mark off even squares.

### Candy Testing

<b>Candy</b>	<b>Degrees</b>	<b>Stage</b>	<b>Cold Water Test</b>
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

## - CANDY -

### ALMOND BARK CANDY

*Don Ella Reed*

- |   |                          |
|---|--------------------------|
| 2 lbs. almond bark<br>(1½ lbs. + 4 squares) | 3 C. mini marshmallows   |
| 1 C. peanut butter                          | 3 C. Rice Krispies       |
|   | 1 C. dry roasted peanuts |

Melt almond bark on low heat in microwave. Add peanuts, peanut butter, Rice Krispies and marshmallows. Drop by teaspoon on wax paper. Use white bark or caramel bark. Store in Tupperware square pan. Keeps well in cool place, not refrigerator.

### ALMOND CANDY

*Dorothy Hughes*

- |                       |                      |
|-----------------------|----------------------|
| 1 C. almonds (sliced) | ½ tsp. salt          |
| 1 stick real butter   | ¼ C. water           |
| 1 C. sugar            | 2 small Hershey bars |

Arrange almonds on greased pizza pan. Microwave next 4 ingredients in a microwave safe bowl, 7-15 minutes, until the mixture is the color of light brown sugar. Pour over almonds. Melt Hershey bars in microwave; 1-2 minutes is enough; don't let chocolate get grainy. Pour over mixture in pan. Freeze for 15 minutes. Break into pieces.

### APLET CANDY

*Edna Small*

- |                              |                         |
|------------------------------|-------------------------|
| 2 pkgs. Knox gelatin         | 1 C. nuts (chopped)     |
| 1¼ C. unsweetened applesauce | 2 tsp. vanilla          |
| 2 C. sugar                   | Powdered sugar, to coat |

Soak Knox gelatin in ½ C. unsweetened cold applesauce for 10 minutes. Put ¾ C. applesauce and 2 C. sugar in pan and bring to a boil. Add the soaked applesauce and gelatin and cook hard for 15 minutes, stirring constantly. Add nuts and vanilla. Pour into buttered shallow pan. Let stand to dry for several hours. Cut into squares and roll in powdered sugar.

CANDY

## **AUNT CLARA MAE'S MUD BALLS**

*Jodie Geist*

- |                      |                            |
|----------------------|----------------------------|
| 1 box powdered sugar | 3 C. Rice Krispies         |
| 1 stick oleo         | 12 oz. bag chocolate chips |
| 2 C. peanut butter   | ¾ bar paraffin             |

Melt oleo and peanut butter. Stir in powdered sugar and mix good. Add Rice Krispies and stir. Roll in balls and chill. Melt 1 (12 oz.) pkg. of chocolate chips and ¾ bar of paraffin. Dip balls in mixture and place on waxed paper to set.

## **BABY RUTH BARS**

*Carol Hays*

- |                         |                       |
|-------------------------|-----------------------|
| 8 C. corn flakes cereal | 1 C. brown sugar      |
| 1 C. white sugar        | 1½ C. corn syrup      |
| 1 C. peanut butter      | 2 C. peanuts (salted) |

### **TOPPING:**

- |                             |           |
|-----------------------------|-----------|
| 12 oz. pkg. chocolate chips | 3 T. oleo |
| 3 T. peanut butter          |           |

After measuring corn flakes, crush and reserve. Mix sugars and syrup. Bring to a boil and boil 1 minute. Stir in 1 C. peanut butter. Pour over peanuts and corn flakes. Mix well and pour into large greased jelly roll pan. Cool. For the topping, melt chips with peanut butter and oleo; spread over nut mixture. Let set. Cut into bars.

## **BUCKEYES**

*Mari McGehee and Rolland Harvey*

- |                           |                                 |
|---------------------------|---------------------------------|
| ½ lb. peanut butter       | ½ tsp. vanilla flavoring        |
| 1½ lbs. powdered sugar    | 1 (12 oz.) pkg. chocolate chips |
| 1 C. margarine (softened) |                                 |

Blend peanut butter, sugar, margarine and flavoring. Shape into balls and place on cookie sheet. Chill. Melt chocolate chips in top of double boiler over hot (not boiling) water. Can also melt in microwave. Hold balls with a toothpick and dip into chocolate on one side only. This makes them look like buckeyes, the large nutlike seed of the horse chestnut tree. Makes about 5 dozen.

## CARAMELS

*Dorothy Hughes*

- |                                |                 |
|--------------------------------|-----------------|
| 1 can sweetened condensed milk | 2 C. sugar      |
| 1½ C. white syrup              | 2 tsp. vanilla  |
| ¼ lb. butter                   | Nuts (optional) |

Bring to a boil first 4 ingredients and continue boiling for 15 minutes, stirring constantly. Remove from heat and add vanilla and nuts. Pour onto buttered jelly roll pan and allow to cool before cutting into 1-inch squares.

## EASY CARAMEL

*Diane Henry*

- 1 can Eagle brand sweetened condensed milk

Preheat oven to 425°. Pour sweetened condensed milk into glass 8-inch pie plate. Cover with foil and place in a shallow pan with hot waer. Bake 1 hour. Remove foil and chill thoroughly.

## CHOCOLATE PECAN CARAMELS

*Marcy Hancock*

- |                                 |   |
|---------------------------------|---|
| 1 T. + 1 C. butter (no subs)    | ¼ C. water                              |
| 1½ C. pecans (coarsely chopped) | 1 (14 oz.) can sweetened condensed milk |
| 1 C. semi-sweet chocolate chips | 2 tsp. vanilla extract                  |
| 2 C. brown sugar (packed)       |   |
| 1 C. light corn syrup           |   |

Line a 13 × 9-inch baking pan with foil; butter the foil with 1 T. butter. Sprinkle with pecans and chocolate chips; set aside. In a heavy saucepan over medium heat, melt remaining butter. Add brown sugar, corn syrup and water. Cook and stir until mixture comes to a boil. Stir in milk. Cook, stirring constantly, until a candy thermometer reads 248° (firm ball stage). Pour in prepared pan (do not scrape saucepan). Cool completely before cutting.

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## CARAMEL FILLED RICE KRISPIE SQUARES

*Janis Denney*

- |                             |                             |
|-----------------------------|-----------------------------|
| ¼ C. margarine              | 1 can Eagle brand milk      |
| 4 C. miniature marshmallows | ¼ C. margarine              |
| 4 C. Rice Krispies          | 4 C. miniature marshmallows |
| 14 oz. pkg. caramels        | 4 C. Rice Krispies          |
| 1 stick margarine           |                             |

Cook first 2 ingredients until melted. Add the 4 C. Rice Krispies. Press into a 9 × 13-inch pan. Cook the caramels, margarine and Eagle brand milk until caramels are melted. Pour over Rice Krispie mixture. Cool. Cook the next ¼ C. margarine and 4 C. marshmallows until melted. Add the 4 C. Rice Krispies. Put on top of caramel mixture. Cool and cut in squares.

## UNBAKED CARAMEL DROPS

*Janis Denney*

- |                                |                    |
|--------------------------------|--------------------|
| 12 oz. pkg. butterscotch chips | 4-5 C. corn flakes |
| ½ C. crunchy peanut butter     |                    |

Melt chips over low heat. Blend in peanut butter. Add corn flakes. Drop by spoonfuls on waxed paper.

## CHERRY MASH BALLS

*Phyllis Riggs*

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 can cherry frosting mix      | 10 oz. jar maraschino cherries |
| 1 lb. powdered sugar           | (drained & chopped fine)       |
| ½ can sweetened condensed milk | 1 tsp. vanilla                 |
|                                | 1 T. oleo                      |

### COATING:

- |                                 |                        |
|---------------------------------|------------------------|
| 1 (12 oz.) pkg. chocolate chips | 1 lb. skinless peanuts |
| ½ bar paraffin                  | (chopped real fine)    |

Mix first 6 ingredients and roll in balls; freeze. Melt coating in double boiler. Dip frozen cherry balls. Drain on wax paper.

## CHERRY MASH BARS

*Verla Repp*

- |  |   |
|--|---|
| 1 C. sugar   | 1 C. miniature marshmallows               |
| 2 T. butter or margarine                           | 1 C. (6 oz.) Log House<br>cherry chips    |
| ¼ tsp. salt  | 1 C. (6 oz.) Log House<br>chocolate chips |
| ⅓ C. half and half or undiluted<br>evaporated milk | 1 C. salted Spanish peanuts               |

Combine sugar, butter or margarine, salt and half and half in 1½-2 quart saucepan. Boil over medium high heat for 5 minutes, stirring occasionally. Stir in marshmallows and cherry chips. Spread in 8 or 9-inch square pan which has been lined with wax paper. Melt chocolate chips with peanut butter in small saucepan over low heat, stirring occasionally. Stir in peanuts. Spread over cherry layer. When cool, cut into squares. If desired, refrigerate for faster setting. To microwave, place chocolate chips and peanut butter in a glass bowl. Microwave at 50% power 2-3 minutes, stirring after 1 minute, or until melted.

## CHERRY MASH (Diabetic)

*Roni Waske*

- |   |                                 |
|---|---------------------------------|
| 1 (3 oz.) pkg. sugar free cherry<br>Jello | 1 T. water                      |
| 1 pkg. diabetic vanilla frosting mix      | 3 diabetic chocolate candy bars |
|   | 1-2 C. peanuts (crushed)        |

Mix Jello, frosting and water. Make into balls. Put on wax paper. Put in freezer to harden. Melt candy bars. Stir in peanuts. Drop balls in chocolate. Put on wax paper to harden.

## CHOCOLATE COVERED BON BONS

*Diane Henry*

- |                      |                                   |
|----------------------|-----------------------------------|
| 1 C. dates (chopped) | 1 (6 oz.) pkg. chocolate chips    |
| 1 C. peanut butter   | 1 (6 oz.) pkg. butterscotch chips |
| 1 C. powdered sugar  | 1 square German sweet chocolate   |
| 1 C. nuts (chopped)  | 1 square paraffin                 |

Mix dates, peanut butter, powdered sugar and nuts. Form into walnut sized balls and chill. Melt chocolate chips, butterscotch chips, German sweet chocolate and paraffin in a double boiler. Dip chilled bon bons into this mixture and place on cookie sheet lined with wax paper.

## CHOCOLATE DATE PECAN BALLS

Mary Grose and  
Phyllis Grose Kimball

- |                             |                       |
|-----------------------------|-----------------------|
| 1 C. peanut butter          | 1 C. powdered sugar   |
| 1 C. dates (finely chopped) | 1 C. pecans (chopped) |

Chill before shaping. Mix with hands and form into small balls. If mixture becomes dry, add cream. Dip into melted chocolate. Makes 50-60.

## JELLO DIVINITY CANDY

*Eva Faris donated by Iona Triggs*

- |                              |                           |
|------------------------------|---------------------------|
| 3 C. white sugar             | 2 egg whites              |
| $\frac{3}{4}$ C. white syrup | 2-4 tsp. any flavor Jello |
| $\frac{3}{4}$ C. water       | (cherry preferred)        |

Boil to hard stage (260°) the sugar, syrup and water. Have ready 2 egg whites and add 2-4 tsp. of any flavor of Jello. Beat until stiff. Pour syrup over egg whites and eat until stiff. Drop by teaspoons on a cookie sheet.

## DIVINITY DIVINE

*Mary Jo Baker*

- |                                   |                        |
|-----------------------------------|------------------------|
| 3 C. cane sugar                   | $\frac{3}{4}$ C. water |
| $\frac{3}{4}$ C. light Karo syrup |                        |

Cook above until it spins a thread or 252° if candy thermometer is available. Meanwhile, beat 2 egg whites until they hold stiff peaks. Add 1 pkg. raspberry Jello slowly, continue beating. Pour hot syrup into egg gelatin mixture in a thin, thin stream. Beat constantly. When candy loses its gloss, add  $\frac{1}{2}$  C. chopped nuts. Drop by spoonful on waxed paper.

## CREAM CHEESE FUDGE

*Wilma Terwilliger*

- |   |  |
|---|--|
| 3 oz. cream cheese                      | $\frac{1}{2}$ C. walnuts (chopped)       |
| 2 C. powdered sugar                     | $\frac{1}{2}$ tsp. burnt sugar flavoring |
| 2 oz. unsweetened chocolate<br>(melted) | $\frac{1}{2}$ tsp. vanilla               |

Beat cream cheese until soft and smooth. Add remaining ingredients and press into a pan.

## NEVER FAIL FUDGE

*Iona Groves*

- |                       |                 |
|-----------------------|-----------------|
| 2 C. sugar            | 1 tsp. vanilla  |
| 3 T. cocoa            | ¼ C. butter     |
| 3 T. Karo white syrup | Nuts (optional) |
| 1 C. milk             |                 |

Cook sugar, cocoa, syrup and milk until they reach a soft ball. Remove from heat, add vanilla and butter. Cool. Add nuts. Then beat until creamy.

## 10 MINUTE FUDGE

*Stacey Shields*

- |                      |                              |
|----------------------|------------------------------|
| 1½ C. sugar          | 1½ C. chocolate chips        |
| 2 T. butter          | 1½ C. miniature marshmallows |
| ½ tsp. salt          | 1 tsp. vanilla               |
| ⅔ C. evaporated milk | ½ C. nuts (chopped)          |

Combine sugar, butter, salt and milk. Boil 5 minutes, stirring constantly. Add chocolate chips, marshmallows, vanilla and nuts. Mix and turn into buttered pan.

## 2 MINUTE FUDGE

*Debbie Gilliland*

- |   |                     |
|---|---------------------|
| 3 C. (18 oz.) semi-sweet<br>chocolate chips | ⅓ C. powdered sugar |
| 1 (14 oz.) can sweetened<br>condensed milk  | 2 tsp. vanilla      |
|   | 1 C. nuts (chopped) |

Grease an 8-inch square pan. Microwave chips and condensed milk in 2 quart bowl on high for 2 minutes. Stir until smooth. Stir in sugar and vanilla until well blended. Add nuts. Pour into pan and spread evenly. Chill until firm, about 1½ hours. Can use milk chocolate chips if you prefer. Store tightly covered in cool place up to 2 weeks.

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## MILLION DOLLAR FUDGE

*Tracey Olsen*

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 (13 oz.) can evaporated milk    | 12 oz. milk chocolate chips |
| 4 C. sugar                        | 1 pint of marshmallow cream |
| Dash salt                         | 1 stick butter              |
| 12 oz. semi-sweet chocolate chips | 1 T. vanilla                |

Put evaporated milk, sugar and salt in heavy saucepan and bring to a boil, low to medium heat. Boil for exactly 6 minutes, stirring constantly. In a large bowl, put marshmallow cream, semi-sweet and milk chocolate chips, butter and vanilla. Pour hot mixture over chips mixture and stir. Put in large sheet pan or 9 × 13-inch pan, greased.

## FUDGE

*Becky McDowell donated by Iona Triggs*

- |            |                |
|------------|----------------|
| 3 C. sugar | 1 tsp. vanilla |
| 3 T. cocoa | 1 T. butter    |
| 1½ C. milk | Nuts           |

Stir together well the sugar and cocoa. Add and stir well the milk (keep off sides if can). Bring to a boil. Will take 11 minutes to cook down. Cook to soft ball stage. Remove from heat. Add vanilla and butter. Set out to cool, about 15 minutes. Beat until shine begins to leave. Add nuts. Pour into buttered dish.

## FUDGE IN MICROWAVE

*Mary Jo Baker*

- |                      |                |
|----------------------|----------------|
| 1 box powdered sugar | ¼ C. milk      |
| ½ C. cocoa           | 1 stick butter |
| Pinch salt           | 1 C. nuts      |

Mix sugar and cocoa, add small amount salt. Indent the middle and place the milk there. Add the butter on top. Do not stir. Cook on high 2 minutes. Stir. Stir in nuts. Place in 8 × 8-inch buttered pan. Cool in refrigerator.

## FUDGE

*Abby Greenland*

- |                       |                             |
|-----------------------|-----------------------------|
| 4 C. sugar            | 12 oz. pkg. chocolate chips |
| 1 stick oleo          | 1 jar marshmallow creme     |
| 1 can evaporated milk | 1 tsp. vanilla              |

Stir together sugar, oleo and milk. Cook over medium heat until mixture forms a soft ball when dropped in cold water. Remove from heat, add chips, marshmallow creme and vanilla. Stir until well blended. Pour into a greased 9×13-inch pan. Cool and cut in squares.

## FUDGE

*Vera Blades*

- |                                 |                        |
|---------------------------------|------------------------|
| 1 can sweetened condensed milk  | 2 C. mini marshmallows |
| 1 (12 oz.) pkg. chocolate chips | 1 C. nuts              |

Heat milk and chips until smooth. Add nuts and marshmallows. Place in 9×9-inch buttered pan. Cool in refrigerator.

## QUICK FUDGE

*Diane Henry*

- |                 |                                |
|-----------------|--------------------------------|
| 2 C. sugar      | Small can condensed milk       |
| ¼ lb. margarine | 1 (6 oz.) pkg. chocolate chips |

Combine sugar, margarine, milk in saucepan. Heat slowly to boil. Boil 5 minutes. Remove from heat and add chocolate chips. Beat with mixer until stiff. Pour into greased dish. Cool. Cut into squares.

## MOUNDS CANDY

*Carol Hays*

- |                                    |                        |
|------------------------------------|------------------------|
| 5 C. powdered sugar                | 1 lb. coconut          |
| 1 can Bordens condensed sweet milk | 1 C. nuts (chopped)    |
| 1 tsp. vanilla                     | 12 oz. chocolate chips |
|                                    | White almond bark      |

Mix first 3 ingredients and add vanilla and coconut; chill. Roll into balls and dip in bark/chips and let harden on waxed paper.

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## FUDGE MOUNDS

Mary Jo Baker

$\frac{2}{3}$  C. evaporated milk  
 $1\frac{2}{3}$  C. sugar  
 $\frac{1}{2}$  tsp. salt  
16 regular marshmallows or  
 $1\frac{1}{2}$  C. miniatures

$1\frac{1}{2}$  C. chocolate chips  
1 tsp. vanilla  
 $\frac{1}{2}$  C. nuts (chopped)

Combine milk, sugar and salt in saucepan. Bring to boil over medium heat, stirring constantly. Cook and stir 5 minutes longer. Remove from heat. Add remaining ingredients and stir just until marshmallows are melted and mixture is well blended. Drop by spoonful onto waxed paper. TIP: In caramelizing the sugar, it first melts then becomes a golden brown. Will form a hard brittle ball in cold water. To make the sugar "fudge out" in fudge, add a little cream if it is too hard, and some powdered sugar if it is too soft.

## MAPLE CREAM FILLED PEANUT CLUSTERS *Diane England*

1 (8 oz.) pkg. cream cheese  
 $\frac{1}{2}$  tsp. maple flavoring  
 $1\frac{2}{3}$  C. powdered sugar  
1 pkg. chocolate chips

1 pkg. butterscotch chips  
1 T. peanut butter  
 $1\frac{1}{2}$  C. salted Spanish peanuts

Combine  $\frac{1}{4}$  of the package of cream cheese and flavoring, mixing well. Add powdered sugar. Knead with hands to pie dough consistency. Roll in little balls and flatten with fingers into disc shapes. Place on cookie sheets lined with wax paper; set aside. For the topping, melt chocolate and butterscotch chips together until smooth. Add peanut butter. Stir in nuts until well coated. Drop over cream discs. Refrigerate until firm.

## VELVEETA FUDGE

Carol Hays

$\frac{1}{2}$  lb. Velveeta cheese  
2 lbs. powdered sugar  
 $1\frac{1}{2}$  tsp. vanilla

$\frac{1}{2}$  lb. oleo  
 $\frac{1}{2}$  C. cocoa  
1 C. walnuts (chopped)

Melt cheese and butter in large saucepan. Remove from heat. Gradually stir in cocoa and sugar. Add vanilla and walnuts; pat into pan.

## PEANUT BUTTER FUDGE

*Judy Wilt*

- |                     |                    |
|---------------------|--------------------|
| 2 C. sugar          | 3 tsp. cocoa       |
| ½ C. milk           | 1 tsp. vanilla     |
| 1 T. butter or oleo | 1 C. peanut butter |
| ⅓ C. Karo syrup     |                    |

Mix all, but peanut butter and vanilla, in a 3 quart saucepan. Heat to a hard boil, stirring constantly. Boil hard 3 minutes. Remove from heat and add vanilla and peanut butter. Stir until smooth. Pour in 9-inch square pan and cool. Cut into squares. Store covered or in a jar with lid.

## PEANUT BUTTER FUDGE

*Marlene Tull*

- |                         |                    |
|-------------------------|--------------------|
| 1 C. brown sugar        | 1 C. sugar         |
| ½ C. evaporated milk    | 2 T. butter        |
| 1 C. marshmallow pieces | ¾ C. peanut butter |
| 1 tsp. vanilla          |                    |

In a heavy saucepan, combine sugars, milk and butter. Cook to soft ball stage. Add the remaining ingredients. Remove from heat. Add marshmallows, stir until melted. Beat until mixture starts to thicken, about 1 minute. Pour into buttered 8-inch square pan. Instead of marshmallow pieces, you can add 1 pint of marshmallow creme.

## PEANUT BUTTER FUDGE (MICROWAVE)

*Bonnie Summa*

- |                             |                        |
|-----------------------------|------------------------|
| 2 C. white granulated sugar | ¾ C. mini marshmallows |
| ⅔ C. evaporated milk        | 1 tsp. vanilla         |
| 1 C. chunky peanut butter   |                        |

Combine sugar and evaporated milk in a large microwave safe bowl (with straight sides). Microwave full power 4½-5 minutes, uncovered, until mixture begins to boil, stirring after 3 minutes. Microwave on full power 5 minutes. Do not stir. Stir in peanut butter, marshmallows and vanilla; mix until well blended and all marshmallows are melted. Pour into a buttered 8 × 8-inch pan. Cool until set. Cut into squares.

## **RAINY DAY PEANUT BUTTER FUDGE**

*Ellen Powell*

- |                |                            |
|----------------|----------------------------|
| 2 C. sugar     | 1 tsp. vanilla             |
| ½ C. skim milk | ½ C. low fat peanut butter |
| ¼ C. oleo      |                            |

In a saucepan, bring sugar and milk to a boil. Cook to soft ball stage. Remove from heat, add butter, vanilla and peanut butter. Beat with beaters until mixture begins to thicken. Pour into buttered dish.

## **PECAN TASSIES**

*Lois England*

### **CRUST:**

- |             |                               |
|-------------|-------------------------------|
| 1 C. butter | 6 oz. cream cheese (softened) |
| 2 C. flour  |                               |

### **FILLING:**

- |                      |                       |
|----------------------|-----------------------|
| 1 T. butter (melted) | Salt, to taste        |
| 1 egg (beaten)       | 1 tsp. vanilla        |
| ¾ C. brown sugar     | ⅔ C. pecans (chopped) |

Mix crust mixture together. Form into small balls and press into mini muffin tins to form a small shell. Mix filling mixture together. Fill crust half full. Bake 25 minutes at 325°. Cool before removing from pan.

## **CHOCOLATE TURTLES**

*Diane Henry*

- |                                 |                         |
|---------------------------------|-------------------------|
| 2 squares unsweetened chocolate | 1 tsp. vanilla          |
| ⅓ C. butter                     | ¾ C. sugar              |
| 2 eggs (beaten)                 | 1 C. flour              |
|                                 | Whole walnuts or pecans |

In a saucepan, melt chocolate and butter. Cool. Sift flour and sugar; add to beaten egg. Blend into chocolate mixture. Add vanilla. Brush waffle iron with liquid shortening. Drop mixture by teaspoon onto heated waffle iron. Bake 1 minute. Top with walnut or pecan.

## QUICK AND EASY TURTLES

*Lois Hays Irwin*

- 3 (6 oz.) pkgs. chocolate chips
- 1 can sweetened condensed milk
- 4 C. pecans
- 1 (7 oz.) jar marshmallow creme

Melt chips and stir in remaining ingredients. Drop by spoonfuls onto waxed paper. Refrigerate.

## PECAN TURTLES

*Michelle Repp*

- 1 lb. Kraft caramels
- 1 medium pkg. pecan halves
- 2 T. light cream or top milk
- 1 pkg. chocolate chips

Arrange pecan halves in shape of a star, a pecan for each foot and one for the head. Do this on buttered plate or marble slab. Melt the caramels over hot water until nearly all are melted. Add the cream and beat until smooth. Drop by teaspoons on the center of the pecan cluster. Melt the chocolate chips over hot (not boiling) water until almost all melted. Remove from heat, beat until smooth. Drop from teaspoon on top of the caramel part of the turtle. While still pliable, swirl with a knife. At no time allow water to touch the chocolate as this causes discoloration.

## CHOCOLATE TRUFFLES

*Cleola Geist*

- 3 C. semi-sweet chocolate chips
- 1 T. vanilla
- 1 (14 oz.) can Eagle brand milk (sweetened, not evaporated)
- Coatings (optional, chopped nuts, coconut or powdered sugar)

Melt chocolate chips with sweetened condensed milk, add vanilla. Put into a bowl and chill 2-3 hours or until firm. Shape into balls and roll in coating. Chill until firm.

## TIGER BUTTER

*Janis Denney*

- 1 lb. white chocolate
- 6 oz. chocolate chips
- ½ C. crunchy peanut butter

Melt white chocolate, on medium power, 5-8 minutes in microwave. Stir every minute. Stir in peanut butter and spread on wax paper lined cookie sheet. In the meantime, melt chips, 2-3 minutes, stirring every minute. Drizzle over mixture in pan and swirl. Refrigerate until firm, then break into pieces.

## **SALTED NUT ROLLS**

*Jane Bartling*

- |                                     |                        |
|-------------------------------------|------------------------|
| 1 large jar salted peanuts          | 2½ tsp. margarine      |
| 1 (12 oz.) pkg. peanut butter chips | 1 can Eagle brand milk |
|                                     | 3 C. mini marshmallows |

Put half of peanuts in bottom of buttered 9×13-inch pan. Melt margarine and chips. Add milk and marshmallows. Melt. Pour over peanuts. Top with remaining nuts. Pat down and chill.

## **SALTED NUT ROLL**

*Deb Larson*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2½ T. butter                     | 2 C. small marshmallows        |
| 2 (16 oz.) jars dry roasted nuts | 1 can sweetened condensed milk |
| 12 oz. pkg. peanut butter chips  |                                |

Melt butter and chips together. Add marshmallows and melt in microwave for 30 seconds. Add milk and stir all together. Grease 9×13-inch cake pan. Spread 1 jar of nuts in bottom of pan. Pour mixture over nuts. Spread other jar of nuts over mixture and press. Let set until cooled. Cut into squares.

## **PETER PAUL ALMOND JOY**

*Vera Daughton*

- |                        |                     |
|------------------------|---------------------|
| 5 oz. Eagle brand milk | 2 C. powdered sugar |
| 1 tsp. vanilla         | 14 oz. coconut      |

Blend these ingredients. Put in 9×13-inch pan. Chill. Melt 24 oz. chocolate chips. Cut coconut mixture in 1×2-inch bars. Then dip bars in melted chocolate.

*It's one thing to disagree -  
another to be disagreeable.*

## PEANUT BRITTLE

*Iona Triggs*

1½ C. sugar

⅔ C. syrup

⅔ C. cold water

2 T. butter

2 C. raw peanuts

¼ tsp. salt

½ tsp. soda

½ tsp. vanilla

Combine sugar, syrup and water. Stir until boils. Boil 10 minutes. Then add butter and peanuts. Cook 10-15 minutes more. Remove from fire. Add salt, soda, vanilla. Pour on cookie sheet.

## PEANUT BRITTLE

*Carol Hays*

1 C. sugar

½ C. white syrup

1 tsp. oleo

1 tsp. baking soda

1 C. raw Spanish peanuts

¼ tsp. salt

1 tsp. vanilla

Stir together and microwave on high 4 minutes. Stir and microwave another 4 minutes. Add oleo and vanilla, stir. Microwave on high 1-2 minutes. Add baking soda and stir until mixed. Pour on greased cookie sheet, do not spread.

## PEANUT BUTTER CANDY

*Wilma Terwilliger*

2 T. peanut butter

1 graham cracker

2 T. raisins

2 T. milk

1 tsp. vanilla

Liquid sweetener to equal

4 tsp. sugar

Cream peanut butter and 1 T. milk until smooth. Add raisins, crumble the graham cracker and work into peanut butter. Add rest of milk, vanilla and sweetener. Form into balls and chill.

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**- JUST FOR NOTES -**

1/2 cup butter  
 1/2 cup sugar  
 1/2 cup vanilla  
 1/2 cup almond extract  
 1/2 cup milk  
 1/2 cup flour

Preheat oven to 350°F. In a large bowl, cream butter and sugar until light and fluffy. Add vanilla and almond extract. Beat in milk and flour until dough is smooth. Roll into balls and place on a parchment-lined cookie sheet. Bake for 10-12 minutes. Cool on cookie sheet.

**SALTED BUT ROLL**

1/2 cup butter  
 1/2 cup sugar  
 1/2 cup vanilla  
 1/2 cup almond extract  
 1/2 cup milk  
 1/2 cup flour

Preheat oven to 350°F. In a large bowl, cream butter and sugar until light and fluffy. Add vanilla and almond extract. Beat in milk and flour until dough is smooth. Roll into balls and place on a parchment-lined cookie sheet. Bake for 10-12 minutes. Cool on cookie sheet.

**JOY CHOCOLATE ALMOND ROLL**

1/2 cup butter  
 1/2 cup sugar  
 1/2 cup vanilla  
 1/2 cup almond extract  
 1/2 cup milk  
 1/2 cup flour

Preheat oven to 350°F. In a large bowl, cream butter and sugar until light and fluffy. Add vanilla and almond extract. Beat in milk and flour until dough is smooth. Roll into balls and place on a parchment-lined cookie sheet. Bake for 10-12 minutes. Cool on cookie sheet.

**PEANUT BRITTLE**

1/2 cup butter  
 1/2 cup sugar  
 1/2 cup vanilla  
 1/2 cup almond extract  
 1/2 cup milk  
 1/2 cup flour

Preheat oven to 350°F. In a large bowl, cream butter and sugar until light and fluffy. Add vanilla and almond extract. Beat in milk and flour until dough is smooth. Roll into balls and place on a parchment-lined cookie sheet. Bake for 10-12 minutes. Cool on cookie sheet.

**PEANUT BUTTER CANDY**

1/2 cup butter  
 1/2 cup sugar  
 1/2 cup vanilla  
 1/2 cup almond extract  
 1/2 cup milk  
 1/2 cup flour

Preheat oven to 350°F. In a large bowl, cream butter and sugar until light and fluffy. Add vanilla and almond extract. Beat in milk and flour until dough is smooth. Roll into balls and place on a parchment-lined cookie sheet. Bake for 10-12 minutes. Cool on cookie sheet.

*It's one thing to give a gift, but it's another to be thoughtful.*

# Cookies and Bars

*My Favorite Recipes in this section are:*

**RECIPE**

**PAGE #**


## Hints for Cookies and Bars

An easy way to form drop cookies is to drop them onto the cookie sheet and then press them with the bottom of a water glass that has been dipped in sugar.

Dipping the cookie cutter in slightly warm salad oil will give you a much cleaner cut.

For a thinner, crispier cookie, try rolling the dough directly onto a greased and floured cookie sheet. Cut the cookies, then pick up the scrap.

Crisp cookies should be stored in a jar or canister with a loose fitting lid. Soft cookies should be kept in an earthenware or plastic container with a tight cover.

To keep cookies soft, put a piece of bread in the cookie jar with the cookies.

To keep fresh cookies crisp longer, put a piece of lemon peel in the cookie jar.

When baking white or brown sugar cookies, use a cup of applesauce instead of sour milk. The flavor is better and they keep moist longer.

Dip the spoon in hot water to measure shortening, butter, etc. and the fat will slide off your utensil more easily.

Prevent cold shortening from sticking to the beaters of an electric mixer by heating the beaters in hot water just before using them.

If cookies brown too quickly on the bottoms, don't use a cookie sheet. Instead, place the cookies on top of a baking pan that is turned upside down. The problem is solved when only the pan edges touch the hot oven rack.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy.

When freezing cookies with a frosting, place them in freezer unwrapped for about two hours, then wrap them without worrying about them sticking together.

Use a pizza cutter for cutting bar cookies. It makes nice smooth bars or squares.

A quick way to put a nice topping on cookies without making frosting is to cover the cookies with a thin layer of jelly or preserves before you bake them.

Oatmeal cookies will taste better if you toast the oatmeal first. Sprinkle it evenly in a jelly-roll pan and bake it in a 300° oven for about 10 or 12 minutes.

## - COOKIES AND BARS -

### BACON GREASE COOKIES

*Linda Sickels*

- |  |                    |
|--|--------------------|
| 1 C. raisins   | 1 tsp. baking soda |
| ¾ C. water   | 1 tsp. nutmeg      |
| 1¼ C. sugar  | 1 tsp. cinnamon    |
| 1 C. bacon grease (strained & reheated until liquid) | ½ tsp. salt        |
| 2 C. flour   | 2 eggs             |
| 2 C. quick oatmeal                                   | 1 C. nutmeats      |
|  | 4 T. raisin water  |

Boil the cup of raisins in ¾ C. water until raisins are tender. Reserve 4 T. of raisin liquid. Cream bacon grease and sugar together. Add eggs and beat. Add 4 T. raisin water, flour, oats, soda, salt and spices. Add nuts and raisins. Drop by teaspoon onto greased cookie sheet and flatten. Bake in a 350° oven until brown, 10-12 minutes. Watch because these cookies burn easily. Also, don't melt the bacon grease too much as it works better if the bacon grease isn't too runny. Be sure raisins are well drained after the 4 T. of liquid is removed.

### BROWNIE DROP COOKIE

*Sandy Armstrong*

- |                     |                     |
|---------------------|---------------------|
| 2 sticks butter     | 2½ C. flour         |
| 1⅓ C. sugar         | ½ C. cocoa          |
| 1 C. cottage cheese | 1 T. baking powder  |
| 2 eggs              | 1 tsp. salt         |
| 1 tsp. vanilla      | ½ C. nuts (chopped) |

Cream butter and sugar, add cottage cheese and beat. Then add eggs, one at a time, beating after each one. Add vanilla. Sift flour, cocoa, baking powder and salt. Add gradually to creamed mixture. Add nuts. Drop by rounded teaspoon onto greased cookie sheet and bake at 350° for 12-14 minutes. When cool, frost with powdered sugar frosting. Do not overbake.

## CAKE MIX FIX UP COOKIES

*Landi McFarland*

1 cake mix any flavor  
1 (3 oz.) pkg. cream cheese

1 egg

Preheat oven to 350°. Cream egg and cream cheese. Slowly add cake mix. Dough will be very stiff. Roll dough in walnut sized balls. Bake for 11 minutes.

## CARAMEL FILLED CHOCOLATE COOKIES

*Lywanda Case*

2½ C. all purpose flour  
¾ C. unsweetened cocoa  
1 tsp. baking soda  
1 C. sugar  
1 C. brown sugar (firmly packed)  
1 C. butter or margarine

2 tsp. vanilla  
2 eggs  
1 C. pecans (chopped)  
48 Rolo chewy caramels  
1 T. sugar

Heat oven to 375°. In a large bowl, beat 1 C. sugar, brown sugar and margarine until light and fluffy. Add vanilla and eggs; beat well. Add flour, cocoa and baking soda; blend well. Stir in ½ C. pecans. For each cookie, with floured hands, shape about 1 T. of dough around 1 caramel candy, covering completely. In small bowl, combine remaining ½ C. pecans and 1 T. sugar. Press 1 side of each ball into pecan sugar mixture. Place nut side up, 2-inches apart on ungreased cookie sheet. Bake 7-10 minutes or until set and slightly cracked. Cool 2 minutes, remove and place on wire rack to cool completely.

## CAROB COOKIES

*Deb Repp*

1 C. butter  
1 C. honey  
2 eggs  
2 tsp. vanilla  
2½ C. whole wheat flour

2 tsp. baking powder  
½ tsp. salt  
4 T. wheat germ  
2 C. carob chips

Cream butter, add honey, egg and vanilla; beat well. Add dry ingredients. Stir. Drop by teaspoons onto greased cookie sheet. Bake at 350° for 20-25 minutes.

## CEREAL CRUNCHIES

*Doris J. Redmar*

- |                      |                  |
|----------------------|------------------|
| 1 C. flour           | ½ C. sugar       |
| ½ tsp. soda          | ½ C. brown sugar |
| ¼ tsp. baking powder | 1 egg            |
| ¼ tsp. salt          | ½ tsp. vanilla   |
| ½ C. butter          |                  |

Sift flour, soda, baking powder and salt. Cream butter. Add sugar and brown sugar; cream well. Add egg and vanilla; mix well. Blend in dry ingredients. Add 1 C. oatmeal, 1 C. Rice Krispies and ½ C. coconut. Roll in balls and place on greased cookie sheet. Flatten slightly.

## CHEWY CHOCOLATE COOKIES

*Betty Newton*

- |   |                          |
|---|--------------------------|
| 2 C. sugar  | 2 tsp. vanilla           |
| ½ C. oleo (melted)                                  | 2 C. flour               |
| 4 (1 oz.) squares unsweetened<br>chocolate (melted) | 2 tsp. baking powder     |
| 4 eggs  | ¾ tsp. salt              |
|   | ¾ C. confectioners sugar |

In a large bowl, blend sugar, oleo and chocolate. Add eggs, one at a time, until well blended. Mix in vanilla. Combine flour, baking powder and salt. Gradually add to chocolate mixture, mixing well after each addition. Cover and chill 2 hours or overnight. Drop mixture by round teaspoon into powdered sugar, coating lightly, then shape into ball. Place on greased baking sheet, flatten slightly. Bake at 350° for 12-14 minutes.

## CHIP COOKIES

*Don Ella Reed*

- |                  |   |
|------------------|---|
| 1 C. brown sugar | 1 tsp. soda                                   |
| 1 C. white sugar | 1 tsp. cream of tartar                        |
| 1 C. margarine   | 1 C. coconut                                  |
| 1 C. salad oil   | 1 C. oats                                     |
| 1 egg            | 1 C. Rice Krispies                            |
| 2 tsp. vanilla   | 1 C. nuts (chopped)                           |
| 3½ C. flour      | 1 C. chocolate chips or<br>butterscotch chips |
| 1 tsp. salt      |   |

Cream sugars and margarine. Add salad oil, egg and vanilla. Add remaining ingredients. Drop by teaspoon. Bake at 350° for 12-15 minutes.

## **DOUBLE CHOCOLATE PEANUT BUTTER COOKIE** *Jan Ford*

- |                           |  |
|---------------------------|--|
| 1 C. brown sugar (packed) | 2 C. flour                                   |
| ½ C. butter or margarine  | ¼ tsp. salt                                  |
| ½ C. vegetable shortening | ½ C. miniature semi-sweet<br>chocolate chips |
| ½ C. creamy peanut butter | 36 miniature peanut butter cups              |
| 1 egg                     | 2½ C. oatmeal                                |
| 2 tsp. vanilla            |  |

Heat oven to 350°. In a large mixing bowl, combine sugar, butter, shortening, peanut butter, egg and vanilla. Beat at medium speed or electric mixer until well blended. Add oats, flour and salt. Beat at low speed until soft dough forms. Stir in chips. Shape dough into 1¼-inch balls. Place balls 2-inches apart on ungreased cookie sheet. Bake for 10-14 minutes or until set. Immediately press peanut butter cup into center of each cookie. Let cool for 2 minutes before removing from cookie sheets. Cool completely before storing.

## **CHIP COOKIES** *Elizabeth Schafer*

- |                      |  |
|----------------------|--|
| 1 C. sugar           | 2 C. oatmeal                                       |
| 1 C. brown sugar     | 2 C. flour   |
| 2 eggs               | 1 tsp. baking soda                                 |
| 1 tsp. vanilla       | 1 (12 oz.) pkg. chocolate or<br>butterscotch chips |
| ½ tsp. baking powder |  |

Cream oleo and sugars. Add eggs and vanilla. Stir in dry ingredients, oatmeal and chips. Drop by spoonful on ungreased cookie sheet or spread in 10×13-inch pan for bars. Bake 10-18 minutes at 375°.

## **CHOCOLATE CHIPS COOKIES** *Phyllis Reed Brandes*

- |                           |                        |
|---------------------------|------------------------|
| 2 C. white sugar          | 4 C. flour             |
| 1 C. brown sugar (packed) | 2 tsp. soda            |
| ¾ C. Crisco               | 1 tsp. salt            |
| 1 C. oleo                 | 3-4 C. vanilla         |
| 4 eggs                    | 1 pkg. chocolate chips |

Cream first 4 ingredients. Add eggs; mix. Add flour, soda, salt and vanilla. Mix and slowly add rest of flour, mixing constantly. Add chips and mix in. Bake at 350° for 8-10 minutes.

## EASY CHOCOLATE CHIP COOKIES

*Cindy Haugland*

2¼ C. flour	1 tsp. vanilla
1 tsp. soda	1 (3 oz.) box instant vanilla pudding
1 C. margarine (softened)	2 eggs
¼ C. sugar	12 oz. chocolate chips
¾ C. brown sugar	

Mix first 2 ingredients together and set aside. In another bowl, beat next 5 ingredients together until smooth. Beat in 2 eggs and add flour mixture. Stir in chocolate chips. Bake at 375° for 8-10 minutes. Makes small batch.

## CHOCOLATE CHIP OATMEAL COOKIES

*Sheila Shafer*

¾ C. white sugar	1¾ C. flour
¾ C. brown sugar (packed)	1 tsp. soda dissolved in 1 T. warm water
1 stick oleo	¾ tsp. salt
2 T. (heaping) Crisco	2 C. oatmeal
2 eggs	12 oz. chocolate chips
1 T. vanilla	

Preheat oven to 350°. Cream oleo, Crisco and sugars; add remaining ingredients. Mix well.

## CHOCOLATE CHIP OATMEAL COOKIES

*Angie Glendenning*

½ C. shortening	½ tsp. vanilla
½ C. brown sugar	½ tsp. soda
½ C. white sugar	½ tsp. salt
1 egg (beaten)	¾ C. flour (sifted)
1 T. water	1½ C. oats (uncooked)
	1¼ C. chocolate chips

Cream shortenings and sugars. Add egg, water and vanilla. Sift and add the flour, salt, soda. Stir in oats and chocolate chips. Drop on greased cookie sheet and bake at 350° for 8 minutes.

## CHOCOLATE OATMEAL COOKIES

*In Memory of Mildred Hayes  
(Submitted by Dixie Baker)*

- |                  |                                  |
|------------------|----------------------------------|
| 1 C. shortening  | 2 C. rolled oats                 |
| ¾ C. brown sugar | 1½ C. flour                      |
| ¾ C. white sugar | 1 tsp. soda                      |
| 2 eggs           | 1 tsp. hot water                 |
| 1 tsp. vanilla   | 1 C. nuts (chopped)              |
| 1 tsp. salt      | 1 C. semi-sweet chocolate pieces |

Cream shortening. Add sugar. Add vanilla, unbeaten eggs, one at a time. Dissolve soda in hot water and add to eggs. Add oatmeal, stir well. Sift and measure flour; add. Blend in nuts and chocolate. Bake at 325° until done.

## CHOCOLATE CHIP COOKIES

*Josh Armstrong*

- |                             |                      |
|-----------------------------|----------------------|
| 2 C. butter                 | 2 tsp. vanilla       |
| 2 C. white sugar            | 4 C. flour           |
| 2 C. brown sugar            | 5 C. oatmeal         |
| 4 eggs                      | 1 tsp. salt          |
| 24 oz. chocolate chips      | 2 tsp. baking powder |
| 18 oz. Hershey bar (grated) | 2 tsp. soda          |
| 4 C. nuts (chopped)         |                      |

Cream sugars and butter, then add eggs. Mix well. Add flour, oatmeal, salt, baking powder and soda. Mix well. Add vanilla, chocolate chips, Hershey bar and nuts. Mix well. Roll into 1-inch balls. Place 2-inches apart on ungreased cookie sheet. Bake at 375° for 10-11 minutes.

## WHOLE WHEAT CHOCOLATE CHIP COOKIES

*Debra Repp*

- |                        |                                      |
|------------------------|--------------------------------------|
| 1 C. sugar             | 3 C. whole wheat flour               |
| 1 C. brown sugar       | 1 C. nuts (chopped)                  |
| ⅔ C. shortening        | 1 tsp. baking soda                   |
| ⅔ C. butter (softened) | 1 tsp. salt                          |
| 2 tsp. vanilla         | 1 (12 oz.) pkg. milk chocolate chips |
| 2 eggs                 |                                      |

Heat oven to 375°. Mix sugars, shortening, margarine, vanilla and eggs. Stir in remaining ingredients. Drop dough by rounded teaspoon about 2-inches apart onto ungreased cookie sheet. Bake until light brown, 8-10 minutes. Cool slightly; remove from cookie sheet. About 7 dozen cookies.

## NEIMAN MARCUS COOKIES

*Charlotte Summers*

- |                        |                                |
|------------------------|--------------------------------|
| 2 C. butter            | 1 tsp. salt                    |
| 4 C. flour             | 1 (8 oz.) Hershey bar (grated) |
| 2 tsp. soda            | 4 eggs                         |
| 5 C. blended oatmeal   | 2 tsp. baking powder           |
| 24 oz. chocolate chips | 2 tsp. vanilla                 |
| 2 C. brown sugar       | 3 C. nuts (chopped)            |

Measure oatmeal and blend in blender to a fine powder. Cream buter and sugar. Add eggs and vanilla. Mix with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place 2-inches apart on a cookie sheet. Bake 10 minutes at 375°. Makes 112 cookies.

## OATMEAL CHIP COOKIES

*Darlene Ricker*

- |                            |                         |
|----------------------------|-------------------------|
| ¾ C. brown sugar           | 1¾ C. quick oatmeal     |
| ¼ C. white sugar           | 1 C. flour              |
| ½ C. margarine (softened)  | ½ C. wheat flour        |
| ⅓ C. oil                   | ¼ C. wheat germ         |
| 2 eggs or ½ C. egg product | 1 tsp. soda             |
| ½ tsp. vanilla             | ½ C. chocolate chips    |
| ½ tsp. salt                | ½ C. butterscotch chips |

Combine sugar, margarine and oil, beat until light and fluffy. Add eggs and vanilla. Blend in flours, soda and salt. Add oats and chips. Drop heaped teaspoon 2-inches apart on cookie sheet. Bake 8-10 minutes at 350°.

## OATMEAL CHOCOLATE CHIP COOKIES

*Ardie Winemiller*

- |                  |                                 |
|------------------|---------------------------------|
| 2 C. shortening  | 2 tsp. salt                     |
| 2 C. sugar       | 2 tsp. soda                     |
| 2 C. brown sugar | 1 (16 oz.) pkg. chocolate chips |
| 2 tsp. vanilla   | 4 C. flour                      |
| 4 T. water       | 4 C. oatmeal                    |
| 4 eggs           |                                 |

Mix shortening and sugars. Add next 6 ingredients and mix well. Add flour and oatmeal; mix until all flour is moistened. Drop by spoonfuls on greased cookie sheet. Bake about 12 minutes at 350°.

## OATMEAL CHOCOLATE CHIP COOKIES

*Christine Doubleday*

- |                  |                       |
|------------------|-----------------------|
| 1 C. sugar       | 2 C. flour            |
| 1 C. brown sugar | 2 C. oatmeal          |
| ¾ C. margarine   | 1½ tsp. soda          |
| 2 eggs           | 1 tsp. baking powder  |
| 1½ tsp. vanilla  | 1½ C. chocolate chips |

Bake at 350° for 8-10 minutes.

## OATMEAL TOLL HOUSE COOKIES

*Wanda Adams*

- |                  |                        |
|------------------|------------------------|
| 1 C. shortening  | 1 tsp. salt            |
| ¾ C. brown sugar | 1 tsp. hot water       |
| ¾ C. white sugar | 2 C. quick oatmeal     |
| 2 eggs           | 1 C. nuts              |
| 1 tsp. soda      | 1 pkg. chocolate chips |

Bake at 350° just until they turn a light brown. Don't overbake, about 10 minutes.

## CHOCOROONS

*Beulah Hutchinson*

- |                              |                |
|------------------------------|----------------|
| 1½ C. flour (sifted)         | ¼ tsp. salt    |
| ⅔ C. Nestle Quik (chocolate) | ¼ C. sugar     |
| 1½ tsp. baking powder        | 2 egg yolks    |
| 1 T. milk                    | ½ tsp. vanilla |

### COCONUT FILLING:

- |                       |                           |
|-----------------------|---------------------------|
| 2 egg whites          | ½ tsp. vanilla            |
| 1 tsp. almond extract | ¼ C. sugar                |
|                       | 7 oz. pkg. grated coconut |

Sift flour with chocolate mix, baking powder and salt. Cream butter; add sugar and cream well. Add egg yolks, milk and vanilla; beat well. Blend in dry ingredients; mix well. Chill. Roll out dough ⅓ at a time on floured surface to 10½ × 5-inch rectangle. Cut lengthwise. Spread ⅓ filling on one side. Place one strip on top. Cut into ¾-inch slices. Place on ungreased cookie sheets. Bake at 325° for 12-15 minutes. Cool. Frost with 1 C. Nestle Quik chocolate mix, ¼ C. butter, ¼ C. boiling water, 2¼ C. confectioners sugar and 1 tsp. milk. Beat until thick.

## COCOA MINT SANDWICHES

Debra Reed Dodge

¾ C. margarine (softened)  
1 C. sugar  
1 egg  
½ tsp. vanilla  
2 C. flour

¾ C. cocoa  
1 tsp. baking powder  
½ tsp. soda  
½ tsp. salt  
¼ C. milk

Cream mixture of margarine and sugar. Add egg and vanilla. Beat well. Stir together flour, cocoa, baking powder, soda and salt. Add to creamed mixture alternately with milk; mix well. Form into 2 (10-inch) rolls. Cut into slices and place on ungreased cookie sheet. Bake at 325° for 10 minutes. Remove immediately from cookie sheet and place on rack. Assemble cooled cookies sandwich style with mint filling. For the mint filling, combine 1½ C. sifted powdered sugar, 3 T. softened oleo, 1 drop green food coloring, 1 or 2 drops peppermint flavoring. Blend until smooth and creamy.

## MILDRED'S COCONUT COOKIES

*In Memory of Mildred Dolecheck Hays  
(Submitted by Maynard and Carolyn Dolecheck)*

1 C. brown sugar  
1 C. white sugar  
2 eggs  
1 C. butter  
1 C. oatmeal  
1 C. corn flakes

1 C. coconut  
¾ C. nuts (chopped)  
1 tsp. baking soda  
1 tsp. baking powder  
2 C. flour

Beat eggs and butter; add sugars and beat. Stir in all other ingredients. If too dry, add 2 tsp. milk. Drop by teaspoon onto baking sheet. Bake at 350° for 10-12 minutes.

*People who fly into a rage always make a bad landing.*

## COOKIE MIX

*In Memory of Edna Shields  
(Submitted by Jayla Shelman)*

### MIX RECIPE:

8 C. flour	6 C. brown sugar
4 tsp. salt	3 C. shortening
2 tsp. baking powder	8 C. oatmeal
2 tsp. soda	

### RECIPE FOR COOKIES:

6 C. cookie mix	½ tsp. vanilla
2 eggs (beaten)	Chocolate chips, nuts or raisins (optional)
½ C. milk	

Sift flour, salt, baking powder and soda. Cut in shortening until mixture is crumbly. Stir in oatmeal. Mix well. Keeps indefinitely on cupboard shelf.

## COOKIE POPS

*Angela Reynolds*

1 C. sugar	1 tsp. baking powder
1 C. margarine	1 tsp. baking soda
1 C. brown sugar (packed)	½ tsp. salt
1 C. peanut butter	20 Snickers or Milky Way fun size candy bars
2 eggs	20 wooden sticks
2 tsp. vanilla	
3 C. flour	

Combine sugars, margarine, peanut butter, vanilla and eggs. Add flour, baking powder, baking soda and salt. Securely insert a wooden stick into the small end of the candy bar. Shape dough around each candy bar, making sure candy bar is completely covered. Place 4-inches apart on ungreased cookie sheet. Bake at 375° for 8-10 minutes or until golden brown. Cool 10 minutes on cookie sheet before removing to cooling rack. Cool completely.

**CRACKERJACK COOKIES**

Marla Crawford

- |                  |                           |
|------------------|---------------------------|
| 1 C. oleo        | 1 tsp. baking powder      |
| 1 C. brown sugar | 1 tsp. soda               |
| 1 C. white sugar | 2 C. oatmeal              |
| 2 eggs           | 1 C. coconut              |
| 2 tsp. vanilla   | 2 C. Rice Krispies        |
| 1½ C. flour      | ½ pkg. butterscotch chips |

Mix oleo, sugar and eggs. Add vanilla. Sift flour, baking powder and soda. Stir in oatmeal and coconut. Mix in Rice Krispies by hand. Drop by teaspoonful onto greased cookie sheet. Bake at 350° for 10-12 minutes. Do not overbake.

**CRUNCHY COOKIES**

Deb Repp

- |                        |               |
|------------------------|---------------|
| 1 C. whole wheat flour | ¼ tsp. nutmeg |
| ⅓ C. powdered milk     | ¼ tsp. cloves |
| ¼ C. wheat germ        | 1 C. butter   |
| ¼ C. bran              | 1 C. honey    |
| 1 tsp. baking soda     | 2 eggs        |
| 1 tsp. baking powder   | 2 C. oats     |
| ½ tsp. salt            | ½ C. pecans   |
| ½ tsp. cinnamon        | ½ C. dates    |
| ½ tsp. allspice        |               |

Cream butter, honey. Add eggs. Sift together flour, milk, germ, bran, soda, baking powder, salt and spices. Combine creamed mixture and dry ingredients. Stir in by hand oats, dates, pecans. Drop onto greased sheet. Bake at 350° for 10-12 minutes. NOTE: I have made with ½ C. white flour and ½ C. wheat flour.

*Horse sense is what keeps horses from betting on people.*

## DATE COOKIES

*Verla Repp*

- |                         |                  |
|-------------------------|------------------|
| 1 C. brown sugar        | 1 tsp. soda      |
| 1 C. white sugar        | 1 tsp. vanilla   |
| 1 C. lard or shortening | 1 lb. date meats |
| 3 eggs                  | ½ C. sugar       |
| 4 C. flour              | 1 C. water       |

Cream sugars, shortening and eggs. Add vanilla. Sift flour and soda. Mix with creamed mixture. Chill cookie dough over night or few hours. Cook the dates, sugar and water until thick. Cool. Roll out cookie dough to ⅓-inch thick. Spread with date mixture on cookie dough. Roll dough like cinnamon rolls. Refrigerate rolled cookies for a couple hours. Slice cookies and bake at 350° for 8-10 minutes. Cookie roll can be frozen and baked later.

## DIABETIC APPLE COOKIES

*Iona Triggs*

- |                       |                           |
|-----------------------|---------------------------|
| ¾ C. water            | ½ C. vegetable shortening |
| 1 C. seedless raisins | ¾ C. apples (shredded)    |
| 2 T. sweetener        | 1 tsp. soda               |
| ½ tsp. cinnamon       | 1⅔ C. flour               |
| ¼ tsp. nutmeg         | 1 tsp. vanilla            |
| ½ tsp. salt           | ¼ C. nuts                 |
| 1 egg or egg beaters  | ¼ C. oatmeal              |

Cook for 3 minutes in a saucepan, water, raisins, sweetener, cinnamon and nutmeg. Remove from heat, cool, then add the rest of ingredients. Drop by teaspoons on ungreased cookie sheet. Bake at 350° until done.

## DIABETIC PEANUT BUTTER COOKIES

*Vera Moore*

- |                           |                      |
|---------------------------|----------------------|
| ½ C. liquid margarine     | ¼ C. sugar           |
| ¼ C. creamy peanut butter | 2 C. flour           |
| ¼ C. orange juice         | 2 tsp. baking powder |
| ¼ C. water                | 1 egg                |
| 1 tsp. vanilla            |                      |

Bake at 350° for 10-12 minutes. Makes 32 cookies. Combine all ingredients in a large bowl. Mix good. Chill for 2 hours. Roll into balls and place on baking sheet 1½-2 inches apart. Press down with a fork.

## DIABETIC SPICE COOKIES

Iona Triggs

1¼ C. water  
⅓ C. shortening  
½ tsp. nutmeg  
2 tsp. cinnamon  
1 C. seedless raisins  
2 eggs  
2 T. water

¼ C. brown sugar twin  
¼ C. white sugar twin  
½ tsp. salt  
2 C. flour (sifted)  
1 tsp. baking powder  
1 tsp. baking soda

Combine water, shortening, nutmeg, cinnamon and raisins and boil together for 3 minutes. Cool, add 2 eggs and 2 T. water, sugar twins, salt, flour, baking powder and baking soda. Beat well and drop dough by spoonfuls onto greased cookie sheet. Bake at 350° for 10-12 minutes. This recipe makes 48-52 cookies.

## DROP COOKIES

*In Memory of Edna Shields  
(Submitted by Phyllis Kimball)*

1 C. brown sugar  
1 C. white sugar  
1 C. shortening  
1 egg  
1 C. cold coffee  
3 tsp. baking powder  
1 tsp. soda

Dash salt  
1 C. raisins or dates  
1 C. nuts  
1 tsp. cinnamon  
½ tsp. allspice  
4 C. flour

Cream together brown sugar, white sugar, shortening. Add egg and coffee. Mix. Add baking powder, soda, salt, raisins or dates, nuts, cinnamon and allspice. Mix well. Add flour and mix well. Drop by teaspoon onto greased cookie sheet. Bake at 340° for 10-12 minutes. Very good.

*The greatest honor we can bestow on truth is to use it.*

# EASTER STORY COOKIES

*Diane England*

1 C. whole pecans	Ziploc bag
1 tsp. vinegar	Wooden spoons
3 egg whites	Tape
Pinch salt	Bible
1 C. sugar	

Preheat oven to 300°. This has to be done before you begin! Place pecans in Ziploc bag. Let children beat the pecans with wooden spoons until crumbly. Explain that after Jesus was arrested, He was beaten by the Roman Soldiers. Read John 19:1-3. Let each child smell the vinegar. Place vinegar in a mixing bowl. Explain that when Jesus was thirsty on the cross, He was given vinegar to drink. Read John 19:28-30. Add egg whites to vinegar. Explain that the eggs represent life and Jesus gave His life to give us life. Read John 10:10-11. Sprinkle a little of the salt into each child's hand. Let them taste it and explain that it represents that salty tears shed by Jesus' followers and for the bitterness of our own sins. Add salt to mixing bowl. Read Luke 23:27. So far the ingredients are not very appetizing. Add the sugar. Explain that the sweetest part of the story is that Jesus died because He loves us and wants us to know and belong to him. Read Ps. 34:8 and John 3:16. Beat with a mixer on high speed for 12-15 minutes until stiff peaks form. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3. Fold in nuts. Drop by teaspoon onto wax paper lined cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60. Turn the oven off and place the cookie sheet inside. Have each child "seal" the door with a piece of tape. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66. Go to bed! Explain they may feel a little sad leaving the cookies in the oven overnight. Also, Jesus' followers were sad when the tomb was sealed. Read John 16:20 and 22. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb opened and empty. Read Matthew 28:1-9.

## FROSTED CREAMS

*Helen C. Terry*

- 1 C. oleo
- 1½ C. white sugar
- 2 eggs
- 2½ C. flour

- 1 C. raisins (add water to make  
1 C. liquid after cooking)
- 1 tsp. cinnamon
- 1 tsp. soda in flour

Cream oleo and add sugar, then eggs. Add flour, cinnamon and soda alternately with raisins/liquid. Mix thoroughly. Bake in jelly roll pan at 350° for 30 minutes. For the frosting, cook 1 C. brown sugar with enough milk to moisten and 1 T. butter until it bubbles. Let cool and stir in powdered sugar. Also vanilla.

## FRUIT COCKTAIL COOKIES

*Ellen Powell*

- 1 C. fruit cocktail (drained)
- 3 C. brown sugar
- ½ C. white sugar
- 1 C. shortening
- 3 eggs
- 1 C. nuts (chopped)

- 4 C. flour
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. soda
- 1 tsp. baking powder
- 1 tsp. salt

Beat sugars and shortening. Add eggs, one at a time, beating well. Stir in fruit and nuts. Mix remaining ingredients together and add to mixture. Place on a greased cookie sheet and bake 10-15 minutes at 375°.

## FRUIT COCKTAIL COOKIES

*Norma Creveling*

- 1 C. shortening
- 1 C. brown sugar
- 1 C. white sugar
- 3 eggs
- 4 C. flour
- 1 tsp. baking soda
- 1 tsp. baking powder

- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. vanilla
- 1 C. raisins (cooked & cooled)
- 2 C. fruit cocktail (drained)
- 1½ C. nuts (chopped)

Cream together sugars and shortening. Add eggs, one at a time; beat after each addition. Sift dry ingredients and add to creamed mixture. Add rest of ingredients. Drop on greased cookie sheet and bake 10-12 minutes in 375° oven.

## SOFT GINGER COOKIES

Betty Jones

- |                                |                    |
|--------------------------------|--------------------|
| ¾ C. oleo or butter (softened) | 2½ C. flour        |
| ¾ C. white sugar               | 1/8 tsp. salt      |
| 1 egg                          | 1 tsp. baking soda |
| ½ C. light molasses            |                    |

Beat together until creamy first 4 ingredients. Then fold in dry ingredients. Chill overnight or in freezer 1 hour. Take by teaspoon and roll in shape of a small ball. Roll in granulated sugar. Bake 10 minutes at 350°.

## VERA'S GINGERSNAPS

Vera Moore

- |                     |                  |
|---------------------|------------------|
| 2 C. flour (sifted) | 1 tsp. cinnamon  |
| ½ tsp. salt         | ¾ C. shortening  |
| 2 tsp. soda         | 1 C. sugar       |
| ½ tsp. cloves       | 1 egg (unbeaten) |
| ½ tsp. ginger       | ¼ C. molasses    |

Sift flour, salt, soda, cloves, ginger and cinnamon together. Beat sugar and shortening until light and fluffy. Add 1 unbeaten egg. Stir in molasses. Add flour mixture ⅓ at a time. Shape dough into 1-inch balls and roll in extra sugar. Flatten with bottom of glass dipped in sugar. Bake 10-12 minutes at 350° on ungreased cookie sheet. Watch carefully. Cool on rack.

## KRINGLA

Judy Wilt

- |                 |                      |
|-----------------|----------------------|
| 1 C. oleo       | 2 tsp. soda          |
| 2 C. sugar      | 1 tsp. salt          |
| 2 eggs          | 2 tsp. baking powder |
| 2 C. buttermilk | 6½-7 C. flour        |

Mix in order given. Cover and refrigerate 4 hours or overnight. Pinch off dough (about the size of a walnut) and roll like a snake. Place on a cookie sheet in the shape of a figure 8 or pretzel. Use plenty of flour on your hands. Bake 10 minutes at 350° or until they just start to brown.

## **GALAXY COOKIES**

*Allan Baker*

½ C. butter or margarine (soft)  
¾ C. confectioners sugar  
1 T. vanilla  
Food color, if desired  
1½ C. all purpose flour

1/8 tsp. salt  
Dates, nuts, semi-sweet chocolate  
pieces, and candied or  
maraschino cherries  
Icing (below)

Heat oven to 350°. Mix thoroughly butter, sugar, vanilla and a few drops food color. Work in flour and salt until dough holds together. If dough is dry, mix in 1-2 T. light cream. Mold dough by tablespoon around date, nut, cherry or a few chocolate pieces. Place cookies about 1-inch apart on ungreased baking sheet. Bake 12-15 minutes or until set but not brown. Cool; dip tops of cookies into icing. If desired, decorate with coconut, nuts, colored sugar, candies, chocolate pieces or chocolate shot. Makes 20-25 cookies. For the icing, mix 1 C. confectioners sugar, 2½ T. light cream or 1½ T. milk and 1 tsp. vanilla until smooth. If desired, stir in few drops food color. For a chocolate icing, increase light cream to 3 T. or milk to 2 T. and stir in 1 oz. melted unsweetened chocolate (cool). **VARIATIONS:** Brown Sugar Galaxy Cookies: substitute ½ C. brown sugar (packed) for the confectioners' sugar and omit food color. Chocolate galaxy cookies: omit food color and stir 1 oz. melted unsweetened chocolate (cool) into butter mixture.

## **KRINGLA COOKIES**

*Iona Triggs*

⅓ C. shortening or butter  
2 egg yolks  
1 C. sugar  
1 tsp. vanilla  
1 tsp. baking powder

1 tsp. soda  
½ tsp. salt  
3½ C. flour  
1¼ C. buttermilk

Preheat oven to 400°. Mix shortening, yolks, sugar. Add vanilla. Sift dry ingredients. Alternate flour and milk into shortening mixture. Refrigerate overnight. Drop by teaspoons into flour. Roll around into snake then circle or figure eight the cookie. Bake on greased cookie sheet about 8 minutes. Cool slightly, remove from pan.

## MACADAMIA TOFFEE CHIP COOKIES

*Shirley Wallace*

- |                                       |  |
|---------------------------------------|--|
| 1½ C. unsalted butter<br>(room temp.) | 2 C. cake flour (not self rising)          |
| 1 C. granulated sugar                 | 2 tsp. baking soda                         |
| ⅔ C. light brown sugar (packed)       | 1 tsp. salt                                |
| 2 large eggs                          | 3 C. toffee chips                          |
| 1 tsp. pure vanilla extract           | 2½ C. macadamia nuts<br>(coarsely chopped) |
| 2 C. all purpose flour                |  |

Preheat oven to 350°. Spray cookie sheet. In a bowl with electric mixer, combine butter and sugars. Beat until light and fluffy. Scrape down sides, add eggs and vanilla extract; beat until combined. In another bowl, whisk flour, baking soda and salt until combined. Mix in toffee chips and macadamia nuts. Scoop dough onto prepared cookie sheets using ½ of ice cream scoop. Place 2-inches apart. Flatten cookies with the palm of your hand. Bake until golden, about 15 minutes. Cool slightly before removing to cool. Store in an airtight container for up to 1 week. I freeze them and they last longer.

## SOFT MOLASSES COOKIES

*Linda Winkler*

- |                    |                      |
|--------------------|----------------------|
| 2 C. sugar         | 1 tsp. salt          |
| 1½ C. shortening   | 4 tsp. soda          |
| 2 eggs             | 2 tsp. cinnamon      |
| ½ C. dark molasses | 3 tsp. ground ginger |
| 4 C. flour         | ¾ tsp. ground cloves |

Mix ingredients as listed in order. Chill dough for at least 1 hour. Make into walnut size balls and roll in sugar. Bake at 350° for 10 minutes until cookies start to flatten and crack on top.

## MOLASSES COOKIES

*Mary Grose*

- |                 |                |
|-----------------|----------------|
| 2½ C. flour     | ¼ tsp. salt    |
| 2 tsp. soda     | 1 C. sugar     |
| 1 tsp. ginger   | 1 egg (beaten) |
| 1 tsp. cinnamon | 4 T. sorghum   |
| ¾ C. shortening |                |

Cream together shortening, sugar, molasses and egg. Beat well. Add remaining ingredients. Roll in small balls. Roll in sugar. Place on an ungreased cookie sheet. Do not flatten. Bake 8-10 minutes at 375°.

## M & M BUTTERSCOTCH COOKIES

Melinda England

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 C. butter or margarine (soft) | 2 C. flour                   |
| ½ C. white sugar                | ½ tsp. baking soda           |
| ½ C. brown sugar                | 1/8 tsp. salt                |
| 1 egg                           | 6 oz. M & M mini baking bits |
| 1 tsp. vanilla                  | 6 oz. butterscotch chips     |
|                                 | Nuts (optional)              |

Cream butter and sugars until light and fluffy; beat in egg and vanilla. Add flour, baking soda and salt. Stir in M & M's and butterscotch chips and nuts. Drop by teaspoons on ungreased cookie sheet. Bake 10-13 minutes or until edges are lightly browned and centers are still soft. Do not over-bake. Bake at 350°. Store in air tight container. Makes 3 dozen cookies.

## M & M PIZZA

Angela Reynolds

- |                    |              |
|--------------------|--------------|
| 1 C. margarine     | 1¼ C. flour  |
| 1 C. peanut butter | ½ tsp. salt  |
| 1 C. sugar         | 1 C. M & M's |
| 1 C. brown sugar   | 1 tsp. soda  |
| 2 eggs             | 2¼ C. oats   |

Beat sugars, peanut butter and margarine. Blend eggs. Add flour, soda and salt. Mix well. Stir in oats and ⅓ C. M & M's. Foil your pizza pan then grease. Bake 2 pizza's at 325° for 15 minutes.

## MONSTER COOKIES

Donna Kemery

- |                           |                      |
|---------------------------|----------------------|
| 1½ C. peanut butter       | 1 C. brown sugar     |
| 3 eggs                    | 2 tsp. baking soda   |
| 1 stick butter (softened) | 4½ C. quick oats     |
| 1 T. Karo syrup           | 1 C. chocolate chips |
| 1 tsp. vanilla            | 1 C. M & M's         |
| 1 C. sugar                |                      |

Mix first 5 ingredients together. Add sugars, baking soda and mix well. Stir in quick oats 1 cup at a time. Add chocolate chips and M & M's. Bake at 350° for 12-15 minutes.

## MONSTER COOKIES

*Brett England*

- |                      |                                 |
|----------------------|---------------------------------|
| 12 eggs              | 8 tsp. soda                     |
| 2 lbs. brown sugar   | 4 sticks butter (softened)      |
| 4 C. sugar           | 1 T. vanilla                    |
| 3 lbs. peanut butter | 18 cups oatmeal                 |
| 1 lb. M & M's        | 1 (12 oz.) pkg. chocolate chips |

Mix eggs, brown sugar, sugar, soda, butter and vanilla. Add remaining ingredients. Mix together well. Bake at 350° for 12 minutes.

## MONSTER COOKIES

*Brenda Karr*

- |                      |                                |
|----------------------|--------------------------------|
| 1 dozen eggs         | 8 tsp. baking soda             |
| 1 lb. margarine      | 18 C. quick oatmeal            |
| 2 lbs. brown sugar   | 1 lb. chocolate chips          |
| 4 C. white sugar     | 1 lb. nuts (chopped, optional) |
| ¼ C. vanilla         | 1 lb. M & M's                  |
| 3 lbs. peanut butter |                                |

Beat first 5 ingredients in a large bowl. Add next 3 ingredients and blend. Add last 3 ingredients and stir. Drop by spoonfuls onto cookie sheet. Bake for 10-12 minutes at 350°.

## GRANDMA DEUTSCHS OATMEAL COOKIES

*Amanda Miller*

- |                  |                      |
|------------------|----------------------|
| 1 C. shortening  | 1 C. brown sugar     |
| 1 C. white sugar | 2 eggs               |
| 3 C. oatmeal     | 1½ C. flour          |
| 1 tsp. soda      | 1 tsp. salt          |
| 1 tsp. vanilla   | ½ C. nuts (optional) |

Cream shortening, sugars, add eggs and vanilla. Add dry ingredients. Mix and drop on greased cookie sheet by teaspoon. Bake at 350° for 10 minutes. Family favorite. Grandma Deutsch used to give each family a coffee can of her cookies every Christmas. There were 8 kids and several married grandchildren, 23 in all. She would bake them and freeze them in the cans, then decorate the cans with wrapping paper with a box on top.

**OATMEAL COOKIES***In Memory of Mildred Hays  
(Submitted by Deb Repp)*

- |                  |                |
|------------------|----------------|
| 1 C. shortening  | 3 C. flour     |
| 1 C. white sugar | 1 tsp. soda    |
| 3 C. rolled oats | ½ C. hot water |

Cream shortening. Add sugar. Dissolve soda into hot water and combine with sugar and shortening. Add oatmeal, stir well. Sift and measure flour and add. Roll dough very thin, cut out and bake in hot oven. I assume 350° for 5-10 minutes, depending on how thick cookie is.

**OATMEAL COOKIES***In Memory of Lucille Adams  
(Submitted by Verla Repp)*

- |                 |                 |
|-----------------|-----------------|
| 1 C. shortening | 1 tsp. soda     |
| 2 C. sugar      | 1 tsp. cinnamon |
| 2 eggs          | 1 tsp. cloves   |
| 3 C. flour      | 1 tsp. nutmeg   |
| 1 C. milk       | ½ C. nuts       |
| Pinch salt      | ½ C. raisins    |
|                 | 2 C. oatmeal    |

Cream together shortening, sugar, eggs. Mix dry ingredients together. Combine creamed mixture. Alternate with dry ingredients and milk, until mixed. Then add nuts, raisins and oatmeal. Drop by teaspoons onto greased cookie sheet. Bake at 350° for 8-10 minutes. Makes 4 dozen.

**OATMEAL SCOTCHIES***Lois Hays Irwin*

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 C. butter (softened)    | 1 tsp. salt                      |
| ½ C. brown sugar (packed) | ½ C. quick oats (uncooked)       |
| 2 eggs                    | 12 oz. pkg. butterscotch morsels |
| 1 T. water                | Nuts, if desired                 |
| 2 C. flour                | ½ tsp. orange extract            |
| 2 tsp. baking powder      |                                  |

Beat together butter, sugar, eggs and water until creamy. Combine dry ingredients and blend into butter mixture. Mix in oats, morsels, nuts and extract. Drop slightly rounded tablespoonfuls onto greased cookie sheet. Bake at 375° for 10-12 minutes. Makes 4 dozen 3-inch cookies.

## ORANGE COOKIES

*Lois Hays Irwin*

- |                         |                      |
|-------------------------|----------------------|
| 1 C. shortening         | 2 tsp. baking powder |
| 1½ C. brown sugar       | 1 tsp. soda          |
| 2 eggs                  | 3½ C. flour (sifted) |
| Grated rind of 1 orange | 1 C. sour milk       |
| ¼ tsp. salt             |                      |

Cream shortening, sugar and eggs. Sift flour, salt, baking powder and soda together. Add sour milk to creamed mixture. Add sifted ingredients and grated rind and mix well. Drop by spoon on baking sheet. Bake at 350°.

### ICING FOR COOKIES:

- |                     |             |
|---------------------|-------------|
| 2 C. powdered sugar | 2 T. butter |
| ¼ C. orange juice   |             |

Cream together and frost cookies.

## ORANGE FILLED TURNOVERS

*Allan Baker*

### DOUGH:

- |                 |             |
|-----------------|-------------|
| ½ C. shortening | 2½ C. flour |
| 1 C. sugar      | ½ tsp. salt |
| 2 eggs          | ¼ tsp. soda |
| 1 tsp. vanilla  |             |

### ORANGE FILLING:

- |                 |                           |
|-----------------|---------------------------|
| 1 C. sugar      | 1½ C. orange juice        |
| ¼ C. cornstarch | 2 T. orange peel (grated) |
| ½ tsp. salt     | 2 T. butter               |

Cream shortening, sugar and eggs. Add vanilla. Sift flour, salt and soda. Mix together. Chill 1 hour. Heat oven to 400°. Roll dough 1/16-inch thick on lightly floured board. Cut into 3-inch circles or squares. Spoon 1 tsp. filling on half of each circle. Fold dough over filling press edges together. Place 1-inch apart on ungreased baking sheet. Brush with milk, sprinkle with sugar. Bake 8-10 minutes or until brown. Immediately remove from baking sheet. Makes 4½ dozen. Orange filling directions: combine sugar, cornstarch, salt, orange juice. Cook over medium heat. Stir until mixture thickens. Boil and stir 2 minutes. Stir in orange peel and butter. Cool thoroughly.

## ORANGE SLICE COOKIES

*Dora Ann Shields*

1 C. butter (softened)  
2 eggs  
1½ C. white sugar  
¾ C. brown sugar  
1 tsp. vanilla  
1 tsp. orange extract  
1 tsp. milk

2½ C. flour  
1 tsp. baking powder  
1 tsp. soda  
1 tsp. salt  
2 C. quick oatmeal  
1 C. coconut  
1½ lbs. orange slices (diced)  
¾-1 C. ground nuts

Mix butter, eggs and sugar. Then add vanilla, orange extract and milk. Stir well. Then add the dry ingredients. I mix all dry ingredients together plus the orange slices and nuts. That way the orange slices are coated with flour. Mix well. Place in refrigerator to chill for 3-4 hours or overnight. Bake at 350° for 8-10 minutes.

## ORANGE SLICE COOKIES

*Chris Hinshaw*

1½ C. brown sugar  
½ C. shortening  
2 eggs  
2 C. flour  
1 tsp. soda

½ tsp. salt  
1 lb. orange slice candy  
½ C. flaked coconut or nuts  
½ C. quick cooking oatmeal

Cream sugar and shortening. Beat in eggs. Sift 1½ C. flour, soda and salt. Blend into creamed mixture. Cut orange slices into small pieces and mix with remaining ½ C. of flour and add with remaining ingredients. Drop by teaspoon onto greased cookie sheet. Bake at 325° for 12 minutes. Yield 5 dozen.

## OVERNIGHT COOKIES

*Lois Hays Irwin*

2 C. brown sugar  
1 C. shortening  
3 eggs  
3-4 C. flour  
1 C. walnut meats (whole)

½ tsp. salt  
1 tsp. cream of tartar  
1 tsp. soda  
1 tsp. vanilla

Mix in order given. Shape into 2 rolls (approximately 3 × 8-inches each). Let stand in refrigerator overnight or freeze. Slice while cold. Bake at 350° for 10 minutes.

## PEANUT BLOSSOM COOKIES

*Iona Triggs*

- |                      |                |
|----------------------|----------------|
| 1/2 C. shortening    | 2 T. milk      |
| 1/2 C. peanut butter | 1 3/4 C. flour |
| 1/2 C. sugar         | 1 tsp. soda    |
| 1/2 C. brown sugar   | 1/2 tsp. salt  |
| 1 egg                | Star candy     |
| 1 tsp. vanilla       |                |

Bake at 375°. Cream together shortening, peanut butter and sugars. Add egg, vanilla, milk and beat well. Add dry ingredients. Mix well. Bake 10 minutes, remove from oven and add star candy. Bake 2-5 more minutes.

## GRANDMA GG'S STAR COOKIES

*Jodie Geist*

- |                         |                        |
|-------------------------|------------------------|
| 1 3/4 C. flour (sifted) | 1/2 C. white sugar     |
| 1 tsp. soda             | 1/2 C. brown sugar     |
| 1/2 tsp. salt           | 1 egg                  |
| 1/2 C. butter           | 1 tsp. vanilla         |
| 1/3 C. peanut butter    | 1 pkg. chocolate stars |

Sift together flour, soda and salt. Cream well butter and peanut butter. Gradually add egg and vanilla. Mix all together. Shape into balls and roll in white sugar. Bake in balls onn baking sheet at 350° for 8 minutes. Top with chocolate star. Return to oven, bake 2-5 minutes.

## FAVORITE PEANUTTY COOKIES

*Lois Hays Irwin*

- |                        |                             |
|------------------------|-----------------------------|
| 1 1/3 C. margarine     | 1 1/3 tsp. baking powder    |
| 1 2/3 C. peanut butter | 2 tsp. soda                 |
| 1 1/3 C. white sugar   | 1/4 tsp. salt               |
| 1 1/3 C. brown sugar   | 2 C. whole blanched peanuts |
| 4 eggs                 | (no skin)                   |
| 4 C. flour             |                             |

Cream margarine, peanut butter, sugars (brown and white). Add whole eggs. Blend dry ingredients in separate bowl. Add to creamed mixture. Mix well. Add whole peanuts. Drop by teaspoon on greased cookie sheet. Bake at 375° for 10-12 minutes.

## PEANUT BUTTER COOKIES

*Margaret Flitchall*

1 C. sugar  
1 egg

1 C. peanut butter

Mix peanut butter, sugar and beaten eggs. Roll into a ball with hands, then flatten with fork. Bake at 350° for 12 minutes. Do not have to grease cookie sheet. Remove to rack to cool. Fun to make and very tasty. Only 3 ingredients. Always amazes me. Makes 2 dozen.

## PEANUT BUTTER JAMMERS

*Neva Allee*

1 (14 oz.) can Eagle brand  
sweetened condensed milk  
½ C. peanut butter  
1 C. butter  
2 C. brown sugar (packed)  
1 tsp. baking soda

2 eggs  
2 tsp. vanilla  
2½ C. flour (unsifted)  
3 C. rolled oats  
½ C. jelly (any flavor)

Preheat oven to 350°. In a medium sized bowl, combine sweetened condensed milk and peanut butter; set aside. With mixer, beat butter in large bowl for 30 seconds. Add brown sugar and baking soda. Beat until combined. Beat in eggs and vanilla. Beat in as much of the flour as you can with the mixer. Stir in remaining flour and oats. Press  $\frac{2}{3}$  (about 3½ C.) of the oat mixture on bottom of ungreased 15 × 10-inch pan. Carefully spread peanut butter mixture over. Drop jelly in small dollops ( $\frac{1}{4}$ - $\frac{1}{2}$  tsp. each) evenly over peanut butter mixture. Dot with remaining oat mixture. Bake 25 minutes or until top is lightly browned. Cool. Cut into bars. Store covered at room temperature. Yield 60 bars.

## PEANUT BUTTER COOKIE

*In Memory of Ida M. Shields*

1 C. peanut butter  
½ C. shortening  
1 C. brown sugar  
1 C. white sugar

½ tsp. soda  
½ tsp. salt  
2 eggs  
Flour, to make stiff dough

Mix ingredients together. Drop onto cookie sheet. Flatten with fork dipped in sugar. Bake at 350°.

## SALTED PEANUT COOKIES

*Carol Hays*

- |                  |                         |
|------------------|-------------------------|
| 1 C. oleo        | 2 C. flour (sifted)     |
| 1 tsp. vanilla   | ½ tsp. soda             |
| 1 C. brown sugar | 1 tsp. baking powder    |
| 1 C. white sugar | 1 C. red salted peanuts |
| 2 eggs           | 1½ C. oatmeal           |

Cream oleo and sugar together until light and fluffy. Add eggs and vanilla; beat well. Sift dry ingredients together and add to creamed mixture. Stir in peanuts and oatmeal. Chill dough 2 hours and drop by teaspoons on greased cookie sheet. Bake at 350° for 10 minutes.

## PEANUT HEALTH COOKIES

*Margaret Fletchall*

### NUMBER 1:

- |                  |                |
|------------------|----------------|
| 2 C. brown sugar | 3 tsp. vanilla |
| 1 C. real butter | 2 eggs         |

### NUMBER 2:

- |             |                      |
|-------------|----------------------|
| 2 C. flour  | 1 tsp. baking powder |
| ½ tsp. soda |                      |

### NUMBER 3:

- |                     |                  |
|---------------------|------------------|
| 2 C. quick oatmeal  | 1 C. corn flakes |
| 1 C. salted peanuts |                  |

Cream brown sugar and butter. Then add vanilla and eggs. Mix well. Sift flour, soda, baking powder and add to number 1. Mix well and add number 3. Drop on cookie sheet and bake at 325° for 10 minutes on middle rack. Ovens vary.

## PINEAPPLE DROP COOKIES

*Hilda J. Van Patten*

- |                  |  |
|------------------|--|
| 1 C. shortening  | 2 tsp. baking powder                       |
| 1 C. white sugar | ¼ tsp. salt                                |
| 1 C. brown sugar | 1 small can crushed pineapple<br>(drained) |
| 2 eggs           | 2 C. flour                                 |
| 1 tsp. vanilla   |  |

Mix like cake and add pineapple. Drop by teaspoons on greased cookie sheet. Bake at 375° for 10-12 minutes.

## PRIDE OF IOWA COOKIES

*Barb Pottorff*

- |                  |                      |
|------------------|----------------------|
| 1 C. sugar       | 1 tsp. soda          |
| 1 C. brown sugar | 1 tsp. baking powder |
| 1 C. shortening  | 1 tsp. vanilla       |
| 2 eggs           | 1 C. coconut         |
| 2 C. flour       | ½ C. nuts (chopped)  |
| ½ tsp. salt      | 1 C. quick oatmeal   |

Blend the sugars and shortening well. Add beaten eggs. Sift the flour, salt, soda and baking powder together and mix well. Stir in the vanilla, coconut, nuts and oatmeal. Mix well. Drop by teaspoon on greased cookie sheets. Flatten with fork. bake for 8 minutes at 375°. Makes 5 dozen large cookies.

## RANGER COOKIES

*Melinda England*

- |                  |                                 |
|------------------|---------------------------------|
| 1 C. shortening  | 1 tsp. soda                     |
| 1 C. white sugar | ½ tsp. baking powder            |
| 1 C. brown sugar | ½ tsp. salt                     |
| 2 eggs           | 2 C. oatmeal                    |
| 1 tsp. vanilla   | 2 C. rice cereal                |
| 2 C. flour       | 1 C. coconut or nuts (optional) |

Cream shortening and sugar. Add eggs and vanilla. Blend in flour, soda, baking powder and salt. Add remaining ingredients. Bake at 350° for 8-10 minutes.

## RANGER COOKIES

*Mary Grose*

- |                  |                      |
|------------------|----------------------|
| 1 C. margarine   | 2 C. flour           |
| 1 C. white sugar | 2 C. oatmeal         |
| 1 C. brown sugar | 1 tsp. soda          |
| 2 eggs           | ½ tsp. baking powder |
| 1 C. coconut     | ¼ tsp. salt          |
| 2 C. corn flakes | 1 tsp. vanilla       |

Cream shortening and sugars together. Add eggs, one at a time. Mix soda, baking powder, salt with flour and add. Mix thoroughly and add vanilla, corn flakes, coconut and oatmeal. Make in small balls and press with a fork. Bake 10-12 minutes in a 350° oven.

## **MILDRED'S REFRIGERATOR COOKIES** *In Memory of Mildred Dolecheck Hays* (Submitted by Maynard and Carolyn Dolecheck)

1 C. butter	½ tsp. baking soda
2 C. brown sugar	1 tsp. salt
2 eggs (beaten)	1 C. coconut
2½ C. flour	1 C. nuts (chopped)
½ tsp. baking powder	

Cream butter and sugar. Add the eggs and mix well. Stir the dry ingredients together and add to first mixture. Stir in coconut and nuts. Form into a roll and wrap in waxed paper. Keep in refrigerator overnight. Slice and bake at 375° for 10 minutes.

## **SALTED NUT ROLLS**

*Judy Hensley*

3 C. flour	1½ C. brown sugar
1 tsp. salt	1 C. oleo (softened)
2 C. mixed nuts (chopped)	½ C. corn syrup
2 T. oleo	1 T. water
6 oz. butterscotch chips	

Preheat oven to 350°. Combine flour, brown sugar, salt and 1 C. oleo. Mix well. Press into 10 × 15-inch pan and bake 10-12 minutes. Sprinkle nuts over baked crust. Combine corn syrup, 2 T. oleo, water and chips; boil 2 minutes, stirring constantly. Pour over nuts. Bake 10-12 minutes. Cool and cut. Makes 3 dozen.

## **SCOTCH SHORTBREAD**

*Monte and Sherri Parrott*

½ lb. butter	2 C. flour
½ C. sugar	

Cream sugar and butter. Gradually add flour. Mix well. Spread onto a cookie sheet, prick with fork and bake 40-45 minutes at 275°. Cut immediately into squares and cool on racks.

## SNICKERDOODLES

*Rhonda Baker Lovell*

- |   |                        |
|---|------------------------|
| 1 C. butter flavored vegetable shortening | 2 tsp. cream of tartar |
| 1½ C. sugar                               | 1 tsp. soda            |
| 2 eggs                                    | ¼ tsp. salt            |
| 2¾ C. flour                               | 2 tsp. cinnamon        |
|   | 2 T. sugar             |

Cream shortening, sugar and eggs. Sift and stir in flour, cream of tartar, soda and salt. In separate bowl, mix cinnamon and sugar. Roll dough into balls the size of walnuts, then roll in cinnamon and sugar mixture. Place on ungreased cookie sheet and bake at 400° until lightly browned but still soft, about 8-10 minutes. Will puff up then flatten out. Makes about 50. Note: Can bake in 10 × 15-inch pan for 15 minutes with cinnamon and sugar on top. Either way they are fantastic!

## GOOD SOUR CREAM DROP COOKIES

*Lois Hays Irwin*

- |                 |                            |
|-----------------|----------------------------|
| 1 C. sugar      | ½ tsp. salt                |
| ½ C. sour cream | ½ tsp. nutmeg (if desired) |
| ½ C. shortening | ½ tsp. soda                |
| 1 egg           | 2 tsp. baking powder       |
| 2 C. flour      | Nuts (chopped)             |

Cream shortening and sugar. Add egg and nuts. Sift dry ingredients and add alternately with sour cream. Mix well and drop in pan. Bake at 350° for 15 minutes.

## GRANDMA'S SOUR CREAM COOKIES

*Judy Hensley*

- |                |                    |
|----------------|--------------------|
| 1 C. sugar     | 1 C. sour cream    |
| 1 egg (beaten) | 1 tsp. soda        |
| 2½ C. flour    | ½ C. black walnuts |

Mix ingredients. Drop by teaspoon in mixture of ½ C. sugar and 1 tsp. cinnamon and roll into a ball. Bake about 10 minutes in 350° oven.

## **KIT'S SOUR CREAM COOKIES**

*Kris Quick*

2 sticks butter	2 C. sugar
3 eggs	1 T. vanilla
1 tsp. baking soda	2 tsp. baking powder
4½ C. flour	1 C. sour cream
3 T. butter	1 T. vanilla
1 T. milk	Orange juice
Powdered sugar	

Cream butter, sugar and 1 egg. Gradually add the 2 remaining eggs. Add vanilla. Mix well. Add the dry ingredients gradually (baking soda, baking powder, flour). Add the sour cream. Drop onto a cookie sheet using a cookie scoop. Bake at 350° until the cookie is light brown. Mix the frosting and frost while the cookie is warm. Mix 3 T. butter, 1 T. milk and 1 T. vanilla. Add 1 lb. powdered sugar. Mix in enough orange juice to get the correct consistency.

## **SOUR CREAM SUGAR COOKIES**

*Lucy Ricker*

6¾ C. flour	1½ C. shortening
¾ tsp. baking powder	2½ C. sugar
1½ tsp. soda	3 eggs (beaten)
1½ tsp. salt	1½ C. sour cream
1½ tsp. vanilla	

Cream shortening and sugar. Add beaten eggs, mix well and add vanilla. Sift dry ingredients, flour, baking powder, soda and salt. Add alternately to creamed mixture with 1½ C. sour cream. Drop by tablespoon on greased cookie sheet or refrigerate and roll for cut cookies. Bake at 375° for 10-12 minutes.

## **SOUR CREAM SUGAR COOKIES**

*In Memory of Jennie Shields*

1 C. thick sour cream	2 tsp. baking powder
1 C. sugar	Extract or nutmeg
1 egg	Flour (enough to make dough stiff enough to roll)
2 T. lard	
1 tsp. soda	

Mix ingredients together. Roll out dough and cut into shapes. Place on a cookie sheet. Sprinkle with sugar. Bake at 350°.

## SOFT SUGAR COOKIES

Judy Hensley

½ C. oleo  
1½ C. sugar  
2 eggs  
1 tsp. vanilla  
3 C. flour

1 tsp. salt  
½ tsp. baking powder  
½ tsp. baking soda  
1 C. dairy sour cream

Cream oleo with sugar; add eggs and beat well. Mix flour, salt, baking powder and soda. Add to creamed mixture alternately with sour cream. You can drop spoonful or cookie scoop of dough into sugar, colored sprinkles or a mixture of sugar and cinnamon. Drop rounded teaspoonfuls onto greased baking sheets. Bake at 400° for 10-12 minutes.

## GRANDMA'S SUGAR COOKIES

*In Memory of Octava Adams*

*(Submitted by Dep Repp Hankins and Diane Repp Lee)*

2½ C. flour  
¾ tsp. salt  
½ C. butter  
½ C. shortening

1 C. sugar  
1 egg  
1 tsp. vanilla  
½ tsp. soda  
2 T. milk

Preheat oven to 400°. Cream together butter, shortening, sugar and eggs. Add vanilla and milk. Sift together flour, soda and salt. Add to creamed mixture. Refrigerate a couple hours. On a lightly floured surface roll out dough. Cut into desired shapes with cutters. Bake on greased cookie sheet about 8-10 minutes. Cool slightly, remove from pan.

## SUGAR COOKIES

*Diane Huntsman*

1 C. butter  
2 C. sugar  
2 eggs  
1 T. vanilla  
3 C. flour

½ tsp. soda  
2 tsp. baking powder  
½ tsp. salt  
½ C. milk or half and half

Cream butter and sugar. Add eggs and vanilla. Mix in soda, baking powder and salt. Add flour and milk. Drop by tablespoon on ungreased cookie sheet. Bake 7-10 minutes at 400°. These cookies stay soft!

## SUGAR COOKIES

*Don Ella Reed*

1½ C. butter (softened)	1½ tsp. almond extract or lemon
1½ C. white sugar	6¾ C. flour
1½ C. vegetable oil	1½ tsp. baking soda
1½ C. powdered sugar	1½ tsp. cream of tartar
3 eggs	1½ tsp. salt
1½ tsp. vanilla	

Cream butter and sugar. Beat in powdered sugar and oil. Add eggs and flavoring. Beat well. Mix flour, salt, soda, cream of tartar. Stir in. Chill dough. Roll in balls size of walnut. Press down with glass dipped in sugar. Use different colors of colored sugars, if desired. Bake 6-8 minutes on ungreased cookie sheet at 360°.

## SUGAR COOKIES

*Kris Quick*

1¼ C. butter	2 C. sugar
2 eggs	5 C. flour
2 tsp. baking powder	1 tsp. salt
½ C. milk	1 tsp. vanilla

### FROSTING:

2 lbs. powdered sugar	10 T. milk
1 C. butter flavor Crisco	

Preheat oven to 350°. Cream butter and sugar together, then add eggs and beat until fluffy. Mix dry ingredients together. Add alternately to creamed mixture with milk. Roll dough out and cut with cookie cutters. Bake until edges are lightly browned. Cool. Mix frosting. Frost cookies and leave on waxed paper for 1 hour for frosting to harden.

## SUGAR COOKIES

*Christine Doubleday*

½ C. margarine	3 tsp. baking powder
1 C. sugar	½ C. milk
1 egg	½ tsp. vanilla
3 C. flour	¼ tsp. almond or lemon extract
¼ tsp. salt	

Refrigerate dough overnight. Roll to approximately ¼-inch thickness and use cookie cutters. Bake at 325° for 8-10 minutes.

## SUGAR COOKIE (CUT OUT) AND FROSTING

Jan Ford

### COOKIES:

- |             |                        |
|-------------|------------------------|
| ½ C. butter | 1½ tsp. vanilla        |
| ½ C. Crisco | 3½ C. flour            |
| 1 C. sugar  | 1 tsp. soda            |
| 3 eggs      | 2 tsp. cream of tartar |

### FROSTING:

- |                                |                |
|--------------------------------|----------------|
| 1 (2 lb.) pkg. powdered sugar  | 1 stick butter |
| Pinch salt                     | ½ tsp. vanilla |
| Milk, to spreading consistency |                |

Cream butter, Crisco, sugar and eggs. Add vanilla, flour, soda and cream of tartar. Mix well and chill. Roll out on floured board and cut out using any shape wanted. Bake at 350° for 8-10 minutes. Makes about 3 dozen cookies.

## OLD FASHIONED SOFT SUGAR COOKIES

Phyllis Riggs

- |                          |               |
|--------------------------|---------------|
| 1½ C. sugar              | ½ tsp. lemon  |
| 1 C. butter              | 3 C. flour    |
| 2 eggs (unbeaten)        | ½ tsp. soda   |
| 3 T. sweet or sour cream | ½ tsp. salt   |
| 1 tsp. vanilla           | ¼ tsp. nutmeg |

Cream sugar, shortening and then add eggs. Stir in flour that has been sifted with soda, salt and nutmeg. Mix well and chill. Roll out small amounts at a time and cut with cutters. Place on ungreased cookie sheet. Sprinkle with sugar and decorate. Bake at 375° for 6-9 minutes.

## CHRISTMAS COOKIES

Rhonda Baker Lovell

- |             |                        |
|-------------|------------------------|
| ½ C. butter | 1½ tsp. vanilla        |
| ½ C. Crisco | 3½ C. flour            |
| 1 C. sugar  | 1 tsp. soda            |
| 3 eggs      | 2 tsp. cream of tartar |

Preheat oven to 350°. Cream together butter, Crisco, sugar and eggs. Add vanilla. Sift together flour, soda and tartar. Add to creamed mixture. Refrigerate 2 hours. On a lightly floured surface, roll to 1/8-inch thickness. Cut into desired shapes with cutters. Bake on greased cookie sheet about 6-8 minutes. Cool slightly, remove from pan. Makes 2 dozen.

## VANILLA CHIP MAPLE COOKIES

*Vickie Young*

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 C. shortening                 | 2 C. vanilla or white chips |
| ½ C. butter or margarine (soft) | ½ C. pecans (chopped)       |
| 2 C. brown sugar (packed)       | 1 tsp. maple flavoring      |
| 2 eggs                          | 3 C. all purpose flour      |
| 1 tsp. vanilla                  | 2 tsp. baking soda          |

### FROSTING:

- |                                 |                    |
|---------------------------------|--------------------|
| ¼ C. butter or margarine (soft) | 4-6 T. milk        |
| 4 C. confectioners sugar        | 3½ C. pecan halves |
| 1 tsp. maple flavoring          |                    |

In a mixing bowl, cream shortening, butter and brown sugar. Add eggs, one at a time, beating well after each. Beat in vanilla and maple flavoring. Combine the flour and baking soda; gradually add to creamed mixture. Stir in vanilla chips and pecans. Drop by rounded tablespoon 2-inches apart onto ungreased baking sheets. Bake at 350° for 8-10 minutes or until golden brown. Cool for 2 minutes before removing to wire racks. In a mixing bowl, cream butter and confectioners sugar. Beat in maple flavoring and enough milk to achieve spreading consistency. Frost cooled cookies. Top each with pecan half.

## ZEBRA COOKIES

*Brenda Karr*

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 C. brown sugar (packed) | 2½ C. flour                      |
| ¾ C. sugar                | ¾ tsp. salt                      |
| 1 C. butter Crisco stick  | ¾ tsp. baking soda               |
| 6 tsp. water              | 6 oz. semi-sweet chocolate chips |
| 1 tsp. vanilla            | 6 oz. white chips                |
| 2 eggs                    | 1 C. nuts (chopped, optional)    |

Heat oven to 350°. Beat sugars and margarine in large bowl on medium speed until fluffy about 5 minutes. Beat in vanilla and eggs; beat in flour, salt and soda on low speed. Stir in chocolate, white chips and nuts. Drop dough by teaspoons about 2-inches apart onto ungreased cookie sheets. Bake until edges are light brown, 8-10 minutes. Let stand 2-3 minutes before removing from cookie sheet.

**ZUCCHINI OATMEAL COOKIES***Lois Hays Irwin*

- |                        |                        |
|------------------------|------------------------|
| 1 C. oleo              | 1 tsp. baking soda     |
| 2 C. sugar             | 2 C. zucchini (grated) |
| 1 tsp. vanilla         | 3½ C. oatmeal          |
| 3 C. whole wheat flour | 2 eggs                 |
| 1 tsp. salt            | 1 C. raisins           |
| 2 tsp. cinnamon        |                        |

Beat in oleo and sugar until creamy. Beat in eggs and vanilla. Mix dry ingredients and add to creamed mixture. Stir in zucchini, oatmeal and raisins. Drop onto greased cookie sheet and bake at 350° for 10-12 minutes. Note: You may substitute 2 C. mashed bananas for the zucchini.

**ZUCCHINI COOKIES***Lois Hays Irwin*

- |                      |                             |
|----------------------|-----------------------------|
| 3 C. flour           | ½ C. sugar                  |
| 1 tsp. baking powder | 1 C. brown sugar            |
| 1½ tsp. soda         | 2 eggs                      |
| 1 tsp. cinnamon      | 2 tsp. vanilla              |
| 1 tsp. nutmeg        | 2 C. zucchini (grated)      |
| ½ tsp. cloves        | Raisins or nuts, if desired |
| ¾ C. shortening      |                             |

Sift first 5 ingredients together. Cream shortening and sugar. Beat in eggs. Add dry ingredients alternately with zucchini. Drop by teaspoon onto cookie sheet. Bake at 375° for 7-8 minutes.

**CATHERDRAL COOKIES***Iona Triggs*

- |   |                                  |
|---|----------------------------------|
| 1 egg                                   | 1 pkg. colored mini marshmallows |
| 1 C. powdered sugar<br>(measure & sift) | ½ C. walnuts (chopped)           |
| 2 tsp. butter                           | ¾ pkg. coconut flakes            |
|   | 6 oz. chocolate chips            |

Beat together egg and powdered sugar. Melt over hot water (not boiling), butter and chips. Pour chocolate into egg and sugar mixture. Mix marshmallows and nuts into mixture. Divide into 3 parts with big spoon. Roll in coconut flakes. Wrap in wax paper. Cuts easier if frozen.

## CHEERIO TREATS

*Peggy Drake*

- |                      |               |
|----------------------|---------------|
| 3 T. oleo            | 5 C. Cheerios |
| 10½ oz. marshmallows | 1 C. M & M's  |
| ½ C. peanut butter   |               |

Grease a 9 × 13-inch pan. Melt oleo and stir in marshmallows until smooth. Stir in peanut butter. Add cereal and M & M's. Pat into pan. Cool and cut into squares.

## ESKIMO COOKIES

*Lisa Jackson*

- |                          |                |
|--------------------------|----------------|
| 1½ stick oleo (softened) | 1 tsp. vanilla |
| ¾ C. sugar               | 3 T. cocoa     |
| 1 T. water               | 2 C. oatmeal   |

Cream oleo and sugar. Mix well. Add water, vanilla and cocoa. Stir in oatmeal. Shape into balls the size of walnuts. Roll in powdered sugar, coconut or leave plain.

## NO BAKE BRAN COOKIES

*Michelle Repp*

- |                   |                                  |
|-------------------|----------------------------------|
| 1 stick butter    | ½ C. natural style peanut butter |
| ½ C. fructose     | 1 tsp. vanilla                   |
| ½ C. milk         | 1½ C. oatmeal                    |
| 3 T. carob powder | 2 C. 40% bran flakes             |
|                   | ½ C. raisins                     |

Melt butter in microwave. Put carob powder and fructose in and stir until mixed. Add milk, stir and return to microwave for 3-4 minutes until boiling. Stir until well mixed. Then stir in oats and bran until moistened. Add raisins. Drop teaspoons onto waxed paper lined cookie sheets. Chill in freezer 30 minutes. Remove to canister, cover, refrigerate. Enjoy.

## NO BAKE COOKIES

*Hilary and Sarah Swank*

- |                    |                |
|--------------------|----------------|
| 2 C. sugar         | ½ C. milk      |
| ½ C. oleo          | 4 T. cocoa     |
| ½ C. peanut butter | 1 tsp. vanilla |
| 3 C. quick oatmeal | ¼ C. nuts      |

Bring sugar, oleo, milk and cocoa to a boil. Add peanut butter, oatmeal, vanilla and nuts. Mix. Drop on wax paper with spoon and cool.

## PEANUT BUTTER KISSES

*Ashlee Lee*

- |                    |              |
|--------------------|--------------|
| 2 C. dry milk      | ½ C. honey   |
| 1 C. peanut butter | ¼ C. coconut |

In a 2 quart bowl, mix dry milk, peanut butter and honey. Roll into balls. Roll the balls in coconut. Let dry on wax paper. Makes 24 kisses.

## PEANUT BUTTER CORN FLAKE YUMMIES

*Rhonda Baker Lovell*

- |                  |                    |
|------------------|--------------------|
| ½ C. sugar       | 1 C. peanut butter |
| ½ C. white syrup | 2 C. corn flakes   |

Heat sugar and syrup. Add peanut butter. Pour over corn flakes. Then drop by teaspoons on wax paper or pat into pan and cut into bars. This makes a good trail mix. Throw into small plastic bag's and each child can carry his own trail mix when hiking.

## RICE KRISPIE CEREAL SKILLET COOKIE

*Iona Triggs*

- |              |                    |
|--------------|--------------------|
| 1 egg        | 1 C. sugar         |
| 1 C. dates   | 2 C. Rice Krispies |
| 1 stick oleo | ½ C. nuts          |
|              | Flaked coconut     |

Melt in skillet, egg, dates, oleo. Add sugar, Rice Krispies, nuts. Stir together, roll the size of a large walnut and roll in flaked coconut.

## RICE KRISPIE COOKIES

*Andrea Taylor*

- |                     |                    |
|---------------------|--------------------|
| 1½ C. sugar         | 1 tsp. vanilla     |
| 1 C. white syrup    | 4 C. Rice Krispies |
| 1½ C. peanut butter |                    |

In a saucepan, add 1½ C. sugar and 1 C. white syrup. Bring to a boil and boil 1 minute. Add 1½ C. peanut butter and 1 tsp. vanilla. Stir until smooth. Stir in 4 C. Rice Krispies. Drop by spoon on wax paper. Note: May substitute 1 C. dry roasted peanuts for 1 C. of the cereal.

## UNBAKED OATMEAL COOKIES

*Mitzi Hymbaugh*

- |                            |                     |
|----------------------------|---------------------|
| 3 C. quick cooking oatmeal | ½ C. milk           |
| 2 T. cocoa                 | ½ C. butter or oleo |
| ½ C. nuts or coconut       | 1 tsp. vanilla      |
| 2 C. sugar                 |                     |

Combine oatmeal, cocoa and nutmeats or coconut in a bowl. Combine the rest of the ingredients in a saucepan. Bring to a rolling boil. Pour over dry ingredients. Mix. Drop by spoonfuls on wax paper.

## CHOCOLATE UNBAKED COOKIES

*Marlee Egly*

- |                |                               |
|----------------|-------------------------------|
| 2 C. sugar     | 3 C. uncooked quick oatmeal   |
| ½ C. milk      | 2 T. cocoa                    |
| ½ C. margarine | ½ C. coconut                  |
| 1/8 tsp. salt  | ½ C. nuts (chopped, optional) |

Boil sugar, milk, margarine and salt. Pour over remaining ingredients. Drop by spoon on wax paper. Cool.

## UNBAKED COOKIES

*Iona Triggs*

- |            |                       |
|------------|-----------------------|
| 2 C. sugar | 3 C. oatmeal          |
| 2 T. cocoa | ½ C. coconut          |
| ½ C. oleo  | ½ C. nuts, if desired |
| ½ C. milk  |                       |

Heat on stove to boiling, sugar, cocoa, oleo and milk. Let boil 1 minute, then remove from heat and add oats, coconut and nuts. Drop by spoonful on wax paper and let harden.

## UNCOOKED CHOW MEIN COOKIES

*Abby Greenland*

- |                           |                               |
|---------------------------|-------------------------------|
| 1 pkg. chocolate chips    | 1 can cocktail peanuts        |
| 1 pkg. cherry chips       | 1 C. small marshmallows       |
| 1 pkg. butterscotch chips | 1 large can chow mein noodles |

Melt chips in top of double boiler or in microwave. Pour over remaining ingredients. Mix well. Drop by teaspoonfuls on waxed paper. Cool.

## YUMMY BAR COOKIES

*Judy Hensley*

- |  |                                  |
|--|----------------------------------|
| 1 pkg. (2 layer size) German<br>chocolate cake mix | $\frac{3}{4}$ C. oleo (melted)   |
| 1 (5 oz.) can evaporated milk                      | 1 (14 oz.) pkg. caramels         |
|  | $\frac{1}{3}$ C. chocolate chips |

Combine cake mix,  $\frac{1}{3}$  C. milk and oleo. Pat half of the mixture into greased 13 x 9-inch baking pan. Bake at 350° for 10 minutes. Melt together caramels and remaining milk. Sprinkle chocolate chips over baked crust. spread on caramel mixture. Drop small pieces of remaining cake mixture over top. Bake 16 minutes more. Cool and cut.

## APPLE BARS

*Lois Hays Irwin*

- |   |                  |
|---|------------------|
| 2½ C. flour                                 | 1 C. corn flakes |
| 1 tsp. salt                                 | 1 egg white      |
| 1 C. shortening                             | 1 C. sugar       |
| 1 egg yolk & milk to equal $\frac{2}{3}$ C. | 1 tsp. cinnamon  |
| 4 large apples (diced)                      |                  |

Mix first 4 ingredients. Divide dough in half. Spread half onto a greased cookie sheet. Mix apples, sugar, corn flakes and cinnamon together. Pour over the dough on cookie sheet. Cover with remaining half of dough. Spread with egg white on top. Bake at 400° for 10 minutes. Drizzle with frosting after baked.

## APPLE PIE BARS

*Judy Hensley*

### CRUST:

2½ C. flour  
1 tsp. salt  
1 T. sugar  
1 C. Crisco

### FILLING:

5 C. apples (sliced)  
2 T. flour  
Oleo  
1½ C. sugar  
1 tsp. cinnamon

For the crust, mix as for pie crust, add ⅔ C. milk and 1 slightly beaten egg yolk. Save egg white. Divide dough and roll out bottom crust. Fit into large cookie sheet or round pizza pan. For the filling, combine sugar, flour and cinnamon. Mix with apples. Spread over crust. Dot with oleo. Cover with top crust; make slits. Brush with egg white. Sprinkle with sugar. Bake at 400° for 30-40 minutes or until browned. Cut into bars or pie wedges.

## APPLE BROWNIE

*LaVerne Glendenning*

3 eggs  
1¾ C. sugar  
1 C. oil  
2 tsp. vanilla  
2 C. flour  
1 tsp. salt  
1 tsp. soda  
1½ tsp. cinnamon  
4 medium apples (2 C. diced)  
½ C. nuts (optional)

In a mixing bowl, blend eggs, sugar, oil and vanilla. Sift flour, salt, soda and cinnamon. Stir into egg mixture. Mix well. Fold in apples and nuts (good without). Bake lightly greased 9 × 13-inch pan at 325° for 45 minutes to 1 hour. Cool. Good with ice cream on each serving.

## APPLESAUCE BARS

*Gerri Dailey*

1 C. oil  
1 C. sugar  
1 C. warm applesauce  
1 egg  
1 tsp. soda  
½ tsp. cinnamon  
¾ C. raisins  
1 C. walnuts or pecans (chopped)  
1 tsp. vanilla  
2 C. flour

Mix oil and sugar. Add soda to warm applesauce. Combine with sugar. Add other ingredients and blend. Spread in greased and floured 9 × 13-inch pan. Bake at 350° for 20-25 minutes. Can frost with thin powdered sugar frosting.

## CARAMEL APPLE BARS

*Kelly Stackhouse*

### BASE:

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 C. all purpose flour          | 1 tsp. baking soda           |
| 2 C. quick cooking rolled oats  | 1 C. oleo or butter (melted) |
| 1½ C. brown sugar (packed firm) |                              |

### FILLING:

- |                                 |  |
|---------------------------------|--|
| 1½ C. caramel ice cream topping | 2 C. apples (coarsely chopped, peeled) |
| ½ C. all purpose flour          |  |
| ½ C. walnuts/pecans (chopped)   |  |

For the base, in a large bowl, combine all ingredients. Mix at low speed until crumbly. Press half of mixture (about 2½ C.) in bottom of greased pan to form base. Bake at 350° for 8 minutes. For the filling, in a small saucepan, combine caramel topping and ½ C. flour. Bring to a boil over medium heat, stirring constantly. Boil 3-5 minutes or until mixture thickens slightly, stirring constantly. Remove pan from oven; sprinkle apples and nuts over warm base. Pour caramel mixture evenly over top. Sprinkle with reserved topping mixture. Return to oven. Bake at 350° for an additional 20-25 minutes or until golden brown. Cool 30 minutes. Refrigerate 30 minutes or until set. Cut into bars. Store in tightly covered container.

## BANANA BARS

*Linda Winkler*

- |                         |                |
|-------------------------|----------------|
| ½ C. shortening         | 2 C. flour     |
| 1½ C. sugar             | 1 tsp. soda    |
| 2 eggs                  | ½ tsp. salt    |
| ¾ C. buttermilk         | 1 tsp. vanilla |
| 2 ripe bananas (mashed) |                |

### FROSTING:

- |                                |                      |
|--------------------------------|----------------------|
| 1½ oz. cream cheese (softened) | 1 tsp. vanilla       |
| ½ stick margarine              | 1¾ C. powdered sugar |
| 1½ tsp. milk                   |                      |

Cream together shortening and sugar. Add eggs, mix. Add buttermilk and mashed bananas. Mix. Add the rest of the ingredients and mix on low. Spray a jelly roll pan with Pam. Pour batter into pan. Bake at 350° for 25 minutes. Cool completely. Place frosting ingredients in mixing bowl. Mix with electric mixer until smooth. Frost cooled banana bars.

## BANANA BARS

*Janet Haley*

½ C. oleo	1 tsp. vanilla
1½ C. sugar	2 C. flour
2 eggs	½ C. nuts (optional)
¾ C. sour cream	½ tsp. salt
2 ripe bananas	1 tsp. soda

Cream together the oleo, sugar and eggs. Add the sour cream, bananas, vanilla, flour, nuts, salt and soda. Mix all together. Pour into a cookie sheet and bake 25-30 minutes at 350°. Frost with a cream cheese frosting of 1 (3 oz.) pkg. cream cheese, ¾ stick oleo, 1 tsp. vanilla, 2 T. milk and 3 C. powdered sugar.

## BROWNIES

*Cleola Geist*

2 C. sugar	1½ C. flour
½ C. cocoa	1 tsp. salt
1¼ C. vegetable oil	1 tsp. vanilla
5 eggs (one at a time)	Nuts, if desired

Beat this all by hand. Combine sugar, cocoa and oil. Add eggs one at a time, beating after each. Dump in flour, salt and then add vanilla. Cookie sheet size. Bake at 350° for 18-20 minutes

### ICING:

½ C. brown sugar	1 T. cocoa
Scant ¼ C. water	

Bring to a good boil. Add ½ stick butter or margarine. Add ½ tsp. vanilla and powdered sugar. Enough to make it spreading consistency.

## BROWNIES

*Mindy Lesan*

4 eggs	2 tsp. vanilla
2 C. sugar	½ tsp. salt
2 sticks oleo	1 C. flour
⅓ C. cocoa	

Cream together eggs and sugar. Melt oleo and mix with creamed mixture. Add cocoa, vanilla and salt. Stir in flour. Don't beat too much after adding flour. Bake at 350° for 35 minutes.

## BUTTERMILK BROWNIES

*Kathi Blunck*

- |                 |                            |
|-----------------|----------------------------|
| 2 eggs          | 2 C. flour                 |
| 2 C. sugar      | 2 sticks oleo or margarine |
| 1 tsp. vanilla  | 4 T. cocoa                 |
| ½ C. buttermilk | 1 C. water                 |
| 1 tsp. soda     |                            |

### TOPPING:

- |                            |                              |
|----------------------------|------------------------------|
| 1 stick margarine (melted) | 6 T. buttermilk or sour milk |
| 4 T. cocoa                 | 1 box powdered sugar         |
| 1 tsp. vanilla             |                              |

Beat eggs in a large bowl. Add sugar, vanilla, buttermilk, soda and flour. Melt oleo or margarine. Add coco and water. Bring to a boil. Add to flour mixture and beat until mixed well. Spread in 9 × 15-inch greased baking pan. Bake at 375° for 20-25 minutes. For the topping, melt margarine in a saucepan. Add cocoa, vanilla and buttermilk. Bring to a boil. Put powdered sugar in a mixing bowl. Add chocolate mixture and beat well. Spread on warm baked brownies. Sprinkle with pecans or walnuts (optional).

## DEVIL DOG BROWNIES

*Diane Repp Lee*

- |                 |                |
|-----------------|----------------|
| 6 T. shortening | 1¼ tsp. soda   |
| 1 C. sugar      | 5 T. cocoa     |
| 1 egg           | 1 C. milk      |
| 2 C. flour      | 1 tsp. vanilla |
| ¼ tsp. salt     |                |

Cream shortening, sugar and egg. Beat until nice and fluffy. Sift dry ingredients together. Add alternately with the milk and vanilla. Bake at 400° for about 8 minutes. Do not overbake. Cool.

### FROSTING:

- |                          |                        |
|--------------------------|------------------------|
| ¾ C. shortening (Crisco) | 6 T. marshmallow creme |
| 1 C. powdered sugar      | Vanilla                |

Cream thoroughly the shortening. Add powdered sugar; beat well. Add marshmallow cream and vanilla; beat well. Kids really like these.

## CHOCOLATE BROWNIES

*Marilyn Jackson*

3/4 C. cocoa	2 C. flour
3/4 C. oleo (melted)	1/2 tsp. salt
6 eggs	1/2 C. nuts
3 C. sugar	2 tsp. vanilla

Combine cocoa and oleo. Stir until dissolved. Add remaining ingredients. Pour onto greased cookie sheet. Bake 15 minutes at 350°.

## CHOCOLATE SUNDAE BROWNIE

*In Memory of Alberta Glick  
(Submitted by Phyllis Grose/Kimball)*

1 stick oleo (softened)	1 C. + 1 tsp. flour
1 C. sugar	1 tsp. vanilla
4 cold eggs	1/2 C. nuts
1 lb. can chocolate syrup	

Cream sugar and oleo together. Add eggs, chocolate syrup, flour, vanilla and nuts. Mix well. Bake on a greased cookie sheet at 325° for 20-25 minutes.

## FAVORITE BROWNIES

*Verla Repp*

2 C. sugar	1/2 C. buttermilk
2 C. flour	1 tsp. vanilla
1 stick oleo	1 tsp. soda
4 T. cocoa	2 eggs (slightly beaten)
1 C. water	

In a large bowl, sift the sugar and flour. In a saucepan, place the oleo, cocoa and water. Bring to a boil rapidly. Pour over sugar and flour; mix well. Add buttermilk, vanilla, soda and the slightly beaten eggs. Mix and put in large jelly roll pan. Bake at 400° for 20 minutes.

### ICING:

1 stick oleo	1 lb. powdered sugar
4 T. cocoa	1 tsp. vanilla
7 T. milk	1 C. nuts (chopped)

In a saucepan, combine oleo, cocoa and milk; mix. Bring to a boil. Remove from heat and add the powdered sugar, vanilla and nuts. Mix well and spread on cake while still hot. Be sure icing and cake are both hot.

**MACAROON BROWNIES***Mari McGehee*

- 1 C. butter or margarine (soft)
- 2 C. sugar
- 4 eggs
- 1 tsp. vanilla extract

- 2 C. all purpose flour
- ½ C. baking cocoa
- ½ tsp. cream of tartar
- ½ C. walnuts (chopped)

**MACAROON FILLING:**

- 1 (14 oz.) pkg. flaked coconut
- 2 tsp. vanilla extract

- 1 (14 oz.) can sweetened condensed milk

**FROSTING:**

- ¾ C. sugar
- ¼ C. milk
- 2 T. butter or margarine

- 1 C. miniature marshmallows
- 1 C. semi-sweet chocolate chips
- 1 tsp. vanilla extract

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; mix well. Combine flour, cocoa and cream of tartar; gradually add to creamed mixture. Stir in nuts. Spread half into a greased 9 × 13 × 2-inch baking pan. Combine coconut, condensed milk and vanilla. Carefully spread over chocolate layer. Top with the remaining chocolate mixture. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. For frosting, combine sugar, milk and butter in a saucepan. Cook and stir until marshmallows and chips are melted. Cool until mixture reaches spreading consistency, about 25 minutes. Spread over the cooled brownies. Cut into bars. Yield 4 dozen.

**MOM'S BROWNIES***Mitzi Hymbaugh*

- 1 stick margarine
- 1 C. sugar
- 4 eggs
- 1 tsp. vanilla

- 1 C. + 1 T. flour
- ½ tsp. baking powder
- 1 (1 lb.) can Hershey chocolate syrup
- ½ C. nuts

**FROSTING:**

- 6 T. butter
- 1½ C. sugar

- ½ C. Nestle's chocolate chips
- 6 T. milk

Cream margarine and sugar. Add eggs and vanilla. Add dry ingredients. Stir in syrup. Bake for 30 minutes at 350°. For the frosting, combine butter, milk and sugar. Boil 30 seconds. Add chocolate chips and cool before frosting brownies.

## PEANUT BUTTER BROWNIES

*Sheila Shafer*

2 squares unsweetened chocolate    ½ C. flour  
⅓ C. shortening    ¼ tsp. salt  
1 C. sugar    ⅓ C. peanut butter  
2 eggs

Preheat oven to 350°. Melt chocolate and shortening; add to sugar. Add eggs and mix well. Add flour and salt; mix. Stir in peanut butter. Pour into 8 or 9-inch pan.

## SAND ART BROWNIES

*Diane Repp Lee*

¾ tsp. salt    ⅔ C. white sugar  
½ C. + 1/8 C. flour    ½ C. chocolate chips  
⅓ C. cocoa    ½ C. white chocolate chips  
½ C. flour    ½ C. walnuts  
⅔ C. brown sugar

Place ingredients in order listed in a 1 quart jar. Label the quart jar with the following: Combine contents of jar with 3 eggs, ⅔ C. vegetable oil and 1 tsp. vanilla. Pour into greased 9×9-inch pan or 7×11-inch pan. Bake 32-37 minutes at 350°.

## SPEEDY BROWNIES

*Jessica Richardson*

2 C. sugar    5 eggs  
1¾ C. flour    1 C. vegetable oil  
½ tsp. baking soda    1 tsp. vanilla  
1 tsp. salt    1 C. chocolate chips

Mix the first 7 ingredients. Pour into a greased 9×13×2-inch pan. Sprinkle with chocolate chips. Bake at 350° for 30 minutes.

## TEXAS BROWNIES

*Diane England*

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 C. flour                  | 1/4 C. dark unsweetened cocoa |
| 2 C. sugar                  | 1/2 C. buttermilk             |
| 1/2 C. butter               | 2 eggs                        |
| 1/2 C. shortening           | 1 tsp. baking soda            |
| 1 C. brewed coffee or water | 1 tsp. vanilla                |

### FROSTING:

- |                 |                         |
|-----------------|-------------------------|
| 1/2 C. butter   | 1/4 C. milk             |
| 2 T. dark cocoa | 3 1/2 C. powdered sugar |
|                 | 1 tsp. vanilla          |

In a large mixing bowl, combine flour and sugar. In a heavy saucepan, combine butter, shortening, coffee (or water) and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well. Pour into a well buttered 17 1/2 x 11-inch jelly roll pan. Bake at 400° for 20 minutes or until brownies test done. While brownies bake, prepare the frosting. In a saucepan, combine the butter, cocoa and milk. Heat to boiling, stirring. Mix in the powdered sugar and vanilla until frosting is smooth. Pour warm frosting over brownies as soon as you take them out of the oven. Cool.

## TOFU BROWNIES

*Deb Repp*

- |                               |   |
|-------------------------------|---|
| 1 1/3 C. cake flour           | 1 pkg. Mori-Nu Silken Lite firm<br>tofu                 |
| 1/2 tsp. baking soda          | 1 tsp. vanilla extract                                  |
| 1/2 tsp. cinnamon             | 1/3 C. cocoa powder                                     |
| 1/4 C. unsweetened applesauce | 2 T. walnuts (finely chopped,<br>for garnish, optional) |
| 1 tsp. canola oil             |   |
| 3/4 C. granulated sugar       |   |

Preheat oven to 350°. Cut a piece of wax paper to fit bottom of 8 x 8-inch baking pan. With paper removed, grease bottom and sides of pan with vegetable shortening. Place wax paper on top of greased pan bottom and grease top of wax paper. In a food processor fitted with metal chopping blade, process all dry ingredients. Empty into small bowl and set aside. Place all wet ingredients in work bowl and process until smooth, scraping the bowl sides occasionally. Add dry mixture all at once. Pulse to blend until dry ingredients are just moistened. Scrape mixture into prepared pan, sprinkle with nuts. Bake for 22 minutes or until brownies pull away from sides. Let cool for 15 minutes before turning out.

## **YUMMY BROWNIES**

*Lois Hays Irwin*

1 box brownie mix  
1 C. sour cream

1 C. chocolate chips  
½ C. nutmeats (chopped)

Mix brownies as directed on box. Add sour cream, chips and nuts. Very moist. Bake as directed on box.

## **NO BAKE BUTTERSCOTCH BARS**

*Pam Cross*

2½ C. graham cracker crumbs  
2 C. marshmallows (do not melt)  
½ C. flake coconut  
½ C. nuts  
3 T. peanut butter

¾ C. butter or oleo  
1 C. sugar  
2 eggs (beaten)  
1 (12 oz.) pkg. peanut butter chips

Mix the graham cracker crumbs, marshmallows, coconut and nuts. In a saucepan, melt butter and sugar. Add 2 eggs, beaten. Bring to a boil and boil 2 minutes. Let cool and pour over above mixture. Put in a 13 × 9-inch pan. For topping, mix peanut butter and melted chips. Put on crust. Keep in refrigerator.

## **CARROT BARS**

*Carol Hays*

2 C. white sugar  
4 eggs  
1 C. oil  
2 C. flour

2 tsp. soda  
1 tsp. salt  
2 tsp. cinnamon  
3 jars small baby food carrots

Blend sugar, eggs and oil. Add flour, salt, soda, cinnamon. Alternate above with carrots. Use 2 (9 × 13-inch) pans and bake at 350° for 20-25 minutes or 1 large jelly roll pan. Frost with cream cheese frosting.

## FROSTED CARROT BARS

Ashley Comer

### CARROT BARS:

- |                 |                                  |
|-----------------|----------------------------------|
| 4 eggs          | 2 tsp. cinnamon                  |
| 2 C. sugar      | 1 tsp. salt                      |
| 1½ C. salad oil | 3 C. raw carrots (finely grated) |
| 2 C. flour      | 1½ C. flaked coconut             |
| 2 tsp. soda     | 1½ C. walnuts (chopped)          |

### CREAM CHEESE FROSTING:

- |                               |                |
|-------------------------------|----------------|
| 1 (8 oz.) pkg. cream cheese   | 3 more T. milk |
| 1 T. milk                     | 1 tsp. vanilla |
| 2½ C. powdered sugar (sifted) | 1/8 tsp. salt  |

For the bars, beat eggs until light. Gradually beat in sugar. Sift flour with soda, cinnamon and salt. Alternately add salad oil and flour mixture, mixing well after each addition. Fold in carrots, coconut and walnuts. Spread evenly in 2 greased 9 × 13-inch pans. Bake 25-30 minutes at 350°. Remove from oven and set pans on rack to cool. Then frost with powdered sugar frosting or with cream cheese frosting. Cut in bars and store in covered container. Keep in refrigerator. This also freezes well. For the frosting, blend cream cheese with 1 T. milk. Add powdered sugar and enough more milk to mix well. Add vanilla and salt. Beat until smooth and of spreading consistency.

## CHEERIO BARS

Ashley Comer

- |                      |                                |
|----------------------|--------------------------------|
| 3 T. butter          | ½ C. reduced fat peanut butter |
| 10½ oz. marshmallows | 5 C. Cheerios                  |

Melt butter. Add marshmallows and stir until melted. Remove from heat, stir in peanut butter. Add Cheerios. Press into pan.

*The way to a friend's house is never long.*

## CHERRY ALMOND SQUARES

Lucy Ricker

1 C. dairy sour cream  
¼ C. water  
3 eggs

1 pkg. super moist sour cream  
white cake mix  
1 (21 oz.) can cherry pie filling  
¼ C. almonds (sliced)

### GLAZE:

1½ C. powdered sugar  
¼ tsp. vanilla

2 T. hot milk

Mix sour cream, water and eggs. Stir in cake mix (dry) until moistened. Batter will be slightly lumpy. Spread in a greased jelly roll pan, 15½ x 10½ x 1-inch. Drop pie filling by spoonfuls onto batter. Bake 25-30 minutes at 350°. Cool, sprinkle with almonds. For the glaze, mix 1½ C. powdered sugar with 2 T. hot milk and vanilla. May need a few drops of more milk. Drizzle with glaze.

## CHERRY BARS

Vera Moore

1 C. butter or margarine  
1½ C. sugar  
4 eggs  
½-¾ C. milk

1 tsp. vanilla  
3 C. flour  
2½ tsp. baking powder  
½ tsp. salt

Grease jelly roll pan and set aside. Heat oven to 350°. Cream butter and sugar together until light and fluffy. Beat in eggs and vanilla. Add milk gradually along with sifted dry ingredients. Spread ¾ butter in pan. Spread 1 (21 oz.) can cherry pie filling over batter. Spoon rest of batter over filling and swirl. Sprinkle with a little sugar. Bake 30-35 minutes. Drizzle frosting if desired. Cut into bars.

*When you feel dog tired at night,  
it may be because you growled all day.*

## CHERRY COFFEE CAKE BARS

Rose McAlexander

- |                       |                                   |
|-----------------------|-----------------------------------|
| 1 C. butter           | 1 tsp. vanilla                    |
| 1¼ C. sugar           | ½ tsp. salt                       |
| 4 eggs                | 3 C. flour                        |
| 1½ tsp. baking powder | 1 (21 oz.) can cherry pie filling |

### GLAZE:

- |                          |                      |
|--------------------------|----------------------|
| 1 C. confectioners sugar | 1 T. butter (melted) |
| 2 T. milk                |                      |

Cream butter and sugar. Add eggs, one at a time. Blend in remaining ingredients except pie filling. Place  $\frac{2}{3}$  of batter in 13 × 9 × 2-inch baking pan. Spread pie filling over batter. Drop remaining batter by teaspoonfuls over top of cherries. Bake at 350° for 30-40 minutes. For the glaze, combine confectioners sugar and melted butter. Stir in milk to reach spreading consistency.

## CHRISTMAS RAISIN BARS

Charlotte Swank

- |                 |                 |
|-----------------|-----------------|
| 1 C. raisins    | 2½ C. flour     |
| 1½ C. sugar     | 1 tsp. soda     |
| 1 C. shortening | ½ tsp. cinnamon |
| 2 eggs          | ½ tsp. nutmeg   |
| 1 tsp. vanilla  | ¼ tsp. salt     |

Simmer 1 C. raisins with enough water to cover, drain. Save water and add enough to make 1 cup; set aside. Cream 1½ C. sugar and 1 C. shortening. Add and beat until fluffy, 2 eggs and 1 tsp. vanilla. Add 2½ C. flour, 1 tsp. soda, ½ tsp. cinnamon, ½ tsp. nutmeg, ¼ tsp. salt. Mix well. Add 1 C. raisins, 1 C. juice and 1 C. nuts if desired. Bake at 350° for 25-30 minutes in 10½ × 15-inch greased pan. Cool. Frost with powdered sugar icing.

*Tomorrow is not promised us, so make the very most of today.*

## CHOCOLATE CHERRY BARS

Mary Grose

1 box chocolate fudge cake mix  
2 eggs (beaten)

1 can cherry pie filling  
1 tsp. almond extract

### FROSTING:

1 C. sugar  
½ C. milk

5 tsp. margarine  
1 C. chocolate chips

Mix cake mix, beaten eggs and cherry pie filling by hand. Add almond extract and mix well. Spread into a greased and floured cookie sheet. Bake 25-30 minutes at 350°. For the frosting, add sugar, margarine and milk in a pan. Bring to a boil and boil 1 minute. Take off stove and add chocolate chips immediately. Stir well and spread over bars.

## CHOCOLATE COCONUT BARS

Donna Young

2 C. graham cracker crumbs  
½ C. butter or margarine (melted)  
2 C. flaked coconut  
1 (14 oz.) can sweetened  
condensed milk

½ C. pecans (chopped)  
1 (7 oz.) plain chocolate  
candy bar  
2 T. creamy peanut butter

Combine the crumbs, butter and sugar. Press into a greased 13 × 9 × 2-inch baking pan. Bake at 350° for 10 minutes. Meanwhile, in a bowl, combine coconut, milk and pecans; spread over the crust. Bake at 350° for 15 minutes; cool completely. In a small saucepan, melt candy bar and peanut butter over low heat; spread over bars. Cool until set. Yield about 3 dozen.

*It is much easier to be critical than to be correct.*

## CHOCOLATE REVEL BARS

Nancy Roe

- |                  |                                 |
|------------------|---------------------------------|
| 1 C. butter      | 3 C. quick oatmeal              |
| 2 C. brown sugar | 12 oz. chocolate chips          |
| 2 eggs           | 15 oz. sweetened condensed milk |
| 2½ C. flour      | 2 tsp. vanilla                  |
| 1 tsp. soda      | 2 T. butter                     |
| 1 tsp. salt      | ½ tsp. salt                     |
| 2 tsp. vanilla   | 1 C. nuts (optional)            |

Mix first 8 ingredients in order given. Spread  $\frac{2}{3}$  mixture in greased 15 x 10 x 1-inch pan. Mix next 6 ingredients in order given. Melt over low heat. Spread over oatmeal mixture. Dot with rest of oatmeal mixture. Bake for 25-30 minutes at 350°. Cool and cut into bars.

## DOUBLE CHOCOLATE CRUMBLE BARS

Neva Allee

- |                       |                        |
|-----------------------|------------------------|
| ½ C. margarine        | 2 T. cocoa             |
| ¾ C. sugar            | ¼ tsp. baking powder   |
| 2 eggs                | ¼ tsp. salt            |
| 3 tsp. vanilla        | 2 C. tiny marshmallows |
| ¾ C. flour            | 6 oz. chocolate chips  |
| ½ C. pecans (chopped) | 1½ C. Rice Krispies    |

Cream margarine and sugar. Beat in eggs and vanilla. Stir together flour, chopped nuts, cocoa, baking powder and salt. Stir into egg mixture. Spread on bottom of greased and floured 9 x 13-inch pan. Bake at 350° for 15-20 minutes or until bars test done. Sprinkle marshmallows evenly on top. Bake 3 minutes longer. Cool. In a saucepan, combine chocolate chips and peanut butter. Cook and stir over low heat until chocolate is melted. Stir in cereal. Spread on bars. Chill in refrigerator until set. I use close to 3 C. of marshmallows.

*Do not resent growing old - many are denied that privilege.*

## CHUNKY MACADAMIA BARS

*Kaye Ward*

- ¾ C. butter (softened)
- 1 C. light brown sugar (packed)
- ½ C. granulated sugar
- 1 egg
- 1 tsp. vanilla extract
- 2¼ C. all purpose flour
- 1 tsp. baking soda
- 1¾ C. Hershey's mini kisses  
semi-sweet baking pieces  
(divided)
- ¾ C. Blue Diamond macadamia  
nuts (coarsely chopped)
- Vanilla Glaze (see below)

Heat oven to 375°. Beat butter, brown sugar and granulated sugar in a large bowl on low to medium speed of mixer until fluffy. Add egg and vanilla; beat well. Add flour and baking soda; beat well. Stir in 1 C. of the baking pieces and the nuts; press into ungreased 13 × 9 × 2-inch baking pan. Sprinkle with remaining ¾ C. baking pieces. Bake 22-25 minutes or until golden brown. Cool completely in pan on wire rack. Prepare glaze; drizzle over top. Allow glaze to set. Cut into bars. Makes about 24 bars. **VANILLA GLAZE:** Combine 1 C. sifted powdered sugar, 1 T. milk and ½ tsp. vanilla extract in a small bowl; stir until smooth. Makes about ⅓ cup.

## DIABETIC BARS

*Dorothy Denney*

- 1 C. dates (chopped)
- ½ C. raisins
- ½ C. prunes (cooked)
- 1 C. water
- 1 stick margarine
- 2 eggs (beaten)
- 1 C. flour
- 1 tsp. soda
- ½ tsp. salt
- 1 tsp. vanilla
- ½ C. nuts

Mix together the dates, raisins, prunes and water. Cook together for 5 minutes. Cool. In a separate bowl, cream the margarine, eggs, dry ingredients, vanilla and nuts. Combine with the fruits and bake in a greased 8 × 8-inch pan at 350° for 35 minutes.

## DREAM BARS

Lois Hays Irwin

### BASE:

- 1 pkg. yellow cake mix      1/3 C. oleo  
1 egg

### FILLING:

- 14 oz. sweetened condensed milk      1 C. pecans (chopped)  
1 egg      1/2 C. Heath bits-o-brickle baking chips  
1 tsp. vanilla

Grease a 9 x 13-inch pan. In a large bowl, combine cake mix, oleo and 1 egg. Mix at high speed until crumbly. Press into prepared pan. In a small bowl, beat egg, milk, vanilla until blended. Stir in pecans and Heath chips. Pour over base in pan and spread to cover. Bake at 350° for 25-35 minutes. Center may appear loose but will set upon cooling.

## EASY CAKE BARS

Lois Hays Irwin

- 4 eggs      1 box cake mix  
1 C. brown sugar      1 1/2 C. coconut  
1/2 C. nuts (chopped)      6 oz. pkg. chocolate chips

Beat together eggs and sugar. Add cake mix and beat. Add remaining ingredients. Spread on greased cookie sheets. Bake at 350° for 20 minutes on a large cookie sheet.

## GORP BARS

Deb Repp

- 2 C. Corn Chex      3/4 C. raisins  
2 1/2 C. pretzel sticks (broken up)      1/2 C. butter  
1 1/2 C. peanut M & M's      1/2 C. peanut butter  
1 C. dried fruit      1 (10 oz.) bag marshmallows

Combine Chex, pretzels, M & M's, dried fruit and raisins in a bowl. Melt in a saucepan the remaining ingredients. Pour over above mixture. Mix until covered and pour into pan. Let stand until firm. Cut into bars.

## GRANOLA BARS

*Dixie Baker*

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 C. honey or white syrup | ½ C. raisins                    |
| 1 C. peanut butter        | ½ C. coconut                    |
| 3½ C. rolled oats         | ½ C. carrots (grated, optional) |

Stir and heat honey and peanut butter together in a large saucepan until melted. Remove from heat. Add remaining ingredients. Mix well. Press onto a cookie sheet or baking pan. Press together firmly. A 9 × 13-inch pan makes a nice size bar. Cut into 24. Unbaked these bars are chewy. For crunchy bars, bake at 350° for 25 minutes.

## LEMON CHEESE BARS

*Pam Cross*

- |                            |                               |
|----------------------------|-------------------------------|
| 1 C. flour                 | 1 C. powdered sugar           |
| 1 stick margarine (melted) | 1 C. Cool Whip                |
| ½ C. pecans                | 2 pkgs. instant lemon pudding |
| 8 oz. cream cheese         | 3 C. milk                     |

Mix flour, margarine and pecans. Press firmly in a 9 × 13-inch pan. Bake 15 minutes at 350°. Cool. Mix cream cheese, powdered sugar and Cool Whip. Spread on crust. Mix instant pudding and milk. Put on top of cheese mixture. Spread more Cool Whip on top. Sprinkle with chopped pecans and refrigerate.

## PEANUT BUTTER BARS

*Carol Hays*

- |                                 |                      |
|---------------------------------|----------------------|
| 1 C. oleo                       | 1 C. peanut butter   |
| 1¾ C. graham crackers (crushed) | 2½ C. powdered sugar |

Cook over medium heat until smooth. Pour into an ungreased 9 × 13-inch pan. Melt 12 oz. pkg. of chocolate chips and spread over the peanut butter mixture. Top with a package of M & M's.

**MICROWAVED OH HENRY BARS***Rose McAlexander*

- |                          |                             |
|--------------------------|-----------------------------|
| 2 C. quick cooking oats  | 1/3 C. brown sugar (packed) |
| 1/2 C. butter (softened) | 1/4 C. light corn syrup     |

**FROSTING:**

- |                                   |                    |
|-----------------------------------|--------------------|
| 1/3 C. semi-sweet chocolate chips | 2 T. peanut butter |
|-----------------------------------|--------------------|

Combine oats and butter in glass mixing bowl. Microwave uncovered on high for 3-4 minutes or until heated through. Stir in brown sugar and corn syrup. Microwave on high for 1 1/2-2 1/2 minutes or until sugar is dissolved. Press evenly into greased 10 x 6-inch baking dish. Place chocolate chips in 1 C. glass measure. Microwave uncovered on high for 1 1/2-2 1/2 minutes or until chocolate is glossy. Stir until smooth. Blend in peanut butter, spread over warm bars. Refrigerate until chocolate is set. Cut into squares. Makes 24 bars.

**PEANUT BARS***Betty Davenport*

- |   |                                   |
|---|-----------------------------------|
| 2 C. semi-sweet chocolate chips                       | 1 (5 oz.) can evaporated milk     |
| 2 C. butterscotch chips                               | 1/4 C. vanilla cook pudding mix   |
| 1 (18 oz.) jar creamy peanut butter (can use crunchy) | 1 (2 lb.) bag confectioners sugar |
| 1 C. butter or margarine                              | 1 lb. salted peanuts (chopped)    |

Melt chocolate chips, butterscotch chips and peanut butter. I melt this in microwave. Stir until smooth. Spread half into a greased 15 x 10 x 1-inch baking pan. Chill until firm. In a saucepan, bring butter, milk and pudding mix to a boil. Cook and stir for 2 minutes. Remove from heat and add confectioners sugar; beat until smooth. Spread over chocolate mixture in pan. Stir peanuts into remaining chocolate mixture and mix well. Carefully spread over pudding layer. Refrigerate. Cut into squares. Yield 10 dozen if cut in 1-inch. Very rich.

*We want to travel to the moon, but we don't  
visit the lonely soul next door.*

## PUMPKIN BARS

*Darlene Bear*

- |                      |                 |
|----------------------|-----------------|
| 1 C. oil             | 2 tsp. cinnamon |
| 2 C. sugar           | 2 C. flour      |
| 2 C. pumpkin         | ½ tsp. salt     |
| 2 tsp. baking powder | 1 tsp. soda     |
| 4 eggs               |                 |

Cream oil and sugar. Add pumpkin and stir well. Add eggs and mix. Then blend in flour, cinnamon, salt, soda and baking powder. Put in greased pan (17 × 11 × 1-inch) at 350°. For the frosting, mix 3 oz. cream cheese (room temp.), 1 tsp. vanilla, ¾ stick oleo, 1 T. cream or milk and 1¾ C. powdered sugar or more to spreading consistency. Spread on cooled bars.

## PUMPKIN BARS

*Lois Hays Irwin*

- |                     |                      |
|---------------------|----------------------|
| 2 C. flour          | 2 tsp. baking powder |
| 2 C. sugar          | 1 tsp. soda          |
| 4 eggs              | 2 tsp. cinnamon      |
| 1 C. oil            | ½ tsp. salt          |
| 1 (303) can pumpkin |                      |

### FROSTING:

- |                    |                      |
|--------------------|----------------------|
| 3 oz. cream cheese | 1 tsp. vanilla       |
| ¾ stick oleo       | 1¾ C. powdered sugar |
| 1 tsp. milk        |                      |

Mix all together and blend well. Put in 10 × 15-inch cookie sheet. Bake 25 minutes at 350°. For the frosting, cream cheese and oleo together. Add milk and vanilla. Beat in powdered sugar and spread on cooled bars.

*It's not important where we live, but how we live.*

## PUMPKIN BARS

Vesta Shaha

- |                        |                        |
|------------------------|------------------------|
| 4 eggs                 | 1 tsp. soda            |
| 1½ C. granulated sugar | 1 C. cooking oil       |
| 1 (16 oz.) can pumpkin | 2 C. all purpose flour |
| 2 tsp. baking powder   | 2 tsp. ground cinnamon |

### FROSTING:

- |                                    |                        |
|------------------------------------|------------------------|
| 1 (3 oz.) pkg. cream cheese (soft) | 1 C. butter (softened) |
| 2 C. powdered sugar (sifted)       | 1 tsp. vanilla         |

In a mixer bowl, beat together eggs, granulated sugar, oil and pumpkin until light and fluffy. Stir together flour, baking powder, cinnamon, salt and soda. Add to pumpkin mixture and mix thoroughly. Spread batter in greased 15 × 10 × 1-inch baking pan. Bake at 350° for 25-30 minutes. Cool and frost with frosting recipe. Cut into bars. Makes 24 bars.

## PUMPKIN BARS

Jacque Sobotka

- |                |                    |
|----------------|--------------------|
| 2 C. sugar     | 2 tsp. baking soda |
| 1 C. salad oil | ¼ tsp. salt        |
| 4 eggs         | 2 tsp. cinnamon    |
| 2 C. flour     | 16 oz. can pumpkin |

### FROSTING:

- |                               |                              |
|-------------------------------|------------------------------|
| 3 oz. cream cheese (softened) | 2 C. powdered sugar (sifted) |
| 6 T. butter (softened)        | 1 tsp. milk                  |
| 1 tsp. vanilla                |                              |

Cream sugar and oil, add eggs, blend well. Add rest of ingredients. Bake at 350° for 20-25 minutes in greased jelly roll pan. For the frosting, beat until smooth. Frost.

*The best things in life aren't things!*

## PUMPKIN BARS

Lillie Rinehart

- |                      |                        |
|----------------------|------------------------|
| 2 C. flour           | 2 C. sugar             |
| 2 tsp. baking powder | 1 C. oil               |
| 1 tsp. soda          | 4 eggs                 |
| ¼ tsp. salt          | 1 (16 oz.) can pumpkin |
| 1 tsp. cinnamon      |                        |

### FROSTING:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 tsp. milk                     |
| 6 T. oleo or butter         | Enough powdered sugar to spread |
| 1 tsp. vanilla              |                                 |

Combine all ingredients and mix until well blended. Pour into a greased and floured 12 × 17-inch pan. Bake at 350° for 20-25 minutes. Put frosting on cooled bars. Can add 1 C. chopped nuts to frosting if you wish.

## PUMPKIN PIE SQUARES

Michelle Repp

- |                  |                                   |
|------------------|-----------------------------------|
| 1 C. flour       | 1 (13 oz.) can evaporated milk or |
| ½ C. quick oats  | 1½ C. reconstituted nonfat        |
| ½ C. brown sugar | dry milk                          |
| ½ C. margarine   | 2 eggs                            |
| ¾ C. sugar       | 1 tsp. cinnamon                   |
| ½ tsp. ginger    | ¼ tsp. cloves                     |
|                  | 1 can pumpkin                     |

Combine flour, oats, brown sugar and margarine until crumbly. Press into a 9 × 13-inch pan. Bake 15 minutes at 350°. Mix all remaining ingredients and pour on top of first baked layer. Bake 35 minutes at 350°. Serves 12.

*The only time it's not bad manners for a man to talk with his mouth full is when he's praising his wife's cooking.*

## RAISIN CREAM BARS

Margaret Bishop

### CRUST:

- |                          |                            |
|--------------------------|----------------------------|
| 1 C. brown sugar         | 1 tsp. baking soda         |
| 1 C. oleo                | 1 $\frac{3}{4}$ C. oatmeal |
| 1 $\frac{3}{4}$ C. flour |                            |

### FILLING:

- |   |             |
|---|-------------|
| 1 $\frac{1}{2}$ C. raisins (soaked in a little water & drained) | 1 pint milk |
| 3 egg yolks (I use whole eggs)                                  | 1 C. sugar  |
| 2 $\frac{1}{2}$ T. cornstarch                                   | Dash salt   |

Mix ingredients for crust well. Put  $\frac{1}{2}$  in a 9 x 13-inch pan to form a crust. For the filling, beat egg yolks (or eggs) and add milk, cornstarch, salt and sugar. Heat, stirring constantly until thick, over medium heat. Add drained raisins. Pour on top of crust. Top with remaining crumbs. Bake at 350° for 15-20 minutes.

## RHUBARB CUSTARD BARS

Diane Repp Lee

### CRUST:

- |                               |                        |
|-------------------------------|------------------------|
| 2 C. flour                    | $\frac{1}{4}$ C. sugar |
| 1 C. cold butter or margarine |                        |

### FILLING:

- |                     |                                    |
|---------------------|------------------------------------|
| 2 C. sugar          | 3 eggs (beaten)                    |
| 7 T. flour          | 5 C. fresh or frozen rhubarb       |
| 1 C. whipping cream | (finely chopped, thawed & drained) |

### TOPPING:

- |                              |                               |
|------------------------------|-------------------------------|
| 2 (3 oz.) pkgs. cream cheese | $\frac{1}{2}$ tsp. vanilla    |
| $\frac{1}{2}$ C. sugar       | 1 C. whipping cream (whipped) |

In a bowl, combine flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 9 x 13-inch baking pan. Bake at 350° for 10 minute. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° for 40-45 minutes or until custard is set. Cool. For topping, beat cream cheese, sugar and vanilla until smooth. Fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator.

## SEA FOAM SQUARES

Janis Denney

2 C. flour (sifted)  
2 tsp. baking powder  
1 tsp. soda  
½ tsp. salt  
½ C. shortening  
½ C. white sugar  
½ C. brown sugar

2 eggs (separated)  
3 T. milk  
1 tsp. vanilla  
6 oz. chocolate chips  
1 C. brown sugar  
Salted peanuts

Heat oven to 325°. Cream the ½ C. shortening, ½ C. white sugar and ½ C. brown sugar. Sift the flour, baking powder, soda and salt together. Beat 2 egg yolks, add milk and vanilla. Add alternately with the flour mixture to the creamed mixture. Press into a 15 × 10-inch pan. Sprinkle with chocolate chips. Beat the 2 egg whites until stiff and add the 1 C. brown sugar. Beat until sugar is dissolved. Spread over chips. Sprinkle with peanuts. Bake for 30-35 minutes.

## SEMI-NUTRAGRAIN BARS

Dixie Baker

1 pkg. yellow cake mix  
1½ C. rolled oats  
¾ C. butter (melted)

12 oz. jam or other filling  
1 T. water

Mix cake mix, oats and butter. Press half of the mix into a 9 × 13-inch greased pan. Mix jam and water and spread over the mix. Add the remaining mix on top and bake for 20 minutes at 375°. Before cutting, cool completely. Variations: Use a strawberry cake mix with strawberry jam as the filling, or use a chocolate cake mix with peanut butter and marshmallow cream as the filling.

*Forget about what you can't do - and do what you can do!*

**SPECIAL K BARS***Elaine Willis*

- |                    |                           |
|--------------------|---------------------------|
| 1 C. sugar         | 6 C. Special K cereal     |
| 1 C. white syrup   | 1 C. milk chocolate chips |
| 1 C. peanut butter | 2 tsp. peanut butter      |

Put the sugar, syrup and 1 C. peanut butter into a large saucepan. Cook until all ingredients are warm and blended together well. Add the Special K to this mixture and mix well. Spread into a 9×13-inch cake pan. Press mixture down into pan. For the frosting, melt the chocolate chips and the peanut butter in the microwave until of spreading consistency. Spread on bars. Let cool in refrigerator for 30 minutes before cutting into bars. Don't use any other kind of cereal. I usually double the batch, as this is one of my families favorites.

**SNACK BARS**

*In Memory of Mildred Dolecheck Hays  
(Submitted by Maynard and Carolyn Dolecheck)*

- |                                    |                        |
|------------------------------------|------------------------|
| 3 C. coconut                       | 1½ C. light corn syrup |
| 1 C. salted peanuts                | 1½ C. sugar            |
| 4 C. corn flakes (lightly crushed) | 1½ C. heavy cream      |
| 5 C. rice cereal                   |                        |

Combine coconut, peanuts, corn flakes and rice cereal. Combine syrup, sugar and heavy cream. Cook syrup mixture to soft ball stage or 236°. Remove from heat. Add 1 tsp. vanilla. Pour over cereal mixture. Mix well. Press into 13×9-inch pan. Cut into bars. Chill until firm.

**SOUR CREAM COOKIES***LaVerne Glendenning*

- |                  |                      |
|------------------|----------------------|
| 1 C. brown sugar | 3 C. flour           |
| ½ C. white sugar | 1 tsp. baking powder |
| ½ C. butter      | ½ tsp. salt          |
| 2 eggs           | 1 C. sour cream      |
|                  | 1 tsp. soda          |

Cream together sugars, butter and eggs. After sifting together flour, baking powder and salt, add flour and sour cream with soda mixed in. Do this alternately to the cream mixture. Add vanilla last. Add ½ C. chopped English walnuts if desired. Chill. Drop by teaspoon on a lightly greased cookie sheet. Bake at 360° until the top springs back. Ice while warm with 6 tsp. butter, 6 tsp. hot water, 1 tsp. brown sugar and enough powdered sugar to spread.

## NEIMAN MARCUS COOKIES

*Keleta Dunkeson*

- |                        |                                  |
|------------------------|----------------------------------|
| 2 C. butter            | 1 tsp. salt                      |
| 4 C. flour             | 1 (8 oz.) Hershey bar (grated)   |
| 2 tsp. soda            | 4 eggs                           |
| 2 C. sugar             | 2 tsp. baking powder             |
| 5 C. blended oatmeal   | 2 tsp. vanilla                   |
| 24 oz. chocolate chips | 3 C. nuts (chopped, your choice) |
| 2 C. brown sugar       |                                  |

Measure oatmeal. Blend in blender to a fine powder. Cream butter and both sugars. Add eggs, vanilla. Mix with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey bar and nuts. Roll into ball 2-inches apart on cookie sheet. Bake 10 minutes at 375°. Makes 112 cookies. May be halved.

## CRUNCHY FUDGE SANDWICH

*Olive Davis*

- |                                   |                     |
|-----------------------------------|---------------------|
| 1 (6 oz.) pkg. butterscotch chips | ½ C. powdered sugar |
| ½ C. peanut butter                | 2 T. butter         |
| 4 C. Rice Krispies cereal         | 1 T. water          |
| 1 (6 oz.) pkg. chocolate chips    |                     |

Melt butterscotch chips with peanut butter in microwave for 1½-2 minutes. Stir until blended. Stir in Rice Krispies cereal. Press half of mixture into buttered 8-inch square pan and chill. Set remainder aside. Melt chocolate chips, powdered sugar, margarine and water in microwave for 1½-2 minutes. Spread quickly over chilled mixture and top with reserved mixture. Chill and cut into squares.

*When a person is tested, he either becomes  
a bitter person or a better person!*

# Desserts

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

_____	_____
_____	_____
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## Hints for Desserts

To make long "curled" chocolate shavings for cakes, pies or puddings, use the vegetable peeler to shave the chocolate. This also works well for frozen butter.

Grating a stick of butter softens it quickly. So will a few seconds in your microwave.

Save colored maraschino cherry juice and spiced apple juice for cooking rice or tapioca puddings to add color and flavor.

Save the liquids from canned fruits and thicken them with cornstarch; heat and serve as sauce over cake or pudding.

To prevent a skin from forming on the top of refrigerated puddings, place transparent plastic wrap tightly over the top of the dish. Don't let wrap touch the pudding.

To cream butter and sugar; put them in a warm bowl and beat as usual until mixture is like whipped cream.

When a recipe calls for a quantity of melted butter, measure it after melting, not before.

When baking a milk pudding, place the dish in a pan of water in the oven. This prevents the pudding from burning or boiling over.

Before returning an opened carton of ice cream to the freezer, press plastic wrap onto the surface of the ice cream to prevent ice crystals from forming.

Whipped cream can be made well in advance without separating. Sprinkle ½ tsp. unflavored gelatin over 1 T. of cold water in a custard cup, then set the cup over simmering water to melt the gelatin. Whip 1 cup of heavy cream until almost stiff. Add the gelatin mixture and whip until stiff. Cover and refrigerate as long as 3 days.

If you like whipped cream sweetened, it will be fluffier and less likely to separate when made ahead if you use confectioners sugar instead of granulated sugar.

Heavy cream will whip faster if you chill the bowl and the beaters in the freezer until they're very cold.

Avoid using the ultra pasteurized variety of heavy cream; it takes much longer to whip.

Evaporated milk has considerably less cholesterol than heavy cream and can be whipped like cream. Pour it into an ice-cube tray and freeze for about ½ hour or until ice begins to form around the edges, remove the tray from the freezer, pour the milk into a chilled bowl and whip it with a chilled electric beater until it thickens.

Drop dollops of whipped cream onto a cookie sheet and freeze. Transfer them to plastic bags and return to the freezer. They'll thaw in 20 minutes; or defrost in your microwave in a few seconds.

## - DESSERTS -

### MANDARIN ORANGE DESSERT

*Edna Sichels*

- |                                |                              |
|--------------------------------|------------------------------|
| 1 pkg. regular vanilla pudding | 1 C. crushed pineapple       |
| 1 pkg. orange Jello            | 1 small can mandarin oranges |
| 1 pkg. tapioca pudding         | 2 C. Cool Whip               |
| 2 $\frac{2}{3}$ C. water       |                              |

Cook pudding, Jello, tapioca and water together until clear. Cool. Add pineapple and oranges. Add Cool Whip and refrigerate. Keeps good for 2 weeks.

### PEACH PUDDING

*Lois Hays Irwin*

- |                           |                        |
|---------------------------|------------------------|
| 2 C. fresh sliced peaches | 2 tsp. baking powder   |
| $\frac{3}{4}$ C. sugar    | $\frac{3}{4}$ C. milk  |
| 1 stick oleo              | $\frac{3}{4}$ C. flour |
| 1 C. sugar                | Salt                   |

Prepare 2 C. fresh sliced peaches. Add  $\frac{3}{4}$  C. sugar and set aside. Melt 1 stick oleo in Pyrex dish. Prepare 1 C. sugar, 2 tsp. baking powder,  $\frac{3}{4}$  C. milk,  $\frac{3}{4}$  C. flour, salt. Pour over melted butter. Do not stir. Spoon peaches over batter. Do not stir. Bake 1 hour at 350°.

### ANGEL FOOD CAKE DESSERT

*Lois Hays Irwin*

- |                             |                                |
|-----------------------------|--------------------------------|
| Angel food cake (baked)     | 1 (3 oz.) box Jello (any kind) |
| 1 (3 oz.) pkg. cream cheese |                                |

Tear angel food cake into small pieces. Put in a 9 × 13-inch pan. Dissolve Jello and dissolve cream cheese in Jello. Pour over cake and refrigerate.

### ANGEL FOOD DESSERT

*Lois Hays Irwin*

- |                              |                                       |
|------------------------------|---------------------------------------|
| 1 angel food cake (baked)    | 2 C. whipped topping                  |
| 2 (3 oz.) pkgs. cream cheese | 1 C. strawberry or cherry pie filling |
| 1 C. powdered sugar          |                                       |

Tear cake into small pieces. Mix together sugar and cheese. Add to whipped topping. Stir in cake pieces. Put mixture into 9 × 13-inch pan. Spread pie filling over the top. Refrigerate overnight.

## APPLE CRISP

*Doris J. Redman*

4 C. apples (diced)  
¾ C. sugar  
1 T. flour  
1 tsp. cinnamon  
Pinch salt

½ C. oatmeal  
½ C. flour  
½ tsp. baking powder  
½ C. brown sugar  
1/8 tsp. soda

Put apples in bottom of 8 × 8-inch buttered pan. Next sprinkle sugar, flour, cinnamon and salt over apples. Crumble the other ingredients over the top. Bake at 350° for 45 minutes to 1 hour.

## APPLE CINNAMON CRISP

*Ashlee and Hunter Lee*

8 apples (sliced thin)  
2 T. lemon juice  
2 C. rolled oats  
¾ C. whole wheat flour  
½ C. raisins

2 T. ground cinnamon  
½ C. apple juice  
⅓ C. honey  
2 T. canola oil

Preheat oven to 350°. Spray a glass baking dish with Pam. Toss the apples with the lemon juice and put in the dish. Combine oats, flour, raisins and cinnamon in a bowl. Add the apple juice, honey and oil to the flour bowl. Combine well. Sprinkle over fruit. Bake about 30 minutes until apples are tender. You can also make this a cranberry crisp by using 1 C. of fresh cranberries instead of apples.

## APPLE DESSERT

*Mary Grose and Phyllis Grose/Kimball*

1 egg  
½ C. flour  
¾ C. sugar

1 tsp. baking powder  
2 C. apples  
½ C. pecans

Mix egg, flour, sugar and baking powder together. Add 2 C. apples and ½ C. pecans. Bake in a well greased pie pan for 30 minutes at 350°.

## APPLE TORTE

*Cleta Force*

- |                      |                            |
|----------------------|----------------------------|
| ¾ C. sugar           | Pinch salt                 |
| 1 egg                | Almond flavoring           |
| ½ C. flour           | 1 C. raw apples (cut fine) |
| 1 tsp. baking powder | ½ C. walnuts               |

Mix together and bake at 350° for 30 minutes in a pie pan. Serve plain or with whipped cream, Cool Whip or ice cream.

## APPLE PIZZA

*Lois Hays Irwin*

- |                                       |                 |
|---------------------------------------|-----------------|
| 1 loaf frozen bread dough<br>(thawed) | 1½ C. flour     |
| 4-6 apples (sliced)                   | ¼ C. oleo       |
| ⅔ C. sugar                            | 2 tsp. cinnamon |

Press thawed bread out in a pizza pan and cover with apple slices. Mix remaining ingredients together and sprinkle over apples. Bake at 350° for 35-40 minutes. Drizzle powdered sugar icing over top when cool.

## BANANA DELIGHT

*Ruth McDonnell*

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 stick butter or margarine | 2 C. Cool Whip (divided)        |
| 1 C. flour                  | 2 pkgs. instant vanilla pudding |
| 1 C. pecan chips            | 3 C. cold milk                  |
| 8 oz. cream cheese          | 3-4 medium bananas (sliced)     |
| 1 C. powdered sugar         |                                 |

Mix butter, flour and pecan chips until crumbly. Pat in bottom of 9 × 13-inch pan. Bake at 350° for 15 minutes. Cool. Mix cream cheese, powdered sugar and 1 C. Cool Whip. Spread over baked mixture. Mix pudding and milk. Pour over cream cheese mixture. Top with sliced bananas. Spread 1 C. Cool Whip over all.

## **BANANA DELIGHT**

*Oleta Jones and Ruth McDonnell*

### **FIRST LAYER:**

1 stick oleo  
1 C. pecans

1 C. flour

### **SECOND LAYER:**

1 C. powdered sugar  
1 (8 oz.) pkg. cream cheese

1 C. Cool Whip

### **THIRD LAYER:**

2 small boxes instant vanilla  
pudding

3 C. milk

### **FOURTH LAYER:**

Bananas (sliced)

Cool Whip

Cut butter into flour and pecans. Bake at 350° for 15 minutes. Bake in a 9 × 13-inch pan. Cool. Mix second group together and put over first layer. Beat third group for 2 minutes. Spread over second layer. For the fourth layer, put a layer of sliced bananas over instant pudding layer. Add remaining Cool Whip and chill. Keep in refrigerator.

## **BANANA PUDDING DESSERT**

*Denise Golliday*

Vanilla wafers  
Vanilla instant pudding

Bananas  
Cool Whip

Layer the bottom of 9 × 13-inch cake pan with vanilla wafers. Mix up 2 boxes of vanilla pudding. Pour over vanilla wafers. Slice 3 bananas on top of vanilla pudding. Then cover bananas with Cool Whip. Crumble remaining vanilla wafers on the top of dessert. Chill and serve. If you like more banana flavor you can use banana pudding.

## **BAVARIAN CREAM**

*Edna Small*

- |                         |  |
|-------------------------|--|
| 1 C. dairy sour cream   | 1 (8 oz.) pkg. cream cheese                        |
| ¾ C. fine sugar         | ½ tsp. vanilla                                     |
| 1 C. whipping cream     | 1 (15 oz.) can crushed pineapple<br>(well drained) |
| ¼ C. water              |  |
| 1 envelope Knox gelatin |  |

Combine sour cream and whipping cream in medium pan. Beat in sugar. Place on low heat to warm. Sprinkle gelatin over water in a cup to soften. Place cup in pan of hot water to dissolve and liquify. Stir gelatin into cream mixture and remove from heat. Beat cream cheese until soft. Stir cheese in cream mixture gradually with vanilla and pineapple. Blend well. Pour into 4 C. mold, which has been brushed with vegetable oil. Refrigerate at least 4 hours or overnight until firm. Unmold and garnish with maraschino cherries.

## **EASY BERRY COBLER**

*Angie Glendenning*

- |                          |                                   |
|--------------------------|-----------------------------------|
| ¼ C. butter or margarine | 1½ tsp. baking powder             |
| ¾ C. milk                | 2 C. berries, cherries or peaches |
| 1 C. sugar               | ¼-1 C. sugar                      |
| 1 C. flour               |                                   |

Melt butter in small shallow pan, pour into 9 × 13-inch pan. Mix milk, sugar, flour and baking powder. Pour over the butter. Do not stir. Pour the berries over this. Do not stir!. Pour sugar over the top (or you can mix the sugar with the berries before putting on the batter). Bake 30 minutes at 350°.

## **BANANA BREAD PUDDING**

*Shirley Klejch*

- |                                   |                            |
|-----------------------------------|----------------------------|
| 4 C. day old French bread (cubed) | 2 tsp. vanilla             |
| ¼ C. margarine (melted)           | ½ tsp. cinnamon            |
| 3 eggs                            | ½ tsp. salt                |
| 2 C. milk                         | 1 C. firm bananas (sliced) |
| ½ C. sugar                        |                            |

Cut bread into 1-inch cubes. Put in 2 quart casserole dish. Pour melted margarine over and toss. Combine the rest of ingredients and pour over. Bake uncovered at 375° for 40 minutes or until knife inserted in center is clean. Make sauce combining 3 T. oleo, 2 T. sugar, 1 T. cornstarch, ¾ C. milk, ¼ C. white corn syrup and boil 1 minute. Add 1 tsp. vanilla and serve warm over bread pudding.

## BANANA BREAD PUDDING

*Neva Allee*

- |   |                                   |
|---|-----------------------------------|
| 4 C. whole wheat bread cubes            | 2 T. margarine or butter (melted) |
| 3 ripe medium bananas (mashed)          | 2 tsp. vanilla                    |
| 3 eggs                                  | ½ tsp. salt                       |
| 1 tsp. ground cinnamon                  | ½ C. flaked coconut               |
| 2½ C. warm water                        | ½ C. pecans (chopped)             |
| 1 (14 oz.) can sweetened condensed milk | Butter rum sauce (recipe follows) |

Preheat oven to 350°. Place bread cubes in a buttered 9-inch square baking pan. In a large bowl, beat bananas, eggs and cinnamon. Add remaining ingredients except pecans and butter rum sauce. Pour evenly over bread, moistening completely. Top with pecans. Bake 45-50 minutes or until knife inserted in center comes out clean. Cool. Serve warm with butter rum sauce. Refrigerate leftovers. For a softer more custard like bread pudding, decrease bread cubes to 3 cups. BUTTER RUM SAUCE: In a saucepan, melt ¼ C. butter or margarine, ¾ C. firmly packed brown sugar and ½ C. whipping cream. Boil rapidly 8-10 minutes and 2 T. rum or 1 tsp. rum flavoring. Serve warm. Makes about 1 cup.

## BREAD PUDDING

*Betty Sneath*

- |                 |                 |
|-----------------|-----------------|
| 4 slices bread  | 1 C. milk       |
| 1 C. cream      | 4 eggs (beaten) |
| 1¼ C. sugar     | ¼ tsp. salt     |
| 1 tsp. cinnamon | ½ C. raisins    |
| Butter          | ½ C. coconut    |

Break bread into large pieces and place in well buttered casserole dish. Combine milk, cream, eggs, sugar, salt, cinnamon and raisins. Pour over the bread. Dot generously with butter. Sprinkle ½ C. coconut over top and bake in approximate 10 × 8-inch casserole dish for 1 hour at 350°.

## BREAD PUDDING

*Carol Hays*

4 eggs (beaten)  
1/3 C. sugar  
1 tsp. vanilla  
1/3 C. raisins

2 C. milk  
1/2 tsp. cinnamon  
4 slices dry bread cubes

Beat together eggs, milk, sugar, cinnamon and vanilla. Place dry bread cubes in baking dish and sprinkle raisins over top. Pour egg mixture over all and bake at 325° for 35-40 minutes until knife inserted in center comes out clean. Cool slightly and serve warm.

## CHEESECAKE

*Carl Zarr*

1 tsp. baking powder  
2/3 C. sugar  
1 tsp. vanilla  
1/2 C. butter  
1/2 tsp. salt  
1 C. flour  
1 egg  
8 oz. cream cheese

1 C. sour cream  
3 eggs  
2/3 C. sugar  
1 tsp. vanilla  
1 C. sour cream  
1/4 C. sugar  
1 tsp. vanilla

Mix the first 7 ingredients together and spread into 9 × 13-inch pan. Then mix the next 5 ingredients together and pour over first layer. Mix next 3 ingredients and put over second layer. Bake at 350° for 50 minutes.

## CHERRY CHEESECAKE

*Jodie Geist*

10 graham crackers  
1 T. sugar  
1/4 C. oleo (melted)  
1 (3 oz.) pkg. lemon Jello  
1 C. boiling water

1/2 C. cold water  
6 oz. cream cheese  
3/4 C. sugar  
8 oz. Cool Whip  
1 can cherry pie filling

Mix graham crackers, sugar and butter; put in 9 × 13-inch pan. Mix Jello, water (hot and cold) and cool slightly. Cream together cream cheese and sugar. Add Cool Whip. Mix all this with Jello and pour over crust. Chill until set. Top with one can of cherry pie filling.

## **CHOCOLATE CHIP COOKIE CHEESECAKE**

*Kelly Stackhouse*

2 rolls chocolate chip cookie dough  
3 (8 oz.) pkgs. cream cheese

3 eggs  
¾ C. sugar  
1 tsp. vanilla

Slice 1 roll of dough and place in bottom of greased cake pan. Cream cream cheese, eggs, sugar and vanilla. Pour over dough. Slice second roll of dough and place over top of filling. Bake at 350° for 45 minutes. Cool. Keep refrigerated once cool.

## **DIABETIC CHEESECAKE**

*Dorothy Denney*

### **CRUST:**

1½ C. graham cracker crumbs      5 T. margarine (softened)

### **FILLING:**

1 (8 oz.) pkg. light cream cheese (softened)      1 pkg. sugar free instant lemon pudding  
2 C. skim milk

Combine graham cracker crumbs and margarine. Press into bottom and sides of 9-inch pie pan. Mix cream cheese, instant pudding and milk. Pour into crust. Chill before serving.

## **FABULOUS FUDGE CHEESECAKE**

*Janis Denney*

1 C. vanilla wafer crumbs      1 (14 oz.) can sweetened condensed milk  
½ C. confectioners sugar  
⅓ C. baking cocoa      2 tsp. vanilla  
⅓ C. butter (melted)      2 C. semi-sweet chocolate chips (melted & cooled)  
3 (8 oz.) pkgs. cream cheese (softened)      4 eggs

Preheat oven to 325°. In a small bowl, combine wafer crumbs, sugar and cocoa; stir in butter. Press onto bottom of a greased 9-inch springform pan. Set aside. In a mixing bowl, beat cream cheese, milk and vanilla until smooth. Add chocolate, mix until blended. Add eggs, beat on low speed just until combined. Pour over crust. Place pan on a baking sheet. Bake for 40-45 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen. Cool 1 hour longer. Yield 10-12 servings.

## ITALIAN CHEESECAKE (TOFU)

*Deb Repp*

- |   |                                     |
|---|-------------------------------------|
| 1 C. graham cracker crumbs                | 8 oz. soy cream cheese              |
| ¼ C. blanched almonds<br>(finely chopped) | ¾ C. soy sour cream                 |
| 3 T. sugar                                | 3 large eggs                        |
| 2 T. soy margarine or butter              | ⅓ C. sugar                          |
| 1½ C. Mori-Nu Silken extra firm<br>tofu   | 2 tsp. lemon peel (grated)          |
|   | Fresh fruit, for topping (optional) |

Preheat oven to 350°. Grease an 8-inch springform pan with cooking spray. In a medium bowl, combine cracker crumbs, almonds, sugar and margarine. Mix with fork until blended. Sprinkle mixture over bottom of prepared pan and press evenly over bottom and partially up sides of pan. In a food processor, combine tofu, cream cheese, sour cream, eggs, sugar and lemon peel. Process until just blended. Pour filling into prepared pan. Bake 20 minutes. Reduce heat to 325° and bake 20-25 minutes more, until cake is almost set in center. Turn off oven. Leave cake in oven with door open 20 minutes. Let cool completely on wire rack. Cover cake and chill until set, at least 8 hours or overnight. Serve with fresh fruit topping if desired.

## NEW YORK STYLE CHEESECAKE

*Nicole Denney*

### CRUST:

- |                            |                          |
|----------------------------|--------------------------|
| 1 C. graham cracker crumbs | 1½ T. margarine (melted) |
| 1½ T. sugar                |                          |

### FILLING:

- |                              |                   |
|------------------------------|-------------------|
| 5 (8 oz.) pkgs. cream cheese | 2 large egg yolks |
| 1½ C. sugar                  | 3 T. flour        |
| 1 tsp. lemon zest            | ½ tsp. vanilla    |
| 5 large eggs                 | ½ C. sour cream   |

Mix crust and pat into bottom of 9-inch springform pan. Bake at 375° for 10 minutes. Remove from oven and cool. Increase oven temperature to 500° and place pan of water on lower rack. In a large bowl, beat together cheese, sugar and zest at medium speed until creamy. Gradually beat in flour and vanilla. Add eggs and yolks, one at a time, beating well each time. Add sour cream, beat until smooth. Pour mixture into crust. Bake 10 minutes. Reduce temperature to 200° and bake 1 hour. Transfer pan to wire rack. When cool, remove sides. Chill for at least 2 hours.

## PEACHES AND CREAM CHEESECAKE

*Joyce Vardaman*

¾ C. flour	1 (16 oz.) can peach slices
1 box regular vanilla pudding	1 (8 oz.) pkg. cream cheese
1 tsp. baking powder	½ C. sugar
1 egg (beaten)	1 T. sugar
½ C. milk	½ tsp. cinnamon
3 T. margarine (melted)	

In a mixing bowl, stir together flour, pudding mix and baking powder. Combine egg, milk and margarine. Add to dry ingredients; mix well. Spread in greased 8 × 8 × 2-inch pan. Drain peaches, reserving ⅓ C. liquid. Chop peaches or slice thin and place a top batter. Beat together cream cheese, ⅓ C. liquid and ½ C. sugar. Pour a top peaches in pan. Combine 1 T. sugar and ½ tsp. cinnamon; sprinkle overall. Bake at 350° for 35-40 minutes.

## SNICKER CHEESECAKE

*Joan Brown*

### CRUST:

1 C. graham cracker crumbs	¼ C. margarine
½ C. pecans (chopped)	5 (2.07 oz.) Snickers bars
¼ C. sugar	

### CHEESECAKE:

½ C. sugar	⅓ C. sour cream
12 oz. cream cheese	⅓ C. peanut butter
2 eggs	

### TOPPING:

3 T. heavy cream	⅓ C. milk chocolate chips
⅓ C. white chocolate chips	

Preheat oven to 325°. For the crust, blend together graham cracker crumbs, pecans, sugar and margarine in a bowl. Press into springform pan and set aside. Cut 5 candy bars into small pieces and place on crust. For the cheesecake, in a small bowl, combine sugar and cream cheese; beat until smooth. Add eggs, one at a time, beating well after each. Add sour cream and peanut butter, beating until smooth. Pour over candy bar pieces. Bake 1 hour and 10 minutes or until set. Be sure to put on a cookie sheet. Cool completely. For the topping, heat cream and both types of chips in microwave on medium for 3-5 minutes. Stir until chips are melted and smooth. Spread over cooled cheesecake. Decorate with remaining candy bar. Refrigerate until serving. Serves 16.

**STRAWBERRY CREAM CHEEZE***Dep Repp*

- |  |   |
|--|---|
| 8 oz. tofu                                 | 1½ C. hot club soda                                       |
| Sugar or artificial sweetener,<br>to taste | with 1 T. lemon juice (heated)                            |
| 2 tsp. vanilla                             | 2 envelopes unflavored gelatin<br>dissolved in ⅓ C. water |

Put tofu, sweetener and vanilla in blender. Blend well while slowly pouring in club soda and lemon juice. Add gelatin water mixture. Blend 1 minute. Pour into 1 quart cake pan or casserole dish sprayed with Pam. Refrigerate 2 hours or up to 3 days. Cover tightly with plastic wrap. Top each serving with 1 or 2 strawberries thinly sliced.

**STRAWBERRY CREAM CHEESE***Verla Repp*

- |                             |  |
|-----------------------------|--|
| 1¼ C. graham cracker crumbs | ½ pint whipped cream                   |
| ¼ C. butter                 | (non-dairy topping can be used)        |
| 12 oz. cream cheese         | ½ tsp. vanilla                         |
| ½ C. powdered sugar         | 1 (3 oz.) pkg. strawberry Jello        |
| ½ large lemon               | 1 (10 oz.) pkg. frozen<br>strawberries |
| 1 C. boiling water          |  |

Melt butter in microwave. Mix with crumbs. Mix cream cheese, powdered sugar, lemon juice. Fold Cool Whip in. Pour over crust. Dissolve Jello in boiling water. Add fruit. Set aside until cool. Then put over cream cheese and crust. Refrigerate overnight. I like to keep the cream cheese base in the freezer for company. And put the topping on after you remove it from freezer. You can add fresh fruit as topping also.

**MINIATURE STRAWBERRY CHEESECAKES***Pam Hudson*

- |                              |  |
|------------------------------|--|
| 2 (8 oz.) tubes cream cheese | 2 eggs   |
| 1 C. sugar                   | 1 C. sour cream  |
| 1 tsp. vanilla               | 12-16 oz. sweetened strawberries<br>(partially thawed) |
| ¼ C. sugar                   |  |
| 24 vanilla wafers            |  |

Put one vanilla wafer in bottom of cupcake paper. Put softened cream cheese, 1 C. sugar and 2 eggs in a bowl. Add vanilla. Beat together until smooth. Fill cups ½ full of mixture. Bake at 350° for 15 minutes. Mix sour cream with ¼ C. sugar, then spread on each cake. Top with partially thawed strawberries. Freeze.

## CREAM CHEESE TARTS

*Andrea Taylor*

- |                              |                |
|------------------------------|----------------|
| 2 (8 oz.) pkgs. cream cheese | 1 tsp. vanilla |
| $\frac{3}{4}$ C. sugar       | Vanilla wafers |
| 2 eggs                       |                |

Cream sugar and cream cheese together. Beat eggs and vanilla into the mixture. Line muffin tins with paper liners. Drop 1 vanilla wafer in the bottom of each. Fill  $\frac{1}{2}$  to  $\frac{2}{3}$  full with cream cheese mixture. Bake at 375° for 15-20 minutes. Cool. Top with favorite pie filling. Makes 18.

## HOT FUDGE PUDDING

*Meredith Dredge*

- |  |                                    |
|--|------------------------------------|
| 1 C. flour                             | 2 T. salad oil                     |
| $\frac{1}{2}$ -1 tsp. salt             | 1 tsp. vanilla                     |
| 2 T. cocoa                             | $\frac{1}{2}$ -1 C. nuts (chopped) |
| 2 tsp. baking powder                   | $\frac{1}{2}$ C. milk              |
| $\frac{2}{3}$ - $\frac{3}{4}$ C. sugar |                                    |

Stir dry ingredients together. Add milk, oil and vanilla. Mix until smooth. Stir in nuts. Pour into a greased 8 x 8-inch pan. For the topping, mix together brown sugar and cocoa. Sprinkle over top of batter. Pour hot water over batter. Bake at 350° for 35-45 minutes. May serve warm with ice cream.

## CHOCOLATE CAKE PUDDING

*Ada Stanley*

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 C. flour              | 2 T. shortening (melted)        |
| $\frac{3}{4}$ C. sugar  | 1 tsp. vanilla                  |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ C. nuts (chopped) |
| 2 tsp. baking powder    | $\frac{1}{4}$ C. brown sugar    |
| 3 T. cocoa              | $\frac{1}{4}$ C. cocoa          |
| $\frac{1}{2}$ C. milk   | 2 C. hot water                  |

Sift flour, sugar, salt, baking powder and cocoa into a bowl. Then add milk, shortening, vanilla and nuts. Mix and pour into 8 x 8-inch square pan. Then mix the brown sugar and cocoa; sprinkle over cake mixture. Pour 2 C. hot water over this and bake 45 minutes at 350°.

## CHOCOLATE FRUIT PIZZA

*Donna Shields*

1 box brownie mix	Fresh strawberries
8 oz. cream cheese (softened)	Fresh kiwi
1/3 C. sugar	Fresh bananas
1 tsp. vanilla	Pineapple tidbits (drained)
1/2 C. Cool Whip	Mandarin oranges (drained)
6 oz. chocolate chips	Seedless green grapes

Prepare brownie mix according to package directions. Spread into greased 12-inch pizza pan. Bake at recommended temperature 12-15 minutes. Cool completely. Blend sugar, cream cheese, vanilla and Cool Whip until smooth. Spread over brownie layer leaving outside rim exposed about 1-inch. Slice fresh fruits and arrange in a circular pattern. Dip bananas in lemon juice to keep from darkening. Add pineapple and mandarin oranges. Melt chocolate chips and drizzle attractively over fruit. Refrigerate.

## CHOCOLATE PUDDING

*Ashley Ingram*

4 T. cornstarch	1 quart milk
1 C. sugar	1/3 C. cocoa
1/4 tsp. salt	1 tsp. vanilla

Mix cornstarch, sugar, salt and cocoa. Cook until thick and smooth, stirring constantly on low heat. Add vanilla and serve.

## CHOCOLATE SUNDAE PUDDING

*Lois Hays Irwin*

1 C. flour	1 1/2 T. cocoa
1/2 tsp. salt	2 tsp. baking powder
2/3 C. sugar	

Sift together. Add to above mixture: 1/2 C. milk, 2 tsp. melted butter, 1/2 C. nuts and 1 tsp. vanilla. Beat well and pour into buttered baking dish. Sprinkle top with the following which has been well mixed: 4 T. white sugar, 3 T. cocoa and 1/4 tsp. salt. Pour 1 C. water over all. Bake 45 minutes at 350°.

## MICROWAVE CHOCOLATE PUDDING

*Meredith Dredge*

- |                 |                |
|-----------------|----------------|
| 2/3 C. sugar    | 2 1/4 C. milk  |
| 1/4 C. cocoa    | 2 T. butter    |
| 3 T. cornstarch | 1 tsp. vanilla |
| 1/4 tsp. salt   |                |

Combine sugar, cocoa, cornstarch and salt in a medium glass mixing bowl; gradually stir in milk. Microwave on high about 7 minutes or until mixture is cooked and thickened. Stir twice during cooking. Stir in butter and vanilla. Pour into individual serving dishes. Cover with plastic wrap and chill. Makes 4-5 servings. I like to eat this hot!

## EASY CHOCOLATE TOFU DESSERT

*Deb Repp*

- |  |   |
|--|---|
| 12 oz. semi-sweet dark chocolate chips | 1 tsp. vanilla                              |
| 1 large banana                         | 2 pkgs. Mori-Nu Silken lite extra firm tofu |

Melt chocolate chips in microwave oven with 2 T. water. Thoroughly blend tofu in a blender or a food processor. Add melted chocolate and vanilla to the tofu and blend at high speed for 2 minutes. Slice banana and layer with chocolate mixture in either pudding cups or graham cracker pie crust. Refrigerate 1-2 hours. Garnish with remaining banana slices and almond slices if desired.

## CHEWY PUDDING BARS

*Diane Repp Lee*

- |  |                                     |
|--|-------------------------------------|
| 1 (4 serving) pkg. non instant pudding | 1/3 C. peanut butter                |
| 1/2 C. corn syrup                      | 4 C. Malt-O-Meal corn flakes cereal |
| 1/4 C. chocolate chips                 |                                     |

Butter 9 x 9-inch pan. In a large saucepan, heat pudding mix and corn syrup to boiling. Stir constantly. Boil and stir 1 minute. Remove from heat, stir in chocolate chips and peanut butter. Add cereal, stirring until well coated. Spread into pan. Cool 30 minutes.

## CHERRY DESSERT

*Helen Schardein*

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1 pkg. yellow cake mix                | 1 stick oleo (melted)    |
| 1 (3 oz.) pkg. banana instant pudding | 1 C. water               |
| 4 eggs                                | 1 can cherry pie filling |

Beat eggs. Add remaining ingredients and beat until well blended. Spray bottom of 9 × 13-inch pan with cooking spray. Put one half of batter in pan. Spread the cherry pie filling over batter. Add remaining batter. Bake in 350° oven for 30-35 minutes or until toothpick inserted in center comes out clean. Frost cool cake with 1½ C. powdered sugar, 1 T. corn syrup, 3 T. melted oleo, 1 T. oil, 2 T. warm water (beat until smooth).

## CHERRY FLUFF

*My linda Crawford*

- |                                 |  |
|---------------------------------|--|
| 1 (8 oz.) carton Cool Whip      | 1 (8 oz.) can chunk or crushed pineapple (drained) |
| 1 (14 oz.) can Eagle brand milk |  |
| 1 can cherry pie filling        |  |

Combine pie filling, pineapple and Eagle brand milk. Fold in Cool Whip. Chill until ready to serve.

## CHERRY BERRY ON A CLOUD

*Nida Solliday*

- |                             |  |
|-----------------------------|--|
| 6 egg whites                | 1 (8 oz.) carton Cool Whip             |
| ½ tsp. cream of tartar      | 2 C. miniature marshmallows            |
| ¼ tsp. salt                 | 1 can cherry pie filling               |
| 1¾ C. sugar                 | 1 (16 oz.) pkg. frozen strawberries    |
| 1 (8 oz.) pkg. cream cheese | 1 (16 oz.) pkg. frozen red raspberries |
| 1 C. sugar                  | 1 tsp. lemon juice                     |
| 1 tsp. vanilla              |  |

Preheat oven to 275°. Beat until bubbly, 6 egg whites. Add ½ tsp. cream of tartar, ¼ tsp. salt, 1¾ C. sugar (a little at a time). Beat until stiff. Pour in greased 9 × 13-inch pan. Bake 60 minutes. Turn off oven, leave overnight. DO NOT OPEN OVEN! Cream 8 oz. cream cheese, 1 C. sugar, 1 tsp. vanilla. Add Cool Whip and marshmallows. In morning, put cream cheese mixture over crust. Refrigerate. Combine cherry filling, strawberries, raspberries and lemon juice. Refrigerate. Spoon over dessert before serving.

## **CRANBERRY ORANGE MOUSSE**

*Ringgold Sanitation*

- |  |                         |
|--|-------------------------|
| 2½ C. cranberries                              | 20 oz. silken tofu      |
| 1¼ C. frozen orange juice concentrate (thawed) | 1 tsp. orange zest      |
|  | 2 egg whites            |
|  | Non-stick cooking spray |

Preheat oven to 350°. Place oven rack in center of oven. Boil cranberries and 1 C. juice concentrate 10-12 minutes. Strain through a wire mesh strainer to discard skins. Cover with plastic wrap to prevent skin from forming; cool. Reserve ¼ C. sauce for garnish. In a food processor or blender, blend tofu and orange peel until creamy, scraping sides when necessary. Whip egg whites until soft peaks form. Add remaining juice concentrate; whip again until peaks form. Stir cranberry sauce into tofu mixture. Fold cranberry tofu mixture in small amounts into egg whites. Spray a large ovenproof glass bowl or pan with nonstick cooking spray. Pour mousse mixture into bowl or pan; smooth top. Bake 18-20 minutes. Cool to room temperature, about 1 hour. Refrigerate several hours before serving. Before serving, heat reserved cranberry sauce in double boiler or microwave, whisking in 2-3 T. water to thin if necessary. Drizzle over mousse. Makes 8 servings.

## **CREAMY PEANUT DESSERT**

*Ramona Brand*

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1½ C. graham cracker crumbs   | 1 (8 oz.) pkg. cream cheese (soft) |
| ½ C. salted peanuts (chopped) | ½ C. peanut butter                 |
| ¼ C. butter (melted)          | 16 oz. whipped topping             |
| 2 T. peanut butter            | ½ C. sugar                         |
|                               | 2 tsp. vanilla                     |

Mix 1 C. of the graham cracker crumbs, chopped peanuts and butter melted with peanut butter. Press in bottom of 9 × 13-inch pan. Cool. For the filling, mix the softened cream cheese, ½ C. peanut butter, whipped topping, sugar and vanilla. Pour over crust. Drizzle with 3-4 tsp. chocolate syrup. Top with remaining ½ C. graham cracker crumbs.

## CUSTARD

*Ellen Powell*

4 eggs (slightly beaten)  
3 C. milk  
1 tsp. vanilla

Pinch salt  
½ C. sugar  
Nutmeg

Mix together and pour in individual dishes or in baking pan. Set pan in another pan of water. Sprinkle nutmeg over top and bake at 325° for 35 minutes or until knife comes out clean.

## NORM'S PERFECT CUSTARD

*Marian Jennings*

2 C. whole milk or use 1 C. milk  
and 1 C. half & half  
3 eggs

¼ C. sugar  
1 tsp. vanilla  
¼ tsp. salt

Scald milk. Use a fork to mix eggs, sugar, vanilla and salt, but don't overbeat. add milk slowly to egg mixture. Put into baking dish or individual custard cups. Sprinkle with cinnamon or nutmeg. Place baking dishes in a large container of water and bake at 350° about 45 minutes or until a knife inserted into the custard comes out clean.

## DATE PUDDING

*Charlotte Summers*

1 C. dates (cut fine)  
1 C. boiling water  
1 tsp. soda  
1 egg

1 C. sugar  
1½ C. flour  
½ C. nuts

### TOPPING:

1 C. sugar  
1 C. dates (cut fine)

½ C. water

Pour boiling water on dates. Add soda and let cool. Beat 1 egg and sugar until light. Add flour, dates and nuts. Bake 20-25 minutes at 350°. For the topping, mix the 3 ingredients and boil hard 3 minutes. Add ½ C. nuts. Stir hard and spread over cake.

## DATE PUDDING

*Phyllis Smith*

### FLAT PAN MIXTURE:

- 1 C. brown sugar
- 2 C. boiling water
- 1 T. butter

### BATTER:

- 1 C. dates (chopped)
- 1 C. nuts
- 1 C. sugar
- 1 C. flour
- Dash salt
- ½ C. milk
- 1 tsp. baking powder

After you mix batter, drop by spoonful into flat pan mixture. Bake approximately 1 hour at 350°. Serve with whip cream on top. Use 9 × 13-inch pan.

## DINOSAUR DELIGHT

*Jordan Crawford*

- ¼ C. dirt (cocoa)
- ½ C. swamp water (milk with green food coloring)
- ½ C. crushed bones (sugar)
- ½ C. fat (butter)
- 2 C. dead grass (uncooked oatmeal)
- ½ C. squashed bugs (peanut butter)

Mix dirt and swamp water. Add crushed bones and fat. Boil 3 minutes. Add squashed bugs and dead grass; stir until mixture thickens. Drop by teaspoonfuls onto wax paper. Cool. Eat and enjoy.

## DIRT DESSERT

*Jared and Josh Armstrong*

Crush 1¼ lbs. Oreo cookies and set aside. Cream 1 (8 oz.) pkg. cream cheese, 1 C. powdered sugar and ½ C. butter. Set aside. In a bowl, mix 2 (3 oz.) pkgs. instant French vanilla pudding with 3½ C. milk. To the pudding, add cream mixture above. Then add 1 (12 oz.) carton Cool Whip. In a bowl or glass oblong dish, layer cookie crumbs, pudding, cookie crumbs, pudding and end with crumbs on top.

## SAND BUCKET DIRT

*Dixie Baker*

- |   |  |
|---|--|
| 1 lb. pkg. Oreo cookies                   | 2 (8 oz.) cartons Cool Whip                |
| 1 (2.3 oz.) pkgs. instant vanilla pudding | 2 C. milk                                  |
| Gummy worms                               | 1 (2.3 oz.) pkg. instant chocolate pudding |

Crush Oreo cookies. Mix 1 C. milk with vanilla pudding, 1 C. milk with chocolate pudding. Mix 1 (8 oz.) carton Cool Whip into vanilla pudding and 1 (8 oz.) carton Cool Whip into chocolate pudding. Layer Oreos, vanilla and chocolate pudding into sand bucket. Place gummy worms throughout the mixture. Top off with gummy worms crawling out of the top and over the side. Place half to a quarter cut Oreos on top (if desired, running gummy worms throughout the Oreo pieces). Serve dirt with the sand bucket shovel. Lots of fun for children's party and picnic's.

## DIRT CAKE

*Carol Hays*

- |                     |                                 |
|---------------------|---------------------------------|
| 8 oz. cream cheese  | 1½ sticks oleo                  |
| 1 C. powdered sugar | 3 pkgs. vanilla instant pudding |
| 3½ C. milk          | 8 oz. Cool Whip                 |
| 20 oz. Oreo cookies |                                 |

Cream together cream cheese, oleo and powdered sugar. Mix together 3 pkgs. of vanilla instant pudding with 3½ C. milk. After pudding is set add Cool Whip. Mix the above 2 steps together. Crush chocolate Oreo cookies in food processor. Layer beginning and ending with the crumbs. Top this with gummy worms. Cute layered in a plastic sand bucket using a shovel for the server. Can put a pinwheel or stick balloons in for special occasions.

## DIRT CAKE

*Lois Hays Irwin*

- |  |                                 |
|--|---------------------------------|
| 1 large pkg. Oreo cookies<br>(crushed) | 12 oz. Cool Whip                |
| 8 oz. cream cheese                     | 2 pkgs. instant vanilla pudding |
| ½ C. oleo                              | 3½ C. milk                      |
|  | 1 C. granulated sugar           |

Cream together the cream cheese, butter and sugar thoroughly until light and fluffy. Mix with mixer the pudding, milk and Cool Whip. Layer in flower pot, large clear bowl or cake pan if you prefer. Use the crushed cookies and pudding mix alternately, or on bottom and on top, and you can put artificial flowers on top or gummy worms coming up out of the dirt.

## ECLAIRE DESSERT

*Diane England*

- |  |                      |
|--|----------------------|
| 2 small pkgs. French vanilla instant pudding | 2½ T. milk           |
| 3 C. milk                                    | 2 T. butter          |
| 9 oz. Cool Whip                              | 1½ C. powdered sugar |
| 1 pkg. graham crackers                       | 1 tsp. vanilla       |
| 2 squares unsweetened chocolate              | 1 T. Karo syrup      |

Arrange layer of graham cracker in bottom of 9 × 13-inch glass pan. Mix pudding and milk. Let stand 5 minutes in refrigerator. Add Cool Whip and mix. Spread half of mixture onto graham crackers. Add another layer of graham crackers and the rest of the pudding. Top with another layer of graham crackers. Heat 2 squares chocolate with butter. Add milk, Karo, vanilla and sugar. Beat. Spread over top and refrigerate 24 hours.

## FLUFFY MINT DESSERT

*Shirley Klejch*

- |   |                                    |
|---|------------------------------------|
| 1 (1 lb.) pkg. Oreo cookies (crushed)           | 2 C. pastel miniature marshmallows |
| 2 (12 oz.) cartons frozen whip topping (thawed) | 1⅓ C. small pastel mints           |
|   | ½ C. margarine (melted)            |

Reserve 2 T. crushed cookies for garnish. Combine the remaining cookies with margarine. Press into an ungreased 13 × 9-inch baking dish. Fold together whipped topping, marshmallows and mints. Pour over crust. Garnish with reserved cookies. Cover and refrigerate for 1 to 2 days before serving. This makes 18-20 servings.

## FOURTH OF JULY STRAWBERRIES

*Jacy England*

- |                                  |                             |
|----------------------------------|-----------------------------|
| 2 pints fresh large strawberries | 1 bottle blue colored sugar |
| 10 oz. white almond bark         |                             |

Wash strawberries (leaving green stems on) and set on paper towels to dry. Slowly melt almond bark in microwave. Put blue colored sugar in a bowl. Take each strawberry and dip half way into the melted almond bark, then dip tip into the sugar. Set on wax paper and chill.

## FRUIT PIZZA

Jane Bartling

- |  |                  |
|--|------------------|
| 17 oz. Pillsbury sugar cookie<br>dough | 6 T. water       |
| 8 oz. cream cheese                     | 2 T. lemon juice |
| 1½ C. powdered sugar                   | Dash salt        |
| 1 tsp. vanilla                         | ½ C. sugar       |
| ½ C. orange juice                      | 1½ T. cornstarch |

Cut dough into slices and pat in pizza pan. Bake 10 minutes at 350°. Cool. Frost with filling. For the filling, beat cream cheese, powdered sugar, vanilla until creamy. Cut up fresh fruit and arrange on crust. Cover with glaze: boil water, orange juice, lemon juice, sugar, cornstarch and salt for 1 minute. Cool completely. Pour over fruit. Refrigerate.

## FRUIT PIZZA

Lisa Drake

- |                        |  |
|------------------------|--|
| 1 C. oleo              | 3 T. fruit juice (I use pineapple)                               |
| 1½ C. sugar            | 1 large can peaches<br>(drain & chop)                            |
| 2 eggs                 | 2 (10 oz.) pkgs. frozen<br>strawberries (thaw, drain &<br>slice) |
| 2 tsp. cream of tartar | 1 large can pineapple tidbits<br>(drained)                       |
| 1 tsp. soda            | 2 bananas (sliced, dipped in<br>lemon juice)                     |
| ¼ tsp. salt            |  |
| 2¾ C. flour            |  |
| ½ C. sugar             |  |
| 8 oz. cream cheese     |  |

Save juice from fruit. Mix oleo and sugar. Add eggs. Add in flour, cream of tartar, soda and salt. Mix. Divide dough into 2 parts. Spread into 2 round pizza pans. Bake at 400° for 8-10 minutes. Watch closely, might go over the side of pans. Cool. Mix ½ C. sugar, cream cheese and juice. Spread on cooled crusts. Arrange fruit on cheese topping. Cover with glaze. For the glaze, take juices and mix together. Mix together 3 T. cornstarch and ½ C. sugar. Add to juice. Cook until thick. Pour over fruit. Chill and serve.

## PASSION FRUIT DIP AND PUDDING TOFU

*Deb Repp*

- |  |                           |
|--|---------------------------|
| 1 pkg. Mori-Nu silken lite firm or extra firm tofu | 1 T. water                |
| 1 pkg. chocolate pudding mix                       | 1 ripe passion fruit pulp |

Blend tofu and water in a blender or a food processor until creamy. Add pudding mix and re-blend. Stop machine, scrape sides and stir. Add passion fruit pulp and continue blending until smooth and creamy. Scoop into pudding cups and chill. Serve as pudding or fruit dip. Keep refrigerated and consume within 3 days.

## PEACH COBLER

*Diane Huntsman (Mildred Sickels)*

- |                       |                     |
|-----------------------|---------------------|
| 1 stick oleo          | ¾ C. milk           |
| 1 C. sugar            | 1 large can peaches |
| 1 C. flour            | ¼ C. sugar          |
| 1½ tsp. baking powder | ½ tsp. cinnamon     |

Melt oleo and pour in 9 × 13-inch pan. Mix sugar, flour, baking powder and milk. Pour over oleo. Do not stir in with oleo. Drain peaches, put over batter mixture. Sprinkle top with sugar and cinnamon. Bake 30 minutes at 350°. Very good served with ice cream or whipped cream.

## PEACH COBLER

*Marilyn Johnson*

- |                       |                            |
|-----------------------|----------------------------|
| 1 stick oleo          | ¾ C. milk                  |
| 1 C. sugar            | 1 large can sliced peaches |
| 1 C. flour            | ½ C. sugar                 |
| 1½ tsp. baking powder | 1 tsp. cinnamon            |

Melt oleo in 9 × 13-inch pan. Mix dry ingredients with ¾ C. milk. Pour over the melted oleo. Do not stir. Drain can of sliced peaches, put peaches over the batter mixture. Mix sugar and cinnamon together and sprinkle over peaches. Bake at 350° for 35 minutes.

## PEACH COBBLER

Margaret Fletchall

2 (16 oz.) cans sliced peaches  
with juice

1 pkg. yellow or vanilla cake mix  
¼ lb. butter

Pour peaches in pan with juice. Pour cake mix over that. Pat down with rubber scraper. Dot with ¼ lb. of butter. Bake for 1 hour at 300°. Serve with ice cream or whipped cream.

## EASY PEACH COBBLER

Patty Schuster

1 stick butter

1 C. flour

1½ tsp. baking powder

¾ C. milk

1 C. sugar

2 (15¾ oz.) cans sliced peaches

½ C. sugar

2 tsp. cinnamon

Melt butter in a 9 × 13-inch pan. Mix flour, baking powder, 1 C. sugar and ¾ C. milk. Pour over melted butter; add peaches and their juice. Mix ½ C. sugar and 2 tsp. cinnamon. Sprinkle over peaches. Bake at 350° for 35-40 minutes. Peaches rise to top.

## TASTY PEACH COBBLER

Rolland Harvey

8 × 8-inch pan:

½ C. flour

½ C. sugar

¼ tsp. cinnamon

½ C. milk

1 tsp. baking powder

1 stick margarine

1 (29 oz.) can peaches

9 × 13-inch pan:

1 C. flour

1 C. sugar

½ tsp. cinnamon

1 C. milk

2 tsp. baking powder

2 sticks margarine

1 (2½ lb.) can peaches

Melt margarine in pan in oven. Mix flour, sugar, cinnamon, milk and baking powder well. Pour batter into margarine. Pour peaches with juice in and bake the 9 × 13-inch pan at 375° for 50-60 minutes or the 8 × 8-inch pan at 375° for 30 minutes or until golden brown.

## QUICK PEACH DESSERT

*Lois Hays Irwin*

- |                               |                  |
|-------------------------------|------------------|
| 1 can or pint sliced peaches  | ½ C. brown sugar |
| 1 box butter brickle cake mix | ½ C. nuts        |
| ½ C. oleo                     |                  |

Put the peaches and juice in bottom of a 9 × 13-inch cake pan. Sprinkle the cake mix on top. Mix the brown sugar and melted butter together. Sprinkle this mixture on top of the cake mix and add the nuts. Bake 30 minutes at 350°. Serve warm or cold. This is good with ice cream or Cool Whip.

## BAKED PINEAPPLE

*Lynnette Jones Lower*

- |  |                         |
|--|-------------------------|
| 2 cans chunk pineapple                   | 2 T. flour              |
| 1 C. Longhorn Cheddar cheese<br>(grated) | 1 C. dried bread crumbs |
| ½ C. sugar                               | 2 T. butter or oleo     |

Drain pineapple (save liquid) and mix with cheese. Mix flour and sugar. Add juice. Heat until blended. Put pineapple and cheese in greased baking dish. Pour over other mixture. Top with buttered bread crumbs. Bake 30-40 minutes at 350°.

## BAKED PINEAPPLE

*Julie Routh*

- |  |  |
|--|--|
| 1½ C. sugar                              | 1 C. cheese (shredded)                       |
| 6 T. flour                               | 2 C. Ritz crackers (crushed)                 |
| 6 T. liquid from pineapple<br>(reserved) | 1 stick margarine (melted)                   |
|  | 2 (20 oz.) cans chunk pineapple<br>(drained) |

Combine sugar, flour, juice over low heat until some of the sugar melts. Stir in pineapple chunks and cheese. Pour into 1½ quart casserole dish. Put crushed crackers on top. Pour melted margarine over crackers. Bake at 350° for 20-25 minutes. Serves 6-8. This may be served with a brunch or dinner. Great with ham.

## BAKED PINEAPPLE

*Lennis Lambert*

- |            |                                |
|------------|--------------------------------|
| ½ C. flour | ¼ tsp. salt                    |
| 1 C. sugar | 3 T. butter                    |
| 1 C. water | 1 (16 oz.) can chunk pineapple |

Mix all ingredients, but pineapple, together and pour into 9×13-inch pan. Top with pineapple and bake at 325° until warm. Stir and bake a little longer until hot.

## PINEAPPLE PLEASURE

*Lois Hays Irwin*

- |   |                      |
|---|----------------------|
| 1 (20 oz.) can crushed pineapple<br>(drained) | 2 T. flour           |
| 3 eggs  | 5 slices white bread |
| ½ C. sugar                                    | 1 stick oleo         |

Empty pineapple into 1 quart, well greased casserole dish. Beat eggs, add sugar then flour and mix well with pineapple. Remove crusts from bread slices and cut into cubes. Put bread cubes on top of pineapple mixture. Pour melted butter over bread. Bake at 350° for 45 minutes or until browned. Makes a nice chicken or ham accompaniment.

## PECAN TARTS

*Freda Shields*

- |                         |             |
|-------------------------|-------------|
| 1¼ C. oleo              | 2½ C. flour |
| 8 oz. pkg. cream cheese |             |

### FILLING:

- |                  |                    |
|------------------|--------------------|
| 2 C. brown sugar | 2 tsp. vanilla     |
| ⅔ C. pecans      | 2 T. oleo (melted) |

For crust, cream the oleo, cream cheese and flour. Drop 2 T. dough into ungreased muffin cups. Press dough over bottom and around sides. Fill cups ⅔ full with filling. Place muffin tin on cookie sheet. Bake at 350° for 25 minutes until centers are solid.

## PEPPERNUTS OF PFEFFERNUESSE

*Lois Hays Irwin*

- |                           |                                  |
|---------------------------|----------------------------------|
| 1¾ C. sugar               | 2 eggs                           |
| 1 C. dark syrup           | 1 T. anise seed                  |
| 1 C. New Orleans molasses | ½ tsp. allspice                  |
| 1½ tsp. cinnamon          | ½ tsp. ginger                    |
| ½ tsp. cloves             | 1 tsp. soda                      |
| 1/8 tsp. pepper           | Enough flour to make stiff dough |
| ¾ C. shortening           |                                  |

Cream shortening with sugar. Add eggs and all the spices. Mix well. Put syrup and molasses in a large pan and heat. Dissolve soda in a little water and stir into heated syrup. Pour over the first mixture and mix until well blended. Take enough flour to make a stiff dough. Set in a cool place overnight. In morning take some of the dough and roll in 1-inch rolls and cut into small pieces. Bake 8 minutes at 400°.

## PUMPKIN DESSERT

*Helen Schardein*

- |                             |   |
|-----------------------------|---|
| 1 C. flour                  | 2 (3 oz.) pkgs. instant French<br>vanilla pudding |
| 1 stick oleo (melted)       | 2 C. milk   |
| ½ C. pecans (chopped)       | 1 tsp. cinnamon                                   |
| 1 (8 oz.) pkg. cream cheese | 1 tsp. pumpkin pie spice                          |
| 1 C. powdered sugar         | 1 (15 oz.) can pumpkin                            |
| 1 C. Cool Whip              |   |

Mix together the flour, oleo and pecans. Press in a 9 × 13-inch pan and bake 15 minutes at 350°. Cool. Mix together the cream cheese, powdered sugar and Cool Whip. Spread on cooled crust. Mix together the pudding, milk, spices and pumpkin. Spread on second layer. Cover with Cool Whip and refrigerate.

## KIDS PUDDING

*Judy Hensley*

- |                                |  |
|--------------------------------|--|
| 1 T. instant pistachio pudding | Ziploc freezer sandwich size<br>baggie |
| ½ C. milk                      |  |

Put the tablespoon of pudding mix and ½ C. milk into the Ziploc freezer sandwich size bag. Close the baggie tightly. Squeeze and shake. Eat pudding once it is nice and thick. It can be refrigerated for awhile if needed.

## PUMPKIN PIE DESSERT

Roni Waske

### FIRST LAYER:

2 C. flour

2 sticks oleo

### SECOND LAYER:

2 (6 oz.) pkgs. cream cheese

2 C. powdered sugar

6 oz. Cool Whip

### THIRD LAYER:

2 C. pumpkin

2 small boxes instant vanilla  
pudding

½ C. milk

### FOURTH LAYER:

4 oz. Cool Whip

1 tsp. pumpkin pie spice

For the first layer, press these in the bottom of a 9 × 13-inch pan and bake 20 minutes at 350°. Cool. For the second layer, mix cheese and sugar, then fold in Cool Whip. Spread on top of first layer. For the third layer, blend together and spread on top of second layer. For the fourth layer, blend and spread on top.

## PISTACHIO DESSERT

Ashlee Comer

2 pkgs. regular or sugar free  
instant pistachio pudding mix

1 large can crushed pineapple  
with juice

1 large tub Cool Whip lite

Beat together with a mixer the dry pudding mixes and the can of crushed pineapple including the juice. With a rubber spatula, fold in the tub of Cool Whip. Refrigerate and serve. Variation: Dish into a graham cracker crust and freeze. Thaw about 20 minutes and serve.

## RICE PUDDING

Ralph Johnson

Cook 1 part rice, 2 parts water with oleo. Place in bottom of 2 quart baking dish. Add 3 beaten eggs, ¼ C. sugar, ½ tsp. salt, ½ tsp. nutmeg, 1/8 tsp. vanilla, 1/8 tsp. almond flavoring and 3 C. milk. Bake in a casserole dish in pan of water 1½ hours at 350° or until knife comes out clear.

## FAST FAT FREE RICE PUDDING

*Dorothy Hughes*

- |  |                                   |
|--|-----------------------------------|
| ¾ C. white rice (preferably short grained) | ¼ C. raisins or other dried fruit |
| 3 C. non-fat milk                          | 1½ tsp. vanilla extract           |
| Pinch salt                                 | Cinnamon                          |
|  | 4½ T. sugar                       |

Bring 6 C. water to a boil in a large heavy sauce pan. Add rice and boil uncovered, 7 minutes; drain well. Bring milk to a boil and stir occasionally. Add rice and salt. Cook uncovered over medium low heat; stirring often, about 15 minutes or until rice is very soft and absorbs most of the milk. Rice should look creamy, not soupy and not dry. Stir in sugar. Cook 1 minute, stirring. Remove from heat and stir in raisins and vanilla. Sprinkle with cinnamon. Makes 4 servings.

## RHUBARB ANGEL

*Lyndell Davis*

- |                      |                        |
|----------------------|------------------------|
| ½ C. oleo (softened) | ½ C. light cream       |
| 1 C. flour           | 2½ C. rhubarb (cut up) |
| 1 T. sugar           | 3 egg whites           |
| 3 egg yolks          | ½ C. sugar             |
| 1 C. sugar           | 1 tsp. vanilla         |
| 2 T. flour           | ¼ C. flaked coconut    |
| ¼ tsp. salt          |                        |

Heat oven to 350°. Blend butter, 1 C. flour and one T. sugar. Press evenly in bottom of ungreased 9 × 9 × 2-inch pan. Bake 10 minutes. Blend egg yolks, 1 C. sugar, 2 T. flour, salt and cream. Mix in rhubarb. Pour over hot crust. Bake 45 minute. Beat egg whites until foamy. Beat in ½ C. of sugar adding 1 T. at a time. Beat until stiff and glossy. Beat in vanilla. Spread over rhubarb mixture. Sprinkle with coconut. Bake about 10 minutes or until golden brown.

*You can't build a reputation on what you are going to do.*

## **RHUBARB BREAD PUDDING**

*Lois Hays Irwin*

- |                                   |                 |
|-----------------------------------|-----------------|
| 8 slices bread (dried or toasted) | 5 eggs          |
| 1½ C. milk                        | 1½ C. sugar     |
| ¼ C. oleo                         | ½ tsp. cinnamon |
| 2 C. rhubarb or more              | ¼ tsp. salt     |
| ½ C. nuts (chopped)               |                 |

Toast bread and cube. Put in 2 quart baking dish. Heat milk and oleo to boiling and pour over bread cubes. Let set 15 minutes. Mix the eggs, sugar, salt and cinnamon. Add rhubarb to bread mixture, then add egg mixture. Top with chopped nuts. Bake at 325°-350° for 45-50 minutes. Serve warm topped with milk, cream or ice cream.

## **EASY RHUBARB COBBLER**

*Rena Smith*

- |                                 |                      |
|---------------------------------|----------------------|
| 4 C. rhubarb (chopped)          | 1 white cake mix     |
| 1 C. sugar                      | 1 C. butter (melted) |
| 1 (3 oz.) pkg. strawberry Jello | 1 C. water           |

Pour each ingredient on top of preceding layer (no need to mix). Put in 11 × 7-inch pan. Bake 30-40 minutes at 350°.

## **RHUBARB COBBLER**

*Margaret Fletchall*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 4 C. rhubarb (cut up)             | 1 pkg. Jiffy cake mix white dry |
| 1 C. sugar                        | 1 C. water                      |
| 1 (3 oz.) pkg. strawberry gelatin | 4 T. butter                     |

Put in 8 × 8-inch baking dish 4 C. rhubarb, cut up. Sprinkle over this 1 C. sugar, 1 (3 oz.) pkg. strawberry gelatin, 1 pkg. Jiffy cake mix, white or yellow dry. Pour over 1 C. water and 4 T. melted butter or margarine. Bake 50-60 minutes at 350°. Serve with whip cream.

## MICROWAVE RHUBARB CRISP

Betty Jones

### FILLING:

4 C. rhubarb (chopped)

½ C. sugar

2 T. lemon juice

½ tsp. lemon peel

### TOPPING:

1 C. brown sugar

1 C. flour

½ C. butter or oleo

½ C. quick oatmeal

Put above filling ingredients in Pyrex or microwavable baking dish and mix well. Mix topping ingredients together, pastry blender works well, and place on top of fruit mixture. Cover and microwave full power for 12-15 minutes, turning pan by ¼ every 2 minutes unless using a turntable.

## BECKY'S RHUBARB CRISP

*In Memory of Becky Dolecheck*

1 C. flour

¾ C. oatmeal

1½ C. sugar

1 C. water

4 C. rhubarb (chopped)

1 C. brown sugar

½ C. oleo (melted)

2 T. flour

½ tsp. red food coloring

Mix the 1 C. flour, brown sugar, oatmeal and melted oleo together. Set aside. Cook until slightly thickened: 1½ C. sugar, 2 T. flour, water and food coloring. Pour this mixture over 4 C. chopped rhubarb in a 9 × 13-inch pan. Cover with crumb mixture. Bake for 45 minutes at 375°.

## RHUBARB CRUNCH

*Meredith Dredge*

5 C. rhubarb

½ C. water

1 C. sugar

3 T. flour

### TOPPING:

½ C. oleo (melted)

¾ C. brown sugar

¾ C. flour

¾ C. oatmeal

Little cinnamon, to taste

Stir first 4 ingredients together. Place in baking dish. Mix topping together and place on top of rhubarb mixture. Bake at 350° until done, 45 minutes.

## RHUBARB CRUNCH

*Freda Shields*

6 C. rhubarb (1/2-inch pieces)  
1 1/2 C. sugar

4 T. flour  
2 eggs (well beaten)

### TOPPING:

1 1/2 C. flour  
1 C. sugar  
1 1/2 tsp. baking powder

1/2 tsp. salt  
2 eggs (beaten)

Cut rhubarb. Add sugar and flour together. According to taste, may need to add more sugar. Stir in beaten eggs; pour into buttered 2 quart baking pan. For the topping, mix dry ingredients with eggs. If eggs are large, will need to add more flour. Sprinkle topping over rhubarb. Bake 1 hour until lightly brown at 350°. Serve hot or cold with cream or ice cream.

## SOCO'S RHUBARB DESSERT

*Martha Ricker*

### A:

1 1/2 C. flour  
1/4 stick margarine

3 T. sugar

### B:

4 egg yolks (save whites)  
1 1/2 C. sugar  
3 T. flour

1 1/2 C. milk  
4 C. rhubarb

Mix first "A" ingredients together and press in 13 x 9-inch pan. Bake at 350° for 15 minutes. Mix "B" ingredients together in heavy pan. Cook until rhubarb is tender, low heat, stirring constantly (sticks easily). Pour into 13 x 9-inch pan containing crust. Beat egg whites until very stiff with 4 T. sugar and 1 tsp. vanilla. Pour over top and bake just until browned (350°).

*Work together - remember, one hand cannot applaud alone.*

## RHUBARB DESSERT

*Lois Hays Irwin*

- |                         |                                       |
|-------------------------|---------------------------------------|
| 4 C. rhubarb (cut up)   | 1 C. water                            |
| 1 C. small marshmallows | 1 (3 oz.) pkg. strawberry Jello (dry) |
| 1¼ C. sugar             | 1 pkg. yellow or white cake mix (dry) |
| ½ C. oleo (melted)      |                                       |

Put rhubarb into bottom of 9×13-inch pan. Spread marshmallows over rhubarb, then the sugar and Jello. Mix oleo with the dry cake mix. Crumble the cake mixture over the top, then pour water over all. Bake at 350° for about 1 hour.

## RHUBARB DREAM

*Shirley Wallace*

- |                     |                               |
|---------------------|-------------------------------|
| 1 C. flour (sifted) | ¾ tsp. salt                   |
| 5 T. sugar          | 2 eggs                        |
| ½ C. oleo           | 2 C. rhubarb (finely chopped) |
| 1½ C. sugar         | ½ tsp. lemon flavoring        |
| ¼ C. flour          |                               |

Take first 3 ingredients and press into 7×11-inch pan. Bake in 325° oven 15 minutes. Spoon mixture onto the crust above. Bake another 35 minutes at 375°. Serve with ice cream.

## RHUBARB SWIRL

*Janette Hays Irwin (Deb Repp's mom)*

- |  |  |
|--|--|
| 3 C. rhubarb (diced)                   | 1½ C. milk                             |
| ¾ C. sugar                             | ¼ tsp. vanilla                         |
| 1 (3 oz.) pkg. strawberry Jello        | 1 (8 oz.) tub whipped topping (thawed) |
| ¼ tsp. strawberry flavoring            | 2 (9-inch) graham cracker crusts       |
| 1 (3 oz.) pkg. vanilla instant pudding |  |

Mix rhubarb and sugar. Let stand for 1 hour, then place in saucepan and simmer until rhubarb is tender. Remove from heat and stir in Jello and flavoring. Stir until dissolved. Let cool until syrupy. Prepare the instant pudding with milk and vanilla. When thickened, add the whipped topping, blending well. Pour rhubarb into the pudding and lightly swirl. Spoon into graham cracker crusts. Refrigerate for several hours or overnight. This can be made in a 9×13-inch pan instead of pies for a nice dessert.

## PINK LADY

*Edna Small*

2 C. rhubarb (chopped)  
1 C. sugar  
1 T. lemon juice

1 (3 oz.) pkg. strawberry Jello  
2 C. whipped topping

Cook rhubarb and sugar slowly until tender. Add strawberry Jello and stir until dissolved. Add 1 T. lemon juice and cool to room temperature. Fold in 2 C. whipped topping. Refrigerate. This can be frozen and also can be put on a graham cracker crust.

## SNOW BALLS

*Charlotte Summers*

½ lb. marshmallows  
½ C. nuts

1 C. pineapple (drained)  
1 C. cream (whipped) or  
1 small carton Cool Whip

Mix marshmallows, nuts and pineapple. Let stand 1 hour. Add the whipped cream or Cool Whip to the marshmallow mixture and let stand 1 hour. Shape into balls and roll in coconut or fine graham cracker crumbs.

## IT'S SNUFF

*Verla Repp*

1 box instant lemon pudding  
1 can fruit cocktail (drain)

1 (8 oz.) carton Cool Whip

Combine above ingredients in order listed. Best if refrigerated overnight.

## STRAWBERRY DANISH DESSERT

*Diane Huntsman*

1 angel food cake  
2 large cartons Cool Whip  
2 (8 oz.) pkgs. cream cheese

¾ C. powdered sugar  
2 pkgs. strawberry danish dessert  
Fresh or frozen strawberries

Cream together cream cheese and powdered sugar. Fold in Cool Whip. Break cake into small pieces and stir into whipped topping mixture. Put in 2 (9 × 13-inch) pans. Cook danish dessert as on package. Add strawberries. If using frozen berries, put in unthawed. When cooled, pour over top of cake mixture.

## STRAWBERRY DELIGHT

*Evelyn Sickels*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1/3 lb. graham crackers (crushed) | 1/4 C. sugar                    |
| 1/2 stick oleo or butter          | 2 pkgs. Dream Whip              |
| 3/4 lb. small marshmallows        | 1 large box frozen strawberries |
| 1 pkg. strawberry Jello           | 1 C. boiling water              |

Make crust with graham cracker crumbs, oleo and sugar. Press firmly into square pan. Dissolve Jello in boiling water and mix well. Let cool until syrupy. Then add strawberries, marshmallows and Dream Whip. Pour over crumb crust. Put into refrigerator. Let set. When ready to serve, cut into squares and add spoonful of Dream Whip on top.

## STRAWBERRY DESSERT

*Leza Johnson*

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 2 boxes strawberry Jello           | 1 loaf angel food cake           |
| 1 box frozen or fresh strawberries | 1/2 pint whip cream or Cool Whip |

Make Jello as directed. Let set until a little thick. Whip cream and mix with Jello. Beat together until blended and stir in strawberries. Cut cake in slices. Lay 1 layer of cake in bottom of cake pan (9 x 13-inch or less). Pour over with strawberry mixture. Make another layer of cake and pour remaining mixture over that layer. Refrigerate and let set.

## COUNTRY VANILLA ICE CREAM

*Vicki Sickels*

- |                     |                    |
|---------------------|--------------------|
| 4 C. whipping cream | 5 C. milk          |
| 4 eggs              | 4 1/2 tsp. vanilla |
| 2 1/4 C. sugar      | 1/2 tsp. salt      |

With electric mixer beat eggs, gradually add sugar and beat until very stiff. Add remaining ingredients and mix thoroughly. Pour into 1 gallon freezer and freeze.

## GRANDMA LOTTIE SWANK'S ICE CREAM

*Brenden Daine Hightshoe*

3 C. sugar  
4 T. (heaping) flour  
½ tsp. salt

3 tsp. vanilla  
3 C. whipping cream  
4 C. milk

Mix sugar, flour and salt well; add to milk. Cool until thick. Cool and pour into freezer can. Add whipping cream, vanilla and additional milk to lower side of paddle in freezer can. Freeze. For chocolate, add 4 heaping T. cocoa to th flour and sugar mixture. Also 3 cans of canned milk can be substituted for 3 C. of cream.

## HOMEMADE ICE CREAM

*Carol Hays*

4 eggs  
1 tsp. salt  
1½ C. sugar  
2 tsp. vanilla

1 small box instant vanilla pudding  
1 C. half and half  
4 C. Cool Whip

Prepared pudding mix with whole milk as per directions on box. Beat eggs and sugar and add to pudding. Add Cool Whip, vanilla and salt. Put in 1 gallon freezer and fill to line with whole milk. Freeze.

## HOMEMADE ICE CREAM

*Cindy Haugland*

6 eggs  
2 C. sugar  
5 C. cream

2 T. vanilla  
½ tsp. salt

Beat together and pour into ice cream freezer. Fill to fill line with whole milk. Freeze. Makes 1 gallon.

## **HOMEMADE ICE CREAM**

*Sandy Armstrong*

- |                       |                           |
|-----------------------|---------------------------|
| 6 eggs                | 1 box instant pudding     |
| 2 C. sugar            | Flavor you want ice cream |
| 1 quart half and half | Milk                      |

Mix together. Pour into ice cream freezer. Finish filling freezer with milk.

## **VANILLA ICE CREAM**

*Wilma Terwilliger*

- |                  |                                |
|------------------|--------------------------------|
| 1 C. whole milk  | 2 tsp. vanilla                 |
| 2 C. light cream | 1/8 tsp. salt or to taste      |
| 2 eggs           | Artificial sweetener, to taste |

Scald milk in a double boiler. Beat eggs and add salt. Pour slowly into hot milk, stirring constantly. Cook until mixture coats a spoon. Cool. Add cream, vanilla and sweetener. Place in freezer tray and beat at least 4 times during freezing time. Makes 12 servings.

## **CREOLE CREAM CHEESE ICE CREAM**

*Janis Denney*

- |                                   |                        |
|-----------------------------------|------------------------|
| 3 (24 oz.) cartons cottage cheese | 1 quart whipping cream |
| 3 C. sugar                        | Fresh fruit            |

Puree the cottage cheese until there are no lumps. Combine with sugar and whipping cream. Add fruit. Pour into freezer can and freeze as usual. Tastes like cheesecake.

## **EASY ICE CREAM SANDWICH DESSERT**

*Marie Still*

- |   |  |
|---|--|
| 24 ice cream sandwiches                 | 1 (11 <sup>3</sup> / <sub>4</sub> oz.) jar hot fudge topping |
| 1 (12 oz.) carton Cool Whip<br>(thawed) | 1 C. salted peanuts (chopped)                                |

Arrange half of the ice cream sandwiches in bottom of 9 × 13-inch pan. You'll need to cut part of them to fit. Spread with half of the Cool Whip. Cover with the fudge topping. I warm the jar a bit to help with spreading as this layer isn't as easy. Sprinkle with half of the peanuts. Repeat layers of ice cream sandwiches, Cool Whip and peanuts. Pan will be full. Cover and freeze. Remove 20 minutes before serving. Cut into squares. Yield 12-15 servings.

## "MOCK" CREAM SANDWICH

*Diane Repp Lee*

- |  |  |
|--|--|
| 1 sheet (2 × 4-inch) chocolate<br>graham cracker | 1/8 tsp. peppermint extract or<br>favorite flavoring |
| 2 T. fat free whipped topping                    |  |

Break the graham cracker in 2 (2 × 2-inch) squares. Mix extract with the topping and sandwich between the crackers. Wrap in a piece of plastic wrap and freeze for a couple of hours.

## LOW FAT SKINNY COW

*Deb Repp Hankins*

- |  |                         |
|--|-------------------------|
| 2 full sheets chocolate graham<br>crackers | 3 T. fat free Cool Whip |
|--|-------------------------|

Using 2 chocolate graham crackers and putting a layer of fat free Cool Whip between them; like a sandwich and freezing. I usually make up a bunch of these at one time and put them on cookie sheet and then put them in the freezer for about an hour until they freeze. Then, I take them out of the freezer and put each one in it's own sandwich baggie and put back in the freezer so that I can take out one at a time when I want one. If you don't freeze them first, before you put them in the baggie, it can be a little messy. You use 2 full sheets of chocolate graham crackers and about 3-4 T. of Cool Whip for each sandwich. You could also break the graham cracker in half and make a smaller version of the same thing. Some variations on the flavor of this might be to add a drop of mint or some other favorite extract to the Cool Whip. Mix well and put on the sandwich. A friend of mine, also suggested adding some sugar sprinkles to the Cool Whip for a little color. Kids would like this.

## FROZEN DESSERT

*Ellen Powell*

- |                            |                                   |
|----------------------------|-----------------------------------|
| 2 squares baking chocolate | 3 egg whites (beaten)             |
| 2 C. powdered sugar        | 1 tsp. vanilla                    |
| ½ C. oleo                  | ½ C. nuts                         |
| 3 egg yolks (beaten)       | ¾ C. vanilla wafers (crushed)     |
|                            | 1 quart or more vanilla ice cream |

Cook the first 4 ingredients and add the next three. Put vanilla wafers in a 12 × 8-inch pan. Spread chocolate mixture in before it is too cold. Add softened vanilla ice cream. Sprinkle a few wafer crumbs on top. Freeze. Serves about 20 people.

## FROZEN FRUIT CUPS

*Jane Bartling*

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 large can apricots (diced)     | 4 large bananas (diced) |
| 1 large pkg. frozen strawberries | 1 C. water              |
| 1 can crushed pineapple          | 1½ C. sugar             |

Drain only the apricots. Boil water and sugar a few minutes in a saucepan. Let cool and pour over fruit. Put in small plastic cups and freeze.

## FROZEN FRUIT CUPS

*Darla Sobotka and Arlene Sobotka*

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 C. sugar                      | 6 oz. can frozen orange juice |
| 2½ C. water                     | 6 oz. can frozen lemonade     |
| 1 pint frozen strawberries      | 3-4 large bananas             |
| 1 large can pineapple (crushed) |                               |

Boil sugar and water to dissolve. Add other ingredients and pour into cups and freeze. Plastic cups work best as styrofoam can break when eating frozen fruit cup. Can double recipe and use a 12 oz. can orange juice and 12 oz. can lemonade. Double batch makes about 20 cups.

## FROZEN LEMONADE DESSERT

*Lois Hays Irwin*

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 small can frozen lemonade | 1 (10 oz.) carton Cool Whip      |
| 1 T. red food coloring      | 1 can Eagle brand condensed milk |

### CRUST:

- |                            |                       |
|----------------------------|-----------------------|
| 25 Ritz crackers (crushed) | 2 T. butter (melted)  |
| ¼ C. sugar                 | ½ C. pecans (chopped) |

Crush the Ritz crackers. Add the sugar, butter and pecans. Reserve some of this mixture for the topping. Place this crust in the bottom of an 8 × 8-inch square pan. Whip the frozen lemonade, Eagle brand milk, Cool Whip and food coloring. Pour on top of the crust and garnish top with the crumbs held back in reserve. Freeze and set out a few minutes before serving. A cool refreshing dessert.

## OLD FASHIONED ICE BOX DESSERT

*Eunice I. Myers*

- |                                    |   |
|------------------------------------|---|
| 15 honey graham crackers           | 1 (8 oz.) tub Cool Whip topping<br>(thawed & divided)             |
| 1 pkg. cream cheese                |   |
| 3 C. milk                          | 1 (4 serving) pkg. Jello vanilla<br>instant pudding & pie filling |
| 1/3 C. toasted angel flake coconut |   |

Arrange graham crackers in bottom of 13 x 9-inch pan; set aside. Beat cream cheese in large bowl with electric mixer until smooth; gradually blend in milk. add pudding mix, heat 1 minute. Fold in half of the topping. Spread pudding mixture in prepared pan. Spread remaining whipped topping over pudding layer. Refrigerate at least 2 hours or overnight. To serve, top with coconut. Cut into squares. Makes 15 servings. I used this recipe from Kraft's Holiday All Time Favorites. Prep time 25 minutes plus refrigerating.

## OREO ICE CREAM BALLS

*In Memory of Laura Baker*

*(Submitted by Dixie and Debra Baker Repp)*

- |                               |                      |
|-------------------------------|----------------------|
| 2 lbs. Oreo cookies (crushed) | 1/2 gallon ice cream |
|-------------------------------|----------------------|

Crush cookies. Scoop ice cream into balls and roll in cookie crumbs. Freeze on a jelly roll pan or cake pan. Can take out one at a time or as many as needed. Grandma always fixed this for dinners. Excellent and easy.

## OREO AND ICE CREAM DESSERT

*Lois Hays Irwin*

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1/2 C. oleo (melted)  | 5 large Butterfinger bars (crushed) |
| 1 lb. Oreos (crushed) | 1/2 gallon vanilla ice cream        |

Mix the crushed Oreos and Butterfinger bars and the melted oleo. Press half of the mixture into a 9 x 13-inch pan. Spread the ice cream on and top with the other half of crumbs. Place in the freezer.

## PEANUT ICE CREAM PIE

*Marie Still*

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 (9-inch) graham cracker crust  | 1/2 C. light corn syrup |
| 1 quart vanilla ice cream (soft) | 1/3 C. peanut butter    |
| 2/3 C. peanuts (chopped)         |                         |

Mix the corn syrup and peanut butter. Press half of the ice cream into chilled crust. Drizzle with half of the syrup mixture and sprinkle on half of peanuts. Repeat layers of ice cream, syrup and peanuts. Freeze.

## RICE KRISPIES ICE CREAM DESSERT

*Lois Hays Irwin*

½ C. butter or oleo  
¾ C. brown sugar  
4 C. Rice Krispies

1 C. coconut  
1 C. nuts (chopped)  
½ gallon vanilla ice cream

Melt the butter and sugar. Pour over the Rice Krispies, coconut and the nuts. Press ⅔ of this mixture into a 9 × 13-inch pan. Freeze this until firm. Remove the box around the ice cream and slice into 1½-inch slabs. Spread over bottom. Cover with remaining mixture. Freeze.

## FROZEN SNICKER BARS

*Dep Repp Hankins*

1 pkg. chocolate pudding sugar free  
1 C. chunky peanut butter

1 C. milk  
2 C. light whipped topping  
1 C. Grape Nuts

Combine pudding, peanut butter, milk and whipped topping. Blend well. Add Grape Nuts. Freeze in 8 × 8-inch pan.

## TORTONI SQUARES

*Darlene Herrington*

⅓ C. toasted almonds (chopped)  
3 T. oleo (melted)  
1 C. fine vanilla wafer crumbs

3 pints vanilla ice cream (soft)  
1 (12 oz.) jar apricot jam  
1 tsp. almond flavoring

Mix well almonds, oleo, crumbs, extract. Save ¼ C. crumbs for top. Sprinkle half on bottom of 8-inch pan. Spoon half ice cream over mixture. Drizzle with ½ of jam and sprinkle with remaining half. Repeat to use all ice cream and preserves. Sprinkle with rest of crumbs. Store in freezer.

*You never get a second chance to make a good first impression.*

## STRAWBERRY SHORTCAKE

*Pam Poore*

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1 T. baking powder         | 1/2 tsp. orange peel (grated, opt.) |
| 1 3/4 C. all purpose flour | 3 T. margarine                      |
| 2 T. granulated sugar      | 3/4 C. skim milk                    |

### FILLING:

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 pints fresh strawberries (sliced) | Vanilla nonfat yogurt or Cool Whip |
| 1 T. orange juice                   | and mint leaves, for garnish       |
| 1 T. granulated sugar               |                                    |

Preheat oven to 450°. Spray a baking sheet with vegetable cooking spray. Set aside. In a large bowl, sift together the flour, sugar and baking powder. Stir in the orange peel. Using a pastry blender cut the margarine into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms. On a lightly floured surface, roll out dough to a 1/2-inch thickness. Using a 2 1/2-inch biscuit cutter, cut out biscuits. Place on prepared baking sheet. Bake until golden about 12 minutes. Place biscuits on a wire rack and cool slightly. To prepare filling, in a large bowl, combine strawberries, orange juice and sugar. Mix well. Split warm biscuits in half horizontally place bottom halves on serving plates. Top each with some filling. Cover with biscuit tips. Serve with remaining filling. Garnish with yogurt (or Cool Whip) and mint.

## STRAWBERRY SHORTCAKE

*Julie Routh*

- |                            |                                |
|----------------------------|--------------------------------|
| 1/2 C. butter or margarine | 2 eggs (separated)             |
| 2 C. flour                 | 3-4 T. sugar                   |
| 1/4 C. sugar               | 2 pints fresh strawberries     |
| 4 tsp. baking powder       | (stemmed)                      |
| 1/4 tsp. salt              | 1 C. whipping cream (whipped & |
| Dash nutmeg                | sweetened)                     |
| 1/2 C. milk                |                                |

Grease 9-inch fluted tart pan or cake pan with 1 T. of the butter. Sift flour, sugar, baking powder, salt and nutmeg into mixing bowl. Cut in remaining butter to resemble coarse meal. In measuring cup, blend milk and egg yolks with fork. Stir into flour mixture to make a soft dough. Pat out in prepared pan with lightly floured fingers. Brush surface generously with egg whites and sprinkle with 3-4 T. sugar. Bake in preheated 450° oven about 12 minutes until golden. Cool on rack. Slice strawberries; sweeten to taste. Serve wedges of shortcake, topped with strawberries and whipped cream. Serves 6-8.

## SHORTCAKE FOR STRAWBERRIES

*Ada Stanley*

1 C. flour	1 T. sugar
2 tsp. baking powder	2 T. butter
¼ tsp. salt	1 egg

Sift dry ingredients into a bowl. Mix in butter with a fork. Put egg into a 1 C. measuring cup. Beat with fork. Then add enough water to measure ½ C. with egg. Add to dry ingredients and mix. Put in 8 × 8-inch cake pan or a pie tin. Bake at 350° for 20 minutes.

## SHORTCAKE

*Lois Hays Irwin*

2 C. flour (sifted)	1 egg
½ tsp. salt	1 C. rich milk
2 tsp. baking powder	1 T. butter (melted)
½ C. sugar	

Sift flour, salt, baking powder, sugar. Beat egg, add milk and butter. Then mix into dry ingredients. Mix quickly using not over 20 strokes. Bake at 350° for 20 minutes. This is a very old recipe. As children our mother would serve this with fresh picked strawberries from the strawberry patch. We always added fresh pure cream on top. Of course, this always made the strawberries go further, especially on a dry year when they were not as abundant.

## GRANDPA SWANK'S STRAWBERRY SHORTCAKE

*Lorrayne Swank*

3 C. flour	4 tsp. baking powder
3 T. sugar	½ tsp. salt
2 T. butter	6 T. shortening
1 C. milk	

Sift flour, measure and sift salt, sugar and baking powder, Cut in shortening and 1 T. butter. Knead gently. Pat in sheet ¼-inch thick. Cut with floured cutter. Spread half the biscuits with butter. Place on baking sheet. Bake in hot oven at 450° for 15 minutes. Cool. Put crushed sweetened strawberries between 2 biscuits. Cover with more berries. Makes 6 servings.

# Meats and Main Dishes

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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## Hints for Meats

Heat the frying pan before adding oil or butter to prevent sticking.

Sprinkle salt in the bottom of a frying pan to prevent food sticking.

Try basting meat loaf with  $\frac{1}{2}$  C. brown sugar, 1 T. dry mustard,  $\frac{1}{2}$  C. tomato juice,  $1\frac{1}{2}$  C. chili sauce, and  $\frac{1}{2}$  C. pineapple juice for a delicious flavor.

Grate an apple into hamburger to add moistness and shape into patties.

A large roast or turkey can be carved easily if it stands 30 minutes.

To remove the wild flavor, soak game birds 3 hours in 1 T. baking soda and 1 T. salt to 1 gallon of water. Basting in 7-Up helps take away the game taste.

Add leftover coffee to ham, beef or pork gravy for a beautiful color.

Use a small amount of baking powder in gravy if it seems greasy. The grease will disappear.

Use an ice cream dipper to make meatballs.

When making hamburgers, mix a little flour with the meat and they will stay together better.

For smooth brown gravy, brown the flour well in meat drippings before adding the liquid. Another way to brown flour is by placing it in a custard cup beside meat in oven. When meat is done, the flour will be brown and ready to make a nice, brown gravy.

To prevent splashing with frying meat, sprinkle a little salt into the pan before putting the fat in.

Sausages will shrink less and not break at all if they are boiled about 8 minutes before being fried. Or, you can roll them lightly in flour before frying.

Bacon will lie flat in pan if you prick thoroughly with a fork as it fries.

Bacon dipped in flour won't shrink or pinch a fold in the middle of bacon slice to help prevent curling. Soaking in ice water a few minutes also works.

A quick way to separate frozen bacon: Heat a spatula over the stove burner, then slide it under each slice to separate it from the others.

For golden-brown fried chicken, roll it in powdered milk instead of flour.

Try using crushed cornflakes or cornbread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.

## - MEATS AND MAIN DISHES -

### HOT CABBAGE DISH

*Lois Janette Hays Irwin*

1½ lbs. hamburger  
2 sprigs celery  
1 onion

Salt & pepper  
1 whole head cabbage (medium)  
2 cans tomato soup

Brown in skillet. Doesn't have to be overly browned, as it will cook an hour in the oven. Blot off the excess fat, if any. Grease a casserole dish with canola oil. Cut up cabbage. Put a layer of cabbage, layer of meat, layer of cabbage, layer of meat, etc. Add tomato soup then so it didn't scorch. I added about a can of water. You could get by with ½ can of water if you are cooking it at a slow heat like 275° or 300°. Bake 1 hour. I usually let it heat up to a boil then turn the oven down.

### CALICO BEANS

*Iona Triggs*

1 lb. hamburger  
½ lb. bacon  
1 C. onion (chopped)  
¾ C. brown sugar  
1 tsp. mustard  
½ C. ketchup

1 tsp. salt  
2 T. vinegar  
1 (2 lb.) can kidney beans  
1 (2 lb.) can navy beans  
1 (2 lb.) can pork and beans

Cook hamburger until brown and drain. Cook bacon until brown, drained, then broke up. Mix all together and bake 1 hour at 350°.

### CALICO BEAN

*Sandy Armstrong*

1 lb. ground beef  
½ C. onion (chopped)  
½ C. brown sugar  
2 T. vinegar  
Salt  
1 medium can lima beans

1 medium can kidney beans  
1 large can pork-n-beans  
½ C. ketchup  
1 T. mustard  
Pepper

Brown the meat and onions. Drain. Put into crockpot. Add rest of ingredients. Simmer until hot.

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## CALICO BEANS

*Elizabeth Schafer*

1 lb. ground beef	¾ C. brown sugar
¼ lb. bacon	1 C. ketchup
1 small onion	½ C. barbecue sauce
1 can butter beans	2 T. mustard
1 can kidney beans	2 T. vinegar
1 can pork and beans	Worcestershire sauce, to taste

Brown bacon, drain and set aside. Brown ground beef and onions; drain. Add bacon, butter beans, kidney beans and pork and beans, ketchup, barbecue sauce, mustard and vinegar. Add Worcestershire sauce to taste. Bake at 350° for 1 hour.

## CALICO BEANS

*Monte and Sharri Parrott*

1 lb. bacon ends	4 T. vinegar
1 lb. hamburger	2 tsp. dry mustard
1 lb. onions (chopped)	1 C. brown sugar
1 (2½) can baked beans	1 C. ketchup
2 (15 oz.) cans red kidney beans	2 T. Worcestershire sauce
2 (15 oz.) cans lima beans	

Fry bacon ends and remove from skillet. Drain fat from skillet. Fry hamburger and onions. Mix with bacon and baked beans, kidney beans and lima beans. Mix vinegar, dry mustard, brown sugar and ketchup and Worcestershire sauce. Pour over beans and mix thoroughly. Bake in 350° oven for 1½ hours. Serves 12-15 people.

## BOSTON BAKED BEANS

*Rolland Harvey*

2 C. dry navy beans	¼ C. brown sugar
6 C. water	1 tsp. dry mustard
¼ lb. bacon or salt pork	2 tsp. onion (chopped)
1½ tsp. salt	½ C. dark molasses

Boil beans in water 2 minutes. Soak 1 hour or overnight if preferred. Add meat and salt to beans and simmer until tender, about 1-1½ hours. Drain, save ½ C. liquid. Place beans in a 3 quart casserole dish. Combine bean cooking liquid, brown sugar, mustard, onion and molasses. Pour over beans. Bake uncovered at 350° for 1 hour or until beans are lightly browned on top and of desired consistency.

## OLD SETTLERS BAKED BEANS

*Meredith Dredge*

- |                          |                        |
|--------------------------|------------------------|
| ½ lb. hamburger          | 2 T. prepared mustard  |
| ½ lb. bacon              | ½ tsp. chili powder    |
| 1 medium onion (chopped) | 1 tsp. salt            |
| ⅓ C. brown sugar         | 1 tsp. pepper          |
| ⅓ C. granulated sugar    | 1 can red kidney beans |
| ¼ C. ketchup             | 1 can pork and beans   |
| ¼ C. barbecue sauce      | 1 can butter beans     |
| 2 T. molasses            |                        |

Fry and chop bacon. Brown hamburger and onion. Mix together with all other ingredients. Bake 1 hour at 350° or 5 hours in crock pot on low. Very good!

## HOT THREE BEAN CASSEROLE

*Diane England*

- |                               |                  |
|-------------------------------|------------------|
| ½ lb. bacon                   | ½ C. ketchup     |
| ½ lb. ground beef             | 1 tsp. salt      |
| 1 C. onion (chopped)          | 1 tsp. mustard   |
| 1 (15 oz.) can butter beans   | 2 tsp. vinegar   |
| 1 (15 oz.) can kidney beans   | ¾ C. brown sugar |
| 1 (15 oz.) can pork and beans |                  |

Fry bacon until very crisp; crumble and set aside. Cook hamburger and onions; drain off grease. Drain the beans. Stir all ingredients together and mix well. Place in a casserole dish and bake at 350° for 40 minutes covered.

## RED BEANS AND RICE

*Larry Petri*

- |                      |                         |
|----------------------|-------------------------|
| 1 lb. red beans      | 1 C. celery (sliced)    |
| 1 lb. smoked sausage | ¼ C. minced garlic      |
| ½ lb. ham (diced)    | 1 bay leaf              |
| 3 C. onions (diced)  | Salt & pepper, to taste |

Soak beans overnight in water. Remove the beans from the water and discard water. In a large pot, saute the onions, celery, garlic, ham and sausage. Then add the beans and cover with water, about 2-inches. Add the bay leaf. Bring to a boil and let simmer for approximately 2 hours or until beans are tender and creamy. Add additional water if needed. Serve over rice.

## CHICKEN CASSEROLE

*Olive Davis*

- |                               |                        |
|-------------------------------|------------------------|
| 2 C. chicken (cooked & diced) | 1 T. lemon juice       |
| 1 can cream of chicken soup   | ½ C. celery (chopped)  |
| ½ C. mayonnaise               | ¼ C. almonds (chopped) |
|                               | Potato chips (crushed) |

Combine chicken, chicken soup, mayonnaise, lemon juice, chopped celery and almonds. Pour in buttered 8 × 11-inch casserole dish. Top with crushed potato chips. Bake for 15 minutes at 350°. Then turn oven to 325° and bake for 30 minutes.

## CORN CASSEROLE

*Lena Clark*

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 can creamed style corn    | 8 oz. container sour cream    |
| 1 can regular corn          | ½ lb. butter or oleo (melted) |
| 1 box Jiffy corn muffin mix | 1 egg (beaten)                |

Mix all ingredients together and put in a 9 × 12-inch casserole dish. Bake at 350° for approximately 1 hour or golden brown on top.

## CORNBREAD CASSEROLE

*Judy Pottorff*

- |                            |                                |
|----------------------------|--------------------------------|
| 1 can whole corn (drain)   | 1 (8 oz.) container sour cream |
| 1 can cream style corn     | 1 stick margarine (melted)     |
| 1 pkg. Jiffy cornbread mix | 1 egg                          |

Mix ingredients together and bake in casserole dish, uncovered at 350° for 1 hour.

## CORN MEAL CORN

*Deb Larson*

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 (8 oz.) container sour cream | 1 stick margarine (melted)  |
| 1 egg                          | 2 cans creamed corn or      |
| 1 pkg. Jiffy corn meal         | 1 can creamed, 1 can kernel |

Blend all ingredients together in 2 quart casserole dish. Bake at 350° for 45 minutes.

## CORN CROCKPOT CASSEROLE

*Cindy Snethen*

- |                  |                        |
|------------------|------------------------|
| 1 can cream corn | 1 C. uncooked macaroni |
| 1 can whole corn | 1 C. Velveeta cheese   |
| ¼ stick oleo     | ½ lb. sausage (cooked) |

Mix all ingredients together and put in crock pot. Cook 3-4 hours on low. I double this to fill crock pot.

## CHEESY CORN AND MACARONI BAKE

*Leslie Murphy*

- |   |   |
|---|---|
| 1 (15 oz.) can cream style corn                 | 1 C. pasteurized process cheese (cubed) |
| 1 (17 oz.) can whole kernel corn (do not drain) | ¾-1 stick margarine (melted)            |
| 1 C. macaroni (uncooked)                        |   |

Combine all ingredients. Put in greased casserole dish or 9×9-inch pan. Bake at 350° for 45 minutes. Stir once or twice during baking. Serves 8-10.

## CORN CASSEROLE

*Carol Hays*

- |                            |                              |
|----------------------------|------------------------------|
| 1 can cream corn           | 1 C. Cheddar cheese (grated) |
| 1 can whole corn (drained) | ¼ C. butter                  |
| 1 C. uncooked spaghetti    | Onion bits                   |

Mix together. Top with onion bits. Microwave for 20 minutes or oven 350° for 1 hour.

## CORN MACARONI CASSEROLE

*Marie Still*

- |                          |                              |
|--------------------------|------------------------------|
| 1 can creamed corn       | 1 C. Velveeta cheese (cubed) |
| 1 can whole kernel corn  | ½ stick oleo (melted)        |
| 1 C. macaroni (uncooked) |                              |

Mix. Pour into casserole dish. Bake 45 minutes at 350°.

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## MACARONI AND CORN

*Judy Pottorff*

- |                            |                        |
|----------------------------|------------------------|
| 1 can whole corn (drained) | 1 C. Velveeta cheese   |
| 1 can cream style corn     | 1 C. macaroni (cooked) |
| 1 stick butter             |                        |

Cook macaroni until tender. Combine all ingredients. Cook 5 minutes. Stir. Cook another 5 minutes and stir.

## CORN CASSEROLE

*Dorothy Denney*

- |                                  |   |
|----------------------------------|---|
| 1 (16 oz.) can whole kernel corn | 1 C. processed cheese (diced)           |
| 1 (16 oz.) can cream style corn  | 1 C. small elbow macaroni<br>(uncooked) |
| ½ stick margarine                | 2 tsp. onion (diced)                    |

Butter a casserole dish. Combine both corns, margarine, cheese, macaroni and onion. Place in dish. Bake covered at 375° for 30 minutes. Remove lid and continue baking for another 30 minutes.

## MAC/CHEESE AND CORN CASSEROLE

*Georgia Hays*

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 can whole kernel corn | 1 C. spiral macaroni (uncooked) |
| 1 can cream style corn  | Velveeta cheese, to taste       |
| ¼ stick oleo (softened) |                                 |

Mix all together and bake approximately 45 minutes to 1 hour. I like to mix it up a while before I put in oven. Helps to soak up macaroni a little. It may be kind soupy when taken out of oven but will firm up.

## CRUSTY CORN CASSEROLE

*Linda Sickels*

- |                    |                          |
|--------------------|--------------------------|
| ¼ C. + 2 T. butter | ½ tsp. salt              |
| 2 T. flour         | ¼ tsp. onion salt        |
| 1 C. milk          | 2 eggs (beaten)          |
| 4 C. corn          | 2 c. soda cracker crumbs |

Make a cream sauce by mixing 2 T. butter, the flour and milk. Combine finely crushed cracker crumbs and ¼ C. melted butter. Put half of the crumb mixture in an 8 × 12-inch pan. Pour in corn mixture and top with rest of the crumbs. Bake at 350° for 30 minutes or until lightly brown in color.

## CORN/GREEN BEAN CASSEROLE

*Deb Repp*

- |   |                             |
|---|-----------------------------|
| 1 C. celery (chopped)                     | 1 C. sour cream             |
| ½ C. yellow onion (chopped)               | 1 can cream of celery soup  |
| ¼ C. green pepper (chopped)               | 1 C. cheese (grated)        |
| 2 cans shoe peg corn (drained)            | ½ box Cheese Nips (crushed) |
| 2 cans French style green beans (drained) | ½ stick margarine (melted)  |

To celery, onions and pepper, add corn and green beans. Mix sour cream, soup and cheese. Add to bean mixture and place in a 2 quart casserole dish. Combine crushed Cheese Nips with margarine and pour over top. Bake at 425° for 45 minutes. NOTE: Yes, it's different, but I think you'll like it.

## BAKED VEGETABLE CASSEROLE

*Michelle Repp*

- |                       |                                   |
|-----------------------|-----------------------------------|
| 1½ C. milk (scalded)  | 1½ T. onions (chopped)            |
| 1 C. dry bread crumbs | 3 eggs (beaten)                   |
| ¼ C. butter (melted)  | 1 or 2 C. frozen mixed vegetables |
| ½ tsp. salt           | 1½ C. cheese (shredded)           |

Pour scalded milk over bread crumbs, stir to moisten. Add butter, salt, onion and beaten eggs. Mix well. Place thawed vegetables in a quart size casserole dish. Pour sauce over and sprinkle shredded cheese on top. Place dish in a pan of water. Bake at 325° for 1-1¼ hours. Makes 4-6 servings.

## VEGETARIAN LASAGNA

*Neil Hartman*

- |   |                                      |
|---|--------------------------------------|
| 1 (16 oz.) pkg. frozen California blend | ½ C. milk                            |
| ¼ C. red or green pepper (chop)         | ¼ C. Parmesan cheese (grated)        |
| ¼ C. onion (chopped)                    | 6 lasagna noodles (cooked & drained) |
| 1 (10¾ oz.) can broccoli cheese soup    | 1½ C. mozzarella cheese (shredded)   |

Place California blend, peppers and onions in a saucepan; cover with water. Heat to boiling. Cover pan and cook over low heat for 5 minutes or until tender. Mix soup, milk and Parmesan cheese. Spread ½ C. soup mixture in 11 x 7-inch baking dish. Top with 3 lasagna noodles, ½ C. soup mixture, ¾ C. mozzarella cheese and 1½ C. vegetable mixture. Repeat layers and top with remaining soup mixture. Cover and bake at 400° for 20 minutes. Uncover and bake 10 minutes longer. Let stand 10 minutes.

## VEGGIE LASAGNA

Roni Waske

- |                                  |  |
|----------------------------------|--|
| 1 C. onion (chopped)             | 1 C. non-fat Ricotta cheese            |
| 2 cloves garlic (minced)         | 1 C. non-fat cottage cheese            |
| 2 C. zucchini (thinly sliced)    | 9 lasagna noodles (uncooked)           |
| 2 C. fresh mushrooms (sliced)    | 1 (29 oz.) jar low fat spaghetti sauce |
| 1 C. green pepper (diced)        | ¼ tsp. salt                            |
| 1 C. carrots (coarsely shredded) | ¼ C + 2 T. Parmesan cheese             |
| 1 C. frozen corn (thawed)        |  |
| ¼ tsp. pepper                    |  |

Coat a large Dutch oven with vegetable cooking spray. Place over medium heat until hot. add and saute onion and garlic for 5 minutes. Add vegetables, increase heat to medium high and saute 5 minutes. Remove from heat. Stir in pepper; set aside. Combine ricotta and cottage cheeses. Stir well. Arrange 3 noodles lengthwise in a single layer in 9 × 13 × 2-inch dish which has been coated with cooking spray. Spread 1 C. cheese mixture over noodles. Combine salt and spaghetti sauce; stir well. Spoon 1 C. over cheese layer. Spoon 3 C. vegetable mixture over sauce. Top with 3 noodles. Repeat layers, ending with 1 2/3 C. sauce. Sprinkle with Parmesan cheese. Bake uncovered 50 minutes at 375° or until bubbly and heated thoroughly. Makes 6 servings.

## MIXED MEDLEY STIR FRY

Deb Repp

- |   |  |
|---|--|
| 3 T. sesame oil   | ½ C. leek (thinly sliced)                                |
| 1 large clove garlic (minced)   | ¼ C. roasted peanuts                                     |
| 2 T. fresh ginger (grated)  | 1 C. mushrooms (sliced)                                  |
| 1 pkg. Mori-Nu Silken Extra Firm Tofu (drained & cut in ½-inch cubes) | 1 (8 oz.) can pineapple chunks (drained, reserve liquid) |
| ¼ lb. broccoli florets  | ½ C. mandarin orange segments                            |
| ¼ lb. snow peas (stems trimmed)                                       | ¼ C. light soy sauce                                     |
| ½ C. red pepper (slivered)  | 2 T. tomato sauce  |
| ½ C. yellow pepper (slivered)   | 1 T. cornstarch  |

In sesame oil, saute garlic, ginger and tofu until lightly browned. Remove tofu and set aside. Add next 9 ingredients in order given. Stir fry until vegetables are just crisp tender. Separately combine reserved pineapple liquid, soy sauce, tomato sauce and cornstarch until smooth. Stir into wok, thoroughly coating ingredients. Add tofu cubes. Serve hot over rice.

## TOFU RICE STIR FRY

Deb Repp

- |  |                              |
|--|------------------------------|
| 1/3 C. light soy sauce   | 1/2 C. carrots (chopped)     |
| 1/3 C. rice vinegar  | 1/2 C. celery (sliced)       |
| 3 T. sesame oil  | 1/2 C. scallions (sliced)    |
| 1 pkg. Mori- Nu Silken extra firm<br>tofu (drained & cut in 1/2-inch<br>cubes) | 1/4 C. fresh ginger (sliced) |
|  | 1 C. cooked rice             |

Combine soy sauce, rice vinegar, sesame oil and tofu. Marinate in refrigerator for a minimum of 1 hour. Heat all above ingredients in wok. Add carrots, celery, scallions and ginger. Stir fry until all vegetables are just crisp tender. Add rice. Stir fry to heat through. Serve hot.

## BARBECUE RICE AND BEANS

Dorothy L. Main

- |  |                               |
|--|-------------------------------|
| 1 small onion (chopped)                  | 1/2 C. Cookies barbecue sauce |
| 1 small green pepper (diced)             | 1 beef bouillon cube          |
| 1 T. vegetable oil                       | 1/4 tsp. garlic powder        |
| 1 (15 1/4 oz.) kidney beans<br>(drained) | 1 1/2 C. minute instant rice  |
| 1 1/2 C. water                           | 1/2 tsp. salt                 |
|  | 1/8 tsp. pepper               |

Put onion, green pepper and oil in a skillet and cook until tender on low heat. Dissolve the bouillon cube in the water. Cook the rice in the water as directed on the package. Add the beans, barbecue sauce, green pepper, onions and seasonings to the cooked rice and stir until mixed. Heat over low heat until hot enough to serve. Makes 6 servings.

*Count your age by friends, not by years.*

## BEAN PITA PIZZA

*Gary and Michiko Baker*

- |  |  |
|--|--|
| 2 T. unsalted, defatted vegetable stock or non-stick spray | 2 C. cooked or reduced sodium canned black beans |
| 1 small onion (chopped)                                    | 1½ C. salsa, no aslt added                       |
| 2-3 cloves garlic (minced or mashed)                       | 1 tsp. dried basil leaves                        |
| 1 tsp. dry mustard   | 1 tsp. dried oregano                             |
| 2 C. cooked or reduced sodium canned pinto beans           | 4 large pita breads (split)                      |
|  | 1 C. nonfat cheese (grated)                      |

Preheat oven to 375°. Heat 2 T. stock in a nonstick skillet or lightly coat pan with non-stick spray. Add onions and cook until wilted; add garlic and mustard. Cook for 2 minutes. Add beans, salsa and seasoning; simmer uncovered for 10 minutes. Meanwhile, place split pita bread on a cookie sheet and toast in oven. Top each toasted round with bean salsa mixture and 2 T. grated cheese. Return to oven for 2-3 minutes or until cheese melts.

## ASPARAGUS QUICHE

*Ed Shields*

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 9-inch pie shell (unbaked)        | ¾ tsp. salt                   |
| ¾ lb. or 1 (8 oz.) pkg. asparagus | Dash nutmeg                   |
| 3 eggs (beaten)                   | 1½ C. Swiss cheese (shredded) |
| 1½ C. light cream                 |                               |

Bake the pie shell for 5 minutes at 450°. Cut asparagus into 1½-inch stems. Cook uncovered until tender. Combine eggs, cream, salt and nutmeg. Stir in asparagus. Sprinkle cheese in the pie shell. Pour egg mixture over the cheese. Bake 35-40 minutes at 325°. Let stand 10 minutes.

## CANNED DEER MEAT

*Keleta Dunkeson*

- |                               |                 |
|-------------------------------|-----------------|
| Deer meat (cut in thin slabs) | Water           |
| Salt                          | Pressure cooker |

Take deer meat and cut into beef stew size pieces, 1-inch thick and however long you want. Pack in pint jars. Add water, 1 tsp. salt. put in pressure cooker for 35 minutes at 10 pounds pressure or quarts for 50 minutes. This makes good barbeque sandwiches. Good for beef and noodles, beef stew. You can use many ways.

## BEEF CRESCENT ROLLS

*Lois Hays Irwin*

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 envelope Lipton onion soup mix | 3 pkgs. refrigerated crescent rolls |
| 1 lb. ground beef                | 1 C. Cheddar cheese (shredded)      |

Brown ground beef and add onion soup mix. Add cheese to melt. Roll out crescent roll dough. Add mix onto each roll. Roll and pinch ends. Place on ungreased cookie sheet. Bake 15 minutes at 375°.

## CHEESEBURGER CASSEROLE

*Janet Haley*

- |                       |                      |
|-----------------------|----------------------|
| 1 can biscuits        | Dash pepper          |
| 1 lb. ground beef     | ¼ C. ketchup         |
| ¼ C. onions (chopped) | 1 can tomato sauce   |
| ¾ tsp. salt           | 1 pkg. cheese slices |

Combine beef and onion. Cook until pinkness is gone. Add salt and pepper, ketchup and tomato sauce. Simmer. Spoon into 1½ quart casserole dish and cover with cheese slices. Top with biscuits and bake at 425° for 20-25 minutes.

## SOUTHWESTERN BEEF BURRITOS

*Vicki Sickels*

- |  |  |
|--|--|
| 2 lbs. round steak (trimmed & cut in 1-inch cubes) | ¼ tsp. pepper  |
| 2 large onions (chopped)                           | 2 T. flour   |
| 2 garlic cloves (minced)                           | ¼ C. cold water  |
| 1 (15 oz.) can enchilada sauce                     | 8 flour tortillas  |
| 1 (14½ oz.) can diced tomatoes                     | Optional garnishes: diced tomatoes, ripe olives, shredded cheese, chopped green onions, shredded lettuce |
| 1 (4 oz.) can chopped green chilies                |  |

In a large skillet coated with non-stick cooking spray, brown meat; drain. Add onions and garlic; cook and stir for 2 minutes. Add enchilada sauce, tomatoes, chilies and pepper; bring to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender. Combine flour and water; add to beef mixture, stirring constantly. Bring to a boil; cook and stir for 1 minute or until thickened. Warm tortillas; spoon ½ C. filling on each one. Fold and roll up. Spoon additional over top of burritos. Garnish.

## CHILI ENCHILADAS

*Carol Hays*

Soft shell tortillas  
Taco season

Hamburger  
Leftover chili  
Mexican Velveeta cheese (shred)

Brown hamburger and add taco seasonings. Put in soft shell tortillas and roll and line a cake pan. Add chili (thick left over chili is best). Cover the tortillas completely with the chili and put on package of shredded Mexican Velveeta cheese. Bake at 350° for 30 minutes. Sour cream and extra taco sauce can also be added.

## CHILI ENCHILADAS

*Donna Young*

1 C. Bisquick baking mix  
¼ C. cold water

Corn meal, flour or store  
enchiladas

### FILLING:

2 (15½ oz.) cans chili without  
beans

1 can enchilada sauce

¼ C. onions (chopped)

2 C. American cheese (shredded)

For the enchiladas, stir baking mix and water to a soft dough. Make dough into balls. Knead 5 times. Divide dough into 8 equal parts. Roll each into 5-inch circles on a board dusted with cornmeal or flour. Bake on hot ungreased griddle about 1 minute on each side. Bake boughten enchiladas also. Note: To keep enchiladas from drying out, place them between the folds of a damp towel. Mix one can chili, onion and 1 C. cheese. Spoon mixture into center of each enchilada. Roll up; place seam side down in ungreased baking dish. Spoon remaining chili and 1 can enchilada sauce over enchiladas; sprinkle remaining cheese. Bake at 350° for 20 minutes or until heated through and cheese is melted. 4-6 servings.

*Most footprints on the sands of time were made by work shoes.*

## ENCHILADAS

*Darla Sobotka and Patti Walter*

- |  |                                |
|--|--------------------------------|
| 1 lb. hamburger                          | 1 small jar Pace picante sauce |
| 1 medium onion (chopped)                 | 2 C. Cheddar cheese (shredded) |
| Garlic (2 cloves = ¼ tsp. garlic powder) | 12 flour tortillas             |
|  | 16 oz. can diced tomatoes      |

Brown first 3 ingredients together. Add diced tomatoes and ½ C. Pace picante (mild) sauce. Bring mixture to a boil and simmer 5 minutes. Stir in 1 C. shredded Cheddar cheese. Warm 12 tortillas in microwave. Spoon ⅓ C. mixture down center and roll. Put in 9 × 13-inch pan. Spoon remaining picante sauce over top. Bake at 350° for 15 minutes. Top with 1 C. Cheddar cheese and melt.

## MEAT ENCHILADAS IN CREAM SAUCE

*Lois Hays Irwin*

- |   |  |
|---|--|
| 8 medium size flour tortillas           | 2-3 C. Monterey Jack cheese (shredded) |
| 2-3 C. beef, pork or chicken (shredded) | 2 cans cream of chicken soup           |
| 1 can diced green chilies               | 1-1½ soup cans milk                    |
| ½-1 C. onion (chopped)                  |  |

Fill tortilla with meat (good use for leftovers), chilies, onion and cheese. Roll and lay in pan on sauce of soup and milk covering bottom, 8 × 13-inch pan will hold 8 rolls. Pour rest of sauce over enchiladas. Sprinkle with cheese. Bake at 325° for about 45 minutes or until well heated. Serve with sour cream and sliced black olives if desired. Serves 4. This is easy and quick.

## CORN BEEF TACO'S

*Michelle Repp*

- |                        |                   |
|------------------------|-------------------|
| 1 can corn beef        | Various cheese's  |
| 1 pkg. flour tortillas | 1 can chili beans |

### TOPPINGS:

- |            |               |
|------------|---------------|
| Lettuce    | Tomato        |
| Onion      | Green peppers |
| Sour cream |               |

Warm up the chili beans. Put a spoonful of corn beef into each tortilla shell and fry in a skillet. Add your favorite toppings.

## CREAMED BEEF ON BISCUITS

*Jodie Wursler*

- 1 (3-4 oz.) pkg. dried beef
- 1/4 C. margarine
- 1/4 C. flour
- 2 C. milk
- 4 slices toaster biscuits

Use kitchen shears to snip beef into small pieces in a small bowl. Set beef aside while preparing the cream sauce. Melt butter in saucepan. Blend in flour. Add milk all at once. Cook and stir until thick and bubbly. Stir in beef. Cook until heated through, about 2-3 minutes. Pour some sauce over each piece of toast or biscuits. Serves 4.

## BARBECUPS

*Brittany Drake*

- 3/4 lb. ground beef
- 1 T. onion (minced)
- 1/2 C. ketchup
- 1 tube refrigerator biscuits
- 2 tsp. vinegar
- 1/2 C. cheese (shredded)
- 2 T. brown sugar

In a large skillet, brown meat. Drain off fat. Add ketchup, vinegar, brown sugar and onion; mix well. Place an uncooked biscuit in an ungreased muffin pan. Press dough up sides to edge of cup. Spoon meat mixture into cups. Bake at 400° for 10-15 minutes until golden brown. Sprinkle with cheese. Return to oven to melt. Makes 10 servings.

## BARBEQUE MEATBALLS

*Rena Smith*

- 3 lbs. hamburger
- 1 C. onion (chopped)
- 1 (13 oz.) can evaporated milk
- 1/2 tsp. garlic powder
- 2 C. quick oatmeal
- 2 tsp. chili pepper
- 2 eggs
- 2 tsp. salt
- 1/2 tsp. pepper

### SAUCE:

- 1 1/2 C. brown sugar
- 1/2 C. onion (chopped)
- 2 T. liquid smoke
- 2 C. ketchup
- 1/2 tsp. garlic powder

Shape into balls and place into flat pan or pans in 1 layer. Put sauce on top. Bake at 350° for 1 hour.

## BBQ MEATBALLS

*Carol Hays*

3-4 lbs. hamburger  
1 can evaporated milk  
Onion (chopped)  
¼ tsp. pepper  
2 tsp. salt

2 C. oatmeal  
2 eggs  
¼ tsp. garlic salt  
3 tsp. chili powder

### SAUCE:

1 C. brown sugar  
1½ C. water  
¼ tsp. garlic salt

2 C. ketchup  
2 T. hickory liquid smoke  
½ C. onion (chopped)

Make into balls. Simmer sauce and pour over meatballs. Bake 1 hour at 350°.

## BARBEQUE MEATBALLS

*Martha Ricker*

1 lb. hamburger  
1 egg  
Salt & pepper, to taste

4 slices bread  
2-3 T. BBQ sauce  
Onion (chopped, to taste)

Mix all of above ingredients well. Form into meatballs and place in 13 × 9-inch or 9 × 9-inch pan. Pour BBQ sauce over meatballs to taste. Cover with foil and bake at 350° for ½ hour. Uncover and bake additional 15 minutes or to desired doneness.

## GRANDMA BAKER'S PORCUPINES

*In Memory of Laura Baker  
(Submitted by Dep Repp)*

1½ lbs. ground beef  
¾ C. rice (cooked)  
1 egg

1 tsp. garlic powder  
Salt & pepper, to taste

### SAUCE:

2 T. sugar  
2 tsp. Worcestershire sauce  
½ C. ketchup

¼ C. vinegar  
1 T. onion

Mix well and roll into balls the ground beef, rice, egg, spices. Brown. Put in a pan and pour sauce over them. Bake 2 hours at 350°.

## MEATBALLS

*Marian Jennings*

3 lbs. ground beef  
2 C. cracker crumbs  
2 eggs  
2 C. half and half

3 T. onion (minced)  
3 tsp. salt  
Dash pepper

### GLAZE:

½ stick butter  
½ C. brown sugar

½ C. ketchup  
2 tsp. mustard

Mix the ingredients and make into 15 meatballs. Put in 9 × 13-inch pan and bake at 350° for 1 hour. Remove from oven and pour glaze over top. Place back in oven and bake 15 more minutes. These meatballs stay moist and freeze well.

## BARBECUED STUFFED MEAT LOAF

*Deborah Anderson*

2 C. Stove Top chicken flavor  
flexible serving stuffing mix  
1 C. frozen mixed vegetables  
(thawed)  
½ C. water  
1 T. butter (melted)

1 lb. ground beef  
2 eggs  
2 T. minced onion  
½ C. barbecue sauce  
2 slices processed American  
cheese (halved)

Combine 1 C. stuffing mix, vegetables, water and butter; let stand 5 minutes. Combine remaining stuffing mix, beef, eggs and ¼ C. of the barbecue sauce; mix well. Spoon a third of the beef mixture into 11 × 7-inch baking dish and shape into 8 × 4-inch rectangle. Cover with half the cheese. Spoon vegetable mixture in center. Cover with remaining cheese. Pat remaining beef mixture over cheese and shape into a loaf. Brush with remaining barbecue sauce. Cook at 350° for 45 minutes or until done. Makes 4 servings.

## GREAT AMERICAN MEAT LOAF

*Karla Larson*

1½ lbs. ground beef  
1 egg (slightly beaten)  
½ C. seasoned dry bread crumbs  
¾ tsp. salt

¼ C. onion (finely chopped)  
⅓ C. milk  
¼ C. Heinz 57  
1/8 tsp. pepper

Thoroughly combine and shape into a loaf in a shallow baking pan. Bake at 350° for 1 hour. Allow meat loaf to stand 5 minutes before serving.

## MEAT LOAF

Virginia Main

1 C. tomato juice  
¾ C. oatmeal  
1 egg or egg white  
¼ C. onion (chopped)

½ tsp. salt (optional)  
¼ tsp. pepper  
1-1½ lbs. lean ground beef

### TOPPING:

3 T. brown sugar  
¼ C. ketchup

¼ tsp. nutmeg  
1 tsp. dry mustard

Heat oven to 350°. Combine all ingredients except ground beef. Mix well. Add ground beef, mix lightly but thoroughly. Press into 8 × 4-inch loaf pan. Bake 1 hour. Drain, let stand 5 minutes. Makes 8 servings.

## SAM'S SUPER DUPER MEAT LOAF

Sam Osborn

2 lbs. 85-15 ground beef  
3 eggs (beaten)  
1 (8 oz.) can tomato sauce  
½ C. onion (finely chopped)  
½ C. green pepper (chopped)

1 tsp. salt  
½ tsp. marjoram  
½ tsp. oregano  
1 C. fine cracker crumbs  
¼ tsp. pepper

Break meat into small pieces and put into large mixing bowl. Mix eggs, tomato sauce, onion, pepper, salt, pepper, spices thoroughly and add to meat. Mix with hands until all meat is mixed into smooth mixture. Add cracker crumbs and mix well with hands. Form into loaf and place in 9 × 13-inch glass baking dish. Coat with sauce and bake at 350° for 1 hour. SAUCE MIXTURE: ½ C. ketchup, 1 T. A-1 steak sauce, 1 tsp. brown sugar twin, dash ground mustard, dash ground ginger, 1 T. minced onion. Mix well and coat meat loaf. Bake.

*Don't worry about knowing people -  
just make yourself worth knowing.*

## VEGETABLE MEAT LOAF

*Iona Triggs*

2½ lbs. hamburger	4 slices bread
2 carrots	1 egg
2 celery ribs (4-inch)	2 tsp. dry mustard
Parsley	½ C. ketchup
2 cloves garlic	2 tsp. salt
1 onion	½ tsp. pepper

### GLAZE:

2 T. brown sugar	½ C. ketchup
½ tsp. dry mustard	

Grind carrots, celery, parsley, garlic, onion in food processor. Grind bread in food processor. Mix all together. Put glaze on top and bake 1 hour at 375°.

## UPSIDE DOWN MEATLOAF

*Shirley Klejch*

½ C. brown sugar	2 eggs (beaten)
½ C. ketchup	1½ tsp. salt
¾ C. milk	¼ tsp. pepper
1½ lbs. ground beef	1 small onion (grated)
¼ tsp. ginger	¾ C. cracker crumbs (crushed)

Butter 9 × 3 × 5-inch loaf pan. Press down sugar in bottom and spread ketchup over sugar. Mix all other ingredients and shape into loaf. Put on top of ketchup and bake at 350° for 1 hour. Turn upside down to serve.

## TOPPING FOR MEAT LOAF

*Roxie Deutsch*

½ C. ketchup	½ C. brown sugar
1 tsp. or T. mustard	

Make meat loaf as usual. I always use dry onion in mine. It doesn't talk back as bad. The last few minutes of baking, spread the topping over the meat loaf. You can double the batch if you like. Men love this topping.

## NO FAT FAJITAS

*Gary and Michiko Baker*

- 12 corn tortillas
- 1 lb. lean round or flank steak  
(cut in thin strips)
- 1 large onion (sliced)
- 1 red bell pepper  
(sliced in thin strips)
- 1 green bell pepper  
(sliced in thin strips)

- 1 tsp. chili powder, no salt added
- ½ C. salsa, no salt added
- Condiments: plain nonfat yogurt,  
shredded nonfat cheese, bean  
dip, chopped tomato, chopped  
green onion

Wrap tortillas tightly in foil and warm in a 250° oven. Heat a large, nonstick skillet, or one coated with nonstick spray. Brown meat; drain and discard all fat. Turn meat out onto folded paper towels to absorb any remaining fat and wipe pan. Return meat to pan; add onions and peppers. Cook over high heat, stirring and tossing, until vegetables are tender crisp. Quickly stir in chili powder and salsa and let your family roll their own meat and condiment combos in soft tortillas. Serves 4.

## GOULASH

*Gary and Michiko Baker*

- 1 lb. lean cubed beef
- 1 large onion (sliced)
- ½ C. dry red wine
- 2 tsp. sweet paprika
- 1 T. tomato paste

- 1 C. mushrooms (sliced)
- 8 oz. uncooked noodles
- 1 C. plain nonfat yogurt or fat free  
sour cream alternative

Brown meat under the broiler or in a large nonstick saucepan or Dutch oven, or one coated with nonstick spray. Drain and discard all fat. Turn meat out onto folded paper towels to absorb any remaining fat. Return meat to pan. Add onion, red wine, paprika and tomato paste; simmer for 1½-2 hours. About 20 minutes before serving, stir in mushrooms. Cook noodles according to package directions. Just before serving, remove meat from flame and stir in yogurt or sour cream alternative. Serve goulash over cooked noodles. 4 servings.

## MIDWESTERN GOULASH

*Brandi Shay*

- |                             |                         |
|-----------------------------|-------------------------|
| 1 lb. hamburger             | 1 tsp. salt             |
| ½ C. onion (chopped)        | 2 tsp. chili powder     |
| 1 (8 oz.) pkg. macaroni     | ½ C. ketchup            |
| 1 (10¾ oz.) can tomato soup | 1 (28 oz.) can tomatoes |

Brown hamburger and onion. Drain. Cook macaroni and mix with other ingredients. Pour into greased 2 quart casserole dish. Bake 1 hour at 350°. Serves 4-6.

## CROCK POT LASAGNA

*Roni Waske*

- |   |  |
|---|--|
| 2 lbs. hamburger                          | 2 lbs. mozzarella cheese                 |
| 1 pkg. spaghetti seasoning mix            | 1 (10 oz.) pkg. small wavy noodles       |
| 1 (16 oz.) can Italian style tomato sauce | 1 (24 oz.) tub small curd cottage cheese |
| 1 (8 oz.) can tomato paste                | 1 can mushrooms (drained)                |
| 2 T. parsley                              |  |

Brown and drain hamburger. Add seasoning mix, tomato sauce, tomato paste and mushrooms; set aside. Cook noodles; drain. Mix cheese, cottage cheese and parsley. Layer in crock pot, meat, noodles, cheese mixture; repeat. Cook 2-3 hours on high.

## LASAGNA

*Kelly Hensley Nelson*

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 8 lasagna noodles (cooked)       | 1 lb. ground beef (cooked & drained) |
| 2 C. Cheddar cheese (shredded)   | 2 C. mozzarella cheese (shredded)    |
| 32 oz. jar Prego spaghetti sauce |                                      |

Line 4 of the cooked noodles in bottom of 7 × 10-inch pan or baking dish. Combine ground beef, cheeses (reserving ¾ C. mozzarella cheese for top) and spaghetti sauce in large dish. Put half of mixture on the noodles. Layer the 4 remaining noodles, then mixture. Top with reserved mozzarella cheese. Bake at 350° for 30 minutes. Cover with foil entire baking time.

## LASAGNA

*Peggy Drake*

- |                       |                                   |
|-----------------------|-----------------------------------|
| ¾ C. onion (chopped)  | 1½ tsp. sugar                     |
| 3 lbs. ground beef    | 1½ tsp. basil                     |
| 1 clove garlic        | 6 oz. tomato paste                |
| 24 oz. cottage cheese | 15 oz. tomato sauce               |
| 3 tsp. salt           | 3 eggs                            |
| 3 T. parsley flakes   | 1¼ C. Parmesan cheese             |
| 9 lasagna noodles     | 4 C. mozzarella cheese (shredded) |
| 1½ tsp. oregano       |                                   |

Brown ground beef, onion and garlic. Add oregano, sugar, basil, salt, tomato sauce and tomato paste. Let simmer for 1 hour. Combine cottage cheese, eggs, salt, parsley flakes and Parmesan cheese. Cook lasagna noodles until tender. Stir meat into cheese mixture. Layer meat, noodles and mozzarella cheese in a 9×13-inch baking dish. Repeat until all ingredients are used ending with mozzarella cheese. Bake at 375° for 40-45 minutes.

## LASAGNA ROLL UPS

*Jodi Haley*

- |                                 |                              |
|---------------------------------|------------------------------|
| Lasagna noodles                 | ¼ tsp. garlic powder         |
| 1 lb hamburger fried with onion | Mozzarella cheese (shredded) |
| Jar spaghetti sauce             |                              |

Cook noodles; drain. Brown hamburger; stir in ¾ jar of spaghetti sauce. Put hamburger and sauce mix on each noodle; sprinkle with cheese. Roll up; top with sauce and cheese. Heat in oven at 350° until heated through.

## PITA PIES

*Ashley Comer*

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 pita bread rounds         | ¼ C. salsa with no salt     |
| ½ lb. very lean ground beef | ¼ C. green onions (chopped) |

### CUCUMBER SAUCE:

- |                              |                             |
|------------------------------|-----------------------------|
| 1 C. plain nonfat yogurt     | 1 T. minced fresh mint or   |
| 1-2 cloves garlic (minced or | 1 tsp. dried                |
|                              | ½ cucumber (finely chopped) |

Preheat oven to 400°. Cut pita bread around edges and split to make 4 circles. Lay them on a baking pan with rough side up. Mix ground beef with salsa and onions. Divide among 4 circles of bread, and spread to edges. Bake for 10 minutes, or until meat is cooked through. Top with Cucumber Sauce.

## MEAT SAUCE WITH ZUCCHINI

*Diane Repp Lee*

- |                                       |  |
|---------------------------------------|--|
| ¼ lb. lean ground turkey              | 1 T. minced fresh basil or                 |
| ¼ lb. very lean ground beef           | 1 tsp. dried                               |
| ½ C. unsalted, defatted chicken stock | ½ C. fresh mint (chopped) or               |
| 1 medium onion (chopped)              | 2 T. dried                                 |
| 1-2 cloves garlic (minced or mashed)  | ¼ tsp. crushed dried red pepper (optional) |
| 2 C. zucchini (cubed)                 | Fresh ground pepper, to taste              |
| 2 C. tomato sauce (no salt added)     | 12 oz. uncooked pasta (made without eggs)  |
|                                       | ½ C. nonfat cheese (shredded)              |

Heat a large, deep nonstick skillet or one that has been coated with nonstick spray. Brown meats; drain and discard all fat. Turn meat out onto folded paper towels to absorb any remaining fat and wipe the skillet. In the same skillet, heat stock. Add onion and garlic and cook until tender. Add zucchini, cover and simmer until tender, about 5 minutes. Add browned meat, tomato sauce and seasonings. Simmer over low heat for 10 minutes. Meanwhile, cook pasta according to directions on package. Serve meat sauce over pasta, sprinkled with shredded cheese.

## POTATO PIZZA

*Marla Crawford*

- |                             |                        |
|-----------------------------|------------------------|
| 5 C. potatoes (sliced)      | 1 C. milk              |
| 1½ lbs. hamburger (browned) | 1 jar spaghetti sauce  |
| 1 can cheese soup           | 2 C. mozzarella cheese |

Spray 9 × 13-inch pan. Place sliced potatoes in bottom of pan. After browning hamburger, add cheese soup and milk; stir. Pour hamburger mixture and spaghetti sauce together and pour over potatoes. Bake at 350° for 45 minutes or 400° for 30 minutes. Add mozzarella cheese last 15 minutes of baking.

## YANKEE PIZZA

*Leslie Murphy*

- |                                  |   |
|----------------------------------|---|
| 1 lb. bacon                      | ½ tsp. salt   |
| 10-12 green onions (minced)      | Pepper, to taste  |
| 1 lb. American cheese (shredded) | 2 (12 count) pkgs. dinner rolls<br>with vertical sections |
| 1 C. mayonnaise                  |   |
| Dash cayenne pepper              |   |

Cook bacon in skillet over medium heat until edges curl. Add green onions. Cook until green onions are tender; drain. Stir in cheese, mayonnaise, cayenne pepper, salt and pepper; mix well. Separate rolls vertically into 4 or 5 slices. Roll with rolling pin to flatten. Spread bacon mixture. Place on greased baking sheet. Bake at 450° for 5 minutes or until heated through.

## CHICKEN CEASAR SALAD PIZZA

*Michelle Repp*

- |   |   |
|---|---|
| 1 pkg. pizza crust mix                  | ¼ C. Parmesan cheese (shredded)               |
| 1 C. chicken breast (cubed)             | ¾ C. fat free mozzarella cheese<br>(shredded) |
| 1 C. fat free creamy Ceasar<br>dressing | 2 C. Romaine lettuce                          |

Make the pizza crust as instructed on the package. Cook the chicken as desired, adding spices to your taste. Spread the Ceasar dressing onto the pizza crust. Add the chicken and top with the cheeses. Bake at 450° for 12-17 minutes or until golden brown. Right before serving, add the romaine lettuce on the top. Yummy! Variations that I have tried: adding onions, garlic, mushrooms.

## BUBBLE PIZZA

*Jacque Sobotka*

- |  |                                       |
|--|---------------------------------------|
| 1½ lbs. ground beef                                  | 1½ C. mozzarella cheese<br>(shredded) |
| 1 (15 oz.) can pizza sauce                           | 1 C. Cheddar cheese (shredded)        |
| 2 (12 oz.) tubes refrigerated<br>buttermilk biscuits |                                       |

Brown beef; drain. Stir in pizza sauce. Quarter the biscuits. Place in a greased 9 × 13-inch baking dish. Top with beef mixture. Bake uncovered at 400° for 20-25 minutes. Sprinkle with cheeses. Bake 5-10 minutes longer or until cheese melts. Let stand for 5 minutes before serving.

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## **CROCK POT PIZZA**

*Joen Brown*

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 jar spaghetti sauce            | 2 lbs. ground beef (cooked with |
| 1 jar pizza sauce                | 1 chopped onion)                |
| 1 pkg. mozzarella cheese         | 1 pkg. klusha noodles (cooked)  |
| (shredded)                       | 1 pkg. sliced pepperoni         |
| 1 pkg. Cheddar cheese (shredded) |                                 |

In a 6 quart crock pot layer half of the ground beef and onion, half of the sauces mixed together, half of the noodles, half of the cheese mixed, half of the pepperoni (cut in smaller pieces). Then repeat. Cook 2-3 hours on medium.

## **CROCK POT PIZZA**

*Jo Kaye Shields*

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 lbs. ground beef             | 1 (12 oz.) pkg. kluski noodles  |
| 1 onion (chopped)              | 1½ C. mozzarella cheese         |
| 1 (28 oz.) jar spaghetti sauce | (shredded)                      |
| 1 (10-12 oz.) jar pizza sauce  | 1½ C. Cheddar cheese (shredded) |
|                                | 1 pkg. sliced pepperoni         |

Brown hamburger and onion. Drain. Mix together spaghetti and pizza sauces. Cook noodles as directed and drain. Mix together mozzarella and Cheddar cheeses. Using half of the above, layer as given in 6 quart crock pot. Makes 2 layers. Cover and cook 1½-2 hours on low heat or until thoroughly heated through.

## **TACO CORNBREAD PIZZA**

*Dorothy L. Main*

- |  |                                   |
|--|-----------------------------------|
| 1 (8.5 oz.) pkg. Jiffy corn muffin mix | ½ bottle Taco Bell taco seasoning |
| 1 lb. ground beef                      | 1 (8 oz.) pkg. Cheddar cheese     |
|  | (shredded)                        |

Prepare corn muffin mix as directed on package. Spread this batter on a greased 12-inch pizza pan. Bake at 400° for 8-10 minutes or until lightly browned. Brown the meat in a skillet and drain. Add the taco seasoning and stir. Spread meat mixture evenly over baked muffin mix. Sprinkle the shredded cheese evenly over the meat mixture. Bake 4-5 minutes at 400° or until the cheese is melted. Cut into 6 or 8 wedges and serve hot.

## ONE POT DINNER

*Phyllis Hawkins*

1 lb. ground beef  
4-6 slices bacon  
1 C. onion (chopped)  
1 can pork and beans

1 can kidney beans (drained)  
1 can butter beans (drained)  
1 can lima beans (drained)

### SAUCE:

¼ C. vinegar  
¼ C. water

¼ tsp. dry mustard  
½ C. brown sugar

Fry bacon and cut or break into small pieces and put in crock pot. Simmer onion in bacon grease and put in crock pot. Brown ground beef and drain; put in pot. Put above drained vegetables in crock pot. Stir in above sauce. Cover and cook on low 4-6 hours.

## POT ROAST

*In Memory of Leola Shaw  
(Submitted by Judy Jackson)*

3-4 lbs. rump, chuck or round  
roast (4-inch thick)  
Flour  
1½ tsp. salt & pepper

2 medium onions (quartered)  
2 bay leaves (crumbled)  
½ C. water, beef broth, tomato  
juice or dry red wine

Preheat oven to 325°. Shake 1 T. flour in empty brown in bag. Place in pan and pour liquid into bag and stir until flour is well mixed. Trim excess fat from meat. Rub meat with flour salt and pepper. Place meat in bag. Put onions and bay leaves around roast. Cook 2-2½ hours.

## PARTY PUPS

*Kris Quick*

2 lbs. ground beef  
1 C. Ritz crackers (crushed)  
½ tsp. pepper

1 C. milk  
1 tsp. salt  
12 slices bacon

Combine cracker crumbs, milk, salt and pepper. Add ground beef and mix. Divide into 12 portions. Mold into an oval shape. Wrap with bacon and secure with a wooden toothpick. Grill; turn often. Remove toothpicks and enjoy.

## PEPPER STEAK AND RICE

*Leza Johnson*

- |                           |  |
|---------------------------|--|
| 3 C. cooked white rice    | ¼ C. soy sauce                             |
| 2 lbs. round steak        | 2 large fresh tomatoes<br>(cut in eighths) |
| 1 T. paprika              | 1½ C. beef broth                           |
| 2 T. butter or oleo       | 1 C. green onions with tops<br>(sliced)    |
| 2 cloves garlic (crushed) | 2 medium green peppers<br>(cut in strips)  |
| 2 T. cornstarch           |  |
| ¼ C. water                |  |

Cook rice as directed and set aside. Pound steak to ¼-inch thickness or have tenderized at butcher shop. Cut off fat and cut into ¼-inch wide strips. Sprinkle with paprika and set aside. Prepare vegetables. Brown meat in skillet in butter. Add garlic and broth. Cover and simmer for 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water and soy sauce. Stir into meat and vegetables. Cook, stirring gently until clear and thickened (a couple minutes). Add tomatoes. Cover for a couple of minutes, stir gently once or twice for another couple of minutes. Spoon rice around outside edge of skillet and serve.

## PRIME RIB

*Debra Repp Hankins*

Cover the prime rib liberally with salt and seasoning of garlic powder, pepper and onion powder, making sure to push the seasonings into the meat. Place meat in 9 × 12-inch pan and leave uncovered. For each 1 pound, cook 5 minutes in oven at 500°. Turn the oven off, do not open oven door, and let stand in oven for 1-2 hours depending on how well done your family likes. Thicken juices with flour to use as au jus.

## SALISBURY STEAK

*Lucy Ricker*

- |                          |                            |
|--------------------------|----------------------------|
| 2 lbs. ground beef (90%) | ½ T. minced onion          |
| ½ C. cracker crumbs      | 1/8 tsp. pepper            |
| 1 egg                    | 1 can golden mushroom soup |
|                          | ⅓ C. water                 |

Mix ground beef, cracker crumbs, egg, onion, pepper and ¼ can of mushroom soup. Mix well and form into 8 or 9 oblong size patties. Place on a 10 × 15-inch pan and brown in 350° oven for 25 minutes. Drain and add rest of golden mushroom soup mixed with ⅓ C. water. Pour over top and cook 10 more minutes or until hot.

## SALISBURY STEAK

Mari McGehee

- |                         |                                |
|-------------------------|--------------------------------|
| 1 lb. ground beef       | 1/8 tsp. pepper                |
| 1/4 C. dry bread crumbs | 2 T. minced onion              |
| 1 egg (beaten)          | 1/4 C. celery (finely chopped) |
| 1 tsp. salt             |                                |

Combine these ingredients and shape into an oval patty about an inch thick. Using a small amount of butter, brown on both sides in skillet. Combine 1 can cream of celery soup and 1/2 C. water; pour around meat. Cook slowly in covered skillet for 25 minutes. If desired put boiled potatoes around meat. Soup and meat juices will make gravy without further thickening.

## STEAK A LA RABI

Roxie Deutsch

- |                               |                           |
|-------------------------------|---------------------------|
| 1 round steak or sirloin      | 1 green pepper            |
| 1 onion                       | 1 red pepper              |
| 4 T. soy sauce                | Juice of 1 lemon          |
| 1/4 C. vegetable or olive oil | 1 T. Worcestershire sauce |
| Salt & pepper, to taste       | Rice                      |

Cut steak in chunks or strips. Put in skillet. Pour soy sauce over meat and stir. Let set 20 minutes. While the meat is marinating, cut your onion and peppers in chunks. I go ahead and throw them in skillet after 20 minutes. I add the rest of ingredients, stir and bring it up to a high temperature. Then stir and cover. Cook at medium heat until the vegetables are done to your liking. The meat will be very tender because of the lemon juice and soy sauce. I serve French bread, corn and lettuce salad. Serve over rice. This is an easy meal to fix.

*People who show off least always show up best.*

## SPICY BEAN AND BEEF PIE

*Elaine Willis*

- |  |  |
|--|--|
| 1 lb. ground beef  | 2-3 garlic cloves (minced)               |
| 1 (11½ oz.) can condensed bean<br>with bacon soup        | ¼ C. cornstarch                          |
| 1 (16 oz.) jar thick & chunky<br>picante sauce (divided) | 1 tsp. paprika                           |
| 1 T. fresh parsley (chopped)                             | 1 tsp. salt                              |
| ¼ tsp. pepper  | 1 (16 oz.) can kidney beans<br>(drained) |
| 1 (15 oz.) can black beans<br>(drained)                  | 2 C. Cheddar cheese (shredded)           |
| ¾ C. green onions (sliced)                               | 1 C. sour cream                          |
| 1 (2¼ oz.) can sliced ripe olives                        | Pastry for double crust pie<br>(10-inch) |

In a skillet, cook beef and garlic until beef is browned; drain. In a large bowl, combine soup, 1 C. picante sauce, cornstarch, parsley, paprika, salt and pepper; mix well. Fold in beans, 1¼ C. cheese, onions and the beef mixture. Line pie plate with bottom pastry; fill with bean mixture. Top with remaining pastry, seal and flute edges. Cut slits in the top crust. Bake at 425° for 30-35 minutes or until lightly browned. Let stand for 30 minutes before cutting. Garnish with sour cream, olives and remaining picante sauce and cheese. Yield 8 servings. If you like beans, this will be one of your favorites. It is good the next day for leftovers.

## BEEF STROGANOFF

*Phyllis Sickels*

- |   |   |
|---|---|
| 1 (8 oz.) can mushroom<br>(bits & pieces) | 1 C. water  |
| 1 large onion (chopped, to taste)         | 1 tsp. salt   |
| ¼ C. oleo                                 | 1 can bouillon or consomme<br>diluted with water to make 2 C. |
| 2 lbs. round steak (¼-½ inch<br>thick)    | ½ C. sour cream   |
| 2 T. ketchup                              | 2 T. flour  |

Saute mushrooms and onion in 2 T. butter and remove from pan. Cut meat into strips 2½ x ¾-inch. Melt 2 T. butter in heavy skillet and brown meat. Sprinkle flour and salt over meat. Add water and ketchup. Add mushroom and onion. Simmer, stirring occasionally, about 1¼ hours. Add bouillon water mixture, bring to a boil. Add sour cream. Serve over noodles or rice. 4-6 servings. Note: If thicker gravy is desired, add flour and cold water paste.

## **BEEF STROGANOFF**

*Ashley Comer*

1 lb. hamburger  
1 small onion  
1 clove garlic  
2 C. rice

1 can fat free cream of mushroom  
soup  
¼ can water  
8 oz. fat free/low fat sour cream

Brown meat, garlic and onion together. Drain. Add soup and water. Mix and heat through. In the mean time, cook rice. Add 8 oz. of sour cream to meat mixture right before serving. Serve on a bed of rice.

## **STUFFED GREEN PEPPERS**

*Sheila Williamson*

2 large green peppers  
8 oz. lean ground beef  
⅓ C. onion (chopped)  
1 (14½ oz.) can cut tomatoes  
½ C. long grain rice  
½ C. water

2 tsp. Worcestershire sauce  
½ tsp. basil leaves  
½ C. low fat natural Cheddar  
cheese (shredded)  
1 (8 oz.) can tomato sauce

Preheat oven to 375°. Half peppers lengthwise and remove stem ends, seeds and membranes. Immerse peppers into boiling water for 3 minutes. Invert onto paper towels to drain well. In a large skillet, cook meat and onion until meat is brown and onion is tender. Drain off fat. Stir in the tomatoes, uncooked rice, water, Worcestershire sauce, basil and bring to boiling. Reduce heat, cover and simmer for 15-18 minutes or until the rice is tender. Stir in half of the cheese. Spoon meat mixture into peppers placed in an 8 x 8 x 2-inch baking dish. Spoon any remaining meat mixture into dish. Pour tomato sauce over peppers. Bake uncovered about 15 minutes or until heated through. Sprinkle with remaining cheese. Makes 4 servings.

## **SWISS STEAK**

*Mari McGehee*

Round steak (serving size pieces)  
1 small onion (sliced thin)

1 can tomato sauce  
1 can tomatoes  
Potatoes (peeled & quartered)

Pound all the flour into the meat you can (potato masher works fine), and sear the meat in hot fat. Put meat in roaster, 1 small onion, sliced real thin on top. Mix 1 can tomato sauce and 1 can tomatoes and pour over meat. Roast 3 hours at 350°. Put potatoes on top of meat about an hour and a half of that. If tomatoes and sauce don't cover the meat, add water.

## TACO MEAL

*Diane Repp Lee*

- |   |   |
|---|---|
| 1 lb. extra lean ground beef or turkey        | 1 (16 oz.) can Mexican stewed tomatoes (may use larger can or add salsa for extra flavor) |
| 1 (16 oz.) can whole kernel corn              | 1 envelope taco seasoning   |
| 1 (16 oz.) can pinto beans (drained & rinsed) | 1 envelope fat free ranch dressing  |

Fry meat until just done. Drain off excess oil, rinse with hot water and return to pan. Add remaining ingredients, cover, simmer for 1 hour.

## ALLAN'S CHICKEN

*Allan Baker*

- |                                |                          |
|--------------------------------|--------------------------|
| 1 roasted chicken with giblets | Salt & fresh pepper      |
| 1 lemon (halved)               | 6 medium onions          |
| 2 T. mustard                   | 2 pkgs. bouillon cubes   |
| 2 T. ginger                    | 2 $\frac{3}{4}$ C. water |

Preheat oven to 425°. Rinse chicken, pat dry, squeeze juice of lemon over. Rub the chicken with mustard, ginger, salt and pepper. Place in roasting pan, scatter onion in pan. Roast undisturbed for 30 minutes. Meanwhile, simmer giblets, onions, bouillon and 2 C. water over medium heat for 30 minutes. Set aside. Reduce oven heat to 375°. Pour remaining  $\frac{3}{4}$  C. water into pan. Roast 30 minutes, basting occasionally from pan juice. Strain the giblet stock and pour  $\frac{3}{4}$  C. of stock roasting pan. Roast, basting, 30 minutes more. Remove chicken from oven and cut into serving pieces. Mix chicken with onions and juices of pan. Pour remaining giblet stock. Cover with aluminum foil. Bake 15 minutes. Serve on platter surrounded by juice.

## BAJA BURRITO MADE EASY

*Larry Petri*

- |  |  |
|--|--|
| Chicken breast (boneless, skinless, grilled) | Guacamole: avocados, Roma tomatoes, salt                   |
| Tortillas                                    | Pico de Gallo: Roma tomatoes, yellow onion, cilantro, salt |
| Jack cheese                                  |  |

Take 2 oz. of Jack cheese and spread on half of large flour tortilla. Place tortilla on large griddle and heat cheese until cheese is melted. Take heated tortilla off griddle and unfold. Lay tortilla flat on table. Add a couple ounces of guacamole and spread lengthwise on tortilla. Add a heaping scoop of chicken lengthwise. Add on heaping scoop of Pico de Gallo. Roll burrito, being careful with the ends. Enjoy! Garnish with cebollita and lime.

## **BROCCOLI CHICKEN**

*Lois Hays Irwin*

2 boxes frozen broccoli spears  
or use fresh broccoli

10 fillets chicken breast  
(can be frozen or fresh)

### **SAUCE:**

1 can cream of chicken soup  
1 can cream of mushroom soup  
1 tsp. lemon juice

¼ tsp. curry powder  
1 C. mayonnaise

### **TOPPING:**

½-1 C. Sharp cheese (grated)

½ C. seasoned croutons

Brown chicken fillets about 10 minutes. Steam broccoli. Arrange broccoli in baking dish. I use an 8 × 10-inch glass dish. Pour part of mixed sauce on top. Put in chicken, then rest of sauce. Sprinkle with Sharp cheese and croutons. Bake at 350° for 30 minutes. Serves 6-8.

## **CHICKEN A RONI**

*Lois Hays Irwin*

1 chicken (cooked & cut up)  
2 C. uncooked macaroni  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 pint milk

½ lb. Velveeta cheese (cut up)  
1 small jar pimento  
½ C. onion (chopped)  
Salt & pepper

Mix together and refrigerate overnight. Bake at 375° for 1 hour.

## **CHICKEN BARBAQUE**

*Betty Davenport*

1 chicken (cut up)  
1 jar Kraft barbaque sauce

1 (12 oz.) can Coke  
Electric skillet

Mix 1 jar Kraft barbaque sauce and 1 (12 oz.) can coke. Pour over cut up chicken in electric skillet (250°) for 1½ hours leave vent open. Keep turning the chicken.

## CHICKEN IN BISCUITS

*Marie Still*

- |                              |                             |
|------------------------------|-----------------------------|
| 2 C. chicken (cooked, diced) | 1 can cream of chicken soup |
| 2 cans biscuits              | 1 soup can chicken broth    |

Place bite sized pieces of chicken on flattened biscuit, fold, seal. Place folded side down in a 9 × 13-inch pan. Combine soup and broth (or milk) and pour over filled biscuits. Bake at 425° for 15-20 minute. I sometimes use 1 can of biscuits in a smaller pan with half the gravy.

## CHICKEN ON SUNDAY

*Ed Shields*

- |  |                           |
|--|---------------------------|
| 1 C. dry rice                          | ½ C. celery (diced)       |
| 1½ C. milk                             | ½ C. onions (chopped)     |
| 1 (10¾ oz.) can cream of mushroom soup | 1 can mushrooms (drained) |
| 1 frying chicken (cut in pieces)       | 1 envelope dry onion soup |

Heat soup and milk together. Add vegetables and rice. Pour into greased 9 × 13-inch baking dish. Lay chicken pieces, skin side up, on rice mixture. Sprinkle dry soup mix on top of chicken. Seal with foil. Bake at 250° for 2 hours.

## CHICKEN ENCHILADAS

*Rhonda Baker Lovell*

- |   |  |
|---|--|
| ½-1 lb. leftover chicken or turkey                      | 1 C. Cheddar cheese                        |
| 1 (8 oz.) pkg. cream cheese                             | Onions (cooked) or green chilies (chopped) |
| 2 (10 oz.) cans Old El Paso green chile enchilada sauce | (chopped)                                  |
|   | 6-8 flour tortillas                        |

Heat cream cheese and about ¾ can enchilada sauce. Add cheese and cooked chicken, along with vegetables (if desired) and stir. Fill tortillas and place in baking dish. Cover with remaining sauce and bake at 350°-375° until heated throughout.

## CHICKEN ENCHILADAS

*Shaun Kniep*

2 cans cream of celery or  
onion soup  
1 can green chili peppers  
Bag cheese (shredded)

4 tortillas  
Chicken breast (cooked &  
cut in strips)

Mix soup and chilies together. Put tortillas in a 9 × 13-inch pan. Put 2-3 T. of soup mixture in tortillas with several strips of chicken. Roll tortilla up. Continue and fill pan. Pour remaining soup over tortillas. Bake at 350° for 1 hour. Pour shredded cheese on top when there is 5 minutes left of cooking time.

## CHICKEN ENCHILADAS

*Leslie Murphy*

4 chicken breasts  
(cooked & cubed)  
1 small yellow onion (chopped)  
2 lbs. Monterey Jack cheese  
10 flour tortillas (lightly warmed)  
¼ C. margarine

¼ C. flour  
1 (16 oz.) can chicken broth  
1 (8 oz.) carton sour cream  
½ C. jalapeno peppers (chopped)  
1 (2 oz.) jar pimentos (optional)

Combine chicken, cheese (reserving ½ C. cheese), and onion. If using pimentos, add at this time. Lightly warm tortillas in skillet. Remove from pan and place one tenth of chicken mixture down center of tortilla of each tortilla. Roll up and place in 9 × 13-inch pan. Melt margarine in pan, add flour to make paste. Pour in chicken broth and whisk. Bring to a rolling boil. Reduce heat and add sour cream and jalapenos. Do not allow to boil after adding sour cream. Pour sauce over enchiladas and bake 20 minutes at 425°. Sprinkle remaining cheese over top and bake 5 more minutes. Serves 5.

## CHICKEN FAJITAS

*Sheila Shafer*

4 chicken breasts (boneless,  
cut in strips)  
⅓ C. lemon juice

3 T. vegetable oil  
3 cloves garlic  
1 T. chicken bouillon granules

Marinate 4 hours or overnight. Grill.

## CHICKEN NACHOS

*Carol Hays*

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 2 lbs. chicken breasts             | Large can cream of chicken soup |
| Large sour cream                   | Large pkg. nacho cheese         |
| ½ pkg. soft tortillas (6-8 inches) | (shredded)                      |

Brown chicken and cut into pieces. Coat bottom of pan with a little soup. Mix chicken, soup and sour cream together and spread down middle of each tortilla and roll up. Put side by side in 9×13-inch pan. Save some of the mixture and spread on top. Sprinkle cheese on top and bake uncovered for 30 minutes at 350° for until cheese is slightly brown and let cool awhile before cutting.

## CHICKEN AND RICE

*Barb Shields*

- |   |                           |
|---|---------------------------|
| 2 chicken breasts (halved)              | 1 C. water                |
| 1 C. uncooked rice<br>(not minute rice) | 1 can cream mushroom soup |
|   | 1 pkg. dried onion soup   |

Place raw rice in casserole dish. Add water and mushroom soup (undiluted). Stir mixture. Skin chicken parts and lay on top rice mixture. Sprinkle dried onion soup over all. Cover. Bake at 350° for 1-1½ hours. I usually double the chicken breasts.

## CHICKEN WITH RICE

*Mary Kathryn Gepner*

- |                          |                            |
|--------------------------|----------------------------|
| 1 large onion            | 1 can stewed tomatoes      |
| 1 small chicken (boiled) | 2-3 C. dry white wine      |
| 1 green pepper           | Minute rice                |
| 2 T. dill seed           | 4-5 chicken bouillon cubes |
| 2-3 C. chicken broth     | 1 can mushrooms (drained)  |

Boil chicken in water with 4-5 chicken bouillon cubes. Cool and take chicken off the bones. Mix together in slow cooker, stewed tomatoes, diced green pepper, sliced onion, dill seed, chicken broth, mushrooms and white wine. Add chicken and slow cook 5-6 hours or longer. Serve over hot rice. This is a great meal to prepare before you go to work.

## CHICKEN STIR FRY

*Miriam Brady*

- |                              |                              |
|------------------------------|------------------------------|
| 3 chicken breasts (boneless) | 2 tsp. ginger root (chopped) |
| 1 bundle broccoli            | ½ tsp. white pepper          |
| 4 green onions               | 1 tsp. red crushed pepper    |
| 1 tsp. white pepper          | ¼ C. cornstarch              |
| ½ tsp. salt                  | 5 T. vegetable oil           |
| 3 cloves garlic              | 3 tsp. soy sauce             |

Dice the chicken and coat with cornstarch, salt and white pepper. Place on the refrigerator for 20 minutes. Separate broccoli florets from stems and slice into ¼-inch. Cook broccoli florets and stems for 1 minute on boiling water. Remove from heat and immediately rinse with cold water. Heat oil preferably on wok. Stir fry chicken until cook, then add the chopped green onions, ginger root, garlic, red pepper and soy sauce. Stir fry for 3 minutes and serve.

## CHICKEN STRIPS WITH BASIL

*Gary and Michiko Baker*

- |                                       |   |
|---------------------------------------|---|
| 2 small tomatoes (chopped)            | 1 T. herb vinegar   |
| 2 cloves garlic (minced or mashed)    | 2 T. unsalted, defatted chicken stock or nonstick olive oil spray |
| ½ C. fresh basil (finely chopped)     | 4 chicken breast halves (boneless skinless, cut in strips)        |
| ½ C. fresh parsley (finely chopped)   | Fresh ground black pepper, to taste                               |
| Zest of 1 lemon                       | 8 corn tortillas  |
| 1 red or yellow bell pepper (chopped) | 2 tsp. Dijon style mustard (no salt added)                        |

Combine tomatoes, garlic, basil, parsley, lemon zest and red pepper; mix in Dijon mustard and vinegar. Set mixture aside. Heat 2 T. stock in nonstick skillet or lightly coat pan with nonstick spray. Add chicken strips and stir fry until cooked through, about 5 minutes. Stir in tomato basil mixture and cook about 3 minutes or until chicken is coated with basil mix. Season with pepper. Serve with warm , soft tortillas.

## CHINESE CHICKEN

*Lois Hays Irwin*

- |                                |                           |
|--------------------------------|---------------------------|
| 1 green pepper (cut in strips) | 1/3 C. water              |
| 1 C. celery (chopped)          | 2 T. soy sauce            |
| 1/2 C. mushrooms               | 2 C. chicken (cubed)      |
| 2 T. margarine                 | 2 C. chop suey vegetables |
| 1 can cream of chicken soup    |                           |

In a pan, cook chicken in a little oil and garlic; saute until browned. In a pan, cook green peppers, celery and mushrooms in margarine until crisp and tender. Stir in soup, water and soy sauce. Add the chicken and chop suey vegetables after they are drained and heat. Serve with hot cooked rice.

## CRISPIE BAKED CHICKEN

*Joanne Repp Shrader*

- |   |                                 |
|---|---------------------------------|
| 2/3 C. instant mashed potato flakes                 | 3/4 tsp. garlic salt            |
| 1 (3-3 1/2 lb.) frying chicken<br>(cut up, skinned) | 1/3 C. margarine or milk        |
|   | 1/2 C. Parmesan cheese (grated) |

Heat oven to 375°. Grease or line with foil and grease 15 x 10 x 1-inch baking pan or 13 x 9-inch pan. Combine potato flakes, Parmesan cheese, parsley flakes and garlic salt in medium bowl; stir until well mixed. Dip chicken pieces into margarine or milk; roll in potato flakes mixture to coat. Place in greased pan. Bake for 45-60 minutes or until chicken is fork tender and juices run clear.

## EZ CHICKEN TORTILLA

*Joshua Baker*

- |  |  |
|--|--|
| 1 (10 3/4 oz.) can Campbell's<br>tomato soup | 2 C. chicken or turkey<br>(cubed, cooked)  |
| 1 C. Pace chunky salsa or<br>picante sauce   | 8 corn tortillas (cut in<br>1-inch pieces) |
| 1/2 C. milk                                  | 1 C. Cheddar cheese (shredded)             |

Mix soup, salsa, milk, chicken, tortillas and half the cheese in 2 quart shallow baking dish. Cover. Bake at 400° for 30 minutes or until hot. Top with remaining cheese. Serves 4.

## HAWAIIAN CHICKEN

Nicole Denney

8 oz. Dorothy Lynch fat free dressing  
12 oz. Polaner apricot fruit spread

1 pkg. dry onion soup mix  
6 chicken breasts (boneless, skinless)

Preheat oven to 350°. Place chicken breasts in a baking dish or roaster. Mix the other ingredients and pour over chicken. Cover. Bake for 2 hours.

## JENNINGS SOUTHERN FRIED CHICKEN

Marian Jennings

Chicken (cut in pieces)  
2 C. flour  
1 tsp. poultry seasoning

1 T. paprika  
1 tsp. pepper

Soak chicken pieces 1 hour in water containing 1 T. salt and 1 T. baking powder. Drain and pat dry. Mix flour and seasonings. Dip chicken in flour mixture and place on waxed paper. Wait 10 minutes and dip in flour a second time. Cover and cook in hot oil 12-15 minutes on first side. Turn and cook covered until brown. Remove lid and allow chicken to get crusty. For the gravy, add equal amounts of oil/fat from chicken and leftover flour mixture. Brown in skillet. Add 1 tsp. seasoning salt and enough milk to make desired consistency.

## MA BELL'S CHICKEN DIVAN

Dep Repp Hankins

4 pkgs. frozen broccoli spears  
4 C. chicken breast (skinless, cooked)  
¾ C. butter  
¾ C. all purpose flour  
6 C. fat free skim milk

1 C. fat free half and half cream  
2 oz. sherry cooking wine  
2 C. Parmesan cheese (shredded)  
1 tsp. Worcestershire sauce  
2⅔ T. mustard  
4 T. onions

Place in 2 (3 quart) casserole dishes or 1 (6 quart) casserole dish, frozen broccoli spears, barely cooked. Place on top of broccoli, 4 C. cooked chicken, sliced. Melt over low heat butter and flour. Gradually stir in and cook slowly, stirring, until thickened 5 C. nonfat milk. Add to sauce 1 C. fat free half and half, 2 jiggers sherry, 2 C. shredded Parmesan cheese, 1 tsp. Worcestershire sauce, 2⅔ T. prepared mustard, salt and pepper, to taste, 4 T. minced onion. Stir over low heat until cheese is melted. Pour sauce over chicken and broccoli. Chill quickly and freeze. When ready to serve, defrost and bake at 400° for 45 minutes. Before bringing to the table, dash with sherry.

## OVEN BARBEQUED CHICKEN

*Fern Gregg*

- |                          |                           |
|--------------------------|---------------------------|
| 1 (3 lb.) fryer (cut up) | 1/8 tsp. pepper           |
| 3 T. butter              | 1/2 tsp. vinegar          |
| 1 large onion (chopped)  | 1/2 tsp. salt             |
| 1 C. water               | 2 T. Worcestershire sauce |
| 1 tsp. mustard           | 1/2 C. sweet pickle juice |
| 2/3 C. ketchup           |                           |

Flour chicken as for frying and place in a 9 x 13-inch pan in a 350° oven for 30 minutes. Saute onion in butter lightly and add rest of ingredients; simmer for 5 minutes. Pour over chicken and bake for 30-40 minutes.

## OVEN FRIED CHICKEN

*Patrick Williamson*

- |                                 |                          |
|---------------------------------|--------------------------|
| 4 small chicken breast halves   | Basil (crushed or dried) |
| 1/3 C. bread crumbs (fine, dry) | 1/8 tsp. pepper          |
| 1/2 tsp. Italian seasoning      | 1 T. margarine (melted)  |

Remove skin from chicken. Rinse chicken; pat dry. In a small bowl, mix together the bread crumbs, seasoning and pepper. Add the melted margarine and toss to coat. Sprinkle the skinned side of each chicken piece with the crumb mixture, pressing onto the chicken to coat. Arrange chicken pieces, coating side up, in a 12 x 7 1/2 x 2-inch baking dish. Bake in a 400° oven for 25-30 minutes or until the chicken is tender and no longer pink. Do not turn. Makes 4 servings.

## OVEN FRIED CHICKEN

*Crae Geist*

- |                            |                                  |
|----------------------------|----------------------------------|
| 2 C. potato chips          | 1 egg (beaten)                   |
| 1 1/2 C. Rice Krispies     | 1/4 C. milk                      |
| 1/4 tsp. ground red pepper | 1 (2 1/2-3 lb.) chicken (cut up) |

Place potato chips and Rice Krispies in a plastic bag and crush. Transfer mixture to a pie plate and add red pepper. In a mixing bowl, stir together egg and milk. Rinse chicken and pat dry. Dip chicken into egg mixture. Coat with chip mixture. Place chicken on foil lined cookie sheet. Bake at 375° for 45-60 minutes.

## OVEN FRIED HERB CHICKEN

*Ellen Powell*

1½ sticks margarine  
1 C. flour  
1½ tsp. paprika

1 tsp. salt  
½ tsp. pepper  
1 chicken (cut up)

Place margarine in 10 × 15-inch pan with rims to melt. Combine dry ingredients. Dip chicken in butter then flour mixture. Place skin side down for 20 minutes at 400°. Turn and continue 40 minutes more. Use drippings for Country Gravy. COUNTRY GRAVY: In a 1 quart pan, combine drippings from pan with 1½ C. milk; heat over medium heat. Gradually add ½ C. milk to leftover flour mixture until very smooth. Gradually stir mix into hot milk. Cook over medium heat, stirring constantly until thick. Cook 2 more minutes.

## PARMESAN HERB CHICKEN

*Nida Solliday*

2 C. Parmesan cheese  
2 T. oregano  
2 tsp. paprika  
1 tsp. salt

1 tsp. pepper  
12 chicken breasts  
1 C. butter or oleo (melted)

In a shallow dish, combine the first 5 ingredients. Dip chicken in butter, then coat with Parmesan mixture. Place in 2 (9 × 12-inch) baking pans. Bake, uncovered at 350° for 40-45 minutes. 12 servings.

## SPECIAL PARTY CHICKEN

*Ashlee Comer*

8 slices Canadian bacon  
4 chicken breasts  
(boned & flattened)  
4 slices bacon

1 (10½ oz.) can cream of  
mushroom soup  
1 C. sour cream

Place Canadian bacon in a layer in bottom of a greased 9 × 13-inch pan. Cut chicken breasts in half and place a piece on each slice of bacon. Place a strip of bacon on each. Bake at 350° for 30 minutes. Combine soup and sour cream; spoon over all. Bake another 30 minutes.

## PESTO CHICKEN AND BOW TIES

*Neva Allee*

- |   |   |
|---|---|
| 1 (10¾ oz.) can cream of chicken soup (undiluted) | 3 C. bow tie pasta (uncooked)           |
| ½ C. pesto sauce                                  | 2 T. butter or margarine                |
| ½ C. milk   | 1 lb. chicken breasts (boneless, cubed) |

Cook pasta according to package directions. Drain. Meanwhile, heat butter in skillet. Add chicken and cook until browned, stirring often. Add soup, pesto and milk. Heat to boil. Cook over low heat 5 minutes or until done. Stir in pasta and heat through. Can use shrimp instead of chicken.

## ROTEL CHICKEN

*Judy Hensley*

- |                                |                              |
|--------------------------------|------------------------------|
| 3 C. chicken (cooked, chopped) | 1 green pepper (chopped)     |
| 1 C. Rotel tomatoes            | 1 medium onion               |
| 1 small can peas (drained)     | 1 (8 oz.) Vermicelli noodles |
| 1 lb. Velveeta cheese          | ½ stick oleo                 |
| 1 C. mushrooms (optional)      |                              |

Cook chicken, saute pepper, onion and mushrooms in oleo. Cook vermicelli, veggies, Velveeta, Rotel and mix well. Bake in a 9×13-inch pan at 350° until bubbly, about half hour.

## ESCALLOPED CHICKEN

*In Memory of Elsie Moffett  
(Submitted by Iona Triggs)*

- 1 quart chicken (coarsely cubed)

### GRAVY:

- 1 quart broth (free from fat)      4 T. flour

### DRESSING:

- |   |                             |
|---|-----------------------------|
| 1½ quarts stale bread crumbs (½-inch squares) | ½ C. cream or chicken stock |
| ¾ C. butter (melted)                          | ¾ tsp. salt                 |
| ¼ tsp. sage                                   | 2 T. onion (chopped)        |

Mix all together lightly. Put in 1½ inch layer of chicken in casserole dish. Cover with dressing. Pour gravy over dressing. Bake until lightly brown, 35 minutes at 350°. Serves 12.

## SCALLOPED CHICKEN

*Betty Davenport*

- |                             |                     |
|-----------------------------|---------------------|
| 4 slices bread (broke up)   | 1 can mushroom soup |
| 1 whole chicken (diced)     | 2 eggs              |
| 1 can cream of chicken soup | 3 more slices bread |
| 1 can chicken noodle soup   | 1 stick oleo        |

Put 4 slices bread, broken up in a greased 9 × 13-inch pan. Dice 1 whole chicken and put on top of bread. Mix cream of chicken, chicken noodle, mushroom soup and 2 eggs together. Put this over bread and chicken. Dice 3 more slices of bread to cover. Slice 1 stick oleo over top. Bake at 350° for 45 minutes to 1 hour.

## SCALLOPED CHICKEN

*Lois Hays Irwin*

- |   |                             |
|---|-----------------------------|
| 2 C. chicken (boned)                      | 1 can cream of chicken soup |
| 2 C. macaroni (cooked) or<br>bread crumbs | ¼ lb. cheese                |
| 2 C. milk                                 | ¼ C. onion (grated)         |
|   | Potato chips                |

Mix all together, except potato chips. Sprinkle chips on top and bake at 350° for 1 hour.

## SMOTHERED CHICKEN

*Sheila Shafer*

- |                        |                   |
|------------------------|-------------------|
| Whole chicken (cut up) | 1 T. onion flakes |
| 1 tsp. garlic          | 2 T. squeeze oleo |
| 1 tsp. lemon pepper    | Water             |
| 1 C. flour             | Salt & pepper     |

Layer chicken in 9 × 13-inch pan. Sift flour over top. Squeeze oleo over top, then sprinkle garlic, onion and lemon pepper (salt and pepper). Add water (down the side) until water raises about ½ cup. Bake at 350° for 1½ hours. You may want to spread oleo and flour out if clumping is a problem (while cooking).

## SPANISH CHICKEN

*Shirley Vice*

- |                                 |                              |
|---------------------------------|------------------------------|
| 3 lbs. chicken                  | 1½ C. chicken broth          |
| 7 oz. Doritos (crushed)         | 1 can cream of chicken soup  |
| 1 lb. Cheddar cheese (shredded) | 1 can cream of mushroom soup |
| 1 C. onion (chopped)            | 1 can Rotel                  |
| 2 T. butter                     |                              |

Boil chicken and pick from bones. Make sauce from onion, butter, broth, soups and Rotel. In a 9×13-inch baking dish, layer chips, chicken, sauce and cheese. Bake at 350° for 40-50 minutes. To serve, top with lettuce, tomato, onion and taco sauce.

## TATA CHIP OVEN FRIED CHICKEN

*Ronda Smith*

- |  |                           |
|--|---------------------------|
| 1 (5 oz.) pkg. potato chips<br>(crushed) | 1 tsp. parsley flakes     |
| ½ tsp. garlic salt                       | 1 frying chicken (cut up) |
| ¼ tsp. seasoned pepper                   | 1 stick oleo (melted)     |

Combine potato chips, garlic salt, pepper and parsley. Wash chicken and pat with paper towel until dry. Dip chicken in butter, then roll in potato chips mixture. Place chicken skin side up in a single layer in a shallow pan lined with foil. Press remaining crumbs on top of chicken. Bake uncovered at 375° for 1½ hours.

## BAKED DUCK

*Connie Sandage Manus*

- |                              |   |
|------------------------------|---|
| 1 whole duck                 | ½ stick butter, margarine or<br>olive oil |
| 1 pkg. Lipton onion soup mix |   |
| 4 ice cubes                  |   |

Take 1 duck and place the following 3 ingredients inside the duck cavity. Wrap in aluminum foil. Cook at 400° for 30 minutes. Then lower temperature to 275° and continue to cook 3 hours. Debone duck. Pour gravy into bowl and add duck meat to gravy. Serve over wild rice. It's great!! Warn your guests about shot!!

## WALNUT CHICKEN BREASTS ON WILTED SPINACH SALAD

Dana Scott

1 1/3 C. walnuts

2 slices bread

2 tsp. salt

1/2 tsp. pepper

White from 1 large egg

1 2/3 T. dijon mustard

1/4 C. flour

4 chicken breast halves  
(skinless, boneless)

1 T. vegetable oil

2/3 C. apple juice

1 large apple (1-inch chunks)

1 (10 oz.) pkg. fresh spinach  
(remove stems)

Put half the walnuts, bread, salt and pepper in food processor; blend until fine crumbs. Beat egg white and mustard in shallow dish. Put flour on wax paper and walnut mixture on another. Coat chicken with flour, then dip in egg white, then walnut mixture (pressing so crumbs adhere). Heat oil in 9 1/2-inch non-stick skillet over medium high heat. Add chicken and cook about 3 minutes until golden brown. Turn over, reduce heat to low and cook 5-7 minutes longer. Remove to serving platter, keeping warm. Pour apple juice into skillet, whisk in remaining 2/3 T. mustard and bring to a boil. Add apple and cook 1 minute. Add spinach and toss until just wilted. Surround chicken breasts with spinach and apple. Pour sauce over chicken breasts and sprinkle with remaining walnuts. Serves 4.

## HAM BALLS

Mitzi Hymbaugh

2 1/2 lbs. smoked ham (ground)

1 1/2 lb. lean ground pork

1 1/2 lb. ground beef

3 eggs

3 C. graham cracker crumbs

2 C. milk

### SAUCE:

2 C. tomato soup

2 1/2 C. brown sugar

1/4-1/2 C. vinegar

2 tsp. dry mustard

Mix ingredients for ham balls and form into balls. Place in pan. Mix sauce and pour over ham balls. Bake at 350° for 1 hour.

## HAM BALLS

*Mari McGehee*

- |                             |   |
|-----------------------------|---|
| 2½ lbs. smoked ham (ground) | 3 eggs                                  |
| 1½ lbs. lean ground pork    | 3 C. graham cracker crumbs<br>(crushed) |
| 1½ lbs. ground beef         | 2 C. milk                               |

### SAUCE:

- |                   |                    |
|-------------------|--------------------|
| 2 C. tomato soup  | ¾ C. vinegar       |
| 2½ C. brown sugar | 2 tsp. dry mustard |

Mix ingredients for ham balls and form into balls. Place in pan. Mix sauce and pour over ham balls. Bake at 350° for 1 hour. Wonderfully easy as the grocer will grind the meats for you!

## HAM BALLS

*Beulah Hutchinson*

- |                          |                      |
|--------------------------|----------------------|
| 2½ lbs. ham (ground)     | 3 eggs               |
| 1½ lbs. lean ground pork | 2 C. milk            |
| 1½ lbs. ground beef      | 3 C. graham crackers |

### SAUCE:

- |                    |                    |
|--------------------|--------------------|
| 2 cans tomato soup | ½ tsp. dry mustard |
| ¾ C. vinegar       | 1¾ C. brown sugar  |

Mix all meats, milk, eggs and crackers well together. Form into approximately 1-inch balls and place in shallow pan. Pour sauce over balls. Bake 1 hour at 350°.

## HAM BALLS

*Lois England*

- |                    |                                 |
|--------------------|---------------------------------|
| 2½ lbs. ground ham | 1 C. milk                       |
| 2 lbs. ground pork | 1½ C. graham crackers (crushed) |
| 1 lb. ground beef  | 1 tsp. salt                     |
| 3 eggs (beaten)    |                                 |

### GLAZE:

- |                   |                |
|-------------------|----------------|
| 1 C. brown sugar  | ¼ C. vinegar   |
| ¼ C. orange juice | 1 tsp. mustard |

Mix all ingredients together except glaze. Form into balls. Mix glaze together and pour over balls. Bake at 350° for 1 hour. These freeze well.

## HAM BALLS

Lisa Drake

- |                            |                       |
|----------------------------|-----------------------|
| 3 eggs                     | Salt                  |
| 2 C. milk                  | 1 tsp. onion          |
| 3 C. graham cracker crumbs | 2 C. brown sugar      |
| 1 lb. hamburger            | 6 T. vinegar          |
| 3 lbs. ham loaf            | 2 tsp. ground mustard |

Beat eggs, add milk and graham cracker crumbs. Mix in hamburger and ham loaf, salt and onion. Form into balls. Place in large pan. Mix brown sugar, vinegar and ground mustard. Pour over ham ball and bake at 350° for 1 hour.

## HAM BALLS

Cindy Allen

- |                   |                                |
|-------------------|--------------------------------|
| 1 lb. ground ham  | 3 eggs                         |
| 1 lb. ground beef | 1 C. graham crackers (crushed) |
| 1 lb. ground pork | ½ C. milk or less              |

### TOPPING:

- |                  |                |
|------------------|----------------|
| 1 C. brown sugar | ½ C. vinegar   |
| ½ C. water       | 1 tsp. mustard |

Combine meats. Beat eggs and milk together; add to the meat mixture. Stir to moisten. Add crushed graham crackers. Form into balls. May add more or less crackers to make firm ball. I use ⅓ C. to measure ham ball size. Place in 9 × 13-inch baking dish and pour topping listed above over ham balls. Bake at 350° for 50-60 minutes. Turn ham balls over after 30 minutes.

## HAM BALLS

Joanne Repp Shrader

- |                   |                             |
|-------------------|-----------------------------|
| 1 lb. ground ham  | 1 egg (beaten)              |
| Pepper            | 1½ C. graham cracker crumbs |
| 1 lb. ground pork | ¾ C. milk                   |

### SAUCE:

- |                   |                      |
|-------------------|----------------------|
| 1 can tomato soup | ¼ C. vinegar         |
| 1½ C. brown sugar | 1½ T. yellow mustard |

Combine meat ingredients and form into 9 equal size balls. Place in an 8-inch square baking dish. Mix sauce ingredients and pour over ham balls. Bake 1½-2 hours at 350°.

## HAM BALLS

*Diane England*

2½ lbs. ham (ground)  
1 lb. ground beef  
1 lb. ground pork  
2 C. milk  
3 eggs

3 C. graham crackers (crushed)  
2 (15 oz.) cans tomato soup  
2½ C. brown sugar  
¾ C. vinegar  
2 tsp. dry mustard

Combine the meats, eggs and cracker crumbs. Form into balls about ½ C. size and place in a baking dish. Combine the soup, brown sugar, vinegar and mustard. Pour over ham balls. Bake at 350° for 1 hour, uncovered.

## HAM LOAF

*Linda Winkler*

1½ lbs. ground ham  
1½ lbs. ground pork  
2 eggs

1 C. milk  
1 C. oatmeal  
Salt & pepper

### SAUCE:

1 can tomato soup  
1 C. brown sugar

¼ C. vinegar  
1 T. dry mustard

Mix all ingredients together, blend well. Bake 1¼ hour at 350°. Pour off most of the fat. Mix sauce and pour over ham loaf. Bake 1 more hour at 325°. You can mix extra sauce and heat to serve warm over the ham loaf at meal time.

## HAM ROLLS

*Margaret Bishop*

2½ lbs. ground smoked ham  
2 lbs. ground lean pork  
1 lb. ground beef

3 eggs  
2 C. milk  
3 C. graham crackers (crushed)

### SAUCE:

2 cans tomato soup  
¾ C. vinegar

2¼ C. brown sugar  
2 tsp. dry mustard

Combine all ingredients for ham balls and mix well. Using a ¼ C. measure, form into individual rolls. Place in shallow baking dishes. Bake 1 hour at 350°. Makes 48 servings. For the sauce, combine ingredients, but don't cook. After ham rolls have cooked ½ hour, pour sauce over top and finish cooking.

## HAM BALLS

*Marian Jennings*

2 lbs. ground ham  
2 lbs. ground pork  
1 lb. lean ground beef

1½ C. fine graham cracker  
crumbs  
3 eggs  
1½ C. milk

### SAUCE:

1 C. tomato soup  
1 C. brown sugar

2 T. vinegar  
1 tsp. dry mustard

Mix meat, crumbs, eggs and milk. Form into 24 (½ C. size) meat balls. Top each with spoonful of sauce. Bake at 350° for 45 minutes.

## KIELBASA

*Mary Kathryn Gepner*

2 large onions  
6-8 strips bacon  
2 T. minced garlic  
1 pkg. Flanagans sauerkraut  
(chilled in deli section)

3 C. dry white wine  
2-3 C. water  
6 oz. Swiss cheese  
Polish sausage or Kielbasa

Saute onion and minced garlic in bacon strips until bacon is cooked. Drain and rinse sauerkraut. Put in 3 quart pan on stove or in slow cooker, the bacon, onions and minced garlic. Add drained kraut, wine and water. Slow cook or simmer on stove for 2-3 hours. Add Swiss cheese, cut into cubes. Slow cook or simmer another 1-2 hours. Approximately ½ hour before serving, add Polish sausage or kielbasa. Note: if you need more liquid you can add more water or more wine.

## BAKED PORK CHOPS AND RICE

*Patrick Williamson*

4-6 pork chops  
1 large onion  
1 green bell pepper

1 can tomato soup  
¾ C. minute rice

Preheat oven to 375°. Brown the pork chops in a skillet. Then place pork chops in a 9 × 13-inch baking pan. Slice the green pepper into rings and slice the onion. Place on top of pork chops. In a medium size bowl, mix 1 can tomato soup, 1 can of water and ¾ C. rice; pour over pork chops. Cover pan with aluminum foil and bake for 1 hour. Makes 4-6 servings.

## SWEET HOT SAUSAGE MEATBALLS

*Pat Teply*

- |   |                                |
|---|--------------------------------|
| 2 (8 oz.) cans water chestnuts<br>(drained) | ¼ C. cornstarch                |
| 1 lb. bulk pork sausage                     | 1 C. maple syrup               |
| 1 lb. bulk hot pork sausage                 | ⅔ C. cider or red wine vinegar |
|   | ¼ C. soy sauce                 |

In a blender or food processor, process water chestnuts until minced. Transfer to a bowl; add sausage and mix well. Shape into 1-inch balls. Place in ungreased 15 × 10 × 1-inch baking pan. Bake uncovered at 350° for 20-25 minutes or until meat is no longer pink. In a saucepan, combine cornstarch, maple syrup, vinegar and soy sauce; stir until smooth. Bring to a boil; cook while stirring for 2 minutes or until thickened and bubbly. Drain meatballs, add to sauce and heat through.

## BBQ PORK CHOPS

*Melinda England*

- |                          |                         |
|--------------------------|-------------------------|
| ¾ C. soy sauce           | 1 T. ketchup            |
| 2 T. olive oil           | Garlic powder, to taste |
| 1 medium onion (chopped) | Pepper, to taste        |
| 4 Iowa pork chops        | Salt, to taste          |

Mix marinade above together. Pour over 4 thick Iowa pork chops and refrigerate 4 to 6 hours. Brown pork chops over hot coals or grill 2 to 4 minutes on each side. Stand pork chops on backbone. Grill, covered, an additional 12-14 minute or until done. Do not overcook. Can also cook in oven at 350° for 25-30 minutes. Marinade can also be used on beef, chicken or deer.

## GEORGIA PORK CHOPS

*Ron Scott*

- |                         |  |
|-------------------------|--|
| 4 large lean pork chops | ½ (10½ oz.) can condensed<br>mushroom soup |
| Shortening              | 1 tsp. Worcestershire sauce                |
| 4 thick onion slices    | 1 tsp. salt                                |
| ¼ C. peanut butter      | ½ tsp. pepper                              |
| ¼ C. milk               |  |

Brown pork chops on both sides in small amount of shortening. Pour off shortening. Top each chop with a slice of onion. Mix peanut butter, soup, milk, Worcestershire sauce, salt and pepper. Pour over chops. Cover and cook slowly 45 minutes. Serves 4.

## SCALLOPED POTATOES AND PORK CHOPS

Janet Haley

5 C. potatoes (peeled,  
thinly sliced)  
1 C. onion (chopped)  
Salt & pepper, to taste  
Fresh parsley (chopped)

1 (10¾ oz.) can cream of  
mushroom soup (undiluted)  
½ C. sour cream  
6 pork loin chops (1-inch thick)

In a greased 13 × 9 × 2-inch baking dish, layer half of the potatoes and onion. Sprinkle with salt and pepper. Repeat layers. Combine soup and sour cream. Pour over potato mixture. Cover and bake at 375° for 30 minutes. Meanwhile, in a skillet, brown pork chops on both sides. Place chops on top of casserole dish. Cover and return to the oven for 45 minutes or until chops are tender, uncovering during the last 15 minutes of baking. Sprinkle with parsley.

## SPANISH RICE AND PORK CHOPS

Judy Jackson

5-6 pork chops  
1 large bell pepper  
1 (8 oz.) can tomatoes

2 C. minute rice  
1 clove garlic  
1 small onion (diced)

Fry pork chops until brown. Drain skillet. Saute onion, garlic. Add tomatoes, bell pepper and pork chops. Bring to a boil. Reduce heat and simmer 30 minutes. Add rice and cook 5 minutes. A simple and delicious 1 pan meal.

## ORIENTAL PORK CHOPS WITH RICE

Phyllis Sickels

1 C. minute rice  
½ C. chow mein vegetables

½ C. mushroom soup  
4 medium pork chops  
(with soy sauce all over)

Bake at 350° for 30 minutes. Turn chops, add soy sauce. Add fried onion rings as desired. Bake 30 minutes more. Serve with applesauce.

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## SWEET AND SOUR PORK CHOPS

Sheila Shafer

- |                  |   |
|------------------|---|
| 6 pork chops     | 1 T. soy sauce                              |
| 1 tsp. salt      | 1 tsp. beef bouillon granules               |
| ¼ tsp. pepper    | 1 (20 oz.) can pineapple chunks<br>in juice |
| ½ C. lemon juice | 3 T. cornstarch                             |
| ¼ C. honey       | 1 C. carrots (thinly sliced)                |
| ¼ C. onion       | 6 green pepper rings                        |

Place chops in 9 × 13-inch baking pan; season with salt and pepper. Add carrots. In saucepan, combine lemon juice, honey, onion, soy sauce, bouillon and half of pineapple juice. In small bowl, mix remaining pineapple syrup and cornstarch until smooth. Stir into mixture in saucepan. Cook until thickened. Pour over chops. Cover. Bake at 350° for 50-60 minutes. Add pineapple chunks and top each with a pepper ring. Bake, uncovered, another 10 minutes.

## HERBED ROAST PORK LOIN

Joan Brown

- |   |                   |
|---|-------------------|
| 2 pork loins (about 6 lbs. each,<br>score in diamond pattern) | 2 tsp. thyme      |
| 2 T. coarse (kosher) salt                                     | 6-8 garlic cloves |
| 2 T. rosemary dried or<br>1½ T. fresh                         | ¼ C. lemon juice  |
|   | ¼ C. olive oil    |
|   | 1½ T. peppercorns |

Rinse roast and pat to dry. Place in 1 or 2 roasting pans. In a food processor, combine salt, rosemary, peppercorns and thyme. Process until peppercorns are coarsely ground. In a small bowl, mix together the seasoned salt with the garlic, lemon juice and olive oil. Smear the paste all over the pork loins. Set aside at room temperature for 3-4 hours. Preheat the oven to 425°. Roast the pork for 15 minutes. Reduce the oven temperature to 325° and roast for 1½ hours or until pork registers 155°-160°. Let stand 10 minutes before carving.

## APPLE NUT TUNA SALAD

Michelle Repp

- |   |                                  |
|---|----------------------------------|
| 1 (6 oz.) can light chunk tuna in water (drained but still moist) | 1 T. light mayonnaise            |
| 1 small apple (chopped in smaller than bite size pieces)          | 1 T. 1% plain yogurt             |
|   | 1 C. carrots (shredded)          |
|   | 3 T. dry roasted sunflower seeds |

Combine tuna, apple, mayonnaise, yogurt and carrots in a bowl. Divide over lettuce, if desired, and top each serving evenly with sunflower seeds.

## LOW FAT CREAMY TUNA MELT

Alice Greene

- |   |   |
|---|---|
| 2 large ribs celery (diced)             | 1 T. lemon juice                                |
| 1 small onion (chopped)                 | ¼ tsp. garlic powder                            |
| 1 (6 oz.) can tuna<br>(packed in water) | 3 English muffins                               |
| 1½ C. low fat cottage cheese            | 1 C. Sharp Cheddar cheese<br>(low fat shredded) |
| ½ C. reduced fat mayonnaise             |   |

Turn on broiler. Spray 12-inch non-stick skillet. Heat over medium heat, add celery and onion. Cook 2 minutes. Drain tuna; add to cottage cheese, mayonnaise, lemon juice and garlic powder. Add to skillet mixture. Stir to break up tuna. Cook long enough to warm ingredients, 2-3 minutes. Stir frequently. Remove pan from heat and set aside. Spray 9 x 13-inch baking dish. Split English muffins in half and place halves split side up side by side in baking dish. Spread tuna mixture evenly over muffins and sprinkle with cheese. Broil until cheese melts, 2-3 minutes. Serve at once. Serves 6. Leftovers can be warmed in microwave.

*The trouble with being a housewife is that when you don't feel well enough to go to work, staying home doesn't do any good.*

## TUNA MUFFINS

*Katie and Jamie Hankins*

1½ C. white self rising flour  
1 tsp. lemon zest  
1 T. fresh chives (chopped)  
1/8 tsp. black pepper  
½ C. fat free (skim) milk

3 oz. low fat Cheddar or Colby  
cheese  
1½ T. vegetable oil  
1 large eggs  
15 oz. water packed tuna fish  
(drained)

Preheat oven to 350°. Coat a 12 hole muffin tin with cooking spray. Sift flour into a bowl; stir in zest, chives, pepper and cheese. Combine oil, egg, skim milk and tuna in another bowl; add to flour mixture and stir until just combined. Spoon mixture into prepared muffin tins. Bake until set, about 20-25 minutes. Remove from tins immediately and serve hot, or place on a wire rack to cool. Yields 1 muffin per serving.

## PICANTE SEAFOOD

*Rose McAlexander*

1 T. olive oil  
1 small onion (chopped)  
½ green pepper (sliced)  
1 (14 oz.) can tomato puree or  
crushed tomatoes  
3 T. dry red wine or water

½ C. mild picante sauce or salsa  
1 lb. halibut, snapper, salmon,  
swordfish or scallops  
2 T. minced parsley  
1 tsp. cilantro (chopped)

Warm the oil in a large non-stick frying pan over medium heat. Add the onions and peppers, cook for 5 minutes. Stir in tomatoes, wine and picante sauce. Reduce heat to medium low, cover and simmer for 20 minutes. Place the seafood, parsley and cilantro in the pan. Spoon some of the sauce over the seafood. Cover the pan and cook for about 10 minutes, or until the fish flakes apart easily with a fork. Baste the seafood with the sauce several times during cooking. Serve the fish and sauce over rice.

*No beauty shop can duplicate a pleasant smile.*

## SEAFOOD LASAGNA

Jody Greene

- |   |                                      |
|---|--------------------------------------|
| 1 green onion (finely chopped)            | ¼ tsp. white pepper (divided)        |
| 2 T. vegetable oil                        | ½ C. all purpose flour               |
| 2 T. + ½ C. butter or margarine           | 1½ C. milk                           |
| ½ C. chicken broth                        | ½ tsp. salt                          |
| 1 (8 oz.) bottle clam juice               | 1 C. whipping cream                  |
| 1 lb. bay scallops                        | ½ C. Parmesan cheese (shredded)      |
| 1 lb. shrimp (uncooked, peeled, deveined) | 9 lasagna noodles (cooked & drained) |
| 1 pkg. imitation crab meat (chop)         |                                      |

In a large skillet, saute onion in oil and 2 T. butter until tender. Stir in broth and clam juice; bring to a boil. Add scallops, shrimp, crab and 1/8 tsp. pepper; return to boil. Reduce heat; simmer uncovered for 4-5 minutes or until shrimp turns pink and scallops are firm and opaque, stirring gently. Drain, reserving cooking liquid; set mixture aside. In a saucepan, melt remaining butter; stir in flour until smooth. Combine milk and reserved cooking liquid; gradually add to saucepan. Add salt and remaining pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in cream and ¼ C. Parmesan cheese. Stir ¾ C. white sauce into seafood mixture. Spread ½ C. white sauce in a greased 13 x 9 x 2-inch baking dish. Top with 3 noodles. Spread with ½ of seafood mixture and 1¼ C. white sauce. Repeat layers. Top with remaining noodles, sauce and Parmesan. Bake uncovered at 350° for 35-40 minutes or until golden brown. Let stand for 15 minutes before cutting. I use garlic flavored chicken broth to replace clam juice and add water to make 8 oz. I use cooked shrimp.

## SHRIMP CREOLE

M. Jane Lawhead

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 medium onion                | 1 bay leaf                          |
| 1 clove garlic                | 1 tsp. parsley                      |
| 1 C. celery (chopped)         | ½ tsp. salt                         |
| 2 T. butter                   | Dash pepper                         |
| 1 can tomato sauce            | 7 oz. frozen cooked shrimp (thawed) |
| 1 can Italian stewed tomatoes | White rice                          |
| ½ C. water                    |                                     |

In medium skillet, saute onion, garlic and celery in butter about 5 minutes or until tender. Stir in sauce, stewed tomatoes, water and seasoning. Simmer 10-20 minutes until sauce thickens, then add shrimp. Bring mixture to a boil, cover and simmer 5 minutes over medium heat. Serve over rice.

## SHRIMP GUMBO

*Phil Tyler*

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 4 C. chicken broth               | 1 C. onion (chopped)                 |
| 1 tsp. red pepper                | 1 C. green pepper (chopped)          |
| 1 tsp. dried thyme leaves        | 1 C. fresh mushrooms (sliced)        |
| 1 tsp. dried basil leaves        | Garlic powder                        |
| 1 (10 oz.) pkg. frozen cut okra  | ½ tsp. cajun seasoning               |
| 2 lbs. shrimp (peeled, deveined) | 1 clove garlic (minced)              |
| 8 chicken thighs                 | 4 T. margarine or butter             |
| 4 C. brown rice (cooked)         | 2 (28 oz.) cans whole diced tomatoes |

Place chicken thighs in a pot and cover with chicken broth. Add 2 bay leaves, ½ tsp. of garlic powder or garlic salt and the cajun seasoning. Simmer for an hour or so, until cooked. Set chicken aside to cool. When cool, bone and cut into bite size pieces. Take frozen, cleaned and deveined shrimp and place in pot of water. Add cloves or pickling spices to the water and bring to a boil for 1 minute. Immediately drain and rinse in cold water and set aside. In separate pot, place butter or margarine, add onion, green pepper, mushrooms and garlic. Cook until vegetables are crisp. Stir in tomatoes, chicken broth, red pepper, thyme and basil. Bring back to a boil, reduce heat, and simmer uncovered for half an hour. Now add in the shrimp, the chicken and the okra. Simmer for another 30 minutes. If not hot enough to suit you, add tabasco sauce to taste or stir in some more red pepper. Serve on a bed of white or brown rice with a hard roll.

## COTTAGE POTATOES

*Judy Hensley*

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 8-10 potatoes (boiled until tender) | 8 oz. process cheese (cubed)         |
| 1 green pepper (diced)              | 2 oz. jar pimentos (diced & drained) |
| 1 onion (diced)                     | ½ C. oleo (melted)                   |
| ½ C. milk                           | 1 bread slice (torn)                 |
| 2 T. fresh parsley (chopped)        | Salt & pepper                        |

Peel potatoes and slice into chunks; mix with cheese, green pepper, pimento and onion. Combine remaining ingredients and add to potato mixture. Place in greased 2½ quart casserole dish and bake at 350° for 45-50 minutes.

## CAVATINI

Roni Waske

- |   |                                   |
|---|-----------------------------------|
| 1 (32 oz.) jar spaghetti sauce              | 2 lbs. ground beef (browned)      |
| 1 (8 oz.) jar taco sauce                    | ¾ b. sausage (browned)            |
| 3 C. cooked pasta (wheels, shell or rotini) | Pepperoni slices                  |
| 1 small jar mushrooms                       | 2 C. mozzarella cheese (shredded) |

Mix all ingredients together, except cheese. Put in 9 × 13-inch pan. Bake at 350°-375° for 30 minutes. Top with cheese last 10-15 minutes.

## CAVATELLI

Heidi Flammang

- |                                       |   |
|---------------------------------------|---|
| 1 (10 oz.) pkg. large macaroni shells | 2 (4 oz.) cans mushrooms                      |
| 1 lb. ground beef                     | 1 lb. mozzarella cheese                       |
| 1 (32 oz.) jar spaghetti sauce        | Salt, pepper and Italian seasoning (to taste) |
| 4 oz. taco sauce                      |   |

Boil macaroni as directed. Saute beef; add sauces and spices. Put macaroni in baking dish (9 × 13-inch) lightly greased. Cover with beef and sauce. Top with cheese. Bake at 400° for 20-30 minutes.

## CAVATINI

Joyce Chittim and Norma Shields

- |  |                           |
|--|---------------------------|
| 1 jar mushroom & green pepper Ragu sauce | 1 pkg. pepperoni          |
| 1 medium pkg. pasta noodles              | ½ lb. hamburger (browned) |
| 1 (8 oz.) jar mild taco sauce            | ½ lb. sausage (browned)   |
|  | 1 can tomato juice        |
|  | 1 pkg. mozzarella cheese  |

Brown hamburger and sausage. Drain and set aside. Cook noodles until tender. In a 9 × 13-inch pan, combine hamburger, sausage, pepperoni, Ragu sauce and taco sauce. Add noodles and stir. Then add ½ can to ¾ can tomato juice. Bake 30 minutes at 350°. Add mozzarella cheese a top. Bake 10 minutes. Make sure cheese is melted and lightly brown. Makes a large batch.

## CAVATELLI

*Stacey Shields*

- |                                       |   |
|---------------------------------------|---|
| 1 (10 oz.) pkg. large macaroni shells | 2 (4 oz.) cans mushrooms (optional)         |
| 1 lb. ground beef                     | 1 lb. mozzarella cheese                     |
| 1 (32 oz.) jar spaghetti sauce        | Salt, pepper & Italian seasoning (to taste) |
| 4 oz. taco sauce                      |   |

Boil macaroni as directed. Brown ground beef. Add sauces and spices. Grease 9 × 13-inch baking dish. Put macaroni in dish, cover with ground beef and sauces. Put cheese on top. Bake at 400° for 20-30 minutes.

## CAVATELLI

*Marilyn Jackson*

- |                                |   |
|--------------------------------|---|
| 1 (10 oz.) pkg. large macaroni | 2 (4 oz.) cans mushrooms                    |
| 1 lb. ground beef              | 1 lb. mozzarella cheese                     |
| 1 (32 oz) jar spaghetti sauce  | Salt, pepper & Italian seasoning (to taste) |
| 4 oz. taco sauce               |   |

Boil macaroni as directed. Saute beef; add sauces and spices. Put macaroni in greased baking dish (9 × 13-inch). Cover with beef and sauce. Top with cheese. Bake at 400° oven for 20-30 minutes.

## CRUNCHY CASSEROLE TOPPING

*Ringgold Sanitation*

- |                      |                                   |
|----------------------|-----------------------------------|
| 2 C. uncooked oats   | ½ tsp. garlic salt                |
| ⅓ C. wheat germ      | ½ C. butter or margarine (melted) |
| ⅓ C. Parmesan cheese |                                   |

Combine dry ingredients, drizzle butter over and stir to coat. Bake at 350° for 15 minutes or until golden brown. Cool; chop to a fine crumb in blender; cover and store in refrigerator or freezer. Use in place of bread crumbs or sprinkle over leafy salads. Yield 3 cups.

## EASY ENCHILADAS

*Phyllis Smith*

1 lb. ground beef  
1 can enchilada sauce  
1 can Rotel

Hard taco shells  
Lots Cheddar cheese (grated)

Brown ground beef, drain if you need to. Take baking dish and fill taco shells with ground beef. Sprinkle a little grated cheese on them. They should be standing on edge. Mix enchilada sauce and Rotel and pour over shells. Cover with remaining grated cheese. Bake at 350° until cheese is completely melted. Time varies. This is just a basic recipe. You can use more of everything if you need too.

## FARMERS DELIGHT

*Vicki Zollman*

1 lb. pkg. noodles  
1 can cream of mushroom soup  
1 can whole corn

1 can cream corn  
1 (8 oz.) pkg. Long Horn cheese  
1 lb. hamburger (cooked)

Prepare noodles according to package. Add all ingredients. Mix together. Heat until cheese melts.

## BACHELOR'S CASSEROLE

*Kim Greenland*

1 lb. hamburger  
1 medium onion (diced)  
Salt, pepper, garlic powder

1 can green beans  
1 can cream of mushroom or  
celery soup

Brown hamburger and onion; drain. Add soup. Put in 7 × 11-inch baking dish. Top with green beans. Bake at 350° for 20 minutes.

## HAMBURGER GREEN BEAN CASSEROLE

*Vicki Sickels*

1 lb. hamburger  
1 medium onion  
3 medium potatoes (sliced)  
1 C. cheese (grated)

¼ tsp. garlic salt  
1 can cream of celery soup  
1 can green beans (drained,  
reserve ½ C. liquid)

Brown meat and onion. Place potatoes in the bottom of a greased 6 × 10-inch baking dish. Add hamburger. Combine beans and garlic salt. Spoon over meat. Mix soup and bean liquid. Pour over casserole. Sprinkle cheese over all. Bake at 350° for 1 hour.

## GROUND BEEF CASSEROLE

*Edna Jones*

- |                         |                            |
|-------------------------|----------------------------|
| 1 lb. ground beef       | 1 can vegetable soup       |
| 1 small onion (chopped) | 1 can golden mushroom soup |
| 4 or 5 medium potatoes  |                            |

Brown meat and onion. Peel and slice potatoes and add to the meat. Blend in the soups (undiluted). Mix well and pour into a greased large casserole dish. Bake at 375° for at least an hour.

## HAMBURGER CABBAGE CASSEROLE

*Rose McAlexander*

- |                      |  |
|----------------------|--|
| 1 lb. ground beef    | 1/8 tsp. pepper                        |
| 1 C. onion (chopped) | 3 T. raw rice                          |
| 1 tsp. salt          | 3 C. raw cabbage<br>(grated or sliced) |
| 1 can tomato soup    | 1 T. salad oil                         |
| 1 can water          |  |

Brown beef in oil until crumbly. Mix in onion, salt, pepper and rice. Cook 2-3 minutes. Add soup and water and mix. Remove from heat. Place cabbage in 2 quart casserole dish. Pour meat mixture on top but don't mix together. Cover and bake in slow oven for 1-1½ hours or slow cooker for 3-4 hours on medium heat. This is also good with ground pork.

## HAMBURGER CASSEROLE

*Helen Schardein*

- |                     |  |
|---------------------|--|
| 2 lbs. hamburger    | 1 C. minute rice (dry)                 |
| 2 T. minced onion   | 16 oz. pkg. frozen mixed<br>vegetables |
| 1 tsp. salt         | 1 can cream of mushroom soup           |
| ½ tsp. pepper       | 1 can cream of chicken soup            |
| 1 C. celery (diced) | 3 C. water                             |

Brown hamburger and onion with salt and pepper. Drain off any grease. Mix in the rest of the ingredients. Stir together and place in a 9 × 13-inch pan. Bake at 350° for 1½ hours. About 15 minutes before serving, sprinkle with crushed potato chips and return to oven.

## TATOR TOT TACO SALAD

*Judy Hensley*

- |                           |                                |
|---------------------------|--------------------------------|
| 2 C. frozen tator tots    | ½ lb. ground beef              |
| 2 T. taco seasoning       | ½ C. Cheddar cheese (shredded) |
| ¼ C. ripe olives (sliced) | 1 C. lettuce (shredded)        |
| 2 T. taco sauce           | Sour cream, if desired         |

Bake tator tots according to package directions. In a larg skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning. Divide tator tots between 2 serving plates or bowls. Top with taco mixture, cheese, olives, lettuce, taco sauce and sour cream. 2 servings.

## JOHN BEN GETTY

*Donella Hartman*

- |                           |                              |
|---------------------------|------------------------------|
| 3 T. oleo                 | 1 can peas (drained)         |
| 1½ lbs. ground beef       | 1 can tomato soup            |
| 2 medium onions (chopped) | 1 can cream of mushroom soup |
| 1 green pepper (chopped)  | 1 (7 oz.) pkg. noodles       |
| Salt & pepper, to taste   |                              |

Melt butter or oleo in heavy skillet; stir in meat, onions, green pepper, salt and pepper. Cook until done. Add peas, tomato soup, mushroom soup and noodles (which have been cooked and well drained). Put in a 9×13-inch greased (sprayed) pan. Bake at 350° for 45 minutes until browned. Yields 10-12 servings. For variety, use celery soup or Cheddar cheese soup or sprinkle with cheese and brown 10 minutes.

## MACARONI PIZZA CASSEROLE

*Marie Still*

- |                                     |   |
|-------------------------------------|---|
| 1 lb. hamburger (browned & drained) | ½ tsp. oregano                            |
| 1 box macaroni and cheese           | ½ tsp. basil                              |
| 1 can Cheddar cheese soup           | ½ tsp. Italian seasoning                  |
| 1 (8 oz.) can tomato sauce          | 1 pkg. pepperoni slices                   |
| 1 tsp. dry minced onion             | 1 (8 oz.) pkg. mozzarella cheese (grated) |
| ¼ tsp. salt                         |   |

Prepare macaroni and cheese mix as directed. Add soup, tomato sauce and seasonings; stir well. Add cooked hamburger. Pour into 9×13-inch pan. Top with pepperoni slices and mozzarella cheese. Bake 30 minutes at 350°. Browned ground turkey works well in place of hamburger. You can substitute a can of pizza sauce in place of the tomato sauce with seasonings.

## LUREMBOURG RUNZAS

*Lois Hays Irwin*

¾ C. warm water  
½ C. milk  
2 pkgs. dry yeast  
2 T. sugar  
¼ C. salad oil  
3½ C. flour  
1 T. salt

1 egg  
2 lbs. hamburger (lean)  
1 onion (chopped)  
1 tsp. pepper  
1 medium head cabbage  
(chopped)

Combine water, milk, sugar and yeast; let set until foamy. Add oil, 1½ C. flour, salt and egg. Beat well. Add remaining 2 C. flour. Knead. Set 1 hour. Brown hamburger just until slightly pink. Add onion, cabbage and pepper. Cook until tender. Cool. Pinch off egg size pieces of dough. Flatten with rolling pin. Spoon in some of hamburger mixture. Fold over dough and pinch edges to seal. Let stand 30 minutes on greased baking sheet. Bake 20 minutes at 375°.

## REUBEN CASSEROLE

*Marla Crawford*

8 oz. noodles (cooked & drained)    ½ C. salad dressing  
4 T. cracker crumbs    2 C. Swiss cheese (grated)  
16 oz. sauerkraut    ¼ tsp. caraway seeds  
12 oz. corn beef    ½ C. cracker crumbs

Cook and drain noodles. Mix in sauerkraut and corn beef. Stir in rest of ingredients except the 4 T. cracker crumbs. Crumbs should be poured over top. Bake in 9×13-inch pan for 1 hour at 350°.

## REUBEN CASSEROLE

*Edna Small*

2 C. sauerkraut (drained)    1½ C. Swiss cheese (grated)  
2 medium tomatoes (sliced)    ⅓ C. rye bread or cracker crumbs  
¾ C. low cal thousand island    1 T. butter  
dressing    1 tsp. caraway seed (optional)  
8 oz. sliced canned corned beef

Layer in 7×11-inch baking dish. First the sauerkraut, then tomato slices and dressing. Next the corned beef slices and last the cheese. Bake at 375° for 15 minutes. Prepare crumb mixture and place on top. Return to oven and bake 15 minutes longer. Serve hot. Serves 8.

## SHIPWRECK

Vicki Zollman

- 1 lb. raw hamburger
- 1 lb. can baked or pork & beans

- 6 large potatoes (peeled)

Layer bite size potatoes, beans, raw hamburger in a long baking dish. Bake at 350° for 45 minutes to 1 hour.

## SKILLET SUPPER

Margaret Bishop

- 1 lb. lean ground beef
- 3 potatoes (cut like French fries)
- 3 stalks celery (cut up)
- 2 onions (sliced)

- 2 C. cabbage (coarsely cut)
- 1 carrot (sliced, optional)
- ¼ C. soy sauce
- 1½ tsp. salt
- ½ C. water

Brown beef lightly in large skillet. Arrange vegetables in layers over beef in order given. Add soy sauce, salt and water. Cover; bring to a boil and let simmer 15 minutes. Serve from skillet. Serves 4 or more.

## BAKED SPAGHETTI

Sheila Shafer

- 1 lb. ground beef
- ¾ C. onion (chopped)
- 1 T. butter
- 1 can mushroom soup

- 1 can tomato soup
- 1 soup can water
- 1 C. cheese (shredded)
- 1 lb. spaghetti (cooked & drained)

Cook beef and onion in butter until meat is browned. Stir to separate meat. Drain off fat. Add soups and water; heat. Blend with cheese and cooked spaghetti in a 3 quart casserole dish. Bake at 350° for 30 minutes.

*The way out of trouble is never as simple as the way in.*

## **SPAGHETTI BAKE**

*Sandy Main*

- 1½ lbs. ground pork or beef
- 1 (30 oz.) jar spaghetti sauce
- 1 (8 oz.) pkg. spaghetti
- 1 (8 oz.) pkg. mozzarella cheese (shredded)

Cook spaghetti according to package directions. Brown ground meat in deep skillet; drain grease. Pour sauce over meat and simmer. Spray 9 × 13-inch baking pan with Pam. When spaghetti is done, drain. Pour a layer of meat and sauce in bottom of 13 × 9-inch pan. Sprinkle a thin layer of cheese over top of sauce. Layer the drained spaghetti and top with remaining cheese. Bake in 350° oven for 30 minutes and until heated through and cheese on top is slightly browned. NOTE: This dish keeps well in a warm oven if dinner is delayed and it also warms up well in the microwave.

## **SPAGHETTI CASSEROLE**

*Shirley Wallace*

- 2 lbs. hamburger
- 1 medium onion
- 2 cans tomato soup
- 1 can mushroom soup
- 1 can Cheddar soup
- 2 T. sugar
- 2 tsp. Worcestershire sauce
- 2 cans water
- 1 lb. long spaghetti (cooked)

Mix all ingredients. Bake in 2 × 9 × 13-inch pan 1 hour at 375°. Covered and 15 minutes uncovered. Sreve with Parmesan cheese on top.

## **TACO CASSEROLE**

*Dora Ann Shields*

- 2 lbs. ground round
- ¼-½ C. onion (chopped)
- 1 large can refried beans
- 1 (15 oz.) can tomato sauce
- 1 pkg. taco seasoning
- 2 C. Nacho Dorito chips (coarsely broken)
- 16 oz. sour cream
- 1 (16 oz.) can diced tomatoes
- 1 (8 oz.) pkg. Mexican cheese (shredded)

Cook ground round and onion in skillet until brown. Drain. Stir in refried beans, tomato sauce and taco seasoning. Heat to boiling. Place broken chips in ungreased 9 × 13-inch pan. Top with beef mixture. Spread sour cream over top of beef mixture. Sprinkle tomatoes on top of sour cream. Top with cheese. May top with Dorito chips that have been broken or leave with cheese top. Bake uncovered at 350° for 30 minutes or until cheese is bubbly and melted. Serve with shredded lettuce and taco sauce.

## TACO CASSEROLE

*Rose McAlexander*

- |                                   |                        |
|-----------------------------------|------------------------|
| 2 lb. ground beef                 | 2 pkgs. taco mix       |
| 1 can refrigerator crescent rolls | 2 C. corn chips        |
| 2 C. sour cream (dairy)           | American cheese slices |

Brown meat, add taco mix and 1 C. water. Spread crescent rolls in 9 × 13-inch pan. Sprinkle 1 C. corn chips on rolls and add meat mixture. Spread sour cream over meat and place cheese slices over sour cream. Add remaining chips. Bake at 350° for 25-30 minutes.

## TACO CORNBREAD CASSEROLE

*Carl Zarr*

- |                                    |                      |
|------------------------------------|----------------------|
| 1 (8 oz.) pkg. Jiffy cornbread mix | 1 C. Cheddar cheese  |
| 1-1½ lbs. hamburger                | Taco spice, to taste |
| 1 small jar mild salsa             |                      |

Mix cornbread as to package directions and spread in a 9 × 9-inch pan. Brown hamburger and add taco spices and salsa. Add ½ C. cheese. Spread this mixture over first layer. Sprinkle remainder of cheese on top. Bake at 350° for 30 minutes.

## TACO SURPRISE

*Sandy Main*

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1 lb. ground beef              | 6 flour (6-inch) soft tortilla shells |
| 1 can chili beans              | 1 can diced tomatoes                  |
| 1 small onion                  | 1 can condensed tomato soup           |
| 1 C. Cheddar cheese (shredded) | Chili powder, to taste                |

Brown ground beef and chopped onion in deep skillet. Drain fat. Add chili beans, diced tomatoes and tomato soup. Cut tortilla shells in 1 × 2-inch strips with scissors. Add to meat mixture. Add cheese. Season to taste with chili powder. Heat mixture completely through, usually 15-20 minutes.

## ENCHILADA PIE

*Ginny Eighmy*

- |   |   |
|---|---|
| 1½ lbs. ground beef<br>(cooked & drained) | 1 can mild enchilada sauce                    |
| 1 onion (chopped)                         | 1 (8 count) pkg. 10-inch tortillas            |
| 1 can cream of mushroom soup              | 1 (8 count) pkg. Cheddar cheese<br>(shredded) |
| 1 can cream of chicken soup               | 1 (4 oz.) can chopped green<br>chilies        |
| 2 C. Monterey Jack cheese<br>(shredded)   | 1 pint sour cream, salsa or<br>taco sauce     |

Brown beef and onion; drain. May season with salt and pepper. Combine soups, chilies and enchilada sauce and add to beef. Mix well. Line a 9 × 13-inch pan with half the tortillas, beef mixture and cheeses. Repeat for the second layer. Bake for 50-60 minutes at 350° until bubbly and brown. Cool slightly before cutting in squares. Top with sour cream and salsa or taco sauce.

## ENCHILADA CASSEROLE

*Marcy Hancock*

- |   |                          |
|---|--------------------------|
| 1 pkg. flour tortillas                  | 1 can refried beans      |
| 1 can cream of mushroom soup            | 1 medium onion (chopped) |
| 1 can cream of chicken soup             | 1 lb. cheese (grated)    |
| 1 can diced tomatoes &<br>green chilies | 1 lb. ground beef        |

Brown meat and onion; drain. Add soups, tomatoes and chilies and refried beans. Tear or use scissors to cut tortillas into small (2-3 inch) pieces. Layer tortillas, then meat, then cheese and repeat layers. Cover and bake for 45 minutes at 350°. Top with sour cream and taco sauce. Use 9 × 13-inch pan or casserole dish.

## TATOR TOT CASSEROLE

*Vicki Zollman*

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 lb. hamburger (cooked)     | 1 (8 oz.) pkg. cheese (shredded) |
| 1 can cream of mushroom soup | 1 pkg. tator tots                |
| 1 can mixed vegetables       |                                  |

Mix soup into hamburger in a long baking dish. Layer vegetables, cheese and tots. Bake at 350° for 35 minutes or until tots are golden brown.

## TATOR TOT CASSEROLE

*Jodi Haley*

2 lbs. ground beef  
1 pkg. frozen tator tots  
1 can cream of celery soup

1 can cream of mushroom soup  
2 tsp. dried onion flakes

Brown ground beef and drain. Add onion flakes. Place in a 9 × 13-inch baking dish. Cover with a layer of tator tots. Mix soups together and pour over tator tots. Bake at 350° for 30-40 minutes.

## QUICK MOCK LASAGNA

*Helen C. Tenoy*

1 lb. ground beef  
Salt & pepper  
1 carton cottage cheese  
1 carton sour cream

1 pkg. frozen noodles  
Mozzarella cheese  
1 small onion  
1 (8 oz.) can tomato sauce

Brown beef with onion. Drain fat. Season. Combine tomato sauce, cottage cheese and sour cream. Add meat mixture. Cook noodles, combine with other ingredients and place in 9 × 9-inch pan. Bake 30 minutes at 350°. Just before removing from oven, top with slices of mozzarella cheese. Let cheese melt.

## CHICKEN CACCIATORE

*Monte and Sherri Parrott*

3½-4 lbs. chicken (cut in pieces)  
½ C. flour  
½ C. oil  
1 clove garlic  
2 medium onions (minced)  
1 (6 oz.) can tomato paste  
Parmesan cheese (grated)

1 (15 oz.) can diced tomatoes  
¼ lb. fresh mushrooms or  
canned button mushrooms  
2 tsp. salt  
¼ tsp. pepper  
½ tsp. oregano

Coat chicken pieces in flour, brown in oil. Add ingredients. Cover and simmer 1 hour or until done. Serve over spaghetti with grated Parmesan cheese.

## **BAKED CHICKEN CASSEROLE**

*Margaret Fletchall*

1 whole chicken (or breasts)  
1 pint sour cream

2 cans cream of mushroom soup  
(undiluted)  
1 pkg. stuffing mix

Cook chicken. Cool. Pull meat from bones and cut into chunks. Mix with sour cream and 2 cans of undiluted cream of mushroom soup. Put into a 9 x 13-inch dish. Make stuffing, mix as directed on package. Spread on top of chicken mixture. Bake 35 minutes at 350°. Can be made ahead of time and frozen. Defrost, add 20 minutes to baking time.

## **BAKED CHICKEN WITH SWEET CREAM**

*Nancy Kelly*

Chicken

Sweet cream

Cut chicken in half lengthwise. Place halves in a dripping pan and cover each half with sweet cream; season with salt, pepper and butter. Set in 350° oven to bake. By the time the cream is almost cooked away, the chicken will be done. Leave enough cream in the pan to pour over mashed potatoes as gravy.

## **BUFFET CASSEROLE**

*My linda Crawford*

2 C. medium noodles  
1 (10 oz.) pkg. or larger frozen  
broccoli  
2 T. butter  
2 T. flour  
1 tsp. salt

¼ tsp. mustard  
¼ tsp. pepper  
2 C. milk  
1 C. Cheddar cheese (grated)  
2 C. chicken, turkey or ham

Cook noodles and broccoli in separate pans. Melt butter in saucepan. Blend flour, salt, mustard, pepper, milk and cheese. Cook until thick. Draining noodles and broccoli, arrange noodles, meat, broccoli and pour cheese sauce over all. Bake at 350° for about 30 minutes.

## CHICKEN BREAST CASSEROLE

*Phyllis Riggs*

5 or 6 chicken breasts (boneless, skinless, browned)

5-6 slices Swiss or Jack cheese

1 can cream of mushroom soup

1 C. or more seasoned croutons or stuffing mix over soup

2 T. oleo or butter

1 can milk

Bake in 9×12-inch cake pan at 350° for 45-60 minutes.

## CHICKEN CASSEROLE

*Rolland Harvey*

1 can mushroom soup

1 C. evaporated milk

1 (4 oz.) can mushrooms

1 (7 oz.) can chow mein noodles

1 can water chestnuts (sliced)

1 can cream of chicken soup or 12 oz. chicken broth

1 can French fried onion rings (crushed)

1 chicken (cooked, boned & chopped)

Stir all together. Bake in a 9×13-inch pan at 375° for 30 minutes or 275° for 1 hour. If making ahead add noodles and onion rings to mixture just before serving.

## CHICKEN CASSEROLE

*Lena Clark*

1 chicken (cooked & boned)

2 C. macaroni (uncooked)

2 cans cream of chicken soup

2 C. milk or broth

1-2 C. Velveeta cheese, to taste

½ C. onion (chopped)

½ tsp. salt & pepper

3 T. butter or oleo (melted)

Mix all ingredients together and put in a greased casserole dish. Top with grated cheese and paprika. Bake at 350° for 1-1½ hours or browned. This dish can also set in refrigerator overnight and bake the next day.

## CHICKEN CASSEROLE

*Edna Small*

3 C. chicken (cooked, diced)	Salt & pepper
2 C. macaroni (uncooked)	1 can celery soup
1 small onion (grated)	1 can chicken soup
½ C. celery (diced)	1½ C. chicken broth
½ C. green peppers (diced)	1 soup can milk
½ jar red pimento	½ lb. cheese (grated)

Mix all ingredients together except the grated cheese. Put in 9 × 13-inch Pyrex dish. Top with cheese and put in refrigerator overnight. Bake at 350° for 1 hour, covered. Remove cover and bake another half hour or until done.

## CHICKEN CASSEROLE

*Rena Smith*

2½ C. chicken (boned & diced)	26 oz. can noodle soup
8 slices bread (cubed)	1 can cream of mushroom soup (undiluted)
2 eggs	
½ stick oleo (melted)	

### TOPPING:

¾ C. potato chips (crushed)	½ stick oleo
-----------------------------	--------------

Break bread into pieces. Add soups, oleo and eggs. Mix well. Pour into greased casserole dish. Sprinkle topping over. Bake at 350° for 1 hour or until set.

## CHICKEN CASSEROLE

*Patty Schuster*

1 whole chicken	2 (10¾ oz.) cans cream of mushroom soup
12 oz. egg noodles	
1 lb. Jack cheese (grated)	2 C. corn chips (crushed)

Boil chicken until done, 1 hour. Remove from bones. Cook noodles, drain. Stir in ½ of cheese, soup and corn chips. Add chicken. Stir well. Put in 2 quart lightly greased casserole dish. Put rest of cheese on top. Bake at 350° for 45 minutes.

## CHICKEN CASSEROLE

*Donna Melvin*

1 chicken (boiled, deboned &  
cut up)  
2¾ C. cracker crumbs

3 eggs (well beaten)  
4 C. chicken broth  
Salt & pepper, to taste

Combine in greased baking dish. Bake at 350° until golden brown.

## CHICKEN CASSEROLE

*Diane England*

2 (10 oz.) pkgs. frozen broccoli  
1½ lbs. chicken  
(cooked & cubed)  
1 can cream of chicken soup

½ tsp. curry powder  
1 C. Miracle Whip  
1½ C. Cheddar cheese (grated)  
1 tsp. lemon juice

Cook broccoli until tender. Drain and place in bottom of a casserole dish. Arrange chicken on top of broccoli. Combine soup, lemon juice, curry powder and Miracle Whip. Pour on top of chicken. Sprinkle with cheese. Bake at 350° for 30 minutes. Serve with biscuits.

## CHICKEN CHEESE CASSEROLE

*Louise Frost*

2 C. macaroni (cooked)  
2 C. chicken breasts (boneless,  
skinless, cooked, coarsely  
chopped)

2 C. condensed cream of  
mushroom soup (undiluted)  
2 C. fat free milk  
8 oz. low fat Cheddar cheese  
(small cubes)

Preheat oven to 350°. In a large casserole dish, combine all ingredients, mixing well. Bake, covered 35-45 minutes. Remove cover, bake 10-15 minutes longer. Serve immediately. If using fat free cream of mushroom will need to cook longer. I cooked 1½ hours to get it not soupy. Variation: Substitute turkey for the chicken. Prepare ahead tip: Combine all ingredients, cover and refrigerate overnight, then bake as directed. Makes 8 servings.

## CHICKEN CONTINENTAL

*Donella J. Johnson*

- |  |                              |
|--|------------------------------|
| 6-8 chicken breasts<br>(skinned & boned) | 1 (3 oz.) pkg. dried beef    |
| 6-8 slices bacon                         | 1 can cream of mushroom soup |
|  | 8 oz. sour cream             |

Spray 9 × 13-inch pan. Place dried beef on bottom of pan. Wrap each chicken with a slice of bacon. Put on top of dried beef. Mix soup and sour cream. Pour over chicken. Sprinkle with paprika. Bake at 275° for 3 hours or cook in crock pot on low 8-10 hours.

## CHICKEN HOTDISH

*Cindy Haugland*

- |                                       |  |
|---------------------------------------|--|
| 1 (3 lb.) chicken (boiled & boned)    | ½ C milk                               |
| 1 can sliced water chestnuts          | ⅓ C. chicken broth                     |
| 1 (4 oz.) can sliced mushrooms        | 1 box chicken Stove Top dressing       |
| 1 (10¾ oz.) can cream of chicken soup | 1 stick oleo (melted)                  |
|                                       | 1 (10¾ oz.) can cream of mushroom soup |

Layer first 5 ingredients in greased 9 × 13-inch pan. Mix milk and chicken broth together and pour over layers. Mix Stove top dressing and melted oleo together and sprinkle over top of casserole. Bake at 350° covered for 15 minutes and 15 minutes uncovered.

## EASY CHICKEN AND NOODLES

*Lois Hays Irwin*

- |                       |   |
|-----------------------|---|
| 3 lb. + whole chicken | 3 packets Campbell's double noodle soup mix |
|-----------------------|---|

Cook chicken in pot covered with water. Reserve liquid. Follow directions on soup packet except reduce liquid by ⅓. (Use liquid from cooked chicken). Remove meat from chicken, discard skin, cut into small pieces and add to noodles. Easy to reheat. Easy to freeze in Ziploc bag. Handy for quick meal. Easy for fathers to prepare.

## CHICKEN MACARONI CASSEROLE

Linda Sickels

- |   |                              |
|---|------------------------------|
| 2 C. small shell macaroni<br>(uncooked) | 1 medium onion (chopped)     |
| 1 can cream of mushroom soup            | ½ C. celery (chopped)        |
| 2 C. chicken broth                      | ½ C. green pepper (chopped)  |
| 3 C. chicken (diced)                    | ½ C. pimento (chopped)       |
|   | 1 C. Velveeta cheese (diced) |

Mix all ingredients and put into 7 × 11-inch greased baking dish. Cover and refrigerate overnight. Uncover and bake 1¼ hours at 350°. Let stand 15 minutes before serving.

## CHICKEN POT PIE

Lois Hays Irwin

- |                     |                                |
|---------------------|--------------------------------|
| ¼ C. butter or oleo | 2 C. chicken broth             |
| ¼ C. Bisquick       | ⅔ C. cream                     |
| 1½ tsp. salt        | 4 C. chicken (cooked)          |
| ¼ tsp. pepper       | 1 C. peas (cooked, if desired) |

### TOPPING FOR PIE:

- |               |           |
|---------------|-----------|
| 2 C. Bisquick | ⅔ C. milk |
|---------------|-----------|

Use a 9 × 12-inch baking dish or pan. Heat butter; blend in Bisquick, salt and pepper. Remove from heat; stir in broth and cream. Bring to a boil and boil for 1 minute, stirring all the time. Add chicken and peas. Pour in baking dish and cover with chicken pie topping. Bake at 450° for 15 minutes. For the topping, mix Bisquick and milk with a fork; knead 8-10 times. Roll ½-inch thick and cut with a biscuit cutter. Place on top of chicken and bake.

## EASY CHICKEN POT PIE

Jodi Haley

- |  |   |
|--|---|
| 1 ⅔ C. frozen mixed vegetables<br>(thawed)         | 1 C. Bisquick (original or<br>reduced fat) baking mix |
| 1 C. chicken (cut up, cooked)                      | ½ C. milk   |
| 1 (10¾ oz.) can condensed cream<br>of chicken soup | 1 egg   |

Heat oven to 400°. Mix vegetables, chicken and soup in ungreased 9-inch pie plate. Stir remaining ingredients with a fork until blended. Pour into pie plate. Bake 30 minutes or until golden brown. Makes 6 servings.

## CHICKEN AND RICE CASSEROLE

*Lois Hays Irwin*

- |                                |                         |
|--------------------------------|-------------------------|
| 1 chicken (cooked, boned)      | 3 C. bread crumbs       |
| 2 or 3 C. cooked rice          | 3 eggs                  |
| 3 C. broth (or more if needed) | Salt & pepper, to taste |

Add and mix rice, chicken broth, bread crumbs, beaten eggs, salt and pepper. Put in baking dish and bake 1 hour at 325°. Make thickening with cornstarch and remainder of the broth; pour over baked chicken after it is dish-ed up.

## CHICKEN AND RICE

*Lisa Drake*

- |  |  |
|--|--|
| ¼ C. oleo  | ½ tsp. oregano                             |
| 1 C. rice (long grain)                                   | 1 can cream of chicken soup<br>(undiluted) |
| 1 chicken (cut up or may use<br>legs, breasts or thighs) | 1 C. water                                 |

Melt oleo in pan (9 × 13-inch). Spread rice evenly in pan. Lay pieces of chicken on top of rice. Sprinkle with oregano, salt and pepper. Spoon soup over the chicken. Add water cover with foil and seal tightly. Bake at 350° for 1½ hours.

## RICE WITH CHICKEN

*Helen C. Terry*

- |                        |  |
|------------------------|--|
| 2-3 lb. fryer (cut up) | 1 can cream of mushroom soup             |
| Salt & pepper          | 2 C. water, chicken broth or<br>bouillon |
| 1 C. raw rice          | Paprika                                  |
| ½ pkg. dry onion soup  |  |

Season chicken with salt and pepper. Grease 13 × 9 × 2-inch baking dish. Sprinkle rice on bottom. Add water or broth and place chicken on top without overlapping. Dust generously with paprika. Sprinkle onion soup over all. Then spread soup over top. Bake 1½ hours at 350° uncovered. Remove and cover with foil for ½ hour more.

## CHICKEN AND RICE PARMESAN

Sheila Shafer

- |   |                                      |
|---|--------------------------------------|
| ¼ C. seasoned bread crumbs                      | 1 (15 oz.) can tomato sauce          |
| 2 T. Parmesan cheese (grated)                   | 1 (14 oz.) can stewed tomatoes       |
| 4 chicken breast halves<br>(boneless, skinless) | ¼ C. water                           |
| 1 egg (beaten)                                  | 2 C. uncooked minute rice            |
| 2 T. oil  | ½ C. mozzarella cheese<br>(shredded) |

Mix bread crumbs and Parmesan cheese. Dip chicken in egg. Coat with crumb mixture. Cook in hot oil in large skillet on medium high heat until browned on both sides and cooked through. Remove from skillet; drain on paper towels. Stir tomato sauce, tomatoes and water in skillet. Bring to a boil. Stir in rice. Top with chicken and sprinkle with mozzarella cheese; cover. Remove from heat. Let stand 5 minutes.

## CHICKEN AND WILD RICE

Jodie Geist

- |                              |                           |
|------------------------------|---------------------------|
| 1 box long grain & wild rice | 2 soup cans broth/water   |
| 1 chicken (deboned)          | 1 envelope onion soup mix |
| 1 can cream of mushroom soup |                           |

Mix everything together in a 9 × 9-inch pan. Bake covered at 350° for 1 hour.

## CHICKEN TORTILLA LAYERED CASSEROLE

Cyndy Savage Lamberson

- |   |   |
|---|---|
| 3 C. chicken (cooked & diced)             | 1 small onion (finely chopped)              |
| 2 (4 oz.) cans green chilies<br>(chopped) | 12 corn tortillas                           |
| 1 C. chicken broth                        | 2 C. Cheddar cheese<br>(shredded & divided) |
| 1 (10¾ oz.) can cream of chicken<br>soup  |   |

In a large bowl, combine chicken, chilies, broth, soups and onion; set aside. Layer half of the tortillas on bottom of a well greased 9 × 13-inch baking pan. Top with half the chicken mixture and half the cheese. Repeat layers. Bake uncovered at 350° for 30 minutes or until hot and bubbly. Serves 6-8.

## CHINESE CHICKEN CASSEROLE

*Lois Hays Irwin*

2 C. chicken (cooked & cubed)	½ small onion (chopped)
1 can cream of mushroom soup	1 tsp. sage
1 can cream of chicken soup	Celery salt
1 small can evaporated milk	1 C. cheese (grated)
2 C. Chinese noodles	1 small can sliced water chestnuts
Salt & pepper, to taste	(optional)

Mix well. Put in 9 × 13-inch greased pan. Bake at 350° for 45 minutes to 1 hour. Don't cover.

## OVERNIGHT CHICKEN CASSEROLE

*Shirley Klejch*

2 C. macaroni (uncooked)	1 small onion (diced)
2 cans cream of mushroom soup	2-3 C. chicken (diced)
7 oz. Velveeta cheese (cubed)	1 tsp. salt
4 hard boiled eggs (sliced)	4 oz. can mushrooms
2 C. milk	1 tsp. parsley flakes (optional)

Mix together in large casserole dish and let stand in refrigerator overnight covered. Cover with crushed potato chips and bake 1 hour 30 minutes at 350°.

## ESCALLOPED CHICKEN

*Iona Groves*

4 C. chicken (cubed)	4 T. flour
1 quart clear broth	4 T. chicken fat

### DRESSING:

1½ quart dry bread crumbs	1 tsp. salt
¾ C. butter (melted)	2 T. onion (minced)
1½ tsp. sage	Pepper, to taste
¼ C. broth	

Place chicken in bottom of 9 × 13-inch dish. Mix dressing ingredients and cover chicken. Mix broth, flour and chicken fat together and bring to a boil. Pour over dressing. Bake 30 minutes or until lightly brown in 350° oven.

## SCALLOPED CHICKEN

Ardie Winemiller

1 quart stewed chicken  
(coarsely cut)

### GRAVY:

4 T. flour  
4 T. oleo

1 quart chicken broth

### DRESSING:

6 C. bread crumbs  
¾ C. butter or oleo (melted)  
1¾ tsp. sage  
2 T. onion (chopped)

¼ C. chicken broth  
¾ tsp. salt  
Dash pepper

Make gravy and set aside. Combine all dressing ingredients and mix lightly with fork. Layer chicken in 9 × 13-inch pan. Cover with dressing and pour gravy over dressing. Bake at 350° for about 45 minutes or until dressing is slightly browned and bubbles up.

## TOP HAT CHICKEN CRUNCH

Linda Winkler

2-3 C. chicken (cooked, diced)  
1 C. celery (chopped)  
1 C. water chestnuts (sliced)  
3 T. onion (minced)  
1 (10½ oz.) can cream of chicken  
soup  
1 C. Miracle Whip

2 T. lemon juice  
¾ tsp. salt  
¼ tsp. pepper  
Bread crumbs  
1 stick margarine (melted)  
Paprika

Combine the first 9 ingredients and spread into a greased 2 quart casserole dish. Top with crumbs and melted margarine and sprinkle paprika lightly on top. Bake uncovered for 45 minutes at 350°.

## GAME CASSEROLE

*Cindy Haugland*

- |   |   |
|---|---|
| 1½ lb. sausage (browned)                        | 2 (10¾ oz.) cans cream of mushroom soup |
| 2 baked geese, duck or pheasant (baked & boned) | 1 small onion (chopped)                 |
| 1 (1¾ oz.) pkg. slivered almonds                | Salt & pepper, to taste                 |
| 1 pkg. Uncle Bens rice                          | ½ can milk per can of soup              |
| 2 (4 oz.) cans sliced mushrooms                 |   |

Brown sausage. Bake fowl before and debone. Cook rice before. Mix sausage, fowl and rest of ingredients together with rice. Bake at 350° for 1½ hours.

## HAM WITH CABBAGE AND APPLE

*Deborah Anderson*

- |  |  |
|--|--|
| 4 C. cole slaw mix or cabbage (shredded) | 1 onion (chopped)  |
| 1 T. brown sugar (packed)                | 1 Granny Smith apple (sliced)                                |
| 1 T. cider vinegar                       | 1 lb. fully cooked ham (slice ½-inch thick, cut in 4 pieces) |
| 1/8 tsp. pepper                          |  |

Spray non-stick skillet with cooking spray. Over medium heat, cook all ingredients except ham for 5 minutes or until apple is crisp tender, stirring frequently. Reduce heat; top cabbage mix with ham and cook covered about 10 minutes or until ham is hot. Serves 4.

## LASAGNA

*Wendy Wimer*

- |                     |                                    |
|---------------------|------------------------------------|
| 1 lb. sausage       | ½ C. Parmesan cheese               |
| Garlic, to taste    | 2 eggs (beaten)                    |
| 1 T. basil          | 1 T. parsley flakes                |
| ½ tsp. salt         | ½ tsp. salt                        |
| 15 oz. tomato sauce | ½ tsp. pepper                      |
| 9 lasagna noodles   | 1 lb. mozzarella cheese (shredded) |
| 3 C. cottage cheese |                                    |

Brown meat and drain. Add garlic, basil, salt and tomato sauce. Simmer uncovered 30 minutes. Cook noodles, drain and rinse. Combine cottage cheese, Parmesan cheese, eggs, parsley, salt, pepper and mozzarella cheese. Start layering in 9 × 13-inch pan with meat first, then 3 noodles and then cheese mixture. You will have 3 layers. Bake 30 minutes in 375° oven. Let stand 10 minutes before cutting.

## MAC AND CHEESE AND HAM, PLEASE!

*Ed Shields*

- |  |                               |
|--|-------------------------------|
| 1 C. elbow macaroni                    | 1 stick butter                |
| 1 can whole kernel corn<br>(undrained) | 8 oz. Velveeta cheese (cubed) |
| 1 can cream style corn                 | 1 C. ham (chopped)            |

Put all ingredients in a crock pot. Cook on high for 2 hours.

## MEAL IN ONE CASSEROLE

*Virginia Main*

- |                          |  |
|--------------------------|--|
| 1 medium onion (chopped) | 2 C. rice (cooked)   |
| 1 C. celery (chopped)    | 1 can tomatoes (stewed) or<br>spaghetti sauce with mushrooms |
| 4 pork chops (browned)   |  |

Heat oven to 350°. Layer chopped onion and celery in baking dish. Place browned pork chops over the celery. Cover with cooked rice and then tomatoes. Salt and pepper to taste. Cover and bake for 30 minutes. You may use chicken breasts instead of pork chops.

## PORK CHOP CASSEROLE

*Louise Frost*

- |                               |                              |
|-------------------------------|------------------------------|
| 5-6 pork chops (browned)      | 1 can cream of mushroom soup |
| 3-4 C. raw potatoes (chopped) | ½ can milk                   |
| 4 slices cheese               |                              |

Put half of the potatoes in bottom of a glass baking dish; grease dish well. Lay cheese slices (can use grated Cheddar cheese) on top of potatoes. Then add rest of the potatoes. Put pork chops on top. Mix milk with soup and pour over all. Cover dish with foil. Bake for 1½-2 hours at 350°.

*Quarrels would not last long if the fault was only on one side.*

## PORK CHOP POTATO CASSEROLE

*Louise Stamper*

- |  |   |
|--|---|
| 8 pork chops (½-inch thick)                      | 1 C. sour cream                                     |
| 1 tsp. seasoned salt                             | ½ tsp. salt   |
| 1 T. vegetable oil                               | ¼ tsp. pepper                                       |
| 1 (10¾ oz.) can cream of celery soup (undiluted) | 1 (26 oz.) pkg. frozen shredded hash brown potatoes |
| ⅔ C. milk  | 2 C. Cheddar cheese (shredded & divided)            |
| 1 (2.8 oz.) can French fried onions (divided)    |   |

Sprinkle pork chops with seasoned salt. In skillet, brown pork chops on both sides in oil. In large bowl, combine soup, milk, sour cream, salt and pepper; stir in hash browns, 1 C. cheese and half of onions. Spread into a greased 13 × 9 × 2-inch baking dish. Arrange pork chips on top. Cover and bake at 350° for 40 minute. Uncover; sprinkle with remaining cheese and onions. Bake uncovered 5-10 minutes longer or until cheese is melted.

## RICE ROYALE

*Ed Shields*

- |                                   |  |
|-----------------------------------|--|
| 1 lb. sausage (browned & drained) | 1 (10¾ oz.) can cream of mushroom soup   |
| 1 C. celery (diced)               | ½ C. rice (uncooked)                     |
| 1 onion (chopped)                 | 1 tsp. Worcestershire sauce              |
| 1 can mushrooms (drained)         | ⅔ C. Cheddar cheese (grated)             |
| 1 green pepper (chopped)          | 1 can water chestnuts (sliced & drained) |

Mix all ingredients together except the cheese. Put in a greased 1½ quart casserole dish and cover. Bake for 20 minutes at 350°. Remove cover and bake for 30-60 minutes until rice is cooked. Top with chese and bake 5 minutes.

## SAUSAGE AND CORN CASSEROLE

*Lois Hays Irwin*

- |                        |                     |
|------------------------|---------------------|
| 1 lb. seasoned sausage | 1 C. milk           |
| 1 can cream style corn | 1 C. cracker crumbs |
| 1 egg                  |                     |

Combine all ingredients as you would for meat loaf. Place in ungreased baking dish and bake at 350° for 1 hour and 15 minutes or until brown.

## SWISS HAM AND NOODLE CASSEROLE

*Patty Schuster*

- 1 lb. pkg. egg noodles  
(cook & drain)
- 2 C. ham (cooked, cubed)
- ½ C. onion (chopped)
- ¼ C. butter

- 8 oz. sour cream (room temp.)
- 4 oz. Swiss cheese (shredded)
- 2 eggs (well beaten)
- 2 T. dijon mustard

Grease a 2 quart casserole dish. Preheat oven to 350°. Cook onion in butter until tender. Combine all ingredients and mix well. Cover and bake 35 minutes. Remove, uncover and bake 5 minutes more.

## ESCALLOPED OYSTERS

*Louise Frost*

- 1 pint oysters (drained)
- 1 C. thin cream
- 1 C. bread crumbs

- 1 C. cracker crumbs (rolled fine)
- ½ C. butter (melted)
- Salt & pepper, to taste

Mix crumbs together and stir into melted butter. Put thin layer of crumbs in shallow baking dish. Cover with oysters. Sprinkle with salt and pepper. Add liquid from oysters and cream. Repeat layers and cover top with remaining crumbs. Never allow more than 2 layers oysters for 1 dish. Bake 30 minutes in hot oven (350°).

## EASY TUNA BAKE

*Sandy Main*

- 1 can tuna (packed in spring  
water)
- ½ pkg. thin egg noodles
- ⅓ C. onion (chopped)

- 1 can condensed cream of  
mushroom soup
- ½ C. milk
- 1 C. Velveeta cheese (shredded)

Cook egg noodles according to package directions. Drain. Spray 9 × 13-inch baking dish or 3 quart casserole dish with Pam. Mix all the above ingredients together and bake at 350° for 30 minutes or until hot and bubbly.

## **SKILLET TUNA CASSEROLE**

*Iona Triggs*

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 pkg. curly macaroni          | 1 (10¾ oz.) can celery soup    |
| 1 pkg. frozen mixed vegetables | 1 C. milk                      |
| 1 clove garlic                 | 1 (12 oz.) pkg. Cheddar cheese |
| Large dash nutmeg              | 1 (6 oz.) can drained tuna     |

Cook macaroni in unsalted water. Drain. Thaw and stir fry frozen mixed vegetables for 8 minutes. Add garlic to taste. Stir in the rest of ingredients and heat through in skillet. Very good.

## **TUNA NOODLE CASSEROLE**

*Andrea Taylor*

- |                     |                         |
|---------------------|-------------------------|
| 1 C. dry noodles    | 1 C. frozen peas        |
| 1 can mushroom soup | ½ C. milk               |
| 1 can tuna          | Salt & pepper, to taste |

Cook noodles in boiling water until done. Drain. Add remaining ingredients in a 2 quart casserole dish. Crumble crushed potato chips or corn flakes on top. Bake at 350° for 30-45 minutes.

## **TUNA NOODLE CASSEROLE**

*Melonie Triggs Knapp*

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 pkg. curly macaroni       | 1 (12 oz.) pkg. Long Horn cheese |
| 1 (10¾ oz.) can celery soup | 1 (6 oz.) can tuna (drained)     |
| 1 C. water                  |                                  |

Cook macaroni in unsalted water. Drain. In another saucepan, cook last 4 ingredients. Mix macaroni and sauce together in a casserole dish. Bake for 350° for 30 minutes.

## **QUICK TUNA SQUARES**

*Mari McGehee*

- |  |                              |
|--|------------------------------|
| 3 (6½-7 oz.) cans tuna (drained)         | 1 C. celery (finely chopped) |
| 18 saltine crackers<br>(finely crumbled) | 1 C. milk                    |
| 3 eggs                                   | ¼ tsp. pepper                |
|  | 1 small onion (grated)       |

In a large bowl, with fork or pastry blender, combine all ingredients until well mixed and smooth. Pour mixture into well greased 9 × 9-inch baking pan. Bake at 350° for 40 minutes or until knife inserted in center comes out clean. Cut in squares. Serve hot or refrigerate to serve cold later.

## QUICK FETTUCCINI ALFREDO

*Michelle Repp*

- |  |                                 |
|--|---------------------------------|
| 1 (8 oz.) pkg. cream cheese<br>(cubed) | ½ C. butter or margarine        |
| ¾ C. fresh Parmesan cheese<br>(grated) | ½ C. milk                       |
|  | 8 oz. fettuccini (cook & drain) |

In a large pan, stir together cream cheese, Parmesan cheese, margarine and milk over low heat until smooth. Add fettuccini toss lightly. Serves 4.

## SPICY PASTA

*Diane Repp Lee*

- |                                 |                     |
|---------------------------------|---------------------|
| ½ C. picante                    | 4 C. fettucine      |
| ½ C. fat free sour cream        | 2 T. fresh cilantro |
| ⅓ C. Parmesan cheese (shredded) |                     |

Mic picante sauce, sour cream and Parmesan cheese in saucepan. heat through. Toss with fettucine and cilantro. You could substitute the fettucine with any kind of pasta, utilizing whole wheat pasta.

## HOMEMADE "SHAKE-N-BAKE"

*Edna Small*

- |                        |                             |
|------------------------|-----------------------------|
| 2 C. corn flake crumbs | 1 tsp. dried mustard        |
| 3 tsp. parsley leaves  | 1 tsp. garlic or onion salt |
| 1 T. paprika           |                             |

### FOR CHICKEN/FISH:

- |        |           |
|--------|-----------|
| 2 eggs | 1 T. milk |
|--------|-----------|

### FOR FISH:

- 1½ tsp. lemonade mix

For chicken and fish put dry ingredients in blender and blend until fine. Mix eggs and milk with a fork until smooth. Coat fish or chicken with egg mixture, then corn flake mixture. Preheat oven to 350°. Bake fish until flaky, about 12-15 minutes. Cover chicken with foil and cook for 45 minutes, then uncover for about 10 more minutes or until brown. Good for pork chops, too!

## MARVELOUS MANICOTTI

*Lois Hays Irwin*

### SAUCE:

2 (28 oz.) cans crushed tomatoes  
½ C. olive oil

¼ C. onion (diced)  
2 cloves garlic (minced)

### FILLING:

2 lbs. ricotta cheese  
2 C. mozzarella cheese (shredded)  
½ C. Parmesan cheese  
(freshly grated)  
2 eggs (beaten)

½ tsp. salt  
1/8 tsp. fresh ground black  
pepper  
1 T. fresh parsley (minced)

### CREPES:

3 eggs  
½ C. milk  
½ C. chicken broth  
3 T. butter (melted)

¾ C. all purpose flour  
¼ tsp. salt  
Parmesan cheese (fresh grated)

In a 3 quart saucepan, combine all sauce ingredients and simmer for 30-45 minutes. In a large bowl, combine ricotta, mozzarella, Parmesan and eggs. Beat until fluffy, about 2 minutes. Stir in salt, pepper and parsley. Set aside. In food processor or blender, combine all crepe ingredients and mix until smooth, about 2 minutes. Heat 8-inch or 10-inch crepe pan over medium high heat until just hot enough to sizzle a drop of water. For each crepe, pour just enough batter to cover bottom of pan, tipping and tilting pan to move batter quickly over bottom. Cook until lightly browned on bottom and dry on top. Remove from pan and stack between layers of waxed paper until ready to fill. Spread ¼ C. filling on each crepe. Fold up bottom, fold in sides, and roll to close. Place seam side down in 9 × 13-inch baking dish. Two pans may be needed for entire recipe. Place filled crepes side by side, 5-6 per pan. Pour sauce over crepes. Sprinkle with additional Parmesan cheese. Bake uncovered at 350° for 30-45 minutes or until bubbly. Crepes enhance the lightness of the cheese filling and add a delicate flavor. However, manicotti pasta may be substituted for crepes. Filling can also be used to stuff large shells.

## **TURTLE FROM 1870-1901 COOK BOOK** *Neighborhood Center*

1 turtle	Butter size of an egg
Salt	1 T. flour
Cayenne & black pepper	Yolks of 3 or 4 hard boiled eggs
Few T. cream	

Plunge the turtle while yet alive into boiling water. When life is extinct, remove the outer skin and the toe nails; then rinse well and boil in salted water until perfectly tender. Then take off the shells, remove the gall and sand bag carefully and clean the terrapin thoroughly. Next, cut the meat and entrails into small pieces, saving all the juice. Put into a saucepan without water and season to your taste with salt, cayenne and black pepper. For each terrapin, add the butter, made smooth with flour. A few tablespoons of cream should be added last. Many persons add the yolks of eggs just before serving. While cooking it should be stirred very often and must be dished up and eaten very hot.

### **EGG NOODLES**

*Edna Sickels*

3 eggs	Flour
--------	-------

Beat 3 eggs and add flour until the dough sticks to the sides of the bowl. Pour out on floured board and knead until you can roll out (very thin - add flour if needed just to keep from sticking). Fold dough in fourths and roll up like cinnamon rolls. Cut noodles, thin or wide. Cook in broth (1 large can Swanson's broth) at once or freeze by spreading noodles out on large tray. After frozen, put in bags.

*The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.*



# Pies

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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## Hints for Pies and Pastries

Dust your pie pans with flour before lining them with dough. This will prevent the pie from sticking after it has been baked.

When separating the yolk from the white of an egg, break it into a funnel over a glass. The white will pass through and the yolk will remain in the funnel.

Add a tablespoon of cornstarch to the sugar when making meringue; it will not weep.

Egg whites will whip more easily if a pinch of salt is added to them. Placing the eggs in cold water for a time before whipping will also help.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

If the oven is turned off just when the meringue is brown and the door is left slightly open, the pie cools slowly and prevents the meringue from splitting.

To prevent soggy pie crust in an unbaked pie shell, brush with a thin coating of egg white. Especially good for fruit pies.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.

A pie crust will be more easily made and better if all the ingredients are cool.

If the juice from your apple pie runs over in the oven, shake some salt on it. This causes the juice to burn to a crisp so it can be removed.

Brushing frozen pies with melted butter before baking can eliminate dryness.

To cut a pie into five equal pieces, first cut a Y in the pie and then the two large pieces can be cut in half.

When making fruit pies, stick a few pieces of macaroni (drinking straws cut into short lengths can also be used) through the slits in the crust. This will prevent the juices from boiling over and permits the steam to escape.

When baking fruit pies, cut holes in the upper crust with a thimble and place crust on the pie. The holes will become larger; then place the little round circles back in place. This makes the pie look very decorative and allows the juices and steam to escape.

## - PIES -

### APPLE DELUXE PIE

*Ethan Pollock*

- |                           |                        |
|---------------------------|------------------------|
| 4 C. apples (sliced)      | ½ C. mini marshmallows |
| 1⅓ C. sugar               | ½ C. oleo (melted)     |
| 3 T. flour                | 1 C. quick oatmeal     |
| 1 T. cinnamon             | 1 C. flour             |
| ¼ C. peanut butter        | 1/8 tsp. salt          |
| ¼ C. mini chocolate chips |                        |

Mix apples, sugar, flour, cinnamon, peanut butter, mini chocolate chips and mini marshmallows; place in unbaked 9-inch pie shell. Spread remaining ingredients over apple mixture. Bake 15 minutes at 400°, then finish baking at 350° for 35 minutes. NOTE: Ethan is 8 years old and he made up this recipe.

### MOCK APPLE PIE

*In Memory of Nellie Hays  
(Submitted by Lois Hays Irwin)*

- |                        |                           |
|------------------------|---------------------------|
| 2 C. water             | 1 tsp. cinnamon           |
| 1½ C. sugar            | 2 T. butter               |
| 2 tsp. cream of tartar | Pie crust for 2 crust pie |
| 16 soda crackers       |                           |

Boil water, sugar and cream of tartar; cool. Bake bottom crust; cool. Break crackers into crust. Pour syrup over crackers. Add cinnamon and butter. Top with remaining crust. Bake at 450° until brown.

### CARAMEL APPLE CRUNCH PIE

*Darlene Ricker*

- |                    |                           |
|--------------------|---------------------------|
| ½ C. sugar         | ⅔ C. quick oatmeal        |
| ¼ C. flour         | ¼ C. brown sugar          |
| 1 tsp. cinnamon    | 3 T. flour                |
| 6 apples (chopped) | ⅓ C. butter or margarine  |
|                    | ⅓ C. butterscotch caramel |

Mix sugar, flour and cinamon; mix with chopped apples. Put into 10-inch deep pie plate. Mix and crumble oatmeal, 3 T. flour and butter; pour over apples. Put lattice strips on top. Cover with aluminum foil and bake 25 minutes at 375°. Uncover and continue baking for another 25 minutes. Pour caramel over pie before serving.

## **BISHOP PIE**

*Wanda Adams*

- |                                 |                |
|---------------------------------|----------------|
| 1 box instant vanilla pudding   | 2 C. milk      |
| 1 box instant chocolate pudding | 2 C. ice cream |

Mix well with mixer. Pour in graham cracker crust. Top with Cool Whip and chocolate, shaved.

## **SUNDAE BROWNIE PIE**

*Jan Ford*

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 (9-inch) pie crust (unbaked) | 1 tsp. vanilla                   |
| 2 eggs                         | ½ C. semi-sweet chocolate chips  |
| 1 C. sugar                     | ½ C. Reese's peanut butter chips |
| ½ C. butter (melted)           | ½ C. nuts (chopped)              |
| ½ C. flour                     | Ice cream, for topping           |
| ⅓ C. cocoa                     | Chocolate syrup, topping         |
| ¼ tsp. salt                    |                                  |

Heat oven to 375°. Generously prick bottom of pie crust with fork. Bake crust for 10 minutes. Remove from oven. Meanwhile, in a large bowl, beat eggs, stir in sugar and butter. Stir together flour, cocoa and salt. Add to butter mixture. Stir in vanilla, chocolate chips, peanut butter chips and nuts. Pour into pie crust; return to oven. Bake an additional 25-30 minutes or until almost set. Pie will not test done in the center. Serve warm or cool with ice cream. Drizzle with chocolate topping syrup. Very rich. 8-10 servings from 1 pie!

## **BUTTERSCOTCH PIE**

*Darlene Herrington*

- |                  |                           |
|------------------|---------------------------|
| 1 C. brown sugar | 2 T. butter               |
| 6 T. flour       | 1 tsp. vanilla            |
| Pinch salt       | 1/8 tsp. maple flavoring  |
| 2 C. milk        | 9-inch baked pastry shell |
| 2 egg yolks      |                           |

Mix together brown sugar, flour, salt. Add 2 C. milk. Mix. Cook all, stirring until thick. Add butter, vanilla, maple flavoring. Put in baked pastry shell. Top with meringue.

## CANDY BAR PIE

GG Geist

- 1½ C. graham cracker crumbs  
¼ C. butter
- ¼ C. sugar

### FILLING:

- 6 plain regular Hershey candy bars  
½ C. milk  
16 large marshmallows

For the crust, melt butter and add sugar and crumbs. Make crust of this and bake at 375° for 5 minutes. For the filling, melt bars, milk and marshmallows. Stir until smooth and let cool. Fold in 1 C. Cool Whip and place in shell. Top with Cool Whip. I use a prepared graham crust and use the microwave for the filling.

## CANDY BAR PIE

Carol Hays

- 2 C. vanilla ice cream (softened)  
1 (6 oz.) prepared chocolate flavor  
crumb crust
- ½ C. peanuts (chopped)  
1 (8 oz.) tub Cool Whip  
½ C. caramel sauce or dessert  
topping

Spread ice cream evenly in bottom of crust. Freeze until ice cream is firm. Spread caramel sauce over ice cream; sprinkle with peanuts. Cover with whipped topping. Freeze 4 hours or until firm and let stand at room temperature 20 minutes or until pie can be easily cut. Garnish with additional caramel sauce or chocolate sauce and peanuts, if desired.

## CHERRY PIE

Berneeta Austin

- 1 (No. 2) can cherry pie filling  
3 drops red food coloring  
3 drops almond extract
- 1 T. white sugar  
1 T. cornstarch

### CRUNCH TOPPING:

- ½ C. white sugar  
⅓ C. oleo
- ½ C. flour

Add food coloring and extract to pie filling; mix well. Add sugar and cornstarch after mixing together and put in unbaked pie shell. Cut together topping like pie crust and put on top of filling. Bake at 350° until filling bubbles and crunch topping has browned. Two crusts can be used.

## **CHOCOLATE SILK PIE**

*Sandy Armstrong*

12 oz. milk chocolate chips  
12 oz. regular or silken tofu

1 tsp. vanilla  
9-inch pie shell (baked)

Melt chocolate chips in top of double boiler or microwave. While chocolate is melting, puree the tofu in food processor or blender, stopping once or twice to scrape down sides. Stir. Add melted chocolate chips and blend. Add vanilla and blend well. Turn mixture into baked pie shell, spreading out evenly. Put in refrigerator and let set for 2-3 hours before cutting.

## **FRENCH CHOCOLATE SILK PIE**

*Lois Hays Irwin*

¼ lb. butter  
¾ C. sugar  
1 tsp. vanilla

2 squares chocolate (melted)  
2 whole eggs  
Pie shell (baked)

Cream butter, sugar and vanilla. Add melted chocolate. Add eggs, one at a time, beating 5 minutes after each one. Pour into baked pie shell and let set in refrigerator for several hours. This was my Aunt Bessie's recipe and it tastes like Bakers Square pie.

## **COCONUT PIE**

*Marian Jennings*

1 pkg. instant vanilla pudding mix  
1 C. milk

1 C. vanilla ice cream  
1 tsp. vanilla

Beat the listed ingredients. Stir in 1 C. angel flake coconut. Pour into baked pie crust or graham cracker crust. Top with Cool Whip. Garnish with toasted coconut.

## **VELVET CREAM PIE**

*Peggy Drake*

8 oz. cream cheese  
½ C. sugar  
1 tsp. vanilla  
2 eggs

6 oz. chocolate chips  
1 C. whipped cream  
¾ C. pecans  
Graham cracker crust

Beat cream cheese, ¼ C. sugar and vanilla until smooth. Stir in 2 beaten egg yolks and melted chocolate chips. Beat egg whites and ¼ C. sugar. Fold into chocolate mixture. Whip 1 C. cream and fold into mixture. Add pecans and pour into crust. Freeze until ready to serve.

## CREAM CHEESE PIE

*Mari McGehee*

- |                             |                       |
|-----------------------------|-----------------------|
| 10 oz. graham cracker crust | 4 T. butter (melted)  |
| 8 oz. cream cheese          | ½ C. coconut          |
| 1 C. powdered sugar         | 1 C. pecans (chopped) |
| 3 C. Cool Whip              | Caramel topping       |

Combine cream cheese, powdered sugar and Cool Whip; put in crust. Combine butter, coconut and pecans. Put on cookie sheet and toast at 350°. Cool and then put on top of pie. Drizzle caramel topping over pie.

## BACHELOR CUSTARD PIE

*Lois Hays Irwin*

- |            |                |
|------------|----------------|
| 3 eggs     | 1 tsp. vanilla |
| 1 C. sugar | 2 C. milk      |
| 3 T. flour | ¼ tsp. salt    |

Mix together. Pour into buttered pan. Bake at 350° for 50 minutes. Sprinkle top with nutmeg and cinnamon.

## CUSTARD PIE

*Ed Shields*

- |               |                     |
|---------------|---------------------|
| 3 large eggs  | 2⅔ C. milk          |
| ½ C. sugar    | 1 tsp. vanilla      |
| ½ tsp. salt   | 1 unbaked pie shell |
| ½ tsp. nutmeg |                     |

Beat eggs; add sugar, salt, nutmeg, milk and vanilla. beat thoroughly and pour into the unbaked pie shell. Bake at 375° for 40 minutes or until set in the middle.

## EASY CUSTARD PIE

*Marlee Egly*

Beat 4 eggs until thick. Add 2 C. milk and 1 tsp. vanilla. Mix together. Add 6 T. sugar, 4½ T. flour and ¼ tsp. oleo (melted). Mix well. Put 2 T. melted oleo in pie pan (9-inch). Pour in filling and sprinkle with nutmeg. Bake at 325° for 40 minutes or until inserted knife comes out clean.

## QUICK CUSTARD PIE

*In Memory of Lila Kelley*

4 eggs (beaten)  
½ C. sugar  
¼ tsp. salt  
1 tsp. vanilla

2½ C. scalded milk  
Nutmeg  
1 pie shell (unbaked)

Mix eggs, sugar, salt and vanilla. Beat well. Add hot milk slowly. Pour into pie shell. Sprinkle with nutmeg lightly on top. Bake 15 minutes at 470°. Reduce temperature to 425° and bake for 10 minutes or until a knife comes out clean. Bake on lower rack in oven.

## EASY PIE

*Eileen Lesan*

1 (5 oz.) pkg. instant vanilla  
pudding  
20 oz. can crushed pineapple  
(juice included)  
1 T. Jello dry (any flavor, opt.)

1 C. sour cream  
1 (9-inch) pie shell  
1 (11 oz.) can mandarin oranges  
(drained) or strawberries  
(sliced)

Put all above ingredients in a bowl and stir until blended. Fill pie shell and refrigerate several hours. Better if made and refrigerated overnight.

## EGG NOG PIE

*Margaret Fletchall*

1 pie shell (baked)  
1 box instant vanilla pudding

2 C. egg nog

Mix egg nog with vanilla pudding. Pour in pie shell. Put a little cinnamon on top. Do not bake. It sets up pretty quick.

*Things that never happen worry us most.*

## EGG NOG PIE

*My linda Crawford*

1 1/8 tsp. unflavored gelatin  
1/4 C. cold water  
3/4 C. sugar  
2 T. cornstarch  
2/3 C. milk

3 egg yolks (lightly beaten)  
1 tsp. vanilla  
1 1/2 C. whip cream  
1 (9-inch) pie shell (baked)  
1/8 tsp. nutmeg

In a small bowl, soften gelatin in cold water; set aside. In a saucepan, combine sugar and cornstarch. Gradually stir in milk until smooth. Bring to a boil, cook and stir until thickened, about 2 minutes. Remove from heat. Stir a small amount of hot mixture into egg yolks. Return to pan; bring to a gentle boil, stirring constantly. Remove from heat; stir in gelatin and vanilla. Cool to room temperature, stirring occasionally. Fold in whip cream and pour in pie shell. Sprinkle with nutmeg. Refrigerate.

## EASY LEMONADE PIE

*Mary Lynn Jobe*

1 can sweetened condensed milk  
1 (6 oz.) can frozen pink or green  
lemonade (slightly thawed)

Juice of 1 lemon  
1 (9 oz.) carton frozen whipped  
topping

Graham cracker crust plus 6 small crusts - or 2 regular size crusts. Refrigerate. Make the day before if needed.

## OATMEAL PIE

*Mary Cavin*

1 (9-inch) pie shell (unbaked)  
3 eggs (slightly beaten)  
2/3 C. white sugar  
1 C. brown sugar  
2 T. butter or oleo (melted)

2/3 C. quick oatmeal  
2/3 C. coconut  
1/3-1/2 C. black walnuts (optional)  
1 tsp. vanilla

Preheat oven to 350°. Mix eggs, sugars, butter or oleo, oatmeal, coconut, nuts and vanilla in order given. Pour into pie shell. Bake 25-30 minutes at 350°. Under baking is better than overbaking. Taste a lot like pecan pie.

## OATMEAL PIE

*Helen Mercer*

- |                          |                                   |
|--------------------------|-----------------------------------|
| 3 eggs (slightly beaten) | $\frac{2}{3}$ C. uncooked oatmeal |
| 1 C. brown sugar         | $\frac{2}{3}$ C. coconut          |
| $\frac{2}{3}$ C. sugar   | 1 tsp. vanilla                    |
| 2 T. butter (melted)     | 1 pie shell                       |

Combine all ingredients and pour into unbaked pie shell. Bake at 350° for 40-50 minutes. Tastes a lot like pecan pie.

## FRESH PEACH PIE

*Phyllis Riggs*

Bring 1 C. sugar,  $\frac{1}{2}$  C. water, 3 T. cornstarch, 1 T. butter, 1 T. lemon juice to a boil. Cool. Add 3 C. chopped peaches. Slice 3 or 4 peaches in a baked shell. Pour cooked mixture over. Serve with ice cream or Cool Whip.

## FRESH PEACH PIE

*Helen Mercer*

- |  |                                     |
|--|-------------------------------------|
| 5-6 large peaches<br>(peeled & sliced) | $\frac{3}{4}$ C. flour              |
| 1 C. sugar                             | $\frac{3}{4}$ stick oleo (softened) |
|  | $\frac{1}{4}$ tsp. salt             |

Mix sugar, flour, oleo and salt. Reserve 1 C. of above for topping. Mix the rest with peaches and put in unbaked pie crust. Sprinkle on the topping and a small amount of nutmeg over all. Bake at 350° until light brown on top, about 1 hour.

## SOUR CREAM PEACH PIE

*Martha Ricker*

- |   |                               |
|---|-------------------------------|
| 1 (9-inch) pie shell (unbaked)          | $\frac{1}{2}$ C. + 2 T. sugar |
| 1 large can sliced peaches<br>(drained) | 1 C. sour cream               |
| $\frac{1}{3}$ C. flour                  | $\frac{1}{4}$ tsp. cinnamon   |
|   | $\frac{1}{4}$ tsp. salt       |

Fill unbaked pie shell with peaches. Blend flour, salt and  $\frac{1}{2}$  C. sugar. Stir in sour cream and pour over peaches. Mix together the cinnamon and 2 T. sugar. Sprinkle over pie. Bake in preheated 350° oven for 30-45 minutes.

## PEACH YOGURT PIE

*Cheryl Taylor*

- 1 (.3 oz.) box sugar free peach gelatin
- ¼ C. boiling water
- 2 (8 oz.) containers light peach yogurt

- 2 envelopes prepared Dream Whip
- 1 (9-inch) prepared reduced fat graham cracker pie crust

In large heat resistant bowl, dissolve gelatin in boiling water. Cool to room temperature. With wire whisk, stir in yogurt. With wooden spoon, fold in whipped topping. Transfer mixture to prepared crust; refrigerate overnight or at least 2 hours. May use other sugar free Jello and light fruit yogurts for variation.

## PEANUT BUTTER PIE

*Stacey Newby*

- 1 (8 oz.) pkg. cream cheese
- 3 tsp. milk
- 1 (8 oz.) container whipped cream (frozen)

- 1 C. powdered sugar
- 1 C. peanut butter
- 1 graham cracker crust

Mix cream cheese, powdered sugar and milk together. Add peanut butter and whip cream. Mix all together. Put in crust. Chill for 2-3 hours. Cut and serve.

## PEANUT BUTTER PIE

*Virginia Scott*

- 2 (4 serving) pkgs. instant vanilla pudding
- 3 C. milk
- 4 heaping T. creamy peanut butter

- 1½ C. whipped topping
- 2 C. additional whipped topping
- ⅓ C. peanut pieces

Add the milk to the pudding mix and whisk until smooth. Add the peanut butter and mix until smooth. When the mixture is almost set, add the whipped topping and pour into a baked crust (or graham cracker crust). Let set until firm and frost with additional whipped topping. Sprinkle peanut pieces over pie.

## PECAN CREAM CHEESE PIE

*Lois England*

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 C. pecans (chopped)               | 1/2 C. powdered sugar               |
| 1/2 C. flaked coconut               | 3 1/2 C. Cool Whip                  |
| 1/4 C. butter or margarine (melted) | 1 (9-inch) graham cracker pie crust |
| 8 oz. cream cheese                  |                                     |
| 1/2 C. caramel ice cream topping    |                                     |

Combine pecans, coconut and butter. Mix and pour onto on ungreased cookie sheet. Bake at 350° 10-15 minutes until golden brown, stirring occasionally. Cool. In a mixing bowl, beat cream cheese and sugar until smooth. Fold in Cool Whip. Spoon into pie shell. Sprinkle with coconut mixture. Drizzle with caramel topping. Refrigerate.

## PECAN PIE

*In Memory of Leola Shaw  
(Submitted by Judy Jackson)*

- |                      |                       |
|----------------------|-----------------------|
| 1 C. sugar           | 2 C. white Karo syrup |
| 1 stick margarine    | 2 tsp. vanilla        |
| 4 eggs (beaten)      | 2 C. pecans (chopped) |
| 4 T. (heaping) flour | 3 frozen pie shells   |

Cream together sugar and margarine. Stir in beaten eggs. Add to other ingredients and mix well. Divide mixture into 2 or 3 pie shells. Bake for 25 minutes at 350°. Note: Center of pie slightly larger than 1/2 dollar will still shake a little. Do not over cook. Center will thicken when removed from oven.

## PECAN PIE

*Marilyn Triggs Bierma*

- |                          |                               |
|--------------------------|-------------------------------|
| 1 C. dark corn syrup     | 3 T. butter                   |
| 3/4 C. sugar             | 1 tsp. vanilla                |
| 1/4 tsp. salt            | 1 C. pecans (coarsely broken) |
| 3 eggs (slightly beaten) |                               |

Combine sugar, syrup, salt in saucepan. Bring to a boil over high heat, stirring until sugar dissolved. Boil 2 minutes. Pour slowly over eggs, stirring constantly. Add butter, vanilla and pecans to mix well. Pour into unbaked pie shell. Bake in moderate oven at 350° for 50 minutes or until done. Pie should be completely puffed across top and firm. NOTE: Filling may be baked in 9-10 unbaked tart shells. Reduce baking time about 35 minutes. Nuts may be toasted slightly for rich flavor for this. Simply heat nuts in teaspoonful of butter in skillet over low heat. Stir until nuts are lightly browned.

## DAIRY FREE, LOW FAT PUMPKIN PIE (TOFU)

Deb Repp

- |  |                                   |
|--|-----------------------------------|
| 1½ pkgs. Mori-Nu silken lite firm tofu       | 1½ tsp. ground cinnamon           |
| 1 C. canned or cooked pumpkin                | ¾ tsp. ground ginger              |
| ⅔ C. honey                                   | ¼ tsp. ground nutmeg              |
| 1 tsp. vanilla                               | ¼ tsp. ground cloves              |
| 1 T. pumpkin pie spice or next 4 ingredients | 1 (9-inch) pastry crust (unbaked) |

Preheat oven to 400°. Blend Mori-Nu silken lite firm tofu in a food processor or blender until creamy smooth. Add pumpkin, honey, vanilla and spices; blend well. Pour into a 9-inch unbaked deep dish pie shell. Bake approximately 1 hour or until a toothpick inserted in the center comes out almost clean. Cool and serve. For firmer texture, use Mori-Nu silken lite extra firm tofu.

## PUMPKIN PIE (Diabetic)

Wilma Terwilliger

- |                       |                |
|-----------------------|----------------|
| 1½ C. pumpkin         | ½ tsp. nutmeg  |
| 1¾ C. evaporated milk | ½ tsp. cloves  |
| ½ tsp. allspice       | 2 eggs         |
| 1 tsp. cinnamon       | ¾ T. sweetener |
| ½ tsp. ginger         |                |

Combine pumpkin, eggs, milk, cloves, ginger, nutmeg, cinnamon and sweetener. Beat until smooth. Pour into chilled, unbaked 9-inch pie crust. Bake at 425° for 15 minutes. Reduce heat to 350° and bake 35 minutes or until knife inserted in center comes out clean.

## MINCEMEAT PIE

*In Memory of Bessie Trenkle  
(Submitted by Carol Hays)*

- |                     |                   |
|---------------------|-------------------|
| 1 quart applesauce  | 1½ lbs. hamburger |
| 1½ lbs. ground pork | ½ C. brown sugar  |
| 1 C. vinegar        | 1 lb. raisins     |
| Cinnamon, to taste  |                   |

Cook all until thick. This makes a big batch and can also be done in a crock pot.

## **MINCEMEAT PIE - SUGAR FREE**

*Carmeta Shields*

- |  |   |
|--|---|
| 2 C. beef stew meat<br>(salted, cooked, chopped) | 3 C. red delicious apples raw<br>(peeled & chopped) |
| 3¾ C. beef broth (salted, chill &<br>remove fat) | 5 tsp. pure 5% apple cider<br>vinegar (Heinz)       |
| 2 C. raisins (uncooked)                          | 1½ tsp. cinnamon                                    |
| 30 pkgs. Equal                                   | ¾ tsp. nutmeg                                       |

Mix all ingredients in order as given. This makes 3 pies. Bake in 350° oven 45-55 minutes, depending on oven. Test with fork for doneness of apples and broth should be cooked down so pie will be thick.

## **MOMMIE'S SOUR CREAM RAISIN PIE**

*Dora Ann Shields*

- |                 |                                 |
|-----------------|---------------------------------|
| 1 C. sugar      | 1 C. raisins (boiled & drained) |
| 2 T. flour      | ½ C. nuts                       |
| Pinch salt      | Whipping cream, for top         |
| 3 egg yolks     | Pie crust (baked)               |
| 1 C. sour cream |                                 |

Combine dry ingredients. Add well beaten egg yolks and sour cream. Cook over medium heat until thick. Add raisins and nuts. Cool slightly. Then pour into baked pie shell. Top with whipped cream. Refrigerate until ready to serve.

## **RHUBARB CUSTARD PIE**

*Edna Small*

- |                       |                |
|-----------------------|----------------|
| 3 C. rhubarb (cut up) | 3 T. flour     |
| 2 eggs (well beaten)  | 1½ tsp. butter |
| 1¾ C. sugar           |                |

Pour cut up rhubarb into a 9-inch unbaked pie shell. Blend sugar, flour and butter; add well beaten eggs. Beat well. Pour over rhubarb. Cover with a top crust. Bake 1 hour at 350° or until rhubarb is tender and pie crust brown.

## LLOYD'S FAVORITE RHUBARB PIE

Ruth Angus

- |                      |                      |
|----------------------|----------------------|
| 4 C. rhubarb (cut)   | 3 eggs (well beaten) |
| 2 C. sugar           | 1 T. butter (melted) |
| 4 T. (rounded) flour | Plain pastry         |

Beat eggs, blend in sugar, flour, butter. Add rhubarb. Pour into a 10-inch pastry lined pie pan. Top with criss crossed slices of pastry. Bake in hot oven (450°) for 10 minutes then in moderate oven (350°) for 40-45 minutes.

## RHUBARB PIE

Margaret Fletchall

- |                       |                       |
|-----------------------|-----------------------|
| 4 C. rhubarb (cut up) | 2 eggs (beaten)       |
| 1¾ C. sugar           | 1 pie shell (unbaked) |
| 3 T. cornstarch       |                       |

Place rhubarb in unbaked pie shell. Mix sugar and cornstarch together; add beaten eggs. Pour over rhubarb. Bake 30 minutes at 425°. Reduce heat to 325° and bake for 15 or 20 minutes.

## FRESH RHUBARB PIE

In Memory of Mildred Hays  
(Submitted by Lois Hays Irwin)

- |                          |              |
|--------------------------|--------------|
| 2 eggs (slightly beaten) | Pinch salt   |
| 1½ C. sugar              | 3 C. rhubarb |
| 4 T. flour               |              |

Mix flour and sugar; pour over rhubarb. Pour beaten eggs over mixture and stir. Put in unbaked pie crust and bake at 350° for 40-50 minutes.

## DIABETIC STRAWBERRY PIE

Roni Waske

- |  |                                    |
|--|------------------------------------|
| 2 C. water   | 1 pkg. sugar free strawberry Jello |
| 1 pkg. sugar free vanilla pudding<br>(not instant) | Strawberries                       |

Cook pudding in water until thickened. Add Jello and let cool. Add strawberries and pour into either baked pie crust or graham cracker crust.

## **RHUBARB PEACH PIE**

*Marcy Hancock*

- |  |                            |
|--|----------------------------|
| 2 C. fresh peaches (peeled, sliced) or frozen unsweetened peach slices | 1 C. sugar                 |
| 2 C. fresh rhubarb (sliced) or frozen unsweetened rhubarb (sliced)     | 3 T. quick cooking tapioca |
|  | ¼ C. orange juice          |
|  | 1 egg (beaten)             |
|  | 2 T. butter (cut up)       |
|  | Granulated sugar           |

Thaw peaches and rhubarb, if frozen; do not drain. In a large bowl, combine peaches, rhubarb, 1 C. sugar, tapioca, orange juice and butter; cover and let stand 15 minutes. Prepare pie crust for 2 crust pie. Spoon fruit mixture into deep dish pie pan. Cover with top crust and seal edges. Combine egg and 1 T. water; brush over top crust. Sprinkle lightly with sugar. To prevent over browning, cover edge of pie with metal pie crust shield or foil. Bake at 375° for 25 minutes. Remove shield or foil. Bake for 25-20 more minutes or until top is golden.

## **EASY STRAWBERRY PIE**

*Cheryl Whittington*

- |                        |                           |
|------------------------|---------------------------|
| 3 oz. strawberry Jello | 8 oz. fresh strawberries  |
| 6 oz. whipping cream   | 1 vanilla wafer pie crust |

Make Jello as directed on package. When set, combine Jello, whipping cream and strawberries in large bowl. Blend until smooth. Pour into pie crust. Allow to set in freezer for 30 minutes. Serve very cold (optional). Top with whipping cream.

## **FROZEN STRAWBERRY MARGARITA PIE**

*Janis Denney*

- |                                       |   |
|---------------------------------------|---|
| 1½ C. pretzels (finely crushed)       | 1 (21 oz.) can strawberry fruit pie filling |
| ¼ C. sugar                            |   |
| ½ C. oleo (melted)                    | ½-2/3 C. frozen margarita mix (thawed)      |
| 8 oz. frozen whipped topping (thawed) |   |

Grease 9-inch pie plate. Combine 1¼ C. of the pretzels, sugar and butter; mix well. Press evenly onto bottom and up side of prepared pie plate to form crust. Combine strawberry filling and margarita mix. Fold into whipped topping. Spoon into crust. Sprinkle with remaining pretzels. Freeze until firm, about 2 hours. Let stand at room temperature for 30 minutes before serving.

## FRESH STRAWBERRY PIE

*Janis Denney*

1½ quarts fresh strawberries  
1 C. sugar  
3 T. cornstarch

1 C. water  
Cool Whip  
Pie crust (sugar cookie pie crust)

Hull berries and drain thoroughly. Crush enough to make 1 cup. Combine sugar and cornstarch. Stir in water and crushed berries. Cook over medium heat, until mixture comes to a boil. Reduce heat to low and cook, stirring for 2 minutes. Set aside to cool. Place whole berries in pie shell. Pour cooled glaze evenly over berries and chill for 2 hours. Top with Cool Whip.

## STRAWBERRY PIE

*Bernard Crawford*

1 graham cracker crust  
1 large Cool Whip  
2 T. Realemon juice

1 bag unsweetened strawberries  
1 can Eagle brand milk

Mix (stir only). Refrigerate or freeze.

## FRESH STRAWBERRY PIE

*Sandy Armstrong*

1 C. strawberries (crushed)  
¾ C. water  
1 C. sugar

2½ T. cornstarch  
1-1½ quart fresh strawberries  
(sliced)

### CRUST:

½ C. butter  
¼ C. brown sugar

1 C. flour  
⅓ C. pecans (chopped)

For the crust, blend butter, flour and sugar until crumbs form. Stir in nuts. Press into 9-inch pie pan. Bake at 375° for 12-15 minutes. For the filling, 1 C. crushed strawberries. In a small pan combine berries, water, sugar, cornstarch, pinch salt. Cook until mixture thickens. Cool. Arrange slices of strawberries in pie shell. Pour cooked mixture over fresh berries. Chill, top with Cool Whip.

## FRESH STRAWBERRY PIE

*Cyndy Savage Lamberson*

- |   |                                   |
|---|-----------------------------------|
| 1 (9-inch) baked pie shell (cooled)             | 1 (3 oz.) pkg. strawberry gelatin |
| 1 quart fresh strawberries<br>(hulled & halved) | 2 T. cornstarch                   |
| $\frac{3}{4}$ C. sugar                          | $1\frac{1}{2}$ C. water           |

Mix together sugar, strawberry gelatin and cornstarch. Add water and bring to a boil. Cook 2 minutes. Let cool. Add berries, stir gently to coat. Pour into pie shell and refrigerate. Serve plain or top with whipping cream.

## STRAWBERRY YOGURT PIE

*Joyce Baker Ward*

- |  |  |
|--|--|
| 1 (3 oz.) pkg. strawberry Jello          | 1 pint or 1 quart strawberries           |
| $1\frac{1}{4}$ C. boiling water          | 1 (9-inch) graham cracker crumb<br>crust |
| 1 (8 oz.) container strawberry<br>yogurt | Whipped cream                            |
| $\frac{1}{4}$ C. honey                   |  |

Combine Jello and boiling water. Stir until Jello is dissolved. Beat in yogurt and honey. Chill until partially set. Mixture will be consistency of unbeaten egg whites. Whip Jello with electric mixer until light and fluffy, 1-2 minutes. Reserve a few whole strawberries for garnish. Slice remainder and fold into Jello. Chill again, until you can drip from spoon. Turn into crust. Refrigerate overnight or several hours. Serve with whipped cream and reserved strawberries.

## STRAWBERRY PIE

*Iona Triggs*

- |                               |                         |
|-------------------------------|-------------------------|
| 2 T. cornstarch               | 2 T. Karo syrup         |
| 1 C. sugar                    | 1 pkg. strawberry Jello |
| 1 C. strawberry juice & water | 1 pie shell (baked)     |

Cook until clear. Add Jello. Cool. Pour over strawberries that have been placed in a baked pie shell.

## LOUISIANA SWEET POTATO PIE

*Julie Routh*

- |   |                                    |
|---|------------------------------------|
| 2 C. mashed sweet potatoes or yams (cooked) | 1 tsp. cinnamon                    |
| 1½ C. sugar                                 | ⅓ C. evaporated milk               |
| 1 stick oleo (softened)                     | 1 tsp. vanilla                     |
| 2 eggs (beaten)                             | 1 single crust pie shell (unbaked) |

Mix together all ingredients. Pour into pie shell. Bake at 325° for 45 minutes to 1 hour .

## TIRAMISU TOFFEE TRIFLE PIE

*Janis Denney*

- |   |   |
|---|---|
| 1½ T. instant coffee granules               | ½ C. powdered sugar                         |
| ¾ C. warm water                             | ½ C. chocolate syrup                        |
| 1 (10¾ oz.) pkg. frozen pound cake (thawed) | 1 (12 oz.) container frozen whipped topping |
| 1 (8 oz.) pkg. cream cheese (soft)          | 2 English toffee candy bars (chopped)       |

Stir together coffee and warm water until coffee is dissolved. Cool. Cut cake into 14 slices. Cut each slice in half diagonally. Place in bottom and up sides of a 9-inch deep dish pie plate. Drizzle coffee mixture over cake. Beat cream cheese, sugar and chocolate syrup at medium speed until smooth. Add 2½ C. whipped topping and beat until light and fluffy. Spread evenly over cake. Dollop remaining whipped topping around edges. Sprinkle with candy. Chill 8 hours.

## VINEGAR PIE

*Oleta Jones*

- |              |                |
|--------------|----------------|
| 3 T. vinegar | 4 T. flour     |
| 1 C. sugar   | 1 C. hot water |
| 3 egg yolks  | 1 T. oleo      |

Mix flour with ½ C. of the sugar. Add boiling water and cook 15 minutes. Add rest of sugar and beaten egg yolks. Cook a few minutes longer. Add oleo and vinegar. Flavor with lemon extract if desired. Cool. Cover with meringue and bake in a 400° oven until nice and light brown on top.

## ZUCCHINI PIE

*Verla Repp*

5 C. zucchini	1½ tsp. cinnamon
¾ C. water	¼ C. lemon juice
¼ C. lemon juice	½ C. sugar
½ C. sugar	1½ tsp. cinnamon

### TOPPING:

6 T. margarine (softened)	½ tsp. salt
1 C. flour	1 tsp. baking powder
½ C. brown sugar	

Zucchini needs to be peeled, cut into chunks and sliced. Combine with above ingredients and boil for 10 minutes. While still hot, pour into a 9 or 10-inch pie shell. For the topping, combine into crumbly mixture. Cover the pie with topping and bake at 350° for 45 minutes.

## WALNUT PIE

*In Memory of Nellie Hays  
(Submitted by Lois Hays Irwin)*

1 C. sugar	2 T. flour
2 egg yolks	1 C. walnuts
2 C. milk	

Cook ingredients, all but the walnuts, until thick. Add nuts. Put in baked crust. Serve with whipped cream. Enough for 1 pie.

## - CRUSTS -

### SUGAR COOKIE PIE CRUST

*Janis Denney*

1 C. flour	¼ C. powdered sugar
1 stick oleo	

Blend with pastry blender until it crumbles. Put into greased pie pan to form crust. Bake in 375° oven for 12 minutes. Excellent for filled pies.

## NEVER FAIL PIE CRUST

*Marilyn Ploeger*

1 1/3 C. flour  
1/3 C. oil + 3 T. milk (don't stir)      1/4 tsp. salt

This makes 1 (9-inch) pie crust. Add all ingredients and mix. Roll between 2 sheets of waxed paper. Recipe can be easily doubled. Oven setting as any recipe calls for. Put foil around fluted edge.

## NO FAIL PIE CRUST

*Janis Denney*

2 (3 oz.) pkgs. cream cheese      1 egg white (beaten)  
1 C. butter      1 T. water  
2 C. flour (sifted)      3 T. sugar

Allow cream cheese and butter to soften at room temperature. Stir in flour and chill in refrigerator for 1 hour. Divide in half and shape into 2 balls. On floured surface, roll dough to 1/4-inch thick. Place in a 9-inch lightly greased pie pan and press down. Roll other half for the top crust.

## PIE CRUST

*My linda Crawford*

5 C. flour      1 tsp. baking powder  
2 1/4 C. shortening      1 egg in cup fill with water  
Salt      1/4 C. water

Mix thoroughly and roll out. Makes 5 (9-inch) pie crusts.

*Want pleasant dreams tonight?  
Have pleasant thoughts today!*

## PIE CRUST

*JoKaye Shields*

5 lbs. flour  
3 lbs. buttery Crisco

1 quart buttermilk  
6 tsp. non-iodized salt

Mix ingredients together in dish pan. Roll in balls the size of pie crust. Place on cookie sheet and freeze. When frozen place in Ziploc bag until used. Can defrost in microwave. This is a very good crust and very convenient.

## PIE CRUST

*Oleta Jones*

Mix 4 C. flour, 1 egg plus 1 T. vinegar in a measuring cup. Beat, add water to fill to 1 cup, 1½ C. lard and 1 tsp. salt. Mix ingredients together. Bake at 350° until golden brown. Makes 6-7 single layers for pie shells.

*You may live without knowledge,  
You may live without books,  
But civilized man cannot live without cooks.*

# Salads

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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## Hints for Salads and Dressings

To prevent a vegetable salad from becoming sodden when it has to stand for a few hours, place a saucer upside down on the bottom of the bowl before filling it with the salad. The moisture will run underneath and the salad will remain fresh and crisp.

Stuff a couple of paper towels in the plastic bag with cleaned onions or radishes and they will stay fresh longer.

Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.

If you have trouble getting a head of lettuce or some other vegetables into a plastic bag, grasp the lettuce through the bag, then pull the bag over the lettuce.

Peel onions under water and they will not irritate the eyes.

Rub some dry mustard on your hands after peeling onions and then wash as usual. You will find that all odor will be removed.

When celery loses its crispness, place it in cold water. Slice a raw potato and add it to the water. Let this stand for several hours. Remove the celery and it will be crisp again.

If parsley is washed with hot water instead of cold it retains its flavor and is easier to chop.

Green pepper is an excellent source of Vitamin C. Cut it in strips to serve as nibblers, add it to salads and sandwich fillings. Whole peppers may be blanched and filled with tuna, potato or macaroni salad.

To reduce calorie in-take, mix powdered salad dressings into plain low-fat yogurt instead of oil or sour cream. Or add buttermilk, cottage cheese or tomato juice to the dressings.

Bottled salad dressings may be loaded with saturated oil and preservatives. Make your own by mixing 3 or 4 parts polyunsaturated vegetable oil, olive oil, yogurt or buttermilk with 1 part vinegar or lemon juice, and seasonings.

If you mix the oil and vinegar into a salad separately, add the oil first. If you reverse the order, the oil just slides off the wet leaves.

Old spice jars are perfect one-shot salad dressings containers to take along with a salad lunch.

Slice tomatoes vertically rather than horizontally. The slices will stay firmer in your salad and they'll help keep the salad dressing from getting watery.

If you soak onion rings in cold water for about an hour, they'll taste milder in your salad.

## - SALADS -

### **TAPIOCA SALAD**

*Rena Smith*

½ C. tapioca

2 C. water

Melt 30 circus peanuts in tapioca. Cool! Add 2 C. whipped topping and 1 small can crushed pineapple (drained).

### **SUNSHINE SALAD**

*Hazel Mathews*

1 pkg. orange Jello

½ C. salad dressing

1 (8 oz.) pkg. cream cheese

½ C. nuts

10 large marshmallows

1 C. boiling water

1 C. whipped cream

1½ C. crushed pineapple

1 C. carrots (grated)

Dissolve Jello in 1 C. water or pineapple juice. Add cream cheese and marshmallows. Heat and stir until dissolved. Chill. Add whipped cream, salad dressing and drained pineapple, carrots and nut meats.

### **COTTAGE CHEESE SALAD**

*Iona Triggs*

1 (3 oz.) box strawberry Jello

1 small carton undrained cottage cheese

1 small can crushed pineapple

1 medium size carton Cool Whip

Heat together Jello and pineapple to dissolve Jello. When this is cool, add cottage cheese and Cool Whip. Cool.

### **COOKIE SALAD**

*Darlene Overholser*

2 small cans mandarin oranges (drained)

15-18 striped shortbread cookies (crumbled)

1 (16 oz.) can chunk pineapple (drained)

1½ C. buttermilk or lemon juice to 1 C. milk + 2 T. Lemon juice and let stand 5 minutes

1 small container Cool Whip

2 small pkgs. vanilla instant pudding

Mix milk and pudding together well. Add rest of ingredients and chill.

## **WATERGATE SALAD**

*Marlene Tull*

- |  |                             |
|--|-----------------------------|
| 9 oz. carton whip topping                      | 1 lb. can crushed pineapple |
| 1 pkg. instant pistachio pudding & pie filling | 1 C. mini marshmallows      |
|  | ½ C. nutmeats               |

Fold dry pudding and pie filling into whipped topping. Add pineapple and juice, marshmallows and nut meats. Refrigerate.

## **PINEAPPLE CHEESE SALAD**

*Maxine Werner*

- |                      |                      |
|----------------------|----------------------|
| ½ C. pineapple juice | 1 C. chunk pineapple |
| 2 eggs (beaten)      | 1 C. cheese (diced)  |
| ¾ C. sugar           | ½ pkg. marshmallows  |
| 2 T. flour           | Nuts or bananas      |

Cook pineapple juice, eggs, sugar and flour until thick. Let cool. Add next 4 ingredients to the cooked mixture.

## **PINEAPPLE CHEESE SALAD**

*In Memory of Mary Triggs  
(Submitted by Iona Triggs)*

- |                                |                    |
|--------------------------------|--------------------|
| 1 (No. 2) can tidbit pineapple | 18 marshmallows or |
| ¼ lb. Cheddar cheese (cut up)  | 1 C. tidbits       |
| ¼ C. nut meats                 |                    |

### **DRESSING:**

- |                         |             |
|-------------------------|-------------|
| 1 egg (slightly beaten) | 1 T. butter |
| 2 T. flour              | Dash salt   |
| 3 T. sugar              |             |

Take juice from pineapple. Cook all together. Stir as it cooks. Cool. Pour dressing over first mixture and chill.

## PISTACHIO FRUIT SALAD

Margaret Fletchall

- 1 small box pistachio pudding
- 1 (15 oz.) can crushed pineapple
- ½ C. nuts (fine ground)
- 1 C. miniature marshmallows
- 1 (9 oz.) carton whipping cream

Mix all together. Do not drain pineapple. Chill. Better if made the night before.

## LIME SALAD

Deb Larson

- 1 pkg. lime Jello
- 8 oz. pkg. cream cheese
- 1 C. boiling water
- 1 C. whipping cream
- 1 can crushed pineapple (drained)
- Small pkg. chopped pecans
- ¼ lb. pkg. marshmallows

Dissolve Jello and cream cheese in boiling water. Let cool. Whip cream. Gently combine all ingredients together and refrigerate.

## FROZEN FRUIT CUP

Kay Drake

- 12 oz. lemonade concentrate
- 12 oz. orange juice concentrate
- 1 juice can water
- 1 can fruit cocktail (undrained)
- 1 can apricot (drained, optional)
- 2 (12 oz.) pkg. frozen strawberries
- 3-4 bananas (sliced)
- ¾ C. sugar, or to taste

Mix in large container. Put in small containers (paper cups). Serve immediately put in freezer and serve frozen.

## FROZEN CANDY CRUSH SALAD

In Memory of Edna Shields  
(Submitted by Phyllis Kimball)

- 1 large can crushed pineapple
- 10½ oz. miniature marshmallows
- 2 small pkgs. lime Jello (dry)
- 1 pkg. crushed buttermints
- 1 large container Cool Whip

Mix pineapple undrained, Jello and marshmallows. Let stand overnight. Add crushed buttermints and Cool Whip.

## 5 CUP SALAD

*Iona Triggs*

- 1 C. coconut
- 1 can mandarin oranges (drained)
- 1 can pineapple
- 1 C. sour cream
- 1 C. marshmallows

Fold together.

## FAVORITE SALAD

*Ruth Angus*

- ½ C. pineapple juice
- 2 eggs (beaten)
- ¾ C. sugar
- 2 T. flour
- 1 C. pineapple tidbits
- 1 C. cheese (diced)
- 1 C. miniature marshmallows
- 1 C. red grapes (halved & seeded)
- ½ C. nuts (chopped, optional)
- 2 bananas (optional)

Drain pineapple. Use ½ C. pineapple juice and add beaten eggs, sugar and flour. Cook until thick, over low heat, stirring frequently. Cool. Add other ingredients. Chill several hours. Add bananas just before serving.

## FIVE CUP SALAD

*Marlene Tull*

- 1 C. chunk pineapple
- 1 C. coconut
- 1 C. Dream Whip or Cool Whip
- 1 C. mandarin oranges
- 1 C. mini marshmallows

Drain pineapple and mandarin oranges. Prepare Dream Whip accordingly to package directions. Mix all ingredients together.

## COOL CHERRY DELIGHT

*Lloyd and Peggy Bedier*

- 1 (12 oz.) container Cool Whip (thawed)
- 1 (3 oz.) box red Jello
- 1 pkg. miniature marshmallows
- 1 can sweetened condensed milk
- 1 can cherry pie filling

Mix all together and let set up in the refrigerator.

## APRICOT SALAD

*Helen C. Terry*

- 2 pkgs. orange Jello
- 2 C. hot water

- 1 large can pineapple (drained)
- 1 C. apricot juice

### TOPPING:

- ½ pkg. small marshmallows
- 3 T. flour
- 1 C. pineapple juice
- ½ C. sugar
- 2 T. butter
- 1 egg (beaten)

Dissolve Jello in hot water. Combine rest of ingredients and let set. For the topping, combine and cook in double boiler. Cool. Fold in 1 C. whipped cream and spread over set Jello. Half cup shredded Cheddar cheese can be added as topping.

## RAINBOW FRUIT SALAD

*Roni Waske*

- 1 C. fresh strawberries (sliced)
- 1 C. cantaloupe (cubed)
- 1 C. kiwi (diced)
- 1 C. bananas (sliced)
- 1 C. fresh blueberries

### DRESSING:

- 2 T. frozen orange juice concentrate (thawed)
- 1 T. honey
- ¾ tsp. poppy seeds

Place fruit in a large bowl; toss to mix. Combine dressing ingredients in small bowl; stir to mix. Pour over fruit; toss to mix well. Cover and chill 1-3 hours before serving. Makes 5 (1 C.) servings, each with less than 1 gram fat.

## SNICKER SALAD

*Sandy Armstrong*

- 1 pkg. French vanilla pudding
- 1 C. milk
- 8 oz. whipped topping
- 3 Granny Smith apples
- 3 Snicker bars

Blend pudding and milk until creamy. Fold in whipped topping. Cut apples and Snickers into small bite size pieces. Add to pudding mixture. Chill and serve.

## SEABREEZE SALAD

*Fay Howie*

- |                         |                               |
|-------------------------|-------------------------------|
| 6 oz. pkg. lime Jello   | 1 envelope Dream Whip topping |
| 3 oz. pkg. lemon Jello  | 1 can crushed pineapple       |
| 1 can lemon pie filling |                               |

Prepare each Jello as instructions direct. Refrigerate until slightly thickened. Stir in pie filling and whip with mixer. Set aside 1 cup. To the rest add 1 can of crushed pineapple. Chill thoroughly. Prepare Dream Whip by package instructions and add to the 1 cup; set aside. Spread over all. Refrigerate. Makes a little more than a 9×13-inch pan.

## PRETZEL SALAD

*Sandy Armstrong*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 C. pretzels (crushed)       | Small carton Cool Whip           |
| 2 T. sugar                    | 1 pkg. strawberry Jello          |
| ½ stick butter                | 1 C. boiling water               |
| 6 oz. cream cheese (softened) | 1 small pkg. frozen strawberries |
| ½ C. sugar                    |                                  |

Mix pretzels, sugar and butter together. Press in 8-inch pan and bake at 350° for 10 minutes. Mix cream cheese and sugar. Add Cool Whip. Spread over the cooled pretzel mixture. Dissolve Jello in hot water. Add frozen strawberries. Pour over cheese mixture. Refrigerate until set.

## PRETZEL SALAD

*Judy Pottorff*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 C. pretzels (crushed)       | Small carton Cool Whip           |
| 1½ T. sugar                   | 1 pkg. strawberry Jello          |
| ½ stick oleo                  | 1 C. boiling water               |
| 3 oz. cream cheese (softened) | 1 small pkg. frozen strawberries |
| ½ C. sugar                    |                                  |

Preheat oven to 350°. Mix pretzels, sugar and oleo together. Press in 8-inch pan and bake 10 minutes. Mix cream cheese and sugar. Add Cool Whip. Spread over pretzel mixture. Dissolve Jello in hot water. Add frozen strawberries. Pour over cheese mixture. Refrigerate until set.

## STRAWBERRY PRETZEL SALAD

Linda Winkler

### CRUST:

- 1 stick margarine
- 2 C. pretzels (crushed)
- ½ C. sugar

### SECOND LAYER:

- 1 C. sugar
- 12 oz. Cool Whip
- 8 oz. cream cheese (softened)

### TOP LAYER:

- 2 C. hot water
- 2 (3 oz.) pkgs. strawberry Jello
- 2 (16 oz.) pkgs. frozen strawberries

For the crust, melt margarine and dissolve sugar in it. Add crushed pretzels. Mix and pat in 9 × 13-inch pan. Bake at 350° for 10 minutes. Cool. For the second layer, mix sugar, cream cheese and Cool Whip. Spread over cooled crust. Chill while making top layer. For the top layer, dissolve Jello in hot/boiling water. Add frozen strawberries and mix in. Let partially set. Pour over second layer and refrigerate.

## PRETZEL SALAD

Lois Hays Irwin

- 2 C. pretzels (crushed)
- 4 T. sugar
- ¾ C. oleo or butter
- 8 oz. cream cheese
- 1 C. sugar
- 8 oz. Cool Whip
- 1 (6 oz.) pkg. Jello strawberry
- 2 (10 oz.) pkgs. frozen strawberries

Combine crushed pretzels, butter or oleo and sugar for crust. Mix together. Press into a 9 × 13-inch pan. Bake 6 minutes at 400°. Cool. Then combine cream cheese, sugar, Cool Whip. Spread on crust and refrigerate. Dissolve strawberry Jello and add frozen strawberries. When starts to congeal, pour over cream cheese mixture. Refrigerate several hours.

## **ORANGE TAPIOCA SALAD**

*Edna Small*

2 boxes tapioca pudding  
1 box orange Jello  
3 C. boiling water

1 small carton Cool Whip  
1 can mandarin oranges (drained)  
2 bananas (sliced)

Mix first 3 ingredients well and bring to a boil. Cook until tapioca is done, approximately 1 minute. Set aside to cool and set. Add Cool Whip, oranges and bananas. Put in 2 quart mold and refrigerate until set.

## **EASY ORANGE SALAD**

*Mabel Shields*

1 pint creamy cottage cheese  
1 small pkg. orange Jello

1 can mandarin oranges (drained)  
9 oz. carton Cool Whip

Sprinkle dry Jello over cottage cheese and mix. Fold rest of ingredients into cheese mixture. You can substitute lime Jello and use pineapple instead of mandarin oranges. Can serve at once or keep for several days.

## **MANDARIN ORANGE SALAD**

*Vicki Sickels*

¼ C. almonds  
1 T. + 1 tsp. sugar  
¼ C. vegetable oil  
2 T. sugar  
2 T. vinegar  
1 T. parsley  
½ tsp. salt

Dash pepper  
Dash tabasco  
1 head lettuce  
2 stalks celery (sliced)  
2 green onions (sliced with tops)  
1 can mandarin oranges

On low heat, cook almonds in sugar until caramelized, stirring constantly. Combine next 7 ingredients for dressing. Mix greens, oranges and almonds. Pour dressing over all.

## ORANGE CREAM FRUIT SALAD

*Patty Schuster*

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 20 oz. pineapple chunks (drained) | 3½ oz. instant vanilla pudding |
| 16 oz. peach slices (drained)     | 1½ C. milk                     |
| 11 oz. mandarin oranges (drained) | 3 oz. orange juice             |
| 3 medium bananas (sliced)         | ¾ C. sour cream                |
| 2 medium apples (chopped)         |                                |

In a large bowl, combine fruit and set aside. Combine pudding, milk and orange juice. Beat until blended, beat in sour cream. Fold into fruit. Cover and chill.

## ORANGE TAPIOCA SALAD

*Jodi Haley*

- |                       |                        |
|-----------------------|------------------------|
| 1 box orange Jello    | 3 C. water             |
| 1 box vanilla tapioca | 1 can mandarin oranges |
| 1 box vanilla pudding | 8 oz. carton Cool Whip |

Mix Jello, tapioca and pudding in a saucepan with the water and cook until it thickens. Cool and add drained oranges and Cool Whip. Mix well and chill.

## EASY FRUIT SALAD

*Elaine Willis*

- |   |  |
|---|--|
| 1 can peach pie filling                   | 1 (15 oz.) can chunk pineapple (drained) |
| 1 (11 oz.) can mandarin oranges (drained) | 3 bananas (sliced)                       |
| ¼ C. maraschino cherries                  | 2 C. fresh strawberries (sliced)         |

Mix together and refrigerate.

## APRICOT SALAD

*Brett England*

- |   |   |
|---|---|
| 1 small box apricot Jello                 | 3 C. water                                      |
| 1 envelope Knox gelatin                   | 1 C. miniature marshmallows                     |
| 1 small box vanilla pudding (not instant) | 1 (16 oz.) can apricots (peeled in heavy syrup) |

Mix together Jello, gelatin, pudding and water. Bring to a boil. Add marshmallows. Stir until melted. Puree apricots and juice. Add apricot puree to Jello mixture when partially jelled. Chill overnight to set.

## APRICOT PINEAPPLE SALAD

*Doris Klejch*

- |                              |  |
|------------------------------|--|
| No. 2½ can apricot halves    | 2 C. boiling water                           |
| No. 2½ can crushed pineapple | 1 C. apricot & pineapple juice<br>(combined) |
| 1 (6 oz.) pkg. orange Jello  | Cheese (grated)                              |
| ¾ C. mini marshmallows       |  |

Drain apricots and pineapple; save juices. Cut apricots in small pieces. Dissolve Jello in boiling water; add 1 C. of the combined apricot and pineapple juices. Save remainder for topping. Chill mixture until partially set, then fold in fruit and marshmallows. Pour into 9×13-inch dish and chill until firm. Spread with topping and sprinkle with grated cheese. Makes 12-15 servings. For the topping, combine ½ C. sugar and 3 T. flour in saucepan. Blend in 1 slightly beaten egg, then gradually stir in combined apricot and pineapple juices. Cook over low heat, stirring constantly, until thickened. Remove from heat and stir in 2 T. butter. Cool, then fold in 1 pkg. Dream Whip. Spread over Jello mixture. Sprinkle cheese over top and chill.

## CRANBERRY SALAD

*Carol Hays*

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 pkg. cranberries                    | 1 medium can crushed pineapple |
| 1 (10 oz.) pkg. small<br>marshmallows | 1 (9 oz.) tub Cool Whip        |
|                                       | 1 C. sugar                     |

Blend cranberries, add marshmallows and sugar; set overnight. Before serving, add pineapple and Cool Whip. Nuts are good too.

## CRANBERRY SALAD

*Mt. Ayre Health Care Center*

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 (12 oz.) pkg. fresh cranberries | ½ C. celery (chopped)  |
| 1 (20 oz.) can crushed pineapple  | ½ C. nuts (chopped)    |
| 2 C. boiling water                | ½ C. apples (chopped)  |
| 6 oz. red Jello                   | 1½ C. sugar            |
| Pinch salt                        | Miniature marshmallows |

Grind cranberries, add pinch of salt and sugar. Stir, cover and refrigerate overnight. Dissolve Jello in hot water. Add to cranberries while hot. Add remaining ingredients. Do not drain pineapple. Pour into 9×13-inch pan. Sprinkle top with miniature marshmallows. Cover and refrigerate overnight.

## RASPBERRY SALAD

*Janis Denney*

- |  |                              |
|--|------------------------------|
| 2 pkgs. raspberry Jello                    | 1 carton Cool Whip           |
| 2 C. boiling water                         | 1½ C. miniature marshmallows |
| 1 can Wilderness red raspberry pie filling | 1½ C. applesauce             |

Use a 9 × 13-inch pan. Dissolve Jello in boiling water. Add pie filling and applesauce. Let set. Mix Cool Whip and marshmallows. Put on top of Jello mixture. Let set several hours before serving.

## RED RASPBERRY SALAD

*Joan Jackson*

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 2 (3 oz.) pkgs. raspberry gelatin | 1 (10 oz.) pkg. frozen raspberries   |
| 2 C. boiling water                | 1 (1 lb.) can jelled cranberry sauce |
| 2 T. lemon juice                  |                                      |

Dissolve gelatin in boiling water. Add frozen raspberries and cranberry sauce. Beat with egg beater until mixed. Stir in lemon juice. Pour into 8 × 8-inch dish. Chill until set.

## FRUIT SALAD

*Diane Repp Lee*

- |                                    |   |
|------------------------------------|---|
| 4 medium apples                    | 2 large cans fruit cocktail in juice (no sugar added) |
| 4 large bananas                    | 1 can crushed pineapple                               |
| 1 C. grapes                        | 1 tub Crystal Light lemonade dry                      |
| 1 pear                             | 1 pkg. Jello instant sugar free pudding dry           |
| 1 can unsweetened mandarin oranges |   |

Mix all ingredients in large mixing bowl. Do the lemonade and pudding mix last. The powders themselves are what is needed. Chill and serve. NOTE: You can change the fruits to add/subtract others that you like. These are just what our family likes best. Special Notes: This salad will last for several days. The lemonade keeps the bananas and apples from turning brown.

## **FRUIT SALAD**

*Iona Triggs*

- |                          |                                     |
|--------------------------|-------------------------------------|
| 16 oz. fruit cocktail    | 8 oz. maraschino cherries           |
| 11 oz. mandarin oranges  | 2 T. Tang or orange drink mix       |
| 16 oz. sliced peaches    | 1 small box vanilla instant pudding |
| 20 oz. pineapple tidbits | 2 large bananas                     |

Drain fruit well. Save juice. Mix fruits (except bananas) in large bowl. Set aside. In a separate bowl mix half of juice saved, Tang and pudding. Mixture should be creamy. Can add extra juice if needed. Pour this mixture over fruit. Stir and chill. Add banana's before serving. This keeps well in the refrigerator.

## **FRUIT SALAD WITH APRICOT DRESSING**

*Carol Hays*

- |   |  |
|---|--|
| 1 C. sugar                                | 1 T. cornstarch                          |
| 2 (5½ oz.) cans apricot nectar            | 6 large red apples<br>(coarsely chopped) |
| 1 tsp. vanilla                            | 5 C. chunked pineapple                   |
| 8 medium firm bananas (sliced)            | 2 C. green grapes                        |
| 1 quart fresh strawberries<br>(quartered) |  |

In microwave bowl, stir sugar, cornstarch and nectar until smooth. Microwave uncovered on high for 6-8 minutes or until slightly thickened, stirring every 2 minutes. Stir in vanilla. Refrigerate and drizzle dressing over fruit and toss to coat. Cover and refrigerate.

## **METHODIST SALAD**

*Marilyn Johnson*

- |                      |                            |
|----------------------|----------------------------|
| 2 boxes cherry Jello | 4 C. applesauce            |
| 2 C. boiling water   | 1 C. celery (chopped fine) |
| ½ C. red hots        | Nuts (chopped)             |

Mix together first 3 ingredients. Stir until red hots dissolve. Cool until thickened and add applesauce and celery. Sprinkle nuts on top.

## EASTER SALAD

*Mt. Ayre Health Care Center*

- |                                    |                        |
|------------------------------------|------------------------|
| 1 (3 oz.) pkg. lemon Jello         | 1 T. real lemon juice  |
| Green food coloring                | $\frac{3}{4}$ C. sugar |
| 1 (20 oz.) can crushed pineapple   | 2 T. flour             |
| 1 (8 oz.) tub Cool Whip            | 2 egg yolks            |
| 1 (8 oz.) pkg. cream cheese (soft) | Coconut                |

Mix Jello according to package directions, tint with green food coloring. Drain pineapple, save juice. Add pineapple to Jello and pour into 9 × 13-inch pan. Let set. Blend Cool Whip and cream cheese together. Spread over set Jello. Add enough water to pineapple juice to make 1 cup. Place in small saucepan and add lemon juice, sugar, flour and egg yolks. Cook until thickened (like pudding). Let cool. Spread cooled pudding over cream cheese mixture and sprinkle top with coconut. Cover and refrigerate until ready to serve.

## FOURTH OF JULY SALAD

*Mt. Ayre Health Care Center*

- |                                   |                            |
|-----------------------------------|----------------------------|
| 2 (3 oz.) pkgs. strawberry Jello  | 1 C. whipping cream        |
| 1 (3 oz.) pkg. black cherry Jello | 2 C. sour cream            |
| 1 envelope unflavored gelatin     | 1 tsp. vanilla             |
| 1 C. sugar                        | 1 (15 oz.) can blueberries |

Dissolve strawberry Jello in 4 C. boiling water. Pour into 9 × 13-inch pan. Refrigerate until set. Dissolve unflavored gelatin into  $\frac{1}{2}$  C. cold water. Set aside. Over low heat dissolve sugar in whipping cream. Stir constantly until mixture nearly boils. Remove from heat, add unflavored gelatin. Cool. Blend in sour cream and vanilla. Pour over strawberry Jello. Refrigerate until firm. Dissolve raspberry Jello in 1 C. boiling water. Cool. Add blueberries with juice. Pour over second layer. Refrigerate until firm.

## FROZEN CHRISTMAS SALAD

*Cheryl Whittington*

- |  |  |
|--|--|
| 1 (3 oz.) pkg. cream cheese              | $\frac{1}{4}$ C. green maraschino cherries |
| 1 T. mayonnaise                          | (cut up)                                   |
| 1 can canned sweet red cherries          | 1 C. crushed pineapple (drained)           |
| $\frac{1}{2}$ C. red maraschino cherries | 1 C. cream (whipped)                       |
| (cut up)                                 | 1 C. English walnuts (chopped)             |
| $\frac{1}{4}$ C. orange (cut up)         |  |

Blend cream cheese with mayonnaise. Add cherries, remaining fruit and nuts. Fold whipped cream into mixture. Spoon into loaf pan. Cover tightly. Freeze. Yields: 10-12 servings.

## FROZEN FRUIT SALAD

*Carol Hays*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 large pkg. frozen strawberries | 1 medium can crushed pineapple |
| 1 medium can apricots            | 4 bananas (diced)              |
| 1 C. water                       | 2 C. sugar                     |

Combine berries, drained pineapple and cut apricots and bananas. Cook sugar and water to full boil and pour over fruit. Mix well and freeze.

## EASY APPLE SALAD

*Fay Howie*

- |                       |                               |
|-----------------------|-------------------------------|
| 2 C. apples (diced)   | 1 T. sugar                    |
| 1 C. celery (chopped) | ½ tsp. lemon juice            |
| ½ C. broken walnuts   | Dash salt                     |
| ¼ C. mayonnaise       | ½ C. whipping cream (whipped) |

Chop apples and celery. Blend mayonnaise, sugar, lemon juice, salt and whipped cream. Mix dressing with apples, celery and walnuts; chill.

## APPLESAUCE JELLO

*Robin McDonnell*

- |   |                                 |
|---|---------------------------------|
| 1 box Jello gelatin<br>(cherry or strawberry) | 1 can applesauce<br>10 oz. 7-Up |
|---|---------------------------------|

Boil applesauce over medium heat. Remove from heat. Stir in gelatin until dissolved in applesauce. Mix in 7-Up. Skim off the bubbles. Refrigerate.

## CHERRY SALAD

*Virginia Main*

- |  |                                   |
|--|-----------------------------------|
| 1 (14 oz.) can sweetened<br>condensed milk   | 1 C. marshmallows                 |
| 1 (8¼ oz.) can crushed pineapple<br>drained) | 1 (21 oz.) can cherry pie filling |
|  | 8 oz. whipped topping             |

Mix sweetened condensed milk, drained crushed pineapple (optional), marshmallows, pie filling and Cool Whip topping (let it thaw about 30 minutes before mixing). Mix all together and keep chilled until ready to serve.

## COKE SALAD

*Joanne Repp Shrader*

- |   |                                 |
|---|---------------------------------|
| 2 small pkgs. black cherry Jello        | 4 oz. cream cheese (room temp.) |
| 1 (16 oz.) can sweetened black cherries | 8 oz. sour cream                |
| 1 (16 oz.) can crushed pineapple        | 2 T. sugar                      |
| 1 (12 oz.) can Coca Cola (Pepsi)        | Pecans                          |

Drain cherries and pineapple. Use juice and water to equal 2 C. liquid. Add Jello to liquid. Dissolve. Add cherries and pineapple, can of Coke. Put in refrigerator until set up. Mix together. Add sugar. Put on top of set Jello and sprinkle with chopped pecans.

## CRANBERRY SALAD

*Margaret Fletcher*

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 C. cranberries               | 1 orange (ground, peeling too) |
| 1 C. sugar                     | 4 T. crushed pineapple         |
| 1 (3 oz.) pkg. raspberry Jello | Little celery (cut up)         |
| 1 C. hot water                 | Nuts                           |
| 1 T. lemon juice               |                                |

Grind cranberries and orange. Add sugar, crushed pineapple, lemon juice, celery and nut meats. Dissolve Jello in 1 C. hot water. Mix with all other ingredients.

## CRANBERRY SALAD

*Pat Teply*

- |   |   |
|---|---|
| 1 (6 oz.) pkg. raspberry Jello                      | $\frac{2}{3}$ C. fruit juice (orange)         |
| 1 C. hot water                                      | 1 (13 oz.) can crushed pineapple<br>(drained) |
| 1 (16 oz.) can whole cranberry<br>sauce (undrained) | 1 C. nuts (chopped)                           |

In a large bowl, dissolve Jello in hot water. Stir in rest of ingredients. Chill until firm. If desired frost with cream cheese topping (2 (3 oz.) pkgs. cream cheese with 1 C. sour cream).

## **CRANBERRY JELLO SALAD**

*Carol McCreary*

- 2 pkgs. orange Jello
- 1 bag whole cranberries
- 2 C. sugar

Cook cranberries and sugar in a little water until skins pop. Run through a colander or mill to remove skins. Mix cranberry pulp with Jello dissolved in 1 C. boiling water. Cool in refrigerator until set. Goes great at Thanksgiving with turkey and no skins!

## **TAFFY APPLE SALAD**

*Brandi Shay*

- 1 T. flour
- ½ C. sugar
- 1 (8 oz.) can crushed pineapple with juice
- 1 egg
- 2 T. cider vinegar
- 1 (8 oz.) carton whipped dessert topping
- 4 C. tart apples (chopped)
- 1 C. salted peanuts (chopped)

Combine flour, sugar, pineapple, egg and vinegar. Stir over medium heat until thick; cool. Fold mixture into whipped dessert topping. Add apples and ½ C. chopped peanuts. Sprinkle remaining peanuts on top and serve chilled.

## **CRUNCHY CINNAMON TOPPING**

*Ringgold Sanitation*

- 1½ C. uncooked oats
- ¼ C. honey
- ¼ C. butter or margarine (melted)
- ¼ C. wheat germ or chopped nuts
- 1 tsp. cinnamon

Combine all ingredients and stir constantly over medium heat until golden. Cool; chop in blender. Store in refrigerator or freezer and use as a topping for fruit salad, puddings, etc. Yield 2 cups.

*The man who has a right to boast, doesn't have to.*

## INSTANT SALAD

Wanda Adams

- 2 boxes lemon Jello
- 2 C. boiling water
- 1 pkg. instant lemon pudding
- 1 pkg. instant vanilla pudding
- 2 cans mandarin oranges (drained)
- 1 (No. 2) can crushed pineapple with juice
- 1 small tub Cool Whip

Mix Jello and water. When this has cooled add remaining ingredients.

## FROZEN SALAD

Lois Hays Irwin

Mix 2 C. sugar and 1 C. water. Boil for 10 minutes. Cool. Then add 2 pkgs. strawberries, 1 large can apricots, 1 large can crushed pineapple and 4 bananas. Freeze in molds. Keeps indefinitely. May also be molded in cup cake tins. Maybe froze in small dixie cups also.

## PINEAPPLE AND SPICED GRAPE SALAD

In Memory of Mildred Hays  
(Submitted by Lois Hays Irwin)

- 2 pkgs. lemon Jello
- 1 (8¾ oz.) can spiced grapes
- 1 C. tidbit pineapple or sliced pineapple (cut up)
- American Cheddar cheese (cubed)
- Stuffed olives (sliced)
- Red or green pimento

Drain juice from spiced grapes and add enough juice from pineapple to make 1 cup. Use this as part of 4 C. water to make Jello.

## BLUEBERRY JELLO SALAD

Lila Overholtzen

- 2 pkgs. grape Jello
- 2 C. boiling water
- 1 (20 oz.) can crushed pineapple
- 1 (20 oz.) can blueberry pie filling
- 1 C. pecans halves

### TOPPING:

- 1 (8 oz.) pkg. cream cheese
- ½ C. sour cream
- ½ C. sugar
- 2 C. Cool Whip

Dissolve Jello in water. Add pineapple (undrained) and blueberry pie filling. Stir and pour in 9×13-inch dish. Sprinkle pecans on top and refrigerate until set. Add topping. Spread topping and refrigerate.

## COOKIE SALAD

*Peggy Overholser*

- 2 small cans mandarin oranges (drained)
- 1 (16 oz.) can chunk pineapple (drained)
- 1 (12 oz.) tub Cool Whip

- 12-15 striped shortbread cookies (crumbled)
- 1½ C. buttermilk or sour milk
- 2 pkgs. vanilla instant pudding

In a large bowl, mix pudding and buttermilk together well. Add drained fruit, Cool Whip and cookies; chill.

## CREAMY COLE SLAW

*Marilyn Ploeger*

- 3 C. cabbage (finely sliced)
- 1/3 C. Miracle Whip
- 2 T. half and half or 1 T. milk
- 1/4 C. sugar
- 1/8 tsp. sugar
- 1 T. or less celery seed
- 1 T. vinegar

Slice or shred cabbage. Mix together the rest of ingredients in a small bowl and pour over cabbage. Refrigerate for an hour or so.

## ROQUEFORT COLE SLAW

*Helen C. Terry*

- 1/2 C. Roquefort cheese (crumbled)
- 1 medium cabbage (shredded)
- 1/4 C. sugar
- 1/3 C. vinegar
- 1 tsp. salt
- 1 C. sour cream
- Dash garlic salt

Mix dressing, pour over cabbage and toss lightly. Cover, refrigerate for at least 30 minutes, then serve.

*Do not judge your friend until you stand in his place.*

## UNUSUAL COLESLAW

*Michelle Repp*

- |   |                 |
|---|-----------------|
| 3 quarts cabbage<br>(finely shredded)                   | ¾ C. mayonnaise |
| 1 (11 oz.) can mandarin oranges<br>(drained)            | ¼ C. vinegar    |
| 1 (6 oz.) can chilled cranberry<br>sauce (cut in cubes) | 2 tsp. sugar    |
|   | 1 tsp. salt     |
|   | Dash pepper     |

Combine mayonnaise, vinegar, sugar, salt and pepper. Just before ready to serve, add shredded cabbage and orange sections. Toss thoroughly. Lastly, add cubes of cranberry sauce and toss lightly. The combination of ingredients is different, but delicious.

## STRAWBERRY SALAD

*Mary Grose*

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 pkg. strawberry Jello         | 1 box frozen strawberries<br>(thawed) |
| 1 C. boiling water              |                                       |
| 1 (6 oz.) can crushed pineapple | 1 banana (mashed)                     |

Let half of mixture above set. Then spread half box of sour cream over it. Would be 8 oz. sour cream. Pour remaining salad mixture on top. Refrigerate. Keeps well.

## SHERBET SALAD

*Michelle Repp*

- |   |  |
|---|--|
| 2 (3 oz.) pkgs. raspberry gelatin             | 1 C. boiling water                               |
| ¾ C. boiling water                            | 1 C. cold water                                  |
| 1 pint raspberry sherbet                      | 1½ tsp. Kitchen Klatter blueberry<br>flavoring   |
| 1 tsp. Kitchen Klatter raspberry<br>flavoring | 1½ C. blueberries (frozen or<br>canned, drained) |
| 1 C. sour cream                               |  |

Dissolve 1 pkg. raspberry gelatin in ¾ C. boiling water. Add sherbet, 1 tsp. raspberry flavoring. Stir to blend. Pour into mold; chill until firm. Spread with sour cream. Dissolve second package raspberry gelatin in 1 C. boiling water; add 1 C. cold water, 1½ tsp. blueberry flavoring and blueberries. Spoon blueberry mixture over sour cream layer. Chill until firm.

## CUCUMBER JELLO SALAD

*Lois Hays Irwin*

- |                        |                             |
|------------------------|-----------------------------|
| 1 (3 oz.) box Jello    | ¼ C. vinegar                |
| 1 C. hot water         | ½ C. onion (finely chopped) |
| ½ C. mayonnaise        | Sugar & salt, to taste      |
| 1 C. cucumbers (diced) |                             |

Mix Jello and hot water. Let cool and then add remaining ingredients.

## UNTOSSSED SALAD

*Margaret Bishop*

- |                            |                         |
|----------------------------|-------------------------|
| Lettuce                    | 3 or 4 hard boiled eggs |
| ½ box frozen uncooked peas | 2 bunches green onions  |
| 5 or 6 pieces crisp bacon  |                         |

Lay lettuce, torn into small pieces, in a large baking dish. Spread peas, crumbled fried bacon and chopped eggs along with chopped onions next. Spread Hellman's mayonnaise over the top clear to the edge. Top with grated Swiss cheese. Cover with Saran Wrap and seal tight. Refrigerate overnight.

## A DIFFERENT LAYERED SALAD

*Cyndy Savage Lamberson*

- |  |   |
|--|---|
| 1 pkg. fresh spinach or<br>1 head lettuce (torn) | 8 slices bacon (microwave until<br>crisp, then crumble) |
| 1 head cauliflower (in pieces)                   | ½ lb. fresh mushrooms (washed<br>& sliced, optional)    |
| 1 box frozen peas (thawed)                       |   |
| 1 purple onion (diced)                           |   |

### DRESSING:

- |                               |            |
|-------------------------------|------------|
| 2 C. Miracle Whip             | ¼ C. sugar |
| ⅓ C. Parmesan cheese (grated) |            |

Layer salad ingredients in bowl. Spread the dressing over the top and refrigerate overnight. Toss shortly before serving. Note: Not your usual layered salad and you'll be glad!

## OVERNIGHT BEAN SALAD

*Ringgold Sanitation*

- 1 C. kidney beans (cooked)
- 1 C. white or navy beans (cooked)
- ¼ C. green onions (chopped)
- 1 tsp. celery (chopped)
- Fresh parsley (for garnish)

### DRESSING:

- 3 T. olive oil
- 1 T. lemon juice
- ¼ tsp. prepared mustard
- ½ tsp. light honey

Mix all ingredients except parsley and chill 1 hour or overnight. Serve with fresh parsley garnish.

## CORNBREAD SALAD

*Sandy Lamb*

- 1 (8 × 8-inch) pan cornbread (baked)
- 2 C. broccoli florets
- 1 C. cauliflower
- 1 C. carrots
- 2 tomatoes
- 4 strips bacon (crisp fried)
- 2 T. sugar or Equal
- 1 onion (chopped)
- 2 celery stalks (chopped)
- 6 radishes (sliced)
- 2 C. Miracle Whip
- ½ C. milk
- ¼ tsp. salt
- ¼ tsp. pepper

Bake corn bread (Jiffy mix) according to package directions. Allow to cool. Cut up fresh vegetables in a large bowl. Cut up tomatoes and slice radishes. Add to other vegetables. Fry bacon crisp and crumble into vegetables. In separate bowl, mix Miracle Whip, milk, sugar or Equal, salt and pepper. Whip with wire whisk. If mixture is too thick, add a little milk until consistency is like salad dressing. Crumble entire pan of cornbread into vegetable mixture. Pour dressing in and mix thoroughly. Refrigerate in covered bowl.

## CORNBREAD SALAD

*Debra Repp Hankins*

- 1 pkg. cornbread mix
- 2 tomatoes (chopped)
- 1 small bell pepper (diced)
- 1 small onion (diced)
- 7 strips bacon (crumbled)
- 1 C. Miracle Whip salad dressing

Cook cornbread per package directions; cool and crumble. Cook bacon until crisp and crumble. Add other ingredients and toss.

## WHITE VELVET SALAD

GG Geist

- |                     |                    |
|---------------------|--------------------|
| 1 pkg. Knox gelatin | 1 C. sour cream    |
| ¼ C. cold water     | ¾ C. sugar         |
| 1 C. whipping cream | 8 oz. cream cheese |

Heat gelatin and water to liquify. Heat cream, sour cream and sugar until warm. Combine gelatin, 8 oz. cream and cheese mixture until smooth. Add drained pineapple (crushed and to taste) and small marshmallows.

## CHICKEN PASTA SALAD

Carl Zarr

- |  |                                  |
|--|----------------------------------|
| 1½ C. macaroni (cooked)                      | 1 small red onion (chopped)      |
| 2 (5 oz.) cans chunk white chicken (drained) | ¾ C. fat free Italian dressing   |
| 1½ C. cherry tomatoes (diced)                | 1 small cucumber (thinly sliced) |

Mix all ingredients together in a large bowl until evenly coated. Refrigerate 30 minutes before serving.

## CREAMY EGG SALAD

Leslie Murphy

- |   |   |
|---|---|
| 2 (8 oz.) pkgs. cream cheese (softened) | 8 hard cooked eggs (chopped)            |
| ½ C. mayonnaise                         | 1 medium onion (chopped)                |
| 1 tsp. ground mustard                   | Croissants or sandwich rolls (optional) |
| ½ tsp. salt                             | Lettuce leaves (optional)               |

In mixing bowl, beat cream cheese, mayonnaise, mustard, paprika and salt. Stir in eggs and onions. Serve on croissants with lettuce if desired. Yields 5 cups.

*If at first you don't succeed, you are running about average.*

## FRUIT CHICKEN SALAD

*Marilyn Triggs Bierma*

- |  |   |
|--|---|
| 4 C. chicken (diced, cooked)             | 1 C. celery                               |
| 1 (15 oz.) can chunk pineapple (drained) | 1 (11 oz.) can mandarin oranges (drained) |
|  | 1 C. grapes & raisins                     |

### DRESSING:

- |                                 |              |
|---------------------------------|--------------|
| 1 C. Miracle Whip               | 1 T. mustard |
| 1 (5 oz.) can chow mein noodles |              |

Mix together chicken with dressing. Stir in fruit. Add chow mein noodles just before serving. Serve on lettuce or rice. Serves 8.

## HOT TURKEY SALAD

*Darlene Herrington*

- |                               |                               |
|-------------------------------|-------------------------------|
| 2 C. turkey (cooked, chopped) | 1 C. mayonnaise               |
| 2 C. celery (chopped)         | 1 C. American cheese (grated) |
| ½ C. water chestnuts (sliced) | 1 C. potato chips (crushed)   |
| 2 tsp. onion                  | 2 T. lemon juice              |

Combine and toss lightly, except for the cheese and chips. Place in baking dish. Sprinkle with cheese and chips. Bake at 450° for 10 minutes. Serves 5-6.

## EGGLESS EGG SALAD

*Deb Repp*

- |   |                           |
|---|---------------------------|
| 1¼ C. Mori-Nu silken lite firm tofu (drained) | 2 T. celery (diced)       |
| 1 tsp. apple cider vinegar                    | 2 T. onion (diced)        |
| 2 tsp. prepared yellow mustard                | 1 tsp. parsley (chopped)  |
| 1 tsp. honey                                  | ½ scant tsp. white pepper |
| ½ tsp. turmeric                               | Dash paprika              |

Crumble of cube tofu into a small mixing bowl. Set aside. In a separate bowl, combine vinegar, mustard, honey and turmeric. Mix thoroughly and pour over crumbled or cubed tofu. Add celery, onion, parsley, paprika and pepper. Mix thoroughly. Refrigerate approximately 30 minutes to allow flavors to meld. Try in pita bread lined with fresh greenery.

## JODIE'S TACO SALAD

*Jodie Wurster*

- |                           |                         |
|---------------------------|-------------------------|
| 1 head lettuce            | Onion (chopped)         |
| 1 lb. hamburger (browned) | 1 bag Doritos (crushed) |
| Carrots (diced)           | 1 jar Western dressing  |
| Radishes (sliced)         |                         |

Add all ingredients in a large bowl. Stir.

## CURRIED SHRIMP SALAD

*Margaret Fletchall*

- |                               |   |
|-------------------------------|---|
| 2 (4½ oz.) cans canned shrimp | ½ tsp. curry powder                       |
| 2 T. lemon juice              | ½ C. low calorie mayonnaise type dressing |
| 1 C. celery (sliced)          |   |
| 2 T. snipped parsley          |   |

Drain shrimp; sprinkle shrimp with 2 T. lemon juice. Add 1 C. celery (diced) and 2 T. snipped parsley (optional). Stir ½ tsp. curry powder into ½ C. dressing. Add to shrimp mixture. Chill. Just before serving, toss shrimp mixture with 4 C. torn lettuce; fold in 3 hard cooked eggs, chilled and sliced. Season with salt and pepper. Makes 6 servings.

## ORIENTAL TOSS SALAD

*Joan Brown*

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| ¼ lb. bacon                     | ½ tsp. celery seed                   |
| 1 (2 oz.) pkg. slivered almonds | ½ tsp. paprika                       |
| 2½ T. vinegar                   | 1 tsp. minced onion                  |
| 2½ tsp. honey                   | ¼ C. oil                             |
| ½ tsp. lemon juice              | 1 head lettuce or other salad greens |
| ½ C. sugar                      | 1 (11 oz.) can mandarin oranges      |
| ½ tsp. dry mustard              | 1 (3½ oz.) can onion rings           |

Brown bacon, drain and crumble. Set aside. Combine next 8 ingredients and heat until sugar dissolves. Whip together and cool. Thoroughly blend in oil. Chop or tear salad greens and add bacon, almonds, mandarin oranges and toss lightly. Pour desired amount of dressing over greens and toss. Add onion rings.

## WILTED LETTUCE

*Peggy Drake*

- |                          |                |
|--------------------------|----------------|
| Leaf lettuce             | 1 C. vinegar   |
| 2 T. sugar               | Salt & pepper  |
| 2 green onions (chopped) | 5 slices bacon |
| 5 T. water               |                |

Cut bacon into small pieces. Fry until crisp. Don't drain off fat. Add water and vinegar. Boil 5 minute. Pour over lettuce, onion, sugar, salt and pepper. Toss lettuce until wilted.

## VEGETABLE CREAM MOLD

*Ed Shields*

- |                          |                             |
|--------------------------|-----------------------------|
| 3 oz. pkg. lemon gelatin | ½ C. celery (chopped)       |
| 2 beef bouillon cubes    | ½ C. radishes (chopped)     |
| 1 C. boiling water       | ½ C. cucumber (chopped)     |
| 1 C. sour cream          | 2 T. green pepper (chopped) |
| 2 T. tarragon vinegar    | 2 T. green onion (chopped)  |

Dissolve gelatin and bouillon in boiling water. Chill until partially set. Add the sour cream and vinegar; beat until smooth. Fold in the chopped vegetables. Pour into a greased mold. Chill until set.

## PETITE VEGETABLE SALAD

*Kay Terwilliger*

- |   |                             |
|---|-----------------------------|
| 1 (14.5 oz.) can French cut green beans | 1 C. green pepper (chopped) |
| 1 (11 oz.) can white shoepeg corn       | 1 C. celery (chopped)       |
| 1 (15 oz.) can LeSeur peas              | ½ C. onion (chopped)        |
|   | 1 (4 oz.) jar pimento       |

### DRESSING:

- |                    |                    |
|--------------------|--------------------|
| ½ C. vegetable oil | ¼ tsp. salt        |
| ¾ C. vinegar       | 1 tsp. celery seed |
| 1 C. sugar         | Pepper, to taste   |

Drain, rinse and drain canned vegetables. In a large bowl, combine drained vegetables with chopped green pepper, celery, onion and pimento. Set aside. In a small pan, combine oil with vinegar, sugar, salt and celery seed. Over medium heat, cook and stir until sugar dissolves. Remove from heat and cool slightly. Pour mixture over vegetables, mix gently, but well. Cover and refrigerate overnight. This salad will keep several days.

## PICKLE SALAD

*Maxine Werner*

- |                               |                            |
|-------------------------------|----------------------------|
| 2 C. sugar                    | 2 pkgs. Knox gelatin       |
| 1 C. vinegar                  | 1 pint cold water          |
| 1 tsp. cloves (tied in bag)   | 1 C. sweet pickles (diced) |
| 1 C. black or English walnuts | Green food coloring        |

Boil together sugar, vinegar and cloves until it spins a thread. Vinegar may be diluted with a little water. Mix with Knox gelatin which has been dissolved in the cold water. Add a few drops green food coloring. Then add pickles and walnuts. 8 × 8-inch pan.

## ENGLISH TOMATO SALAD

*Marion Swank Hervey*

- |                          |                        |
|--------------------------|------------------------|
| 1 quart diced tomatoes   | ½ C. onion (chopped)   |
| ¼ C. sugar               | 1 tsp. salt            |
| ¼ C. vinegar             | Pinch mustard seed     |
| 1 green pepper (chopped) | ½ stalk celery (diced) |

Mix together and let set overnight in refrigerator.

## PEA SALAD

*Sheila Shafer*

- |                         |  |
|-------------------------|--|
| 1 lb. large frozen peas | Bacon bits or sausage (sliced) or<br>bacon slices (cut up) |
| 5-6 boiled eggs         | Salt   |
| 8 green onions          |  |
| 1 C. sour cream         |  |

Microwave peas just enough to take the frost off. Slice and cut up eggs. Chop onions and green stems. Mix all of the above and add bacon bits and sour cream. Salt, to taste.

*Learn to enjoy little things; there are so many of them.*

## GARDEN SALAD

*Lina Clark*

- 1 (16 oz.) can tiny peas
- 1 (16 oz.) can whole white kernel corn
- 1 (16 oz.) can French style green beans

- 1 small jar pimentos
- ½ C. onion (chopped)
- 1 C. green peppers (chopped)
- 1 C. celery (chopped)

Cauliflower, broccoli or any garden vegetable you like may be added. Mix all vegetables together and cover with following dressing.

### DRESSING:

- 1 C. sugar
- ½ C. salad oil
- ¾ C. vinegar
- 1 tsp. salt
- Pepper
- 1 T. green bean juice

Bring to a boil, then let cool and pour over vegetables. This salad may be used the same day made, but is better if it stands about 24 hours. It will keep for weeks in the refrigerator.

## BEET SALAD

*Margaret Place*

- 1 can diced beets
- 1 (3 oz.) pkg. lemon Jello
- 1½ C. boiling water & beet juice
- ¼ C. vinegar
- ¼ C. sugar
- 1 T. horseradish

Make Jello using beet juice and water to make 1½ cup. Boil and dissolve the Jello. Cool some and add vinegar, sugar, horseradish and beets. Chill. Serve on lettuce leaf.

## BEET SUPPER SALAD

*Ringgold Sanitation*

- 1½ C. beets (chopped, cooked)
- 1½ C. celery (diced)
- 1 C. tart apple (diced)
- 3 hard cooked eggs (chopped)
- Small amount Kitchen Klatter country style dressing
- Mayonnaise
- Lettuce

Combine the well drained beets, celery and apple with enough Country style dressing to barely moisten. The ingredients should be thoroughly chilled. Then add the eggs and enough mayonnaise to blend the mixture. Arrange in a salad bowl lined with lettuce.

## DELICIOUS PASTA SALAD

*Sheile Shafer*

½ C. Italian dressing  
1 C. Miracle Whip light

6 C. spiral pasta (cooked)  
3 C. vegetables

Mix all together.

## LINGUINI SALAD

*Cyndy Savage Lamberson*

1 (12 oz.) pkg. linguini  
1 (8 oz.) bottle Italian dressing  
2 T. Salad Seasonings  
3 green onions with tops (sliced)

½ small cucumber (chopped)  
1 tomato (chopped) or 10 cherry  
tomatoes (quartered)  
2 T. parsley (chopped)

Cook linguini as package directs. Cool under running cold water; drain. Add rest of ingredients. Mix well. Refrigerate 4-24 hours. Note: Without tomatoes it keeps for weeks, so you may want to add them at the last minute. This salad is great with sandwiches or hamburgers.

## MACARONI SALAD

*Peggy Drake*

16 oz. macaroni  
1 C. peas (frozen)  
1 C. red onion (chopped)

3 or 4 carrots (chopped)  
2 stalks celery (chopped)

### DRESSING:

1 can Eagle brand milk  
1 C. sugar

1 C. white vinegar  
1 pint mayonnaise

Cook macaroni until tender. Let cool. Add chopped vegetables. Add dressing and chill 4-8 hours before serving.

*Some cauce happiness wherever they go;  
others, whenever they go!*

## MACARONI SALAD

*Louise Stamper*

1 lb. macaroni  
4 carrots (grated)  
1 green pepper (chopped)

1 onion (chopped)  
2 ribs celery (chopped)

### DRESSING:

1 can Eagle brand milk  
2 C. Miracle Whip

1 C. sugar  
¾ C. vinegar

Cook macaroni and rinse. Let cool, then add carrots, pepper and onion. Add dressing and mix well. Makes 2 quart.

## MACARONI SALAD

*Vera Daughton*

2 C. mayonnaise  
1 C. Eagle brand sweetened milk  
½ C. sugar  
¼ C. vinegar

16 oz. shell macaroni  
1 green pepper (chopped)  
½ C. onion (chopped)  
2 carrots (shredded)

Cook macaroni until tender; drain. Cut vegetables. Mix mayonnaise, sweetened milk, sugar and vinegar; pour over cooked and drained macaroni and the vegetables. Chill overnight.

## PASTA SALAD

*Carol McCreary*

16 oz. colored large rotini  
16 oz. pkg. frozen peas (cooked)

3 C. raw cauliflower (cut)  
16 oz. bottle Italian dressing

Cook and drain rotini. Add rest of ingredients and mix. Chill.

## SPAGHETTI SALAD

*Susan Hickman*

16 oz. spaghetti (cooked)  
16 oz. creamy Italian dressing  
¾ C. sugar  
2 tsp. mustard  
1 large onion (chopped)

½ C. celery  
1 green pepper  
2 tomatoes  
8 oz. cheese (shredded)  
Black olives

Mix together the dressing, sugar and mustard. Stir into the other combined ingredients.

## SPAGHETTI SALAD

*Judy Hensley*

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 8 oz. spaghetti                    | 1 C. mayonnaise type salad dressing |
| ½ C. creamy Italian salad dressing | 1½ tsp. Presti seasoning            |
| 1 small onion (chopped)            | 1 green bell pepper (chopped)       |
| ⅔ C. Longhorn cheese cubes         | 8 oz. mozzarella cheese (shredded)  |
| Salt & pepper, to taste            | 4-5 cherry tomatoes (halved)        |

Break spaghetti into 1½ pieces. Cook using package directions. Drain and cool. Combine salad dressing and Presti seasoning in bowl; mix well. Add spaghetti, onion, green pepper, cheeses, salt and pepper; mix well. Chill until serving time. Add cherry tomato halves just before serving. 8 servings.

## SPAGHETTI SALAD

*Leslie Murphy*

- |   |   |
|---|---|
| 1 lb. thin spaghetti (cooked & drained) | 1 small green pepper (chopped)            |
| 1 large tomato (small pieces)           | 1 (16 oz.) bottle creamy Italian dressing |
| 1 C. celery (chopped)                   | ¾ C. sugar                                |
| 1 C. Cheddar cheese (grated)            | 2 tsp. prepared mustard                   |
| 1 C. onion (chopped)                    | Salt & pepper, to taste                   |

Break spaghetti into small pieces and cook to al dente. Drain. Add next 5 ingredients. Mix dressing, sugar, mustard, salt and pepper well; pour over spaghetti mixture. Mix well. Refrigerate. Best if allowed to marinate overnight before serving.

## SPAGHETTI-O SALAD

*Angie Glendenning*

- |   |                                  |
|---|----------------------------------|
| 2 (10 oz.) pkgs. Spaghetti-O's (salad macaroni) | 1 onion (diced)                  |
| 3 carrots (grated)                              | 1 green pepper (diced)           |
|   | 1 red pepper (diced, if desired) |

### DRESSING:

- |                    |                        |
|--------------------|------------------------|
| 2 C. Miracle Whip  | 1½ C. sugar            |
| ¾ C. white vinegar | 1 can Eagle brand milk |

Combine cooked and drained Spaghetti-O's, carrots, green peppers and onion. Set aside. Mix dressing ingredients and pour over macaroni mixture. Mix well. Let marinade overnight. Keeps well for awhile.

## SUMMER PORCH PASTA SALAD

*Neva Allee*

- 1 (8 oz.) pkg. tubular shaped pasta (cooked & cooled)
- 1 medium cucumber (peeled, seeded & sliced)
- ½ C. prepared ranch style salad dressing
- ½ C. mayonnaise
- 1 C. fresh or thawed frozen sugar snap peas (trimmed)
- ¼ C. green onions (sliced)
- 1 T. fresh dill weed
- 1 (6 oz.) can shrimp (rinsed & drained)
- Iceberg lettuce (shredded, opt.)

In a large bowl, combine pasta, cucumber, snap peas, green onions and dill. Add dressing and mayonnaise, tossing until well coated. Gently fold in shrimp. If desired, chill before serving. Can serve on a bed of shredded lettuce.

## FRESH SPINACH SALAD

*Lois Hays Irwin*

- 2 lbs. fresh spinach
- 1 can bean sprouts (drained)
- 1 C. water chestnuts
- 3 hard cooked eggs (chopped)
- ½ lb. bacon (cooked, crumbled)

### DRESSING:

- 1 C. oil
- ¼ C. sugar
- ⅓ C. ketchup
- ¼ C. vinegar
- 1 T. Worcestershire sauce
- 2 T. minced onion

Wash and dry fresh spinach; tear into serving size pieces. Combine with remaining ingredients. Pour dressing over, toss and serve. Makes 6-8 servings. For the dressing, blend ingredients in blender until well mixed. If you use a beater, the oil may separate. Store in refrigerator.

## SPINACH SALAD

*Vicki Sickels*

- Spinach
- Hard boiled eggs (sliced)
- Croutons
- Bacon bits
- ⅓ C. vinegar
- 1 C. vegetable oil
- 3 T. mustard
- 1 tsp. celery seed
- 1 large onion
- ¼ C. sugar
- 1 tsp. salt
- 1 tsp. pepper

Mix spinach, eggs, croutons and bacon in quantities to taste. To make dressing, mix together balance of ingredients. Pour over greens.

## POTATO SALAD

*Mary Wiese*

2½ C. potatoes (sliced, cooked)	Salt, to taste
1 tsp. sugar	Pepper, to taste
1 tsp. vinegar	½ C. celery (chopped)
½ C. onions (chopped)	2 eggs
¾ C. Miracle Whip	Paprika

Mix cooked potatoes and spices. Then add onion and celery. Next add eggs and Miracle Whip. Mix all well together. Add slices (additional) eggs to decorate and paprika. For larger portions, triple ingredients.

## POTATO SALAD FOR 50

*Jodie Wurster*

12 lbs. potatoes (pared)	½ C. salad oil
12 hard cooked eggs	½ C. vinegar
1 lb. celery (diced)	1 T. lemon juice
8 oz. onion (finely chopped)	2 T. prepared mustard
Pepper, to taste	3 oz. white sugar
2 C. mayonnaise	1 T. salt
4 oz. sweet pickle relish	Few drops tabasco sauce

For good potatoes bake, or you can boil until tender. Dice and put in a large bowl. Make a marinade of oil, vinegar, lemon juice and seasonings. Add to potatoes and mix gently. Add eggs, celery, onion and pepper to marinated potatoes. Mix lightly. Add mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with No. 10 dipper. Makes 7 quarts.

## HOT GERMAN POTATO SALAD

*Marlene Tull*

32 oz. pkg. frozen hash browns	¾ tsp. salt
4-5 slices bacon	½ tsp. celery seed
⅔ C. onion (chopped)	Dash pepper
1½ T. flour	⅔ C. water
3-4 tsp. sugar	3 T. vinegar

Fry bacon slowly in skillet. Remove bacon, crumble and set aside. Saute onion in bacon fat until golden brown. Blend in flour and seasonings. Cook over low heat, stir until smooth and bubbly. Turn off heat, stir in water and vinegar. Bring to a boil, stirring constantly. Stir in potatoes and bacon. Cook until potatoes are warmed through. Note: I cook this in an electric skillet.

## POTATO SALAD FOR 50

Carol McCreary

- |                                |                                |
|--------------------------------|--------------------------------|
| 12 lbs. potatoes (pared)       | ½ C. salad oil                 |
| 12 hard cooked eggs            | ½ C. vinegar                   |
| 1 lb. celery (diced, optional) | 1 T. lemon juice               |
| 8 oz. onion (finely chopped)   | 2 T. prepared mustard          |
| Pepper, to taste               | 3 oz. white sugar              |
| 2 C. mayonnaise                | 1 T. salt                      |
| 4 oz. pickle relish            | Few drops tabasco sauce (opt.) |

Cook potatoes until tender. Dice while warm. Make a marinade of oil, vinegar, lemon juice and seasonings. Mix gently with potatoes and cool. Add eggs, celery, onions and pepper to potatoes. Mix lightly. Add mayonnaise carefully. Chill at least 1 hour before serving. Makes 7 quarts.

## BROCCOLI SALAD

Marlee Egly

- |                                  |  |
|----------------------------------|--|
| 1 head broccoli                  | ½ C. red onion (chopped) or<br>fresh green |
| ½ C. raisins                     |  |
| 10 slices bacon (cook & crumble) |  |

### DRESSING:

- |                    |              |
|--------------------|--------------|
| ¼ C. sugar         | 2 T. vinegar |
| 2 T. vegetable oil |              |

Trim leaves from broccoli head. Chop into small pieces. Add the rest of the ingredients. Stir in dressing. Chill 2 hours before serving. Variation: Mix chopped cauliflower with broccoli.

## BROCCOLI SUPREME SALAD

Joanne Repp Shrader

- |   |                                   |
|---|-----------------------------------|
| 1 head broccoli (cut fine)                  | ½ C. sunflower seeds              |
| 8 slices bacon (fried crisp &<br>broken up) | 1 C. raisins                      |
| 1 small onion (diced fine)                  | 2 (4 oz.) pkgs. cheese (shredded) |

### DRESSING:

- |                 |            |
|-----------------|------------|
| 1 C. mayonnaise | ⅓ C. sugar |
| 1 T. vinegar    | 2 T. milk  |

Mix and pour over the above.

## **BROCCOLI/RAISIN SALAD**

*Carol Hays*

1 bunch green onions (chopped)  
¼ C. raisins  
1 bunch broccoli

Raw sunflower seeds  
½ lb. bacon (crumbled)  
Miracle Whip salad dressing mixed  
with honey, to taste

Mix all and let set at least 12 hours.

## **BROCCOLI AND RAISIN SALAD**

*Diane England*

12 slices bacon (fried & crumbled)  
1 small onion (chopped)  
½ C. raisins  
1 large head broccoli (chopped)

½ C. sunflower seeds  
1 C. mayonnaise  
½ C. sugar  
2 T. vinegar

Combine the bacon, onion, raisins, broccoli and sunflower seeds. Mix the mayonnaise, sugar and vinegar. Pour over broccoli mixture. Keep in refrigerator. This recipe should be made the same day you want to serve it.

## **BROCCOLI CAULIFLOWER SALAD**

*Edna Jones*

1 bunch broccoli (finely chopped)  
1 head cauliflower (chopped fine)  
1 C. raisins  
1 C. sunflower nut meats

1 small pkg. almond slivers  
1½ C. Miracle Whip  
½-¾ C. sugar  
2 T. real vinegar (wine)

Mix first 6 ingredients and add dressing. This makes a fairly large bowl and you may want more or less dressing according to taste.

## **BIG MUSKE SALAD**

*Wanda Adams*

1 bunch cauliflower (cut up small)  
1 bunch broccoli (cut up small)  
½ lb. bacon (fried & cut up)  
1 C. sunflower seeds  
1 C. raisins

½ C. celery (cut up)  
1 C. mayonnaise  
⅓ C. sugar  
2 T. vinegar

Blend celery, mayonnaise, sugar and vinegar. Pour over other ingredients. Let stand 2-4 hours.

## **BROCCOLI CAULIFLOWER SALAD**

*Bernard Crawford*

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 bunch broccoli (finely chopped) | ½ medium red onion    |
| 1 head cauliflower (chopped fine) | 1-1½ C. Miracle Whip  |
| 1 C. raisins                      | ½-¾ C. sugar          |
| 1 C. sunflower nutmeats           | 2 T. red wine vinegar |
| 1 small pkg. almond slivers       |                       |

Mix first 6 ingredients and salad dressing. This makes a fairly large bowl and you may want more or less dressing, according to taste.

## **CAULIFLOWER BROCCOLI**

*Julie Ingram*

- |                                |   |
|--------------------------------|---|
| 1 head cauliflower             | 6 slices bacon (fried crisp & crumbled) |
| 1 bunch broccoli               | ¼ C. sunflower seeds (salted)           |
| 2 C. Cheddar cheese (shredded) | 1 C. sour cream                         |
| ½ large onion (chopped)        | 1 C. Miracle Whip                       |
| ½ C. sugar                     |   |

Cut cauliflower and broccoli in bite size pieces. Add cheese, onion, bacon and sunflower seeds, mixing well. Combine sour cream, Miracle Whip and sugar. Pour over vegetables; mix well. Chill.

## **CAULIFLOWER SALAD**

*Vesta Slaba*

- |                               |                         |
|-------------------------------|-------------------------|
| 1 large head cauliflower      | 1 C. mayonnaise         |
| 1 C. radishes (thinly sliced) | ½ C. sour cream         |
| ¼ C. green onions             | 1 pkg. Italian dressing |
| Parsley flakes (optional)     | 1 T. caraway seed       |

Separate raw cauliflower into florets. Add radishes, onions, parsley flakes. Mix in dressing. Chill for several hours.

## CAROL'S SALAD

*Carol Hays*

Lettuce salad  
Head cauliflower

Bacon  
½ onion (chopped)

### DRESSING:

2 C. mayonnaise  
½ C. sugar

⅓ C. Parmesan cheese

Cut up lettuce and cauliflower. Crumble cooked bacon. Mix together with onion. Make dressing and pour on when ready to serve.

## CABBAGE LEMON SALAD

*Edna Small*

8 C. cabbage (shredded)  
2 medium carrots (shredded)  
1 small onion (grated)  
1 green pepper (diced)  
½ C. salad oil  
⅓ C. vinegar

⅓ C. water  
1 C. sugar  
¼ tsp. mustard seed  
1 tsp. salt  
1 tsp. celery seed  
3 oz. pkg. lemon Jello

Combine vegetables and pour oil over them. Let stand while you heat mixture of vinegar, water, sugar, mustard seed, salt and celery seed. When mixture boils, add Jello and stir until dissolved. Cool. Then pour over vegetables. Mix well and let stand overnight in refrigerator. Salad will keep 2-3 weeks in tightly covered container.

## NANCY'S CABBAGE SALAD

*Diane Huntsman*

1 (3 oz.) pkg. Ramen noodles  
¼ C. margarine  
¼ C. sunflower kernels  
½ C. slivered almonds  
¼ C. vinegar

½ C. sugar  
3 T. soy sauce  
Salt & pepper, to taste  
1 small head cabbage  
3 bunches green onions

Reserve the Ramen noodles seasoning packet. Crumble uncooked noodles in a skillet. Add margarine, sunflower kernels and almonds. Saute until lightly browned. Combine the reserved seasoning packet, vinegar, sugar, soy sauce, salt and pepper in a bowl and mix well. Chop cabbage and green onions. Combine with noodle mixture and vinegar mixture in a large bowl; toss to mix. Chill before serving. 8 servings.

## CHINESE SUNSHINE SALAD

Linda Winkler

- Cabbage (shredded) or pkg. cole slaw mix
- 2 bunches green onions (chopped)
- 1 pkg. sunflower seeds (½ C.)
- 1 pkg. slivered almonds (½ C.)
- 1 pkg. Ramen noodles (oriental flavor dry noodles only)

### SAUCE MIXTURE:

- ½ C. oil
- Seasoning packet from Ramen noodles
- ½ tsp. salt
- 3 T. vinegar
- 4 T. sugar
- ½ tsp. pepper

Combine salad ingredients (cabbage, green onions, sunflower seeds, almonds and noodles) in a large bowl. Mix ingredients for the sauce and pour over salad ingredients. Toss and serve.

## EXCELLENT CABBAGE SALAD

Michelle Ricker

- 1 bag shredded cabbage or 1 head cabbage
- ½ C. green onions (sliced)
- 1 pkg. top Ramen noodles
- 1-2 T. margarine or butter
- ½ C. or 1 bag sliced almonds
- 3 T. sunflower seeds

### DRESSING:

- 3 T. red wine vinegar
- 2 T. sugar
- ½ C. oil
- ½ tsp. salt
- ¼ tsp. pepper
- Top Ramen seasoning packet

Toss cabbage and onions together. Break noodles into fry pan and saute in melted butter/margarine with almonds and sunflower seeds. Combine all dressing ingredients and shake. Just before serving, add dressing to cabbage and add noodle mixture. Yum! I usually get asked for this recipe everytime I take it somewhere!

## - DRESSINGS -

### **HONEY MUSTARD DRESSING**

*Dorothy Hughes*

- |                      |                               |
|----------------------|-------------------------------|
| ½ C. nonfat yogurt   | 2 tsp. honey                  |
| 1 T. cider vinegar   | Salt & black pepper, to taste |
| 2 tsp. dijon mustard |                               |

In a small bowl, whisk yogurt, vinegar, mustard, honey and salt until blended. Add a generous grinding of fresh pepper and whisk again. ALternatively combine all ingredients in a small jar. Secure the lid and shake until blended. Makes ½ cup.

### **BLENDER STYLE DOROTHY LYNCH FRENCH DRESSING**

*Marlee Egly*

- |                   |                        |
|-------------------|------------------------|
| 1 C. salad oil    | 1 tsp. salt            |
| 1 can tomato soup | 1 tsp. paprika         |
| ½ C. vinegar      | ½ tsp. pepper          |
| ¾ C. sugar        | 2 tsp. celery seed     |
| 1 T. dry mustard  | 1/8 tsp. garlic powder |

Heat oil to lukewarm. Blend all other ingredients together in blender. Add the warmed oil. Blend thoroughly. Store in sealed jar. Note: If you do not have a blender, use a large bowl and a mixer.

### **COLE SLAW DRESSING**

*Lennis Lambert*

- |                   |               |
|-------------------|---------------|
| 2 C. Miracle Whip | 1-1½ C. sugar |
| ½ C. vinegar      | 1 tsp. salt   |
| ½ C. oil          | Dash pepper   |

Mix all ingredients together. Put in a quart jar and store in refrigerator. Will keep up to a month.

## DRESSING FOR FRUIT SALAD

*Karen Taylor*

- |                |                  |
|----------------|------------------|
| 3 T. flour     | 1 T. lemon juice |
| 1 C. sugar     | Cool Whip        |
| 1 egg (beaten) |                  |

In a saucepan, combine 3 T. flour, 1 C. sugar and 1 beaten egg. Cook until thick. Add 1 T. lemon juice. Fold in container of Cool Whip. This is tasty over peaches, pineapple, strawberries, etc.

## DRESSING FOR APPLE SALAD

*Mary Grose*

- |                  |                |
|------------------|----------------|
| 1 C. white sugar | 1 egg (beaten) |
| 1 C. water       | 2 T. flour     |
| 1 T. butter      | 3 T. vinegar   |

Boil until thickens, stirring well. When chilled, fold in 3 or 4 T. frozen commercial whipped topping.

## TOFU CAESAR SALAD DRESSING

*Deb Repp*

- |                               |   |
|-------------------------------|---|
| 2 oz. Parmesan cheese (cubed) | 1½ tsp. vegetarian Worcestershire sauce |
| 2 cloves garlic               | Pinch salt                              |
| 2 T. spicy mustard            | Pinch fresh ground black pepper         |
| 1½ tsp. white wine vinegar    | 1 C. Mori-Nu silken soft tofu           |
| 1 T. olive oil                |   |

In a blender or a food processor, starting on low speed, chop the cheese gradually, increasing the speed; add the garlic until minced. Add the next 6 ingredients until smooth. While the blender is running, add the olive oil, adding more or less until mixture reaches dressing consistency.

## FRENCH DRESSING

*Marilyn Triggs Bierma*

- |                         |                      |
|-------------------------|----------------------|
| ⅓ C. water              | ½ tsp. salt          |
| 1 small onion (chopped) | ½ tsp. pepper        |
| 1 C. sugar              | ¼ tsp. garlic powder |
| 1 C. ketchup            | 1 tsp. paprika       |
| 1 C. cooking oil        | 2 T. vinegar         |

Place all ingredients in a blender and mix thoroughly. Refrigerate.



# Soups and Sandwiches

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

_____	_____
_____	_____
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## Hints for Soups, Stews, and Sandwiches

You can use instant potatoes instead of flour to thicken soups, stews, and gravies without lumps. Another excellent thickener for soup is a little oatmeal. It will add flavor and richness to almost any soup.

If soup has been over salted, add a teaspoonful of sugar or a few small pieces of raw turnip, and simmer a little longer. This will neutralize the salt flavor.

Grate a raw potato and add it to your soup when it is too salty. Or add a whole, raw potato and remove before serving. The potato absorbs the salt.

All seasonings should be added gradually to soup or the flavor may be too strong.

A little finely grated cheese added to thin soup improves the taste immensely.

Remember, soup boiled is soup spoiled. Soup should be cooked gently and evenly.

To prevent curdling of milk or cream in soup add the soup to the milk rather than vice versa. Or add a bit of flour to the milk and beat well before combining.

Cream soups tend to boil over easily. Some cooks say that greasing the top edges of the cooking container will prevent this problem. One quart of soup yields about six servings, unless it is the main course.

To save money and add vitamins: Pour all leftover vegetables and cooking water into a freezer container. When the container is full, add tomato juice and seasoning. Use the contents for making nutritious soups, stews or casseroles. Or try freezing the vegetables and water separately, and use the water in place of chicken or beef broth.

Vegetables added to soup will make a much tastier dish if you saute them first, preferably in a little butter.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose. Or, float a piece of tissue paper lightly on top of the soup and it will absorb the grease.

Fat can be skimmed off soup by chilling soup until fat hardens. If time does not permit this; wrap ice in paper toweling and skim over the top.

Steak, roast or poultry bones can be frozen until needed for soup stock.

Always start cooking bones and meat in cold, salted water.

Instant soup stock will always be on hand if you save the pan juice from cooking meats. Pour the liquid into ice cube trays and freeze. Place solid cubes in freezer bags or foil.

## - SOUPS AND SANDWICHES -

### CANADIAN BACON SANDWICHES

*JoKaye Shields*

- |                             |                           |
|-----------------------------|---------------------------|
| 1/4 lb. butter              | 12 slices canadian bacon  |
| 1 T. onion (finely chopped) | 12 slices American cheese |
| 1 T. poppy seed             | 12 buns                   |
| 1 T. prepared mustard       |                           |

Mix butter, onion, poppy seeds and mustard. Spread generously on buns. Top with Canadian bacon and slice of cheese. Top with other half of bun. Wrap or cover with foil and bake 20-30 minutes in 300° oven.

### VEGGIE BURGERS

*Dorothy Hughes*

- |                           |   |
|---------------------------|---|
| 1 T. canola oil (divided) | 2/3 C. canned white kidney beans<br>(drained) |
| 1/4 C. minced onion       | 1 egg (lightly beaten)                        |
| 1/4 C. green bell pepper  | 1/3 C. seasoned dried bread<br>crumbs         |
| 1/4 C. carrot             |   |
| 1/4 C. celery             |   |

Heat 1 tsp. of the oil in 8-inch, nonstick skillet. Add onion, pepper, carrot and celery; cook over medium heat, stirring occasionally until vegetables are soft and moisture has evaporated, about 1 minute. Cool. Using a fork, in a medium mixing bowl, mash beans; stir in egg. Add bread crumbs and vegetable mixture; mix until thoroughly combined. Shape mixture into 4 equal patties. Set on plate, cover and refrigerate until chilled, at least 20 minutes. In same skillet, heat 1 tsp. of the remaining oil. Add 2 patties; cook over medium heat, turning once, until browned on both sides. Remove to a plate and repeat with remaining teaspoon oil and 2 patties. 4 servings.

### PORK RITES

*Vicki Sickels*

- |                             |                      |
|-----------------------------|----------------------|
| 2 lbs. 80% lean ground pork | 1 tsp. dry mustard   |
| 2 T. vinegar                | 1 tsp. salt          |
| 1/2 C. water                | 2 T. onion (chopped) |
| 1 C. ketchup                | 12 hamburger buns    |
| 1 T. brown sugar            |                      |

Brown pork and drain. Combine remaining ingredients and add pork. Simmer 20 minute. Serve on bun.

## **HOT HAM SANDWICHES**

*Janis Denney*

- |                      |                  |
|----------------------|------------------|
| ½ C. margarine       | 8 slices cheese  |
| ¼ C. onions (minced) | 8 slices ham     |
| ¼ C. mustard         | 8 hamburger buns |
| 2 T. poppy seeds     |                  |

Mix first 4 ingredients and spread on 1 side on bun. Top with cheese and ham and other half of bun. Wrap in foil and bake at 375° for 20-25 minutes.

## **RUNZA SANDWICH**

*Louise Frost*

### **DOUGH:**

- |                       |                                 |
|-----------------------|---------------------------------|
| 2 C. warm water       | 1 egg                           |
| 2 C. active dry yeast | ¼ C. margarine (melted, cooled) |
| ½ C. sugar            | 6½ C. flour                     |
| 1½ tsp. salt          |                                 |

### **FILLING:**

- |                         |                          |
|-------------------------|--------------------------|
| 1½ lbs. ground beef     | 1½ tsp. salt             |
| ½ C. onion (chopped)    | ½ tsp. pepper            |
| 3 C. cabbage (shredded) | Dash tabasco, if desired |
| ½ C. water              |                          |

For the dough, mix water, yeast, sugar and salt. Stir until dissolved. Add egg and melted margarine. Stir in flour. Put in refrigerator 4 hours. Then roll dough in oblong shape and cut into 16 squares. For the filling, brown ground beef and onion. Drain off excess grease. Add cabbage, seasonings and water. Simmer 15-20 minutes. Cool completely. Divide mixture among the 15 squares of dough, putting it in center. Pull the 4 sides up and press edges together. Place on greased cookie sheet. Bake 20 minutes in a 350° oven (preheated). These can be frozen. Wrap in foil. Can then be heated in microwave as you need them.

## **FRENCH DIP SANDWICHES**

*Vicki Sickels*

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 beef bouillon cubes         | ½ tsp. seasoned salt          |
| 1 tsp. oregano                 | Coarse ground pepper          |
| 3 bay leaves                   | 1 can beer                    |
| 3 garlic buds (crushed)        | 3 beer cans water             |
| 2 T. sugar                     | 3-5 lb. rump roast            |
| 2 large onions (thinly sliced) | 8-10 French bread style rolls |

Combine all ingredients, except for the roast and rolls in a crock pot. Add meat. Cover and cook in crock pot on low setting for 6-8 hours. Slice meat thinly. Serve on rolls which can be dipped in remaining juice in individual dishes.

## **HOT BEEF DIP SANDWICHES**

*Janis Denney*

- |  |                                 |
|--|---------------------------------|
| 4-5 lbs. beef rump roast                 | 2 (10½ oz.) cans beef broth     |
| 1¼ oz. pkg. dry French onion<br>soup mix | 2 garlic cloves (chopped)       |
| 1 tsp. oregano leaves                    | 16 crusty French rolls (halved) |

Heat oven to 300°. Place roast in 5 quart Dutch oven. In a bowl, combine remaining ingredients (except rolls). Pour over roast. Cover. Bake 4-6 hours or until meat is very tender (or may be cooked in crock pot on high for 4 hours). Serve on rolls. Skim fat from juices and serve individual portions for dipping.

## **ROAST BEEF SANDWICHES**

*Landi McFarland*

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 (3-4 lb.) beef roast | 1 (16 oz.) jar Pace picante sauce |
|------------------------|-----------------------------------|

Spread about ¼ C. of sauce in the bottom of a crock pot. Put roast in crock pot and add the rest of the sauce on top of the roast. Turn crock pot and let cook for 8 hours. Shred beef and serve on buns. A wonderful meal when you will be gone all day!

## TAVERNS

*Diane Henry*

- |                           |                       |
|---------------------------|-----------------------|
| 1 lb. hamburger (browned) | 1 T. vinegar          |
| ¾ C. ketchup              | 1 tsp. sugar          |
| 1 tsp. salt               | 1 T. prepared mustard |
| 1 onion (finely chopped)  |                       |

Mix all ingredients and simmer 30 minutes. Serve on hoagie buns.

## SPOON BURGERS

*Peggy Drake*

- |                      |                           |
|----------------------|---------------------------|
| 1½ lbs. ground beef  | 1 T. mustard              |
| 1 tsp. salt          | 1 T. Worcestershire sauce |
| ⅓ C. onion (chopped) | 1 can tomato soup         |

Mix ingredients together. Toast hamburger buns and place meat mixture on buns. Broil in oven for 15 minutes. Serve open faced or as a sandwich. Keeps well in refrigerator for several days.

## SLOPPY JOE UNDER A BUN

*Jamie Haley*

- |                                  |                   |
|----------------------------------|-------------------|
| 1½ lbs. ground beef              | 2 eggs (beaten)   |
| 1 (15½ oz.) can sloppy joe sauce | 1 C. milk         |
| 2 C. Cheddar cheese (shredded)   | 1 T. sesame seeds |
| 2 C. biscuit baking mix          |                   |

In a skillet, cook beef until no longer pink; drain. Stir in sloppy joe sauce; mix well. Transfer to a lightly greased 13 × 9 × 2-inch baking dish. Sprinkle with cheese. In a bowl, combine biscuit mix, eggs and milk just until blended. Pour over cheese. Sprinkle with sesame seeds. Bake, uncovered at 400° for 25 minutes or until golden brown. 8 servings.

*When life gives you lemons - make lemonade!*

## SLOPPY JOES

Janis Denney

- |  |                         |
|--|-------------------------|
| ¾ lb. lean ground beef                   | ¼ C. beer               |
| ½ (15 oz.) can refried beans             | 1 clove garlic (minced) |
| ½ C. salsa                               | ½ tsp. chili powder     |
| 1 (4½ oz.) can diced green chili peppers | 6 hamburger buns        |
|  | ⅓ C. onion (chopped)    |

In a medium skillet, brown the ground beef; drain fat. Stir in refried beans, salsa, chili peppers, onion, beer, garlic and chili powder. Bring the mixture to boiling and reduce the heat. Simmer, uncovered, for 10-15 minutes or until mixture reaches desired consistency. Serve on buns.

## SLOPPY JOES

Doris J. Redman

- |                   |                           |
|-------------------|---------------------------|
| 1 lb. ground beef | 2 T. brown sugar          |
| 1 T. shortening   | 1 T. Worcestershire sauce |
| 1 tsp. salt       | ½ tsp. chili powder       |
| 2 T. oatmeal      | 1 can tomato soup         |

Brown meat in shortening and salt. Add remaining ingredients and simmer 15-20 minutes.

## SLOPPY JOES

Lois Irwin by Deb Repp

- |                  |                       |
|------------------|-----------------------|
| 3 lbs. hamburger | 2 tsp. yellow mustard |
| ½ C. onion       | 2 C. tomato soup cans |
| 3 T. sugar       | 2 C. corn flakes      |
| 3 T. vinegar     |                       |

Brown ground beef and onion; drain. Mix together sugar, vinegar, mustard, tomato soup. Add to drained ground beef. Stir in corn flakes. Cook over low heat for 10 minutes until warm.

## SLOPPY JOES

*Sheila Shafer*

- |                      |                    |
|----------------------|--------------------|
| 2 lbs. hamburger     | 2 tsp. lemon juice |
| ½ C. onion (chopped) | 2 tsp. dry mustard |
| Salt & pepper        | ¾ C. brown sugar   |
| 2 tsp. vinegar       | 1½ C. ketchup      |

Brown hamburger and onion; add salt and pepper. Add vinegar, lemon juice and dry mustard. Then add brown sugar and ketchup. Finish seasoning to taste. Simmer 30 minutes.

## MAIDRITES

*Lois Hays Irwin*

- |                  |                       |
|------------------|-----------------------|
| 3 lbs. hamburger | 2 tsp. yellow mustard |
| ½ C. onion       | 2 cans tomato soup    |
| 3 T. sugar       | 2 C. corn flakes      |
| 3 T. vinegar     |                       |

Brown hamburger and onion. Drain. Add rest of ingredients. Stir together and cook on low for 10 minutes.

## LOOSE MEAT SANDWICHES

*Carol Hays*

- |                          |                         |
|--------------------------|-------------------------|
| 2 lbs. hamburger         | 1 can French onion soup |
| 1 pkg. Lipton onion soup |                         |

Put all in crock pot. Don't need to brown hamburger. Cook on high 4 hours. I have put it in on low and left it all day. Ready when you get home from work.

## BEEF BURGERS FOR 50

*Jodie Wurster*

- |                       |                           |
|-----------------------|---------------------------|
| 10 lbs. ground beef   | 1 T. salt                 |
| 1 lb. onion (chopped) | 2 tsp. paprika            |
| 3 C. tomato puree     | 2 tsp. dry mustard        |
| 3 C. ketchup          | 2 T. Worcestershire sauce |
| 1 C. water            | 1 T. chili powder         |

Brown meat and onion. Drain off fat. Add remaining filling ingredients to meat. Simmer 15-20 minutes. Serve on buns with No. 12 dipper.

## GUINEA GRINDERS

Diane Henry

- |                                  |                            |
|----------------------------------|----------------------------|
| ½ lb. ground sausage             | ¾ C. water                 |
| ½ lb. ground beef                | 1 T. salt                  |
| 1 bell pepper (chopped)          | 1 tsp. black pepper        |
| 1 small onion (chopped)          | 1 tsp. oregano             |
| 4 cloves fresh garlic (pressed)  | 1 T. sugar                 |
| 1 T. (heaping) whole fennel seed | 6 Kaiser rolls             |
| 1 (12 oz.) can tomato paste      | 6 slices mozzarella cheese |

Cook the meat thoroughly without browning. Drain excess fat. Add garlic, onion, fennel, pepper and spices. Saute until onions are tender. Preheat oven to 300°. Add tomato paste to ingredients in the pan. Stir in water and sugar. Simmer on low heat for 10 minutes, stirring occasionally. Remove pan from heat. With a sharp knife, cut a section from the top center of each Kaiser roll. Be sure to leave bottom and sides intact. Distribute meat mixture evenly in rolls; top with a slice of cheese. Arrange each sandwich on a cookie sheet and bake for 15 minutes or until cheese bubbles.

## PIZZA BURGERS

Jo Kaye Shields

- |                           |   |
|---------------------------|---|
| 1 lb. ground beef         | ¼ tsp. oregano                                  |
| 1 small onion (chopped)   | ½ lb. American or mozzarella<br>cheese (grated) |
| 1 (8 oz.) can pizza sauce | Salt & pepper, to taste                         |
| 1 can mushrooms (drained) | Hamburger buns                                  |
| ¼ tsp. garlic salt        |   |

Saute ground beef and onion until brown. Add mushrooms, spices and pizza sauce. Cool before adding cheese. Spread on halves of hamburger buns, place under broiler until cheese is bubbly and edges of buns are toasted.

*If your mind should go blank,  
don't forget to turn off the sound!*

## CREAMY BROCCOLI SOUP

*Sheila Shafer*

- |   |  |
|---|--|
| ½ C. water  | 2 T. flour   |
| 1 (10 oz.) pkg. frozen chopped<br>broccoli (thawed & drained) | 1 (14½ oz.) can chicken broth                      |
| ½ C. onion (chopped)  | Dash ground nutmeg                                 |
| ½ C. celery (chopped)   | 1/8 tsp. pepper                                    |
| 2 T. margarine  | 7 slices American cheese<br>(cut in 1-inch pieces) |
|   | 1 C. fat free plain yogurt                         |

Heat water to boiling in 3 quart saucepan. Add broccoli, onion and celery. Cover and return to boiling. Boil 5 minutes or until tender. Do not drain. Transfer to bowl. Heat margarine over medium heat until melted. Stir in flour. Cook until smooth and bubbly. Remove from heat. Stir in chicken broth. Heat to boiling, stirring constantly. Boil 1 minutes. Stir in broccoli mixture, pepper and nutmeg. Stir in cheese. Heat over low heat, stirring constantly, just until cheese is melted. Remove from heat. Mix ½ C. soup and yogurt in small bowl; stir into remaining soup. Makes 4 servings.

## BROCCOLI SOUP

*Verla Repp*

- |   |                        |
|---|------------------------|
| 2 (10 oz.) pkgs. frozen broccoli in<br>cheese sauce | ¼ tsp. salt            |
| ½ C. onion  | ¼ tsp. pepper          |
| ½ C. celery   | 3 C. milk              |
| ¼ C. margarine                                      | 2 tsp. lemon juice     |
| 3 T. flour  | 1½ C. chicken (cooked) |
|   | 1 T. dry mustard       |

Place wrapped broccoli pouches in warm water to partially thaw while preparing remaining ingredients. In a large saucepan, saute onion and celery in margarine. Stir in flour, mustard, salt and pepper. Cook until mixture is smooth. Gradually add milk. Cook until thick. Stir in lemon juice. Add broccoli and chicken. Simmer and stir.

## FRENCH CABBAGE SOUP

*Melinda England*

- |                                     |                          |
|-------------------------------------|--------------------------|
| 2 lbs. hamburger (cooked & drained) | 1 pkg. Lipton onion soup |
| 1 large head cabbage (cut up)       | 1 C. beef base           |
|                                     | 1 quart tomato juice     |

Cook and drain hamburger. Combine all ingredients and simmer until cabbage is tender. Note: Can cook cabbage in water until partially cooked, then add to other ingredients and finish cooking. This is quicker.

## FRENCH CABBAGE SOUP

*Myilinda Crawford*

- |                             |                   |
|-----------------------------|-------------------|
| 1 (46 oz.) can tomato juice | ½ head cabbage    |
| 1 pkg. onion soup mix       | 1 lb. ground beef |
| 1 beef cube                 |                   |

Cook out hamburger with a little onion. Combine and simmer for about 30 minutes.

## FRENCH CABBAGE SOUP

*Edna Small*

- |                              |                             |
|------------------------------|-----------------------------|
| 2 lbs. hamburger             | Salt & pepper               |
| Small onion (chopped)        | 1 (50 oz.) can tomato juice |
| Small head cabbage (chopped) | 1 T. beef base              |
| 1 pkg. French onion soup     |                             |

Brown hamburger and onion. Cook cabbage until almost tender. Drain. Add tomato juice, beef base, French onion soup and cooked hamburger. Add salt and pepper as desired. Bring to boil and simmer for a half hour. More tomato juice can be added or use some of the water from the cooked cabbage.

## CABBAGE AND BEEF SOUP

*Gerri Dailey*

- |                           |                             |
|---------------------------|-----------------------------|
| 1 lb. ground beef         | 1 (16 oz.) can kidney beans |
| ½ tsp. garlic salt        | ½ medium head cabbage       |
| ¼ tsp. garlic powder      | (chopped)                   |
| ¼ tsp. pepper             | 1 (28 oz.) can tomatoes     |
| 2 celery stalks (chopped) | 1 tomato can water          |

Brown beef. Add all remaining ingredients. Bring to a boil, reduce heat and simmer, covered, for 1 hour. 3 quarts.

## **LONNIE'S CAULIFLOWER AND CHEESE SOUP**

*Diane Huntsman*

16 oz. Phil. cream cheese  
4 oz. jar Kraft Old English cheese spread  
2 C. 2% milk

1 head cauliflower (broke in florets, cooked & drained)  
1 C. instant mashed potatoes

In a 2 quart saucepan, melt creamcheese and Old English cheese spread. When melted, add milk and heat. Add cauliflower and stir. Add instant potatoes, stir as you bring nearly to a boil. Remove from heat and let stand 5 minutes before serving.

## **CHEESY VEGETABLE SOUP**

*Donna Shields*

3 C. potatoes (chopped)  
½ C. celery (sliced)  
½ C. carrots (sliced)  
½ C. onion (chopped)  
1 chicken bouillon cube  
1 C. water

1 tsp. parsley flakes  
1½ C. milk  
2 T. flour  
½ tsp. salt  
Dash pepper  
½ lb. Velveeta cheese

Simmer potatoes, celery, carrots, onion, water and seasonings for 20 minutes or until tender. Mix together milk and flour until well blended. Gradually add to cooked vegetables until thickened. Add Velveeta cheese until melted.

## **CHICKEN CHEESE SOUP**

*Janet Hogue*

2 whole chickens  
16 C. seasoned water  
10 chicken bouillon cubes  
2 C. carrots (shredded)  
1½ C. celery (chopped)  
½ C. minced onion

2 C. uncooked rice  
1 T. parsley flakes  
1 (10 oz.) can tomatoes & chilies  
2 lbs. Velveeta cheese  
3-5 T. cornstarch

Cook chickens in 16 C. of water until done. After this has cooked down, add enough water to cover chicken. Remove chicken from broth. Add bouillon cubes, carrots, celery, onion, rice, parsley flakes, tomatoes and chilies. Simmer until vegetables and rice are done. Add cheese and cornstarch, salt and pepper to taste. Take chicken off bone and put back in soup.

## CHICK CHICK SOUP

*Vicki Sickels*

4 C. chicken broth	½ tsp. leaf thyme
4 garlic cloves (minced)	1 tsp. salt
⅔ C. brown rice	½ C. water
1 (15 oz.) can garbanzo beans (drained)	½ C. onion (sliced)
1 C. celery (sliced)	½ T. dried parsley
1 C. carrot (sliced)	2 C. chicken (cooked & cubed)
	1 or 2 small bay leaves

Combine and simmer for 15 minutes the broth, garlic, brown rice and garbanzo beans (chick peas). Add and simmer for 15 minutes more the celery, carrots, spices, water and onion. Add chicken and heat. Remove bay leaves and serve.

## CROCK POT CHICKEN SOUP

*Phil Tyler*

3 stalks celery (chopped)	½ C. barley
¾ C. carrots (diced)	½ C. brown or wild rice
1 medium onion (diced)	Leftover chicken
	Chicken broth

I like to do this when I have left over roast chicken, but any cooked or canned chicken will do. Fill crock pot ¾ full with chicken broth, then add 3 stalks of chopped celery, ¾ C. diced carrots and 1 medium onion (diced). Add 4 bay leaves, salt and pepper, to taste. I add a little frozen corn, but you may add any veggie you like. Last, add ½ C. barley and ½ C. brown or wild rice. Turn crock pot on high and let it go for 3 hours. Now, add as much chicken as you like, and cook until desired consistency.

## CHICKEN NOODLE SOUP

*Tiffany Brosam*

1 small chicken breast	1/8 C. celery (chopped)
¼ C. thin spaghetti (broken up in 2-inch pieces)	Dash salt & pepper
1¼ C. fat free chicken broth	Cooking spray
1/8 C. carrots (chopped)	Dash dried thyme
	Dash dried parsley

Cut chicken in bite size pieces. Saute in a bit of cooking spray. Heat broth, pasta, herbs, carrots, celery, salt and pepper together. Add chicken. Simmer until noodles are tender. Season to taste.

## CHILI (THE BEST)

*Lennis Lambert*

- |                          |                                       |
|--------------------------|---------------------------------------|
| 2 T. oleo                | 6 C. tomato juice (part tomato paste) |
| 2 T. onion               | 2 tsp. sugar                          |
| Chili powder, to taste   | 1 tsp. Italian dressing               |
| 2 lbs. hamburger         | Dash oregano                          |
| 4 C. chili beans         | 2 bay leaves                          |
| ½ C. mushrooms (chopped) |                                       |

Brown hamburger and onions in skillet until done. Mix all other ingredients in pan and add hamburger. Simmer until hot. Remove bay leaves before serving.

## CHILI

*Sheila Williamson*

- |                              |  |
|------------------------------|--|
| 8 oz. lean ground beef       | 1 (15½ oz.) can light red kidney beans (drained) |
| 1 C. onion (chopped)         | 1 (8 oz.) can tomato sauce                       |
| 1 C. celery (chopped)        | ¼ C. water                                       |
| ½ C. green pepper (chopped)  | 2-3 tsp. chili powder                            |
| ¼ tsp. garlic powder         | ½ tsp. basil leaves                              |
| 1 (14½ oz.) can cut tomatoes |  |

In a large saucepan, cook ground beef, onion, celery, green pepper and garlic until meat is brown. Drain off fat. Stir in kidney beans, the undrained tomatoes, the tomato sauce, water, chili powder and basil. Bring to boiling, reduce heat. Cover and simmer 25-30 minutes or until vegetables are tender. Makes 4 servings.

*Don't confuse one's accumulation of money  
with his treasury of happiness.*

## CHILI CON TOFU

*Deb Repp*

- |  |   |
|--|---|
| 1 T. canola oil                          | 1 (28 oz.) can + 1 (14 oz.) can                     |
| 3 onions (chopped)                       | tomatoes (chopped with juices)                      |
| 1 carrot (chopped)                       | 1 tsp. brown sugar                                  |
| 1 T. jalapeno (finely chopped, optional) | 2 (15 oz.) cans red kidney beans (drained & rinsed) |
| 3-4 tsp. chili powder                    | 2 pkgs. Mori-Nu extra firm tofu (bite size bits)    |
| 1 tsp. ground cumin                      |   |

In a large saucepan, heat oil over medium heat. Add onions, carrots, jalapenos, garlic, chili powder and cumin. Saute until onions and carrots are soft, 5-7 minutes. Add tomatoes with juice and sugar. Cook for 5 minutes over high heat. Reduce heat to low, then stir in beans and tofu. Simmer the chili until thickened, about 15 minutes. Serve with yogurt, finely grated soy Cheddar and scallions on the side.

## CHILI FROM SCRATCH

*Mary Jo Baker*

- |                                      |                            |
|--------------------------------------|----------------------------|
| 2-2½ C. red pinto or kidney beans    | 1 (8 oz.) can tomato sauce |
| 1 quart jar canned tomatoes or juice | 1 tsp. salt                |
| 1 large onion                        | 1 tsp. cumin               |
| 2 lbs. hamburger                     | 1 T. chili powder          |
|                                      | ½ C. green peppers         |
|                                      | ½ C. celery                |

Feed family of size. Using a crock pot makes it easier. Start in morning. Precook beans in a saucepan on top of stove for 1½ hours, until beans are half done. You can use just one kind or mix them. To shorten cooking time, you can use canned beans. Set up the crock pot, add jar of canned tomatoes or juice. Turn crock pot on high. Chop onion into tomatoes. Put on lid about 30 minutes before beans are precooked, brown hamburger in skillet. Crumb and fry until done. Drain off grease and put hamburger into crock pot. Drain off most of the liquid left on the beans, leave just a little. Put into crock pot. If you have room, add tomato sauce. Add spices. Let cook on high until noon. You can substitute sausage instead of hamburger. Turn crock pot to low all afternoon. Check about halfway, through afternoon to see if getting done. If not, turn back onto high.

## DEE'S CHILI

*Darla Sobotka*

- |                     |                             |
|---------------------|-----------------------------|
| 2 lbs. ground beef  | 1 can tomato soup           |
| Onion               | ¾ (46 oz.) can tomato juice |
| Green peppers       | 1 T. chili powder           |
| Salt & pepper       | 2 T. sugar                  |
| 2 cans kidney beans |                             |

Brown ground beef with onions and green pepper. Drain meat. Salt and pepper to taste. Add tomato soup, kidney beans with juice and about ¾ C. of tomato juice. I have used a 14 oz. can of diced tomatoes instead of juice. Stir and add chili powder to taste. Add sugar as desired. Simmer 1-2 hours covered. Makes a large crock pot full.

## SAM'S CHILI WITH MEAT AND BEANS

*Sam Osborn*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 lb. lean ground beef or turkey | 1 tsp. chili powder            |
| 2 (16 oz.) cans tomato sauce     | ½ tsp. garlic powder           |
| 1 (16 oz.) can chopped tomatoes  | ½ tsp. oregano                 |
| 1 large onion (chopped)          | ½ tsp. margarine               |
| 2 (16 oz.) cans kidney beans     | 1 large green pepper (chopped) |
| 2 (16 oz.) cans red beans        |                                |

In a large mixing bowl, mix tomato sauce, diced tomatoes and add spices; set aside. In Dutch oven on stovetop, place hamburger and chop as fine as possible. Turn heat on high until cooking starts; then set on medium heat and add onions. Cook until meat is well done. Add chili powder and mix into cooked meat. Add diced tomatoes and stir; bring to a boil. Add green pepper and simmer for about 15 minutes or until green pepper is cooked. Add the beans a can at a time, stirring after each one. Bring to boil and simmer for about 20-30 minutes. This may be eaten immediately or frozen for future use.

*Some people belong to everything but to their family.*

**CHILI***Louise Stamper*

- |                             |  |
|-----------------------------|--|
| 1½ lbs. lean ground beef    | 1 (14½ oz.) can stewed tomatoes<br>(chopped) |
| 1 medium onion (chopped)    |  |
| Salt, to taste              | 1 (46 oz.) can tomato juice                  |
| Pepper, to taste            | 1 (11½ oz.) can tomato juice                 |
| Garlic powder, to taste     | 1-1½ C. milk                                 |
| 5 (15 oz.) cans chili beans |  |

Brown ground beef and onion in skillet. Add salt, pepper and garlic powder; stir. Place in greased 3½ quart crock pot. Add remaining ingredients, except milk. Stir well. Cook on high heat until starts to bubble around the edges. Turn to low heat. Stir well. Simmer all day. Add milk 30-45 minutes before serving and stir well. Continue cooking on low heat.

**CHICKEN CHILI***Nida Solliday*

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 4 chicken breasts<br>(cooked & diced) | 2 (15 oz.) cans stewed tomatoes |
| 1 C. onion (chopped)                  | 2 (15 oz.) cans pinto beans     |
| 1 medium green pepper (chopped)       | ¾ C. picante sauce              |
|                                       | 1 tsp. chili powder             |
|                                       | ½ tsp. salt                     |

Place all ingredients in Dutch oven and cook over low heat for ½ hour. Serve as side dishes for topping: shredded cheese, sour cream, chopped green onions and picante sauce.

**JIM'S CHILI***Lila Overholtzer*

- |                        |                           |
|------------------------|---------------------------|
| 3 lbs. hamburger       | 1 quart tomato juice      |
| 2½ C. onions (chopped) | 3 T. chili powder or less |
| ½ C. celery            | 1 T. cumin                |
| 2½-3 cans chili beans  | 1 T. salt                 |
| 3 cans tomato soup     | ½ tsp. garlic             |

Brown and drain hamburger, onion and celery. Add remaining ingredients. Simmer for 2 hours.

## TURKEY CHILI

*Judy Jackson*

- |                       |                            |
|-----------------------|----------------------------|
| 1 lb. ground turkey   | 1 C. green peppers (diced) |
| 2 tsp. cumin (ground) | 1 (8 oz.) can tomatoes     |
| 2 tsp. chili powder   | 1 (8 oz.) can tomato sauce |
| 1 C. celery (diced)   | 1 (8 oz.) can kidney beans |
| 1 C. onion (diced)    | 4 cloves garlic (minced)   |

Brown turkey meat. No need to drain. Add onion and garlic. Cook over low heat until tender. Add remaining ingredients. Cook 30 minutes over low heat. A delicious low fat chili.

## WHITE CHILI RECIPE

*Larry Petri*

- |  |  |
|--|--|
| 5 (15.8 oz.) cans Great Northern beans (drained) | 1 tsp. ground cumin                    |
| 3 lbs. chicken breast                            | 1½ tsp. dry oregano                    |
| 1 large onion (chopped)                          | ¼ tsp. ground cloves                   |
| 4 cloves garlic (chopped)                        | ¼ tsp. cayenne pepper                  |
| 1 tsp. olive oil                                 | 5 (14½ oz.) cans clear chicken broth   |
| 2 (4 oz.) cans chopped green chili               | Monterey Jack cheese, salsa & cilantro |

Drain and rinse beans. Boil chicken breasts and cube in small pieces. Chop onion and saute in skillet with olive oil until transparent. Add spices with onion and mix in with beans, chicken and green chili. Salt and pepper to taste. Add chicken broth and let simmer for 2 hours. If green chilies are too mild, chop some pickled jalapenos and add to please your taste. Serve with grated Monterey Jack cheese, sprinkle with fresh cilantro. Add additional salsa if you like it a little hotter.

*All people laugh in the same language,  
so do all shed tears with the same pain.*

**CLAM CHOWDER***Marian Jennings*

- |                              |                    |
|------------------------------|--------------------|
| 2 cans minced clams          | ¾ C. butter        |
| 2 carrots (shredded)         | ¾ C. flour         |
| 1 C. onion (finely chopped)  | 1 quart whole milk |
| 1 C. celery (finely chopped) | 1½ tsp. salt       |
| 2 C. potatoes (finely diced) | ½ tsp. sugar       |
| 6 strips bacon (crisp)       | ¼ tsp. pepper      |
| 1 C. frozen corn (optional)  |                    |

Drain juice from clams and pour the juice over vegetables in a heavy pan. Simmer, covered on medium heat until potatoes are done, about 20 minutes. Melt butter and add flour. Blend and cook 1-2 minutes. Add milk, stirring with wire whip to blend, until mixture is smooth and thick. Add crumbled bacon and seasonings. Add undrained vegetables and clams to the sauce and heat through. Left over soup is just as tasty.

**CLAM CHOWDER***Diane England*

- |                          |  |
|--------------------------|--|
| 2 slices bacon           | 4 T. butter                                |
| ½ C. celery (diced)      | 4 (6½ oz.) cans minced clams<br>with juice |
| 1 C. carrots (grated)    | 2 cans cream of chicken soup               |
| 4 C. potatoes (diced)    | 1 can evaporated milk                      |
| 1 medium onion (chopped) | 1 C. Muenster cheese (grated)              |
| Salt & pepper            | Milk                                       |
| ¼ C. flour               |  |

Cook bacon until crisp. In pan, put celery, carrots, potatoes, onions and just enough water to cook until tender. In a large pan, melt butter and add flour. Add milk to make a thick white sauce. To white sauce, add cooked vegetables and all other ingredients. Salt and pepper to taste. Add milk to desired consistency.

*A faithful friend is one of life's greatest assets.*

## CREAM SOUP MIX

*Anonymous*

- |                          |                            |
|--------------------------|----------------------------|
| 2¼ C. powdered skim milk | ½ tsp. seasoning salt      |
| ¾ C. cornstarch          | ¼ C. low sodium chicken or |
| 2 tsp. onion flakes      | veggie bouillon granules   |

Combine all ingredients and store in covered container. Mix ⅓ C. dry mix with 1¼ C. cold water. Cook stirring constantly until mixture thickens. Cook 2 more minutes. Use this instead of canned soup. Variations: MUSHROOM SOUP: Add ½ C. finely chopped mushrooms. CELERY: Add ½ C. minced celery. POTATO: Add 1 C. diced potato, cooked. CHICKEN: Add ½ C. diced chicken, cooked. VEGETABLES: Add ¼ C. mixed veggies, cooked. BROCCOLI: Add 1 C. chopped, cooked broccoli. ASPARAGUS: Add 1 C. chopped, cooked asparagus.

## CREAMY FRESH CARROT SOUP

*Ernil Hainline*

- |                             |                      |
|-----------------------------|----------------------|
| ¼ C. butter or margarine    | 4 C. chicken broth   |
| ½ C. onion (chopped)        | 2 C. half and half   |
| ½ C. celery (chopped)       | ¼ tsp. ground nutmeg |
| 4 C. fresh carrots (sliced) | ¼ tsp. pepper        |

In a medium saucepan, melt butter; saute onion and celery in butter until tender. Add carrots and broth; bring to a boil. Cover, reduce heat and simmer until tender. Puree in blender, return to pan. Add cream, nutmeg and pepper. Heat.

## CREAM OF CORN SOUP

*Louise Frost*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2½ C. cream style corn           | 1½ tsp. salt                   |
| 3 T. butter                      | Few grains fresh ground pepper |
| ½ medium onion (chopped)         | 3 C. milk or 2½ C. milk &      |
| 3 T. flour                       | ½ C. cream                     |
| 3 T. parsley or chives (chopped) |                                |

Put through a food mill or coarse sieve the corn. I don't do either. Melt the butter and simmer with the onions added, until onions are soft. Stir in the flour, salt and pepper. Stir in the corn and add the milk. Cook until the soup has been blended good and the flour has thickened it some. Serve sprinkled with parsley or chives. 5 servings.

## **GOLDEN CREAM SOUP**

*Cindy Haugland*

- |                       |                                |
|-----------------------|--------------------------------|
| 3 C. potatoes (cubed) | 1 chicken bouillon cube        |
| ½ C. celery (diced)   | 1 C. water to cover vegetables |
| ½ C. carrots (sliced) | 1½ C. milk                     |
| ¼ C. onion (chopped)  | ½ lb. Velveeta cheese (cubed)  |
| 1 tsp. parsley flakes | 2 T. flour                     |
| ½ tsp. salt & pepper  |                                |

Mix first 8 ingredients together and cook 15-20 minutes until tender. Mix milk and flour together in a shaker until well blended. Add to vegetables, stirring until thickened. Add cheese and stir until melted. Add extra milk if too thick. Serves 4-5 people.

## **HAM AND CHEESE SOUP**

*Lois Hays Irwin*

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 stalk celery (chopped) | ¼ tsp. salt                         |
| 1 medium onion (chopped) | 3 C. milk                           |
| 3 T. oleo                | 2 C. ham (cubed, cooked)            |
| 3 T. flour               | 1½ C. American cheese<br>(shredded) |

Combine celery, onion and oleo in 3 quart glass casserole dish. Microwave, covered 5-6 minutes or until vegetables are tender, stirring occasionally. Stir in flour, salt and milk. Microwave covered 7-8 minutes or until mixture boils, stirring once or twice. Add ham and cheese. Microwave, covered 4-5 minutes or until cheese is melted. Serves 5-6.

## **CHEESY POTATO SOUP**

*Angela Reynolds*

- |                            |                  |
|----------------------------|------------------|
| 3 C. potatoes (diced)      | 1 C. water       |
| ¾ C. frozen peas           | ¾ C. frozen corn |
| Salt                       | Pepper           |
| 1-2 chicken bouillon cubes |                  |

Cook in large pan. Cook for 15-20 minutes or until potatoes are done. Add 1½ C. milk, 2 T. flour, ½ lb. Velveeta cheese. Cook until cheese is melted.

## CHEESE POTATO SOUP

*Barbara Walter*

- |                          |                       |
|--------------------------|-----------------------|
| 6 C. potatoes (diced)    | 2 tsp. salt           |
| 1 C. carrots (diced)     | ½ C. onion (chopped)  |
| 1 C. celery (diced)      | ½ lb. Velveeta cheese |
| 2 chicken bouillon cubes | 4 tsp. flour          |
| 2 C. water               | 3 C. milk             |

Combine vegetables, bouillon cubes, water, salt and onion. Boil for 10-15 minutes. In a separate pan, melt the cheese. Separately mix and heat the flour and milk, stirring until smooth and warm. Combine all parts and simmer until hot.

## CHEESE SOUP

*Jan Dukes*

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 C. onion (chopped)           | 1 pkg. Butter Buds               |
| 1 C. celery (chopped)          | 1 T. Mrs. Dash                   |
| 2 medium size potatoes (diced) | 8 tsp. chicken bouillon granules |
| 2 large bags California mix    | 8-10 C. water                    |
| 1 lb. Velveet cheese light     |                                  |

Mix all ingredients except cheese. Use enough water to cover vegetables. Simmer for 1 hour to 1½ hours. Vegetables will be soft. Cube cheese and add to soup mixture.

## CHEESY POTATO SOUP

*Cindy Allen*

- |                                |                      |
|--------------------------------|----------------------|
| 5 potatoes (peeled, quartered) | 1 C. Velveeta cheese |
| ¼ C. onion (diced)             | 1 C. ham             |
| ¼ C. celery (diced)            | 1-2 C. milk          |
| 4 oz. Phil. cream cheese       |                      |

Cook potatoes with celery and onion until tender. Drain off water and cut potatoes smaller if desired. Add softened cream cheese and Velveeta cheese until melted. Add ham and milk, cook slowly. Do not boil. Serves 5-6.

**CHEESY POTATO SOUP***Nathan Drake*

- |                       |                         |
|-----------------------|-------------------------|
| 3 C. potatoes (diced) | 1 C. water              |
| ½ C. celery (chopped) | ½ C. carrots (grated)   |
| ¼ C. onion (chopped)  | 1 chicken bouillon cube |

Cook covered 15-20 minutes until done. Add 1½ C. milk, 2 T. flour, to potatoes. Cook until thick. Add ½ lb. Velveeta cheese, lower the heat to melt.

**DEB'S BAKED POTATO SOUP***Karen Taylor*

- |                          |                                 |
|--------------------------|---------------------------------|
| 1½ C. pepper gravy mix   | 8 slices bacon (crumbled)       |
| 1 lb. frozen hash browns | 1½ C. Cheddar cheese (shredded) |

Dissolve pepper gravy mix in 1 C. warm water. Set aside. Combine hashbrowns with 6 C. water. Bring to a rapid boil. Continue boiling for 5 minutes. Add gravy mixture, crumbled bacon and Cheddar cheese. Simmer.

**LOIS' POTATO SOUP***Lois England*

- |                         |                               |
|-------------------------|-------------------------------|
| 8 large red potatoes    | 4 oz. cream cheese (cubed)    |
| 1 small onion (chopped) | 4 oz. Velveeta cheese (cubed) |
| Salt & pepper, to taste | 1 pint half and half          |
| 2 T. butter             | Milk                          |
| 1 C. ham (cubed)        |                               |

Peel potatoes and cut into bite size cubes. Boil until knife inserts easily. Don't over boil, you want them to hold their form. Drain potatoes. Add salt, pepper, onion, ham, cheeses, cream and enough milk for the amount of soup you desire. Simmer until cheese is melted.

*Your day goes the way the corner of your mouth turn!*

## POTATO SOUP SUPREME

*Phil Tyler*

- |  |                                    |
|--|------------------------------------|
| 2½ lbs. baby red potatoes (peeled & quartered) | 1½ lbs. bacon                      |
| 5 or 6 stalks celery                           | 1 jumbo onion (diced)              |
| 1 quart water                                  | ½ C. bouillon                      |
| 1 quart milk                                   | 1 tsp. salt                        |
| 1 tsp. black pepper                            | 1½ sticks butter or margarine      |
| ¾ C. flour                                     | 1 C. whipping cream                |
| ¼ C. parsley                                   | 1 bunch green onions               |
|  | Colby or Cheddar cheese (shredded) |

Boil potatoes, drain. Saute bacon, onion and celery until tender. Drain grease, add milk, water, bouillon, salt and pepper. Heat over hot heat, but do not let it boil. Fry up four or five strips of bacon, crumble and set aside. In a large heavy pan, melt oleo or butter and add flour; mix well until smooth and bubbly. Stir for another minute. Add the mixture to the soup, stirring constantly until thick. Stir in parsley, potatoes and cream. Top each bowl with grated Cheddar or Colby cheese, crisp bacon crumbled and diced green onions.

## ZESTY POTATO SOUP

*Dora Ann Shields*

- |                                   |                            |
|-----------------------------------|----------------------------|
| 8 large potatoes (peeled & cubed) | 2 C. milk                  |
| 4 C. water                        | 8 oz. American cheese      |
| ¼ C. onion (chopped)              | ⅔ C. chopped green chilies |
| 1-2 cloves garlic (minced)        | 4 T. butter                |
| 1 tsp. salt                       | 3 chicken bouillon cubes   |
| ½ tsp. pepper                     | 2 tsp. parsley             |
|                                   | 1 can real bacon pieces    |

In a large saucepan, combine the potatoes, water, onion, garlic, salt and pepper. Bring to a boil over medium heat. Reduce heat. Cover and simmer until potatoes are tender. Do not drain. Mash potatoes until chunky. Add remaining ingredients. Cook and stir until cheese is melted.

**TACO SOUP**

*Carmen Lampe by Iona Triggs*

- 2 lbs. lean ground beef
- 1 small onion (chopped)
- 1 (4 oz.) can chopped mild green chilies
- 1 tsp. salt
- 1 tsp. pepper
- 1 (15 oz.) can pinto beans (rinsed & drained)
- 1 (16 oz.) can lima beans (rinsed & drained)

- 1 (15 oz.) can red kidney beans (rinsed & drained)
- 1 pkg. taco seasoning
- 1½ C. water
- 1 (1 oz.) pkg. ranch dressing mix
- 1 (14½ oz.) can hominy (drained)
- 1 (14½ oz.) can stewed tomatoes
- 1 large can tomato juice (optional)

Use large kettle. Brown beef and onion. Add remaining ingredients. Bring to a boil and simmer 30 minutes. Top with Cheddar cheese and serve with tortilla chips. Serves 10 people.

**TACO SOUP**

*Phyllis Smith*

- 1 lb. ground beef
- 1 medium onion (chopped)
- 1 pkg. taco seasoning
- 1 (28 oz.) can tomatoes

- 1 (15 oz.) can tomato sauce
- 1 (4 oz.) can green chilies (chopped)
- Cheddar cheese (grated)
- Tortilla chips

Brown ground beef and onions; drain. Add taco seasoning, pureed tomatoes, tomato sauce and green chilies. Serve with grated cheese and crushed chips.

**TACO SOUP**

*Rhonda Baker Lovell*

- 1½ lbs. ground beef
- ½ tsp. pepper
- 1 small onion
- ½ tsp. salt
- 1 can green chilies
- 1 pkg. taco seasoning

- 1 (1 oz.) pkg. ranch dressing mix
- 1 (14½ oz.) can hominy (undrained)
- 1 (15 oz.) can kidney beans (drained)
- 3 (15 oz.) cans stewed tomatoes
- 1 can water

Brown beef and onion. Drain fat and stir in remaining ingredients. Simmer for 30-45 minutes.

## **TACO SOUP**

*Jackie Schnoor*

- |                          |   |
|--------------------------|---|
| 1 lb. hamburger          | 1 can kidney beans                            |
| 1 small onion            | 4 oz. can green chilies                       |
| 1 can corn               | 1 pkg. taco seasoning (dry)                   |
| 1 can Rotel with chilies | 1 pkg. Hidden Valley ranch dressing mix (dry) |
| 2 cans diced tomatoes    | 1½ C. water                                   |
| 1 can pinto beans        |   |

Cook and drain hamburger and onion. Add other ingredients and simmer for an hour. Optional: serve with cheese and tortilla chips.

## **TACO SOUP**

*Pam Poore*

- |                         |   |
|-------------------------|---|
| 1 lb. ground beef       | 1 can Rotel                             |
| 1 large onion (chopped) | 2 cans stewed tomatoes                  |
| 1 can pinto beans       | 1 pkg. taco seasoning mix               |
| 1 can kidney beans      | 1 pkg. Hidden Valley ranch dressing mix |

Brown ground beef and onion together in large stew pot. Then add all the rest of the ingredients and simmer.

## **NOODLE DROPS FOR VEG. BEEF SOUP**

*Roxie Deutsch*

- |                 |                               |
|-----------------|-------------------------------|
| 1 or 2 raw eggs | Flour, to make a noodle dough |
| Salt, to taste  |                               |

Make vegetable beef soup as usual. When it comes to a boil, drop dime or quarter size pieces of noodle dough in pot. Turn down the heat and cook on medium until the vegetables are done. The noodles will be done at the same time. My kids beg me to make this soup. Keep fingers floured.

**DOROTHY MATTHEW'S  
VEGETABLE SOUP***Mary Kathryn Gepner*

- |   |                         |
|---|-------------------------|
| 1 can stewed tomatoes<br>(Italian recipe) | 1 chicken bouillon cube |
| 1 can green beans                         | 1 large onion (sliced)  |
| Beef stew meat or small<br>boiling beef   | 1 can corn              |
|   | 4 beef bouillon cubes   |

Boil beef and onions in water with beef and chicken bouillon cubes until beef and onions are tender. Add stewed tomatoes, corn and green beans. Simmer for 2-3 hours on stove or in slow cooker.

**EASY VEGETABLE SOUP***Sandy Lamb*

- |                            |                  |
|----------------------------|------------------|
| 2 large cans Veg-All       | 2 C. water       |
| 1 lb. ground beef          | 2 C. V-8 juice   |
| 1 large can diced tomatoes | 1 tsp. salt      |
| 1 can green beans          | Pepper, to taste |
| Beef broth or bouillon     |                  |

Brown ground beef in skillet. Drain grease off. In a stock pot, combine canned vegetables, tomatoes, green beans, water. Simmer. Add V-8 juice and beef broth or bouillon to add flavor. Mix in the cooked ground beef; simmer. This recipe takes less than 30 minutes prep time. Serve with corn bread or crackers.

**VEGETABLE SOUP***Louise Frost*

- |                              |                                     |
|------------------------------|-------------------------------------|
| 3 cartons tomatoes (chopped) | 4-5 onions (chopped)                |
| 1 carton carrots (diced)     | 1 C. celery (chopped)               |
| 1 carton green beans         | 1 carton potatoes (diced, optional) |
| 1 carton cabbage (shredded)  | 3 cans peas (optional)              |

This recipe is using ½ gallon ice cream carton and raw vegetables. Bring to boil. Put in jars. Cook at 10 lbs. pressure for 45 minutes. Makes a big canner full. I simplified the recipe by using boughten canned vegetables, except the cabbage and celery, used frozen chopped up potatoes and onions. Bring to boil and cook on medium heat until potatoes, onions and celery are done. Freeze until ready to use. Makes several quarts. Any size carton can be used as long as proportions are same, such as soft margarine container. Adjust onion, celery and peas accordingly.

## **FAST VEGETABLE SOUP**

*Ashley Comer*

- |  |                               |
|--|-------------------------------|
| 1 pkg. frozen mixed vegetables<br>(any type) | ½ tsp. dried basil            |
| Pam spray                                    | 3 C. fat free vegetable broth |
| ½ C. onions                                  | 1 T. tomato paste             |
| 2 cloves minced garlic                       | Crushed red pepper, to taste  |

Spray bottom of a large saucepan or medium pot with Pam. Saute onions and garlic until soft, about 5 minutes. Then place all ingredients in the pot. Bring to a boil and then simmer for 20 minutes.

## **BLACK BEAN STEW**

*Larry Petri*

- |                     |  |
|---------------------|--|
| 2½ lbs. black beans | ¼ C. onion (diced)                         |
| 1 lb. fresh pork    | 1 tsp. crushed garlic                      |
| ¾ lb. sausage       | 8 C. water                                 |
| ¼ lb. bacon         | 1 small can of tomatoes &<br>green chilies |
| Salt, as needed     |  |

Boil black beans, on high until tender. Dice pork, sausage and bacon into small pieces. Fry onion and garlic until evenly browned. Mix all ingredients with black beans and add salt to taste. Serve over rice. Makes 6½ servings.

## **5 HOUR STEW**

*Evelyn Sickels*

- |                         |                         |
|-------------------------|-------------------------|
| 2 lbs. meat (cubed)     | ½ C. water              |
| 3 potatoes (diced)      | 3 T. minute tapioca     |
| 3 carrots (diced)       | 1 T. sugar              |
| 1 large onion (diced)   | Salt & pepper, to taste |
| 1 can tomatoes or juice |                         |

Brown meat then combine with all other ingredients and turn into covered casserole dish. Set oven at 250° and bake 5 hours.

## MARKET STEW

*Debra Repp Hankins*

- |  |   |
|--|---|
| 2 lbs. boneless, very lean beef<br>(trimmed of fat & cubed)                | 1-2 cloves garlic (minced or<br>mashed)   |
| 1 (6 oz.) can tomato paste   | 1 T. minced fresh mint or<br>1 tsp. dried |
| 1 C. dry white wine (or substitute<br>unsalted, defatted chicken<br>stock) | 1 bay leaf                                |
| 1 tsp. ground cumin  | 1 small cinnamon stick                    |
| ½ tsp. fresh ground pepper   | 2 large onions (peeled & sliced)          |
|  | ¼ C. raisins                              |

Brown meat under the broiler or in a large non-stick saucepan or Dutch oven or 1 coated with nonstick spray. Drain and discard all fat. Turn meat out onto folded paper towels to absorb any remaining fat. Preheat oven to 300°. In a large, oven proof casserole or Dutch oven, combine meat with tomato paste, wine, cumin, pepper, garlic, mint, bay leaf and cinnamon. Cover stew and bake 1 hour or until meat is tender. Add onions and raisins; cook for 10-20 minutes. Discard bay leaf and cinnamon stick before serving.

## OLD FASHIONED BEEF STEW

*Pam Poore*

- |  |   |
|--|---|
| 1 lb. lean beef chuck (trimmed &<br>cut into 1-inch cubes) | 2 cloves garlic (minced)                  |
| 2 T. all purpose flour                                     | 2 tsp. tomato paste                       |
| 2 tsp. vegetable oil                                       | 2 C. beef broth                           |
| 2 large yellow onions (sliced thin)                        | 4 C. carrots (sliced)                     |
| 2 C. mushrooms (sliced)                                    | 2 medium Russet potatoes<br>(sliced thin) |
| 1 C. green beans (1-inch pieces)                           | 1 T. cold water                           |
| 1 T. cornstarch  | ¼ C. fresh parsley (chopped)              |

Coat beef with flour, shaking off excess. In a large non-stick pot; heat oil over medium high heat. Add beef; saute until browned, about 6 minutes. Place on a plate. Add onions and mushrooms to pot; saute for 6 minutes. Add garlic; saute, stirring for 1 minute. Pour off fat. Return beef to pot; stir in tomato paste, then broth. Add enough water to just cover, bring to a boil. Reduce heat to low; simmer until beef is tender, about 1¼ hours. Add carrots, potatoes and green beans. Cover partially; simmer 15 minutes. In a small bowl, mix cornstarch and cold water; stir into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

## OVEN BEEF STEW

*Mari McGehee*

- |   |                         |
|---|-------------------------|
| 1 lb. stewing beef (cut pieces<br>bit smaller than bought meat) | 1 onion (sliced)        |
| 5-6 potatoes (peeled, chunked)                                  | 1 can tomato soup       |
| 3-4 carrots (scrapped & sliced)                                 | 1 soup can water        |
|   | Salt & pepper, to taste |

Place meat in Dutch oven or roasting pan (do not have to brown meat). Add potatoes, carrots, slice onion on top, salt and pepper. Combine soup and water; pour over meat and vegetables. Bake, covered, for 5 hours at 250°. Additional meat, potatoes, etc. can be added but be sure the tomato sou and water ratio is half and half and the meat and vegetables should be nearly cover with this liquid at the beginning of cooking time.

## SLOW COOK STEW

*Sandy Armstrong*

- |                                 |                       |
|---------------------------------|-----------------------|
| 1½ lbs. stew meat               | 1 C. celery (chopped) |
| Onions, to taste                | 4 carrots (cut up)    |
| 1½ tsp. salt                    | 4 potatoes (cut up)   |
| 1 T. sugar                      | Cabbage (optional)    |
| ½ C. soft bread crumbs          | 3 T. quick tapioca    |
| 1 (16 oz.) can chopped tomatoes |                       |

Mix in roasting pan. Put in oven at 250° for 5 hours, stirring twice. If using more vegetables, add more tomatoes or a little water or beef broth.

## SWEET AND GOLDEN STEW

*Gary and Michiko Baker*

- |  |  |
|--|--|
| ½ lb. boneless very lean beef<br>(trimmed & cubed) | 2-3 carrots (scrubbed & sliced)        |
| ¼ C. whole wheat flour                             | 1 C. unsweetened orange juice          |
| 3-4 sweet potatoes (scrubbed &<br>cubed)           | ½ tsp. cinnamon                        |
| 1 C. celery or kohlrabi (chopped)                  | 3-4 tart apples (cored &<br>quartered) |
|  | 1 C. pitted prunes                     |

Brown meat under the broiler or in a large nonstick saucepan or Dutch oven. Drain and discard all fat. Turn meat out onto folded paper towels to absorb any remaining fat. Preheat oven to 300°. In a large, ovenproof casserole dish or Dutch oven, stir meat with flour. Add remaining ingredients except apples and prunes. Cover and bake for 1½ hours. Stir in apples and prunes and bake 30 minutes longer, or until meat, vegetables and fruit are tender. If you prepare this stew in advance, do not add apples until you reheat to serve.

# Vegetables

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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## Hints for Vegetables and Side Dishes

Put a tablespoon of butter or a few teaspoons of cooking oil in the water when cooking rice, dried beans, and pasta to keep it from boiling over and sticking together.

Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

Pasta products tend to lose texture and become too soft when frozen and reheated.

A few drops of lemon juice in the water while boiling potatoes will whiten them.

Potato skins will remain tender if you wrap them in aluminum foil to bake them. Foil margarine wrappers also work well.

To improve the flavor of old potatoes, add a little sugar to the water in which they are boiled.

Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

A well-beaten white of egg added to mashed potatoes will enhance the looks and taste of the dish.

Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing. One tablespoon of butter added before mashing also enhances the flavor.

If someone in the family is on a salt-free diet, try cooking a turnip with the boiled potatoes. It makes it taste as if salt has been added.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to one quart of water) immediately after peeling.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white. A bit of lemon juice or vinegar added to the cooking water also makes cauliflower keep its snowy white color.

Use greased muffin tins as molds when baking stuffed green peppers.

Green pepper may change the flavor in frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade.

For a quick cheese sauce over cooked vegetables, simply slice cheese from a brick with a vegetable peeler and place some of these extra-thin slices on top of hot vegetables. The thin slices melt quickly and easily.

## - VEGETABLES -

### FRUIT FLAVORED SWEET BEANS

*Allan Baker*

- |   |                                      |
|---|--------------------------------------|
| 2 T. unsalted, defatted vegetable stock or nonstick olive oil spray | ¼ C. frozen orange juice concentrate |
| 1 medium onion (finely chopped)                                     | 1 C. white wine or white grape juice |
| 3 C. cooked or reduced sodium canned white beans                    | 1 C. pitted prunes                   |
| 1 tsp. minced ginger root   | 1 C. dried apples                    |
| 2 tsp. cinnamon   | 1 apple or pear (chopped)            |
| Nutmeg (fresh grated, to taste)                                     | 2 T. rum or sherry (optional)        |

Preheat oven to 350°. Heat 2 T. stock in a nonstick skillet or pan coated with nonstick spray. Add onion and stir fry until golden. Combine remaining ingredients in a 2 quart baking pan; mix in cooked onions. Cover pan and bake for 2 hours. If mixture becomes dry, add more apple juice. 8 servings.

### OLD FASHIONED BAKED BEANS

*Diane Henry*

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 C. Great Northern beans         | ¼ C. molasses                  |
| 5 C. water                        | 2 T. brown sugar               |
| 1 small onion (finely chopped)    | 1 tsp. dry mustard             |
| 1½ tsp. salt                      | ¼ C. ketchup                   |
| 2 thick slices salt pork or bacon | ¾-1 C. bean liquid, as desired |

Cook beans in water until tender. Drain, keeping some of the liquid. Add all remaining ingredients. Simmer until thickened.

### MAPLE GLAZED ACORN SQUASH

*Deb Repp*

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 acorn squash                    | 2 T. pure maple syrup |
| 4 T. butter or margarine (melted) | ½ C. walnuts (broken) |

Cut squash in half lengthwise, scoop out seeds and bake cut side down for 30 minutes at 350°. Remove from oven, cool slightly and slice. Pour remaining ingredients over squash and bake, covered, at 350° for 30 minutes. Hint: Squash may be peeled or left unpeeled after first baking. 4-6 servings.

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## CREAMED SQUASH

*Verla Repp*

- |                          |                            |
|--------------------------|----------------------------|
| 2 C. fresh zucchini      | 2 T. butter or margarine   |
| 2 C. fresh yellow squash | 1 C. milk                  |
| 1 onion                  | 2 T. whole grain flour     |
| ½ tsp. salt              | ½ C. unhulled sesame seeds |
| ¼ tsp. pepper            |                            |

Wash and slice zucchini and yellow squash. Dice onion. Steam for 8-10 minutes or until tender; drain, then add salt, pepper and butter. Stir together milk and flour with fork or wire whisk and add to squash. Heat until bubbly, then add sesame seeds. Continue cooking and stirring for 1 more minute, then serve. Yield 6 servings.

## FRESH SQUASH MEDLEY

*Diane Repp Lee*

- |  |   |
|--|---|
| 2 T. safflower oil                       | 1 C. Cheddar cheese (grated)            |
| ¾ C. green onions (chopped)              | 1 C. Swiss cheese (grated)              |
| 3 C. fresh zucchini (sliced)             | ½ tsp. salt                             |
| 3 C. fresh yellow summer squash (sliced) | 1/8 tsp. pepper                         |
| ⅓ C. water                               | ¼ C. roasted sunflower seeds (optional) |

Saute onions in oil; add squash and water. Cover and cook on medium heat until just tender, 10 minutes. Drain liquid off, saving for vegetable or meat stock. Stir in cheeses, salt and pepper. Just before serving, sprinkle seeds on top, if desired. 6 servings.

## DOUBLE SQUASH CASSEROLE

*Diane Repp*

- |                                  |                             |
|----------------------------------|-----------------------------|
| 2 C. fresh zucchini (diced)      | 1 C. mayonnaise             |
| 2 C. fresh yellow squash (diced) | 2 eggs (beaten)             |
| 1 large onion (sliced)           | ½ tsp. salt                 |
| 4 T. butter                      | 4 oz. Colby cheese (grated) |

Place zucchini and yellow squash in a 2 quart or 9 × 13-inch baking dish. Separate onion into thin rings and cover top of squash with onion. Melt butter, blend with mayonnaise, eggs and salt; pour over squash. Top with cheese, cover and bake at 350° for 35-45 minutes. Hint: This baking time is for a crisp, barely done squash. If you like your squash very tender, increase the baking time. 6 servings.

**BAKED ACORN SQUASH***Michelle Repp*

- 2 acorn squash
- ¼ C. butter or oleo (melted)
- 1 tsp. cinnamon

- 1 C. crushed pineapple (drained & unsweetened)
- 3 T. honey

Split squash lengthwise, scoop out seeds. Place cut side down in a greased dish and bake, uncovered, for 30 minutes at 350°. Remove from oven and brush with melted butter. Combine remaining butter with pineapple, honey and cinnamon; fill each square with the mixture. Bake, uncovered, another 25-30 minutes or until tender. 4 servings.

**CREAMED BEANS WITH ZUCCHINI***Danielle Brosam*

- 3 (10 oz.) pkgs. frozen French green beans
- 3 C. fresh zucchini (sliced)
- 1 onion (diced)
- 1 C. half and half or evaporated milk

- 1 C. Cheddar cheese (shredded)
- 1 C. Monterey Jack cheese (shredded)
- 1 C. mushrooms (sliced)
- 1 C. water chestnuts (sliced)
- ½ tsp. salt

Steam beans for 3-4 minutes, then add zucchini and onion. Steam for 3-4 minutes. Place drained vegetables in a large casserole dish; stir in remaining ingredients and bake, covered for 20 minutes at 350°. 8-10 servings.

**RICE WITH ZUCCHINI SAUCE***Verla Repp*

- 2-2½ C. rice (cooked)
- 4 oz. cream cheese
- 2 C. zucchini (shredded)
- 1 onion (diced)

- 1 T. honey
- 1 tsp. curry powder
- ½ tsp. salt

Prepare rice by simmering 2½ C. water and 1 C. rice until water is absorbed, about 45 minutes. Combine remaining ingredients in blender and whirl until smooth. Blend zucchini mixture with rice and bake 20 minutes at 350°. 6 servings.

## **CRISP PARMESAN BEANS**

*Diane Repp Lee*

1 quart green beans  
(fresh or frozen)  
2 T. butter or margarine

¼ C. Parmesan cheese  
¼-½ tsp. salt

Steam green beans until crisp tender, about 5 minutes. Remove from steamer and stir in butter or margarine, cheese and salt. Serve immediately. 6 servings.

## **GREEN BEAN CASSEROLE**

*Phyllis Smith*

2 T. flour  
½ stick butter  
Juice off green beans  
2-3 cans green beans

½ C. Velveeta cheese  
(shredded or chopped)  
Salt & pepper

Mix butter and flour over medium heat until the consistency of a thin sauce. Pour over green beans. Garnish with toasted onion rings. Bake until heated through at 350°. Onion rings may get too dark if put on too quickly.

## **STRINGBEAN CASSEROLE**

*Verla Repp*

1 can string beans

1 can cream mushroom soup

Drain off part of liquid. To this liquid add 1 can cream of mushroom soup. Stir. Mix with beans. Place in casserole dish. Cover with French fried onions. Bake at 325° for 40 minutes or so.

## **SWISS GREEN BEANS**

*Sheila Shafer*

2 cans green beans (French cut)  
⅓ C. oleo  
4 T. flour  
1 T. minced onions  
1 T. sugar

8 oz. sour cream  
Salt & pepper, to taste  
8 oz. Swiss cheese (shredded)  
2 T. oleo (melted)  
Corn flake crumbs

Preheat oven to 325°. In a saucepan, melt oleo. Stir in flour until smooth. Add onions, sugar, sour cream, salt and pepper. Heat and stir until thick and bubbly. Fold in green beans. Pour into 8×8-inch buttered dish. Top with Swiss cheese. Then mix melted oleo with corn flakes to make a crunchy topping. Spread on top of cheese.

## **BROCCOLI DELIGHT**

*Marlene Tull*

- |                             |                         |
|-----------------------------|-------------------------|
| 1 pkg. frozen broccoli      | 1 medium onion          |
| 1½ sticks margarine         | 1 medium jar Cheez Whiz |
| 1 can cream of chicken soup | 3 C. rice (cooked)      |

Thaw broccoli; add margarine and 1 medium onion, chopped. Fry slowly until tender. Add 1 can cream of chicken soup and 1 medium jar of Cheez Whiz. Put the above over 3 C. cooked rice. Put in casserole dish and bake until bubbly at 350°. Sometimes I add about ¾ C. of milk if mixture is a little dry.

## **BROCCOLI CASSEROLE**

*Marlee Egly*

- |  |                              |
|--|------------------------------|
| 2 pkgs. chopped broccoli<br>(cooked & drained) | ½ C. celery (chopped)        |
| 1 can cream of mushroom soup                   | ¼ C. Sharp cheese (shredded) |
| ¾ C. sour cream                                | 1 tsp. salt                  |
|  | ½ tsp. pepper                |

Combine all ingredients and put in greased 1½ quart casserole dish. Bake at 350° for 20-30 minutes.

## **BROCCOLI AND RICE CASSEROLE**

*Janet Haley*

- |  |                         |
|--|-------------------------|
| 1 (8 oz.) jar Cheez Whiz                         | ½ C. celery (sliced)    |
| 1 can cream of mushroom soup                     | 1½ C. minute rice       |
| 1 (10 oz.) pkg. frozen broccoli<br>cuts (thawed) | 6 T. margarine (melted) |
|  | ½ C. onion (chopped)    |

Combine all ingredients in 2½ quart dish. Cover dish and cook on high 16-18 minutes, stirring once or until vegetables are tender.

## **BROCCOLI RICE CASSEROLE**

*Sheila Shafer*

- |   |                              |
|---|------------------------------|
| 2 (10 oz.) pkgs. chopped broccoli<br>(thawed & drained) | 1 can cream of mushroom soup |
| 1½ C. minute rice (cooked)                              | 1 can Durkees onions         |
|   | Cheddar cheese (shredded)    |

Combine broccoli, rice soup and half the onions in a 2 quart casserole dish. Cover with vented plastic wrap. Microwave on high 8-10 minutes. Stir in cheese; top with remaining onions. Microwave 2 minutes or until cheese is melted.

## **BROCCOLI AND RICE**

*Jane Bartling*

- |                        |                     |
|------------------------|---------------------|
| 1 C. instant rice      | 1 can mushrooms     |
| 1 pkg. frozen broccoli | 1 can mushroom soup |
| 2 T. butter            | ½ jar Cheez Whiz    |
| Onion                  |                     |

Cook broccoli. Saute onion and mushrooms in butter. Add soup and rice. Add cheese. Stir until cheese melts. Drain broccoli and pour cheese mixture over. Bake in casserole dish at 350° for 30 minutes.

## **BROCCOLI AND RICE**

*Fay Howie*

- |                        |                                |
|------------------------|--------------------------------|
| 1 box chopped broccoli | 1 can cream of chicken soup    |
| 2 C. instant rice      | Can water chestnuts (optional) |
| 1 small jar Cheez Whiz | Salt & pepper, to taste        |

Cook box of broccoli using box instructions. Cook rice according to its directions. Mix together soup, Cheez Whiz, chestnuts, salt and pepper, then fold in broccoli and rice. Bake at 350° for 30 minutes.

## **COMPANY BROCCOLI AND CAULIFLOWER**

*Gary Baker*

- |                              |                            |
|------------------------------|----------------------------|
| 1 bunch fresh broccoli       | 1½ C. Monterey Jack cheese |
| 1 head fresh cauliflower     | (shredded)                 |
| 1 small egg plant            | 1 tsp. salt                |
| 1 medium onion (diced)       | ¼ tsp. curry powder        |
| 1 can cream of mushroom soup | 1/8 tsp. red pepper        |
| 1 T. chives                  | ¼ C. sunflower seeds       |

Separate broccoli and cauliflower into florets and steam for 4 minutes only. Peel and pare egg plant, combine with onion and boil gently, covered, until tender, 5-7 minutes. Drain thoroughly; combine in blender jar with soup, chives, cheese, salt, curry powder and red pepper. Process until smooth, then pour gently over drained vegetables, folding carefully to coat. Top with sunflower seeds and broil just long enough to toast seeds. 8-10 servings.

## CAULIFLOWER WITH POPPY SEED SAUCE

*Allan Baker*

1 head fresh cauliflower  
¼ C. butter or margarine  
2 T. lemon juice  
1 T. poppy seed

1 T. honey  
¼ tsp. salt  
Dash cayenne pepper  
1 egg yolk

Break cauliflower into florets, wash and steam until crisp tender, about 6-7 minutes. Meanwhile, melt butter and add remaining ingredients except egg yolk. Bring to a boil, then place a small amount of the hot mixture in a cup. Add egg yolk and beat with a fork. Reduce heat and return this mixture to the saucepan, cooking and stirring vigorously with a wire whisk until thickened. Pour the sauce over the steamed cauliflower and serve at once. 4-6 servings.

## FRIED CAULIFLOWER

*Jamie and Katie Hankins*

1 head cauliflower  
¼ C. wheat germ  
¼ C. corn meal

2 eggs  
¼ C. milk  
Safflower oil

Wash cauliflower and pat dry. Break or cut into small florets. Place wheat germ and corn meal in a paper bag; stir milk and eggs together in a deep bowl. Dip cauliflower florets into liquid, then shake in coating. Fry for about 5 minutes in 2-inches of hot safflower oil. 4 servings.

## CREAMED CAULIFLOWER AND PEAS

*Mary Jo Baker*

1 head cauliflower  
1 (10 oz.) pkg. green peas  
(frozen or fresh)  
1 onion (sliced)  
2 T. butter or margarine

2 T. whole wheat flour  
1 C. milk  
1 C. Muenster cheese  
¼-½ tsp. salt

Wash cauliflower and separate into florets; steam until just tender, 5-7 minutes. Meanwhile, steam peas and onions until crisp tender, about 4 minutes. Make a cream sauce with butter or margarine, flour and milk. Stir in Muenster cheese and salt. Combine drained cauliflower, peas and onions and pour cream sauce over vegetables. Serve hot. To make the cream sauce, melt butter over medium heat; stir in flour. Cook until bubbly; add milk and stir constantly with wire whisk to prevent lumps. Cook and stir until bubbly and thickened.

## HOLIDAY CAULIFLOWER

*Deb Larson*

- |   |                              |
|---|------------------------------|
| 1 large head cauliflower                    | 2 C. milk                    |
| 1 (4 oz.) can sliced mushrooms<br>(drained) | 1 tsp. salt                  |
| ¼ C. green peppers (diced)                  | 1 C. Swiss cheese (shredded) |
| ¼ C. butter                                 | 2 T. pimento (chopped)       |
|   | ⅓ C. flour                   |

Break cauliflower into medium sized pieces. Steam until crisp tender; set aside. In a 2 quart saucepan, saute mushrooms, green peppers and butter. Blend in flour. Gradually stir in milk. Cook over medium heat, stirring constantly until thick. Stir in salt, cheese and pimento. Place half cauliflower in greased 2 quart casserole dish. Cover with half sauce. Repeat. Bake at 325° for 15 minutes.

## BAKED KRAUT

*Lois Hays Irwin*

- |                                  |                  |
|----------------------------------|------------------|
| 1 (No.2½) can kraut (drained)    | 1 medium onion   |
| 1 (No. 2) can tomatoes (drained) | 1 C. brown sugar |
| 4 slices bacon                   |                  |

Cut bacon in small pieces and fry with onion until bacon is crisp. Drain off all grease but 3 or 4 tablespoons. Mix with remaining ingredients and bake at 350° for 1 hour in a casserole dish. If whole tomatoes are used, cut in small pieces.

## SCALLOPED CABBAGE

*Lois Hays Irwin*

- |                       |                      |
|-----------------------|----------------------|
| 1 medium head cabbage | 1 C. milk            |
| 2 T. shortening       | ⅔ C. cheese (grated) |
| 2 T. flour            | 1 C. bread crumbs    |
| ½ tsp. salt           | ½ C. butter          |

Cut cabbage in medium fine pieces. Cook until barely tender in salted water. Make white sauce by melting shortening, blending in flour, salt and milk. Stir well until slightly thickened. Fold in cheese. Alternate cabbage and cream sauce. Top with buttered bread crumbs. Bake at 350° until bubbly, 30-45 minutes.

## TUMERIC CABBAGE

*Diane Henry*

- |                     |                            |
|---------------------|----------------------------|
| 1 pint vinegar      | 3 T. salt                  |
| 1 pint water        | 3 T. mustard seed          |
| 5 C. sugar          | 4 quart cabbage (shredded) |
| 1 T. celery seed    | 4 green peppers (chopped)  |
| 1 T. tumeric powder | 4 onions (sliced)          |

Heat first 7 ingredients to boiling. Pour over cabbage, peppers and onions. Cool and store in refrigerator. This will keep indefinitely.

## ORANGE ALMOND CARROTS

*Katie and Jamie Hankins*

- |  |   |
|--|---|
| 1 lb. carrots (scraped & cut in 1-inch chunks) | ½ tsp. salt                             |
| ½ C. orange juice                              | ¼ tsp. lemon rind                       |
| 2 T. honey                                     | ⅓ C. blanched whole or slivered almonds |
| 1 T. butter or margarine                       | 2 T. fresh parsley                      |

Prepare carrots and steam for 15-20 minutes until tender. Meanwhile, combine orange juice, honey, butter, salt and lemon rind. Bring to a boil, then simmer, uncovered 5 minutes. Add carrots to sauce, stir in almonds and heat through. Garnish with parsley. 4-6 servings.

## CARROT CASSEROLE

*Dorothy L. Main*

- |                                     |   |
|-------------------------------------|---|
| 12 medium carrots (peeled & sliced) | ¼ tsp. pepper                                 |
| 1 small onion (diced)               | 1 tsp. prepared mustard or ¼ tsp. dry mustard |
| 2 T. margarine (melted)             | ¼ tsp. celery salt                            |
| 6 T. flour                          | 2 C. milk                                     |
| ½-1 C. celery (diced)               | ½ lb. Velveeta cheese                         |
| 1 tsp. salt                         | Seasoned bread cubes (optional)               |

Precook carrots and drain. Over low heat, precook onion and celery in margarine. Mix next 6 ingredients together and cook as for a white sauce. Spray 9-inch square baking dish with Pam. Mix the drained, cooked carrots, onions and celery and white sauce together. Pour into baking dish. Put cheese or cheese slices on top. If desired, may add seasoned bread cubes on top of cheese. Bake at 350° for 25-30 minutes.

## CHEESY CARROTS

*Heidi Bell*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 (16 oz.) pkg. carrots (sliced) | 2 C. Cheddar cheese (shredded) |
| 1 small onion (chopped)          | 2 T. butter                    |

Combine the carrots and enough water to cover in a saucepan. Cook over medium heat until tender crisp, stirring occasionally. Place  $\frac{1}{3}$  of the carrots over the bottom of a round  $1\frac{1}{2}$  quart baking dish. Layer the onion, cheese and remaining carrots  $\frac{1}{2}$  at a time over the top, ending with the carrots. Dot with butter. Bake at  $350^{\circ}$  for 20 minutes or until the cheese is melted. 4 servings.

## ORANGE GINGER CARROTS

*Connie Sandage Manus*

- |   |  |
|---|--|
| Vegetable cooking spray                       | $\frac{1}{4}$ tsp. ground ginger           |
| 1 T. butter or margarine                      | $\frac{1}{8}$ tsp. salt                    |
| 1 lb. carrots (scraped & cut julienne strips) | $\frac{1}{8}$ tsp. dry mustard             |
| 2 T. unsweetened orange juice                 | Dash pepper                                |
| 2 T. brown sugar                              | $1\frac{1}{2}$ tsp. sesame seeds (toasted) |
|   | Sprigs fresh parsley                       |

Coat a large nonstick skillet with cooking spray. Add butter or margarine; place over medium heat until butter or margarine melts. Add carrots; saute 8 minutes or until crisp tender. Add orange juice and next 5 ingredients; cook over medium low heat 8-10 minutes or until carrots are tender, stirring occasionally. Transfer mixture to a serving bowl. Sprinkle with sesame seeds; toss gently. Add sprigs of fresh parsley for color or decoration. 4 servings.

## CREAMED CARROTS, CELERY AND NEW POTATOES

*Michelle Repp*

- |                              |                          |
|------------------------------|--------------------------|
| 8-10 new potatoes            | 5 T. whole wheat flour   |
| 2 C. celery (1-inch chunks)  | 3 T. butter or margarine |
| 2 C. carrots (1-inch chunks) | 1 T. chives              |
| 1 C. onion (chopped)         | 1 tsp. pepper            |
| 2 C. milk                    | 1 tsp. salt              |

Prepare vegetables, place in steamer basket and steam until tender, about 20 minutes. Combine remaining ingredients in blender jar and process until smooth. Remove steamed vegetables and gently pour them in a saucepan with the blended milk mixture. Bring to a boil over medium heat, stirring carefully to prevent sticking. Cook 1-2 minutes or until thickened. Yield: 8 servings.

## FILED PEAS AND TOMATOES

Debra Repp Hankins

- |                                      |                     |
|--------------------------------------|---------------------|
| 1 (10 oz.) pkg. field peas           | 1 tsp. chili powder |
| 1 T. bacon drippings                 | ½ tsp. honey        |
| 1 C. tomatoes (unpeeled,<br>chopped) | ½ tsp. salt         |
|                                      | ½ C. onion (diced)  |

Cook peas and bacon drippings, covered, gently in a small amount of water for 5 minutes. Add remaining ingredients, bring to a boil, reduce heat, cover and cook an additional 5 minutes, adding just enough water to keep peas from sticking. Serve hot. 4 servings.

## ONION PATTIES

*In Memory of Alise Wicker  
(Submitted by Jayla Shelman)*

- |                      |                              |
|----------------------|------------------------------|
| ¾ C. flour           | 1 T. corn meal               |
| 2 tsp. baking powder | ½ C. powdered milk           |
| 1 T. sugar           | Cold water                   |
| ½ tsp. salt          | 2½ C. onion (finely chopped) |

Mix ingredients in order given. Add enough cold water for a thick batter. Drop by teaspoon in hot oil in pan, flatten slightly as you turn. Fry to a golden brown. Tastes like onion rings but much easier.

## OLD FASHIONED FRENCH FRIES

Jamie and Katie Hankins

- |                         |      |
|-------------------------|------|
| 4 large baking potatoes | Salt |
| Safflower oil           |      |

Scrub potatoes thoroughly and slice lengthwise into spears ¾-1 inch thick. Place unpeeled potatoes in a single layer on a baking sheet and bake at 375° for 20 minutes. Fry in hot safflower oil until tender and brown, about 7 minutes. Drain, salt lightly and serve. 4 servings.

## CHEESE POTATOES

*Carol Hays*

2 lbs. frozen hashbrowns  
8 oz. Velveeta cheese  
1 stick oleo

1 pint Half and Half  
8 oz. Cheddar cheese  
Onion (minced)

Melt all together and add to hashbrowns. Let set 1 hour and bake 1 hour at 350°. Can also be done in crock pot.

## CHEESY HASH BROWNS

*Margaret Bishop*

2 sticks oleo  
1 C. milk  
1 can cream of chicken soup

1 lb. Velveeta cheese  
1 (2 lb.) pkg. frozen hash browns

Melt first 4 ingredients. Spread frozen hash browns in bottom of 9 × 13-inch pan. Cover with melted ingredients. Can crumble potato chips on top. Bake 1 hour at 350°. I don't always use Velveeta cheese. Pasteurized process cheese spread works just as well.

## CHEESY HASH BROWNS

*Melinda England*

1 (2 lb.) pkg. hash browns  
(thawed)  
1 (16 oz.) carton sour cream  
1 can cream of mushroom soup

2 T. onion (chopped)  
2 C. Velveeta cheese (cubed)  
½ stick margarine (melted)

Mix all together and put in 9 × 13-inch baking dish. Bake at 350° for 45-60 minutes.

## CHEESY POTATOES

*Diane England*

5 lbs. potatoes  
½ C. butter  
1 T. flour  
1 T. salt

1 can cream of mushroom soup  
1 C. milk  
1 lb. Velveeta cheese (cubed)  
1 small onion (cut fine)

Boil potatoes in jackets; peel and slice. Place in 9 × 13-inch greased pan. Combine the remaining ingredients in a saucepan and heat. Pour over potatoes and bake at 300° for 1 hour.

## CRISPY POTATOES

*Janis Denney*

- |                            |  |
|----------------------------|--|
| 1 C. corn flakes (crushed) | 4 medium potatoes (peeled & sliced ½-inch thick) |
| 1½ tsp. seasoned salt      |  |
| ¼ C. butter (melted)       |  |

Combine corn flakes and seasoned salt. Dip potatoes in butter, then coat with corn flake mixture. Place on greased baking sheet. Bake at 350° for about 1 hour or until tender.

## TRIPLE CHEESE POTATO BAKE

*Virginia Main*

- |   |                                      |
|---|--------------------------------------|
| 2 (10¾ oz.) cans cream of chicken soup        | ¾ C. green onions (sliced)           |
| 1 (8 oz.) carton sour cream                   | 1 (2 oz.) jar diced pimentos         |
| ½ tsp. pepper                                 | ¾ C. Sharp Cheddar cheese (shredded) |
| 1 (30-32 oz.) pkg. frozen hash brown potatoes | ¾ C. Swiss cheese (shredded)         |
|   | ¼ C. Parmesan cheese (grated)        |

Preheat oven to 375°. Combine soup, sour cream and pepper in large bowl; blend well. Stir in potatoes, onions, pimentos, Cheddar cheese and Swiss cheese. Spread in a large baking dish, 13 × 9-inch, and bake for 1 hour to 1 hour and 15 minutes. Sprinkle Parmesan cheese on top before putting in oven.

## TWICE BAKED POTATOES IN A PAN

*Nicole Denney*

- |                           |                                |
|---------------------------|--------------------------------|
| 5 lbs. potatoes (cooked)  | 2 C. Cheddar cheese (shredded) |
| 1 large carton sour cream | ½ stick butter                 |

Cook potatoes in salt water and drain. Mash potatoes with sour cream, butter and 1 C. Cheddar cheese. Put in 9 × 13-inch greased pan. Top with remaining 1 C. cheese. Bake at 350°, covered for 50 minutes. Remove cover and bake for 10 more minutes.

## EASY POTATO CASSEROLE

*Ryan England*

1 pkg. potatoes O'Brien  
2 (10 oz.) cans cream of  
mushroom soup

$\frac{3}{4}$  C. milk  
1 C. Velveeta cheese (diced)

Mix all together. Put in 9 × 13-inch baking dish and bake 1-1½ hours until done. Bake at 350°.

## GOOD POTATOES

*Terri Ruby*

2 lbs. hash browns (thawed)  
2 T. dry minced onion  
 $\frac{1}{2}$  C. oleo (melted)  
1 can cream of chicken soup

$\frac{1}{2}$  tsp. salt  
1 small carton sour cream  
 $\frac{1}{2}$  tsp. pepper  
2 C. Cheddar cheese (grated)

### TOPPING:

2 C. corn flakes or potato chips  
(crushed)  $\frac{1}{4}$  C. oleo

Combine all ingredients except topping and put in a 9 × 13-inch buttered pan. Then mix chips or flakes and oleo; spread on top. Bake at 350° for 45-60 minutes.

## HOLIDAY POTATOES

*Vicki Sickels*

4 lbs. potatoes  
1 C. onion (chopped)  
 $\frac{1}{4}$  C. butter  
1 can cream of celery soup

1 pint sour cream  
 $1\frac{1}{2}$  C. cheese (shredded)  
Salt & pepper, to taste  
Potato chips (crushed)

Cook potatoes, drain, cool, peel and shred. Cook onion in butter until tender. Add soup, sour cream and cheese. Mix well and pour over potatoes also mixing well. Salt and pepper to taste. Pour into casserole bowl and top with crushed potato chips. Bake at 350° for 1 hour.

## PARTY MASHED POTATOES

Marie Still

- |                                |                             |
|--------------------------------|-----------------------------|
| 10-12 large white potatoes     | 1 tsp. onion salt           |
| 8 oz. pkg. cream cheese (soft) | 1 tsp. garlic salt          |
| 1 C. sour cream                | Cheese (shredded, optional) |

Boil potatoes in salted water, drain and mash. Add cream cheese, sour cream, onion salt and garlic salt. Beat until light and fluffy. I use electric mixer. Spread in 9 × 13-inch pan. Top with shredded cheese if desired. Cover and refrigerate or freeze until needed. Bake at 350° for 45-60 minutes.

## PATIO POTATOES

Stasia Taylor Nickle

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 (2 lb.) bag hash browns (thawed) | 1 can cream of chicken soup   |
| 1 C. sour cream                    | ¼ C. oleo (melted)            |
| 1 can cream of potato soup         | 2 C. cheese (grated or cubed) |

Mix all together. When ready to bake, top with 2 C. crushed corn flakes. Pour melted oleo on top. Bake at 350° for 45 minutes to 1 hour.

## POTATO CASSEROLE

Mari McGehee

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 (2 lb.) bag frozen hash browns | 1½ sticks butter (melted)     |
| 2 tsp. flaked onion              | 8 oz. Cheddar cheese (grated) |
| 1 can cream of chicken soup      | 1 tsp. salt                   |
| ½ tsp. garlic salt               | 1 pint (16 oz.) sour cream    |

Defrost potatoes. Mix ingredients. Pour into a 9 × 13-inch pan. Bake at 350° for 1½ hours.

*Give others a piece of your heart, not a piece of your mind.*

## POTATO CASSEROLE

*Ethel Campbell*

- |                             |                              |
|-----------------------------|------------------------------|
| 2 lbs. hash browns (thawed) | ½ C. margarine (melted)      |
| 1 tsp. salt                 | ½ tsp. black pepper          |
| 2 T. minced onion (dried)   | 1 can cream of chicken soup  |
| 1 pint sour cream           | 1 C. Cheddar cheese (grated) |

### TOPPING:

- |                            |                         |
|----------------------------|-------------------------|
| 2 C. corn flakes (crushed) | ¼ C. margarine (melted) |
|----------------------------|-------------------------|

Mix all together and add the hash brown potatoes last. Put in 9×13-inch pan, cover with topping. Bake 1 hour at 350°.

## POTATO BAKE

*Carol Hays*

- |                      |                             |
|----------------------|-----------------------------|
| 10 potatoes (peeled) | 1 (8 oz.) pkg. cream cheese |
| 1 C. sour cream      | 2 tsp. onion salt           |
| ¼ tsp. pepper        | 2 T. oleo                   |

Mash potatoes with nothing added, then add other items. Put in 9×13-inch pan. Top with oleo and bake 45 minutes to 1 hour at 350°. Can be made the day before.

## ESCALLOPED POTATOES

*Ed Shields*

- |                         |                                      |
|-------------------------|--------------------------------------|
| 4 C. potatoes (sliced)  | 1 (3 oz.) pkg. cream cheese          |
| Salt & pepper, to taste | 1 (10¾ oz.) can cream of celery soup |
| ½ C. milk               |                                      |

Butter a 1½ quart casserole dish. Layer seasoned potato slices in casserole dish. Combine soup, cream cheese and milk; heat until well blended. Pour over the potatoes and bake approximately 1 hour at 350°.

## PARMESAN SCALLOPED POTATOES

*Vicki Sickels*

- |                                 |                                 |
|---------------------------------|---------------------------------|
| ½ C. Parmesan cheese (shredded) | 4 large potatoes (sliced)       |
| 1 tsp. ground marjoram          | 2 T. Parmesan cheese (shredded) |
| 1 tsp. salt                     | 2 C. whipping cream             |
| ½ tsp. garlic powder            | ½ C. water                      |
| ¼ tsp. pepper                   |                                 |

Mix first 5 ingredients. Layer with potatoes in a 2 quart oven proof dish to make 3 layers. Top with the remaining cheese. Mix cream and water; pour over. Cover and bake at 350° for 1½ hours. Remove cover and bake an additional ½ hour.

## SOUR CREAM SCALLOPED POTATOES AND HAM

*Mindy Lesan*

- |                                 |                                |
|---------------------------------|--------------------------------|
| 2 slices smoked ham (cubed)     | 1 tsp. salt                    |
| 8 medium potatoes (sliced thin) | 1 C. onion (sliced)            |
| 1 can cream of mushroom soup    | Dash pepper                    |
| 1 C. sour cream                 | 1 C. Cheddar cheese (shredded) |

Combine soup, sour cream, salt and pepper. In a greased 3 quart casserole dish, alternate layers of ham and potatoes and onion and sour cream mixture. Top with shredded cheese. Cover casserole loosely with foil. Bake at 325° for 2½ hours.

## BLACKEYED RICE

*Rolland Harvey*

- |  |                           |
|--|---------------------------|
| 2 C. brown rice (cooled)   | 1 C. Monterey Jack cheese |
| 2 C. blackeyed peas (cooked,<br>lightly seasoned with bacon fat) | (shredded)                |
|  | Salt & pepper             |

Combine all ingredients, season to taste with salt and pepper; warm at 375° for 20 minutes, until cheese melts. Very creamy and delicious. 6 servings.

## RICE N' GRAVY

*Debra Repp Hankins*

- |   |  |
|---|--|
| 1 C. brown rice   | 1 C. peanut butter                             |
| 2½ C. chicken broth   | 1½ C. chicken broth                            |
| 2 T. butter or margarine  | 2 T. honey                                     |
| ½ C. sesame butter &<br>½ C. peanut butter or<br>1 C. peanut butter | Dash salt<br>1 C. nuts or seeds<br>½ tsp. salt |

Combine rice, broth, butter or margarine and salt in a saucepan. Heat to boiling, cover and reduce heat to low. Simmer 40-50 minutes, until broth is absorbed. Warm sesame butter, peanut butter and broth; add honey, salt and rice. Stir in nuts or seeds and serve. 6 servings.

## BAKED RICE

*Freda Shields*

- |                            |                                |
|----------------------------|--------------------------------|
| 1 can onion soup with beef | 1 (4 oz.) can sliced mushrooms |
| 1 can beef consomme        | (undrained)                    |
| 1 C. rice (cooked)         | ¼ stick oleo                   |

Mix all together; cover and bake at 350° for 1 hour. Very good. Use 2 quart casserole dish. This recipe can be used instead of potatoes.

## CHEESE RICE PUFF

*Anna Larson*

- |                      |                       |
|----------------------|-----------------------|
| ¾ C. rice (cooked)   | Salt, to taste        |
| ¾ C. cheese (grated) | 2 T. butter (melted)  |
| ¼ C. milk            | 2 egg whites (beaten) |

Bake ½ hour in small buttered baking dish in moderate oven (350°). Make cheese white sauce for top just before serving. For the sauce, 1 C. milk, 1½ T. flour and 1 C. cheese (grated, I like yellow Colby). Can double recipe for large amount very easily as I do for large group. I got this recipe when I attended the state 4-H Club in Ames, Iowa. I thought it was so good, I asked for recipe and they gave it to me.

## NUTTED WILD RICE

*Ed Shields*

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 C. raw wild rice              | 4 green onions (thinly sliced) |
| 5½ C. defatted chicken stock    | ¼ C. olive oil                 |
| 1 C. pecan halves               | ⅓ C. fresh orange juice        |
| 1 C. white raisins              | 1½ tsp. salt                   |
| 1 rind of large orange (grated) | Fresh ground black pepper      |
| ¼ C. fresh mint (chopped)       |                                |

Put rice in a strainer and run under cold water; rinse thoroughly. Place rice in a medium size heavy saucepan. Add stock and bring to rapid boil. Adjust heat to a gentle simmer and cook uncovered for 45 minutes. After 30 minutes, check for doneness; rice should not be too soft. Place a thin towel inside a colander and turn rice into colander to drain. Transfer drained rice to a bowl. Add remaining ingredients and toss gently. Adjust seasoning to taste. Let mixture stand for 2 hours to allow flavor to develop. Serve at room temperature.

## RICE CASSEROLE

*Carol Hays*

- |                             |                         |
|-----------------------------|-------------------------|
| ⅓ stick oleo (melted)       | 1 can beef consomme     |
| 1 can onion soup            | 1 C. rice (not instant) |
| 1 can mushrooms (undrained) |                         |

Bake uncovered for 1 hour at 350°. Good with game.

## RICE PILAF

*Deb Larson*

- |                             |                               |
|-----------------------------|-------------------------------|
| 1½ C. regular rice          | 1 (13¾ oz.) can chicken broth |
| ¼ C. onion (finely chopped) | 1 C. water                    |
| 3 T. butter                 | ½ tsp. salt                   |

In a 9-inch skillet, cook rice and onions in butter until rice is golden, stirring frequently. Stir in chicken broth, water and salt. Bring to boil, reduce heat. Cover and simmer until rice is tender, about 14 minutes. Fluff.

## SWISS RICE

*Tiffany Brosam*

- |                               |                      |
|-------------------------------|----------------------|
| 1 pkg. long grain & wild rice | ¼ C. mayonnaise      |
| 2½ C. water                   | 1 tsp. dried parsley |
| 2 T. butter or margarine      | ½ tsp. salt          |
| 1 C. Swiss cheese (grated)    | ¼ tsp. pepper        |
| ½ C. sunflower seeds          |                      |

Bring rice, water and butter to a boil, reduce heat, cover and simmer until water is absorbed, 25-30 minutes. Stir in remaining ingredients and bake, covered, at 350° until heated throughout, 15 minutes. 6 servings.

## WILD RICE CASSEROLE

*Diane Repp Lee*

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 C. mixed brown and wild rice | 2½ C. water                    |
| 1 T. parsley                   | ⅓ C. unhulled sesame seeds     |
| 1 T. dried onion               | ⅓ C. Parmesan cheese           |
| 1 tsp. honey                   | ⅓ C. plain yogurt              |
| ½ tsp. salt                    | 1 can garbanzo beans (drained) |
| 2 T. butter                    |                                |

Combine rice, next 5 seasonings and water in a saucepan; bring to a boil, cover and reduce heat. Simmer until water is absorbed, about 30 minutes. Stir in remaining ingredients and heat until warm throughout. 6-8 servings.

## BACON AND WILD RICE DISH

*Lisa Drake*

- |                                 |   |
|---------------------------------|---|
| 2 C. wild rice (uncooked)       | 2 (4½ oz.) jars sliced mushrooms        |
| 2 small green peppers (chopped) | 4-6 bacon strips (cooked &<br>crumbled) |
| 1 onion (chopped)               | Salt                                    |
| 2 T. butter                     |   |

In a saucepan, cook rice according to directions. In a skillet, saute peppers, onions in butter until tender. Add mushrooms and salt; heat through. Stir in wild rice, add bacon. Put in 9×13-inch pan. Cover and bake 30 minutes at 350°. Uncover. Bake another 5-10 minutes.

## QUICK CREAMED SPINACH

*Sherri and Monte Parrott*

- |                               |                            |
|-------------------------------|----------------------------|
| 1 pkg. frozen chopped spinach | ½ C. sour cream            |
| ½ tsp. salt                   | ¼ C. unhulled sesame seeds |

Steam spinach until thawed and cooked, about 5 minutes. Drain very thoroughly and add remaining ingredients; serve at once. 4 servings.

## SPINACH CASSEROLE

*Diane Repp Lee*

- |   |                        |
|---|------------------------|
| 2 (10 oz.) pkgs. frozen chopped spinach | 3 eggs (beaten)        |
| 2 C. creamed cottage cheese             | ¼ C. whole wheat flour |
| 1½ C. American cheese (cubed)           | ¼ C. butter (melted)   |
|   | 1 tsp. salt            |

Cook spinach and drain. Combine with other ingredients and bake, covered, ½ hour at 400°. 6 servings.

## FRESH SPINACH WITH GARLIC BUTTER

*Michelle Repp*

- |                          |                      |
|--------------------------|----------------------|
| 1 lb. fresh spinach      | ¼ tsp. garlic powder |
| 3 T. butter or margarine | ¼-½ tsp. salt        |

Wash spinach and pat dry. Melt butter or margarine in a skillet, add garlic powder and ¼ tsp. salt. Add spinach, stirring as it cooks. Do not add additional water. Cook and stir for 2-3 minutes only; serve immediately. 4 servings.

## SPINACH AND RICE

*Allan Baker*

- |                          |  |
|--------------------------|--|
| 3 C. brown rice (cooked) | 1 (10 oz.) pkg. cooked spinach (drained) |
| 1½ C. evaporated milk    | 1 C. sharp cheese (shredded)             |
| ½ C. safflower oil       | 2 tsp. salt                              |
| ¼ C. minced onion        | ¼ tsp. pepper                            |
| ½ C. carrots (chopped)   |  |

Combine ingredients and bake, covered 45-55 minutes at 350°. 6 servings.

# FRESH SPINACH LASAGNA

Deb Repp

1 lb. lasagna pasta

## FILLING:

3 bunches fresh spinach	1/4 C. soy Parmesan cheese (grated, optional)
3 pkgs. Mori-Nu Silken firm tofu	1/2 tsp. salt
1/2 C. green onion (chopped)	2 tsp. Miso
2 T. olive oil	1/8 tsp. nutmeg
2 T. parsley (chopped)	1/8 tsp. black pepper

## SAUCE:

Tomato sauce (homemade or bottled)	2 C. mushrooms (sliced)
	2 T. olive oil

For the filling, bring 4 liters or quarts of water to a boil in a large pot. Blanch washed spinach for 1 minute and let drain in a colander. Stir 1/2 tsp. salt and 1 T. olive oil into the water. Carefully add each sheet of pasta to the water and boil for 10-12 minutes. Rinse pasta in cold water and lay each sheet flat on a cutting board or counter covered with plastic wrap or wax paper. Saute green onions in 2 T. olive oil for 1 minute. Chop spinach and add to the onions. Combine with all remaining ingredients and set aside. For the sauce, preheat the oven to 350°. Lightly oil a baking dish and spread 1/3 of the sauce over the bottom. Put together several strips of the pasta so that they cover the bottom and hang over the sides of the baking dish. later they will fold over the top to seal in the fillings. Cover with half of the spinach filling and then add another layer of the pasta. Continue to add pasta, sauce and filling, ending with pasta and covering with sauce. Parmesan cheese or chopped fresh basil leaves may be lightly sprinkled on top. Cover with foil and bake 20 minutes. Remove foil and bake another 15 minutes. Let the lasagna rest 15 minutes and then cut into pieces and serve.

*Judge the actions of your children different  
because you know they are each different.*

## CRANBERRY APPLE SWEET POTATO PACKET

Deborah Anderson

- |  |   |
|--|---|
| 1 (18 x 24-inch) sheet heavy duty aluminum foil          | 2 Granny Smith apples (cored, thinly sliced into rings) |
| 4 medium sweet potatoes (peeled, cut in 1/4-inch slices) | 1/2 C. brown sugar (packed)                             |
| 1/2 C. dried cranberries                                 | 3 T. margarine or butter (melted)                       |
|  | 1/2 tsp. ground cinnamon                                |

Preheat oven to 450°. Center sweet potatoes, apples and cranberries on sheet of heavy duty foil. Sprinkle with brown sugar. Combine butter and cinnamon; drizzle over top. Bring up foil sides. Double fold top and ends to seal making one large foil packet, leaving room for heat to circulate inside. Bake 25-30 minutes on a cookie sheet in oven until sweet potatoes are tender. Makes 5-6 servings.

## SWEET POTATO CASSEROLE

Connie Sandage Manus

- |                           |                |
|---------------------------|----------------|
| 3 sweet potatoes (cooked) | 1 tsp. vanilla |
| 1 C. sugar                | 1/3 C. milk    |
| 2 eggs                    | 1/2 C. butter  |

### TOPPING:

- |                  |                              |
|------------------|------------------------------|
| 1 C. brown sugar | 1/3 C. butter                |
| 1/3 C. flour     | 1 C. pecans (finely chopped) |

Combine first 6 items with mixer. Spoon into Pam sprayed shallow 2 quart casserole dish. Combine the next 4 ingredients and sprinkle on top. Bake at 350° for 30 minutes.

## SWEET POTATO CASSEROLE

Judy Jackson

- |                            |                 |
|----------------------------|-----------------|
| 3 C. sweet potatoes        | 3 eggs (beaten) |
| 1 C. sugar                 | 1 tsp. vanilla  |
| 1/2 C. butter or margarine | 1/3 C. milk     |

### TOPPING:

- |                        |                            |
|------------------------|----------------------------|
| 1 C. light brown sugar | 1/3 C. butter or margarine |
| 1/2 C. flour           | 1 C. pecans (chopped)      |

Mix and put in baking dish. Mix well topping ingredients and sprinkle on top. Bake 25 minutes at 350°.

## **SWEET POTATOES**

*Fay Howie*

½ C. butter  
2 eggs  
½ C. milk  
½ tsp. vanilla

½ tsp. salt  
½ C. white sugar  
3 C. sweet potatoes

### **TOPPING:**

½ C. brown sugar  
½ C. butter

⅓ C. flour  
1 C. pecans

Mix together eggs, milk, vanilla, salt, sugar. Add butter and sweet potatoes. Put in casserole dish. Mix topping separately, spread over the top and bake at 350° for 30 minutes. Brown topping after baking by using the broiler, about 5 minutes.

## **SWEET POTATO, APPLE AND CRANBERRY BAKE**

*Ringgold Sanitation*

6 medium sweet potatoes  
1 C. water  
1 C. sugar  
2 C. Ocean Spray fresh or frozen  
cranberries

1 large apple (thinly sliced)  
½ C. light brown sugar  
(firmly packed)  
¼ tsp. ground cinnamon  
¼ C. butter  
½ C. water or orange juice

Put sweet potatoes in a large saucepan; add enough water to cover potatoes. Bring to a boil; cover and cook until potatoes are fork tender. Cool slightly. Peel and cut into ½-inch thick slices; set aside. Combine water, sugar and cranberries in a medium saucepan. Cook until berries pop. Preheat oven to 350°. Grease a 13 × 9 × 2-inch baking dish. Layer sweet potatoes, apple slices and cooked cranberries in baking dish. Sprinkle with brown sugar, cinnamon, butter. Pour water or orange juice over top. Bake in oven to 30 minutes or until tender. Makes 8 servings.

## BUTTERSCOTCH YAMS

Mari McGehee

- |   |                                  |
|---|----------------------------------|
| 6 medium yams (cooked, peeled & quartered) or 2 (17 oz.) cans yams (well drained) | ½ C. light or dark corn syrup    |
| ¼ C. heavy cream or half and half   | ½ C. brown sugar (firmly packed) |
| 2 T. margarine  | ½ tsp. salt                      |
|   | ½ tsp. cinnamon                  |

Arrange yams in single layer in 13 × 9 × 2-inch baking dish. Bake at 325° for 15 minutes. In heavy 2 quart saucepan, combine remaining ingredients. Stirring constantly, bring to boil over medium heat and boil 5 minutes. Pour over yams. Bake, basting frequently, 15 minutes longer or until glazed.

## CREOLE PRALINE YAM CASSEROLE

Erin Jobe

- |                                |                       |
|--------------------------------|-----------------------|
| 3 (16 oz.) cans yams (drained) | Dash white pepper     |
| ¼ C. butter or margarine       | 1 C. hot milk         |
| 1 T. brown sugar               | ¼ C. raisins          |
| ½ tsp. salt                    | ⅓ C. pecans (chopped) |
| 2½ T. flour                    | ½ tsp. pumpkin spice  |
|                                | ½ tsp. cinnamon       |

Mash yams. Add butter, brown sugar, salt, pepper and enough hot milk to moisten. Beat until fluffy. Stir in raisins. Turn into 1½ quart casserole. For the topping, mix together ½ C. brown sugar, 3 T. flour; cut in 4 T. butter until mixture is crumbly. Stir in nuts. Sprinkle over whipped yams. Bake uncovered at 350° for 35 minutes.

## ZUCCHINI AND CARROTS

Carol Hays

- |                       |                             |
|-----------------------|-----------------------------|
| 4 C. zucchini (cubed) | ¾ C. carrots (shredded)     |
| ¼ C. onion (chopped)  | 1 can cream of chicken soup |
| 1 C. sour cream       | 2 C. flavored croutons      |

Saute zucchini, carrots, onion and 1½ C. croutons until tender. Add sour cream and soup. Warm and pour into 9 × 13-inch pan. Bake 20-25 minutes at 350°. Add rest of croutons and bake another 5 minutes.

## CORN FRITTERS

*Patty Schuster*

- |                                  |                        |
|----------------------------------|------------------------|
| 1 C. flour                       | 1 egg (beaten)         |
| 1 tsp. baking powder             | 1 T. shortening (melt) |
| ½ tsp. salt                      | ½ C. milk              |
| ¼ tsp. sugar                     | 3 C. oil               |
| 2 C. whole kernel corn (drained) |                        |

Combine flour, baking powder, salt and sugar. Stir in corn. Beat egg, shortening and milk. Pour into dry ingredients and stir until blended. Fry in oil until golden.

## CORN PUDDING

*Rolland Harvey*

- |                                   |               |
|-----------------------------------|---------------|
| 1 can creamed corn                | ¼ C. sugar    |
| 1 can whole kernel corn (drained) | ¼ C. milk     |
| 2 eggs (slightly beaten)          | Salt & pepper |
| ½ C. flour                        | Margarine     |

Mix all ingredients together and dot with margarine. Bake at 350° for 45 minutes or until set and golden.

## EXTRA GOOD CASSEROLE

*Helen Schardein*

- |  |                                    |
|--|------------------------------------|
| 1 pkg. frozen vegetables<br>(California mix) | 1 small can sliced water chestnuts |
| ½ C. celery (chopped)                        | 2 C. cooked rice                   |
| 1 T. onion flakes                            | 1 can cream of mushroom soup       |
| 1 C. Cheddar cheese (shredded)               | ½ C. milk                          |

Cook vegetables and celery until tender. Add cheese, water chestnuts, rice, soup and milk. Mix and put in buttered baking dish. Cover with crushed corn flakes and bake at 350° for about 40 minutes. Add cooked turkey, chicken or hamburger for a complete meal.

## MIXED VEGETABLE BAKE

*Ed Shields*

- |  |                                     |
|--|-------------------------------------|
| 1 (16 oz.) bag California mix vegetables | 1 C. Swiss cheese (shredded)        |
| 1 (10¾ oz.) can cream of mushroom soup   | ⅓ C. sour cream                     |
|  | ¼ tsp. black pepper                 |
|  | 1 (2.8 oz.) can French fried onions |

Combine all the ingredients except ½ C. cheese and ½ can onions. Pour into shallow 1 quart casserole dish. Bake, covered, at 350° for 30 minutes or until vegetables are done. Top with remaining cheese and onions. Bake, uncovered, 5 minutes or until golden. Serves 6.

## VEGETABLES AND CASHEWS

*Nancy Roe*

- |                                      |  |
|--------------------------------------|--|
| 2 T. salad oil                       | ½ C. chicken broth                         |
| 1 medium onion (sliced ¼-inch thick) | 2 T. cornstarch                            |
| 2 C. mushrooms (sliced)              | 1¼ tsp. salt                               |
| 2 C. celery (sliced)                 | 2 T. water                                 |
| 2 red or green peppers (in chunks)   | 2 T. soy sauce                             |
| 1 can water chestnuts (drained)      | 1 (16 oz.) can bean sprouts (well drained) |
|                                      | 2 C. cashews                               |

Heat oil in large skillet. Add onion, mushrooms, celery, peppers and water chestnuts. Cook over high heat, until vegetables are well coated. Add chicken broth. Cover and cook 10 minutes. Meanwhile, combine cornstarch, salt, water and soy sauce until smooth. Stir into vegetables. Cook, stirring quickly until it boils and thickens. Stir in bean sprouts and cashews. Heat through.

## VEGETABLE DELIGHT

*Cleone Hosfield*

- |  |                             |
|--|-----------------------------|
| 1 lb. pkg. California blend vegetables | 1 C. cheese (shredded)      |
| 1 can cream of mushroom soup           | 1 C. herb seasoned croutons |

Cook vegetables according to directions on the package; drain off liquid. Stir in soup and cheese. Pour into a 9×12-inch casserole and top with croutons. Dot with butter. Bake at 350° until bubbly.

## FRESH VEGETABLES IN SESAME SAUCE

Allan Baker

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 C. carrots (sliced)           | 1 T. butter                |
| 1 C. fresh zucchini chunks      | 2 T. whole grain flour     |
| 1 C. cauliflowerets             | 1 tsp. Dijon mustard       |
| 1 C. fresh green beans (sliced) | ¼ tsp. salt                |
| 2 T. red chili peppers (sliced) | ¼ C. unhulled sesame seeds |
| 1 C. beef broth                 | Parmesan cheese            |

Steam first 5 ingredients together for 7 minutes, covered. Meanwhile, heat beef broth and butter. Stir in flour vigorously with wire whisk; add mustard and salt. Cook over low heat until thickened. Add sesame seeds and cook 1 more minute. Pour sesame sauce over drained vegetables and sprinkle with Parmesan cheese. 6 servings.

## SWEET N' SOUR VEGETABLES

Gary Baker

- |   |                                  |
|---|----------------------------------|
| 3 T. butter or margarine                        | ¼ C. cider vinegar               |
| 1 onion (diced)                                 | ¼ C. unsweetened pineapple juice |
| ½ C. fresh mushrooms (sliced)                   | ¼ C. water                       |
| 1 (20 oz.) bag frozen oriental style vegetables | 2 T. wholegrain flour            |
| ¼ C. honey                                      | 1 tsp. dry mustard               |

Melt butter or margarine, saute onion and mushrooms. Add vegetables, cover and steam for 1-2 minutes, until vegetables are thawed. Uncover and stir fry, adding 1-2 T. of water if necessary, for 2-4 minutes. Remove to warm bowl; cover. Combine remaining ingredients and bring to a boil, stirring constantly with a wire whisk to prevent lumps. When sauce is thickened, fold gently into vegetables and serve immediately. 6 servings.

*Good cooks never lack friends.*

**CREAMED CORN**

*Mary Jo Baker*

- 4 C. fresh or frozen corn
- 3 pieces salt pork or 2 tsp. bacon fat from fresh hickory smoked bacon
- ½ C. onions (diced)

- 2 T. butter or margarine
- 1 C. half and half or evaporated milk
- ½ tsp. salt
- ¼ tsp. pepper

Steam corn in vegetable steamer until tender, about 5 minutes. Meanwhile, brown salt pork for a few minutes until 2 tsp. fat is in the skillet; remove. Place onions in skillet with fat and add butter; saute for 5 minutes or until tender. Add corn, cream and seasonings; cover and cook on low heat for 10 minutes. 6 servings.

**CREAM CHEESE CORN**

*Brenda Comer*

- 1 (16 oz.) bag frozen corn
- ½ C. margarine

- 4 oz. cream cheese (softened)
- ½ C. sugar

Place all ingredients in crock pot and cook on medium for approximately 1½ hours.

**IOWA POTLUCK CORN CASSEROLE**

*Lois Hays Irwin*

- 1 (14 oz.) can cream style corn
- 1 (15 oz.) can whole kernel corn (drained)
- 2 eggs

- 4 T. onion (chopped)
- 1 stick oleo (chunked)
- 1 box Jiffy cornbread mix
- 1 C. sour cream

Mix all ingredients and put into a greased casserole dish. Bake at 350° for 45 minutes.

*Hunger is excellent seasoning.*

## **CRISPY SCALLOPED CORN**

*Angie Glendenning*

1 can cream style corn  
1 egg (beaten)  
½ C. milk  
Salt & pepper  
2 T. sugar

½ C. Velveeta cheese (cubed)  
1 T. minced onion  
2 slices bread (cubed)  
2 large crackers (crushed)

Combine all of above and add following topping: 1½ C. Rice Krispies and ½ C. butter (melted). Bake at 325° for 30 minutes.

## **SCALLOPED CORN**

*Mary Frances Baker*

1 (16 oz.) can cream style corn  
1 C. cracker crumbs  
⅓ C. celery (diced)  
¼ C. onion (diced)  
¾ C. American cheese (in pieces)

1 tsp. salt  
2 eggs (well beaten)  
2 T. butter (melted)  
¼ tsp. paprika  
1 C. milk

Mix all ingredients and put in greased casserole. Bake at 350° for 50 minutes.

## **SCALLOPED CORN**

*Neil Hartman*

1 (15 oz.) can whole kernel corn  
1 (15 oz.) can cream corn  
2 eggs (beaten)  
1 C. cracker crumbs  
½ C. milk  
½ tsp. salt

¼ tsp. pepper  
½ tsp. celery seed  
1 tsp. onion flakes  
2 T. oleo  
⅓ C. cracker crumbs

Mix first 9 ingredients and place in greased 1½ quart casserole dish. Melt oleo and mix with ⅓ C. crumbs. Sprinkle on top. Bake at 350° for 1 hour.

## **LEMON STEAMED ASPARAGUS**

*Deb Repp*

1 lb. fresh asparagus  
¼ C. water  
4 T. butter

2 T. lemon juice  
1 tsp. tarragon

Wash asparagus and trim ends. Combine all ingredients in skillet, cover and boil. Reduce heat and cook 4-5 minutes, until liquid absorbed and asparagus tender. 4 servings.

# Miscellaneous

*My Favorite Recipes in this section are:*

RECIPE

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## HELPFUL HINTS

Wrap your scouring pad in a paper towel after use. The towel takes up the moisture and pad doesn't rust.

If you spill something on the inside of your oven, sprinkle salt on it as soon as possible. Chances are, you'll be able to lift it out easily after the oven cools.

Have you ever tried polishing your silver with baking soda? It works and doesn't even scratch. Mix 3 parts soda to 1 part water, making a paste. Use a damp sponge or soft cloth and rub each piece until clean. Rinse and buff.

To remove black marks on tile floors made by shoes, cover stains with a light coat of shortening, lard or margarine. Sprinkle with baking soda and wipe up with dampened sponge.

Place meat loaf on top of a slice of bacon while baking and the loaf won't stick to the pan.

Keep your summer salads cool, covered and out of direct sunlight. There is a visual tipoff to know when mayonnaise has gone bad. The oil separates. If your salad develops a shine or film on top, the mayonnaise has broken down. The salad, even if it tastes all right, should not be eaten.

To remove grease stains from your wooden cabinets, spray with an aerosol laundry starch. After it has dried, simply rub off the starch and stain with a soft cloth.

When you are baking layer cakes, put a pan of water on the bottom oven shelf. Cakes will bake more evenly and be heavenly moist.

To control the cabbage worms, sprinkle rye flour over and around the plants while they are covered with dew.

To rid the house of ants, mix equal parts of powdered sugar and powdered borax. Sprinkle along baseboards and in corners.

To keep lint from clinging to blue jeans and corduroys, add ½ C. vinegar to each wash load.

Tape a small sponge on the inside of your garbage can cover and keep it saturated with a disinfectant. This will lessen odors and will also keep out insects.

For a steady heat to raise bread in time required in most recipes, turn oven to 200°. When temperature is reached, shut off oven and put bread in to rise.

## - MISCELLANEOUS -

### CANNED APPLE PIE MIX

Mary Frances Baker

- |                 |                           |
|-----------------|---------------------------|
| 4½ C. sugar     | 1 C. cornstarch           |
| 2 tsp. cinnamon | 3 T. lemon juice          |
| 1 tsp. salt     | 4 drops red food coloring |
| ¼ tsp. nutmeg   |                           |

Peel and slice apples, enough to fill 7 quart jars. Blend dry ingredients and add 10 C. cold water. Stir and cook until thick. Add 3 T. lemon juice and 4 drops red food coloring. Pack peeled apples tightly in jars, adding sugar mixture. Process quarts 15 minutes in boiling water bath.

### APPLE BUTTER

Wilma Terwilliger

- |                  |                               |
|------------------|-------------------------------|
| ¾ C. hot water   | 8 small apples (about 6 C.)   |
| ½ T. lemon juice | Sweetener to equal ¾ C. sugar |
| 1 tsp. cinnamon  | or to taste                   |
| ¼ tsp. cloves    | 1/8 tsp. allspice             |

In a saucepan, combine peeled, sliced, cooking apples and water. Simmer 15-20 minutes until tender. Mash the apples and juice. Add lemon juice, cinnamon, cloves, allspice and sweetener. Cook slowly until thick, about 45 minutes. Stir frequently.

### STRAWBERRY JAM

Wilma Terwilliger

- |  |                                |
|--|--------------------------------|
| 2 envelopes unflavored gelatin                       | 2¼ C. unsweetened strawberries |
| 1 (12 oz.) can artificially sweetened strawberry pop | Artificial sweetener to equal  |
|  | 1 T. sugar or to taste         |

In a saucepan, sprinkle gelatin over soda pop. Add strawberries and cook 10 minutes. Slowly add sweetener and beat until smooth.

## **STRAWBERRY JAM**

*Mary Grose and Phyllis Grose Kimball*

4 C. strawberries  
6 C. sugar

1 T. butter or oleo  
1 heaping T Epsom salts

Boil berries and sugar above 5 minutes, stirring all the time. Add butter or oleo and boil 5 minutes more. Remove from heat and add 1 heaping T. Epsom salts. Stir 5 minutes more. Seal or put paraffin on top.

## **MICROWAVE PEACH JAM**

*Carol Hays*

3 large ripe peaches  
(peeled & chunked)  
½ C. sugar

1 tsp. lemon juice  
2 T. honey

Coarsely mash peaches in a 3 quart bowl. Stir in honey and sugar. Microwave uncovered on high until mixture comes to a boil, about 3 minutes. Stir in microwave 8-11 minutes longer until syrupy and mixture coats back of a spoon (jam will bubble up but not over top of bowl). Stir in lemon juice and put in jar and tightly cover and refrigerate 8 hours before using. Also freezes well.

## **RHUBARB JAM**

*Ada Stanley*

4 C. rhubarb (cut fine)  
4 C. sugar

1 pkg. strawberry or raspberry  
Jello

Put rhubarb and sugar in pan and cook over low heat until it forms its own juice. Then boil 15 minutes or until it is of good consistency. Remove from heat and add 1 package of Jello. Stir well. Then pour into jelly glasses and seal.

*The four basic food groups -  
canned, frozen, ready mix and take out.*

## UNCOOKED JAMS

*In Memory of Laura Baker  
(Submitted by Debra Baker Repp)*

Thoroughly crush 4 C. berries. Put in 2 or 4 quart kettle. Sift in slowly 1 pkg. pectin, stirring vigorously. Set aside, 30 minutes, stirring occasionally. Add 1 C. light corn syrup. Mix well. Measure 5½ C. sugar into dry dish. Gradually stir into berries. Warm to 100° (will hasten sugar dissolving. No notter please. When sugar is dissolved, jam is ready to eat. Makes 4 full pints. Put in pint jars and chill 24 hours in deep freeze.

## FROZEN CREAM CORN

*Sandy Armstrong*

18 C. corn (off cob, uncooked)      1 lb. butter  
1 pint half and half

Place in uncovered roaster. Cook in 325° oven for 1 hour, stirring every 15 minutes. Cool. Bag in freezer bags.

## FREEZER CORN

*Donna Melvin*

15 C. raw corn      ¾ C. sugar  
5 C. ice water      3 T. canning salt

Stir together and place in freezer bags.

## HOT FUDGE SUNDAE SAUCE

*LaVerne Glendenning*

1½ squares chocolate or      1 C. sugar  
5 T. cocoa      ⅔ C. white corn syrup  
1 tsp. butter      ½ tsp. salt  
½ C. boiling water      1 T. vanilla

Melt chocolate and butter; add boiling water and cook until thickened, stirring constantly. Add sugar and corn syrup and salt; return to boil. After it begins to boil, time exactly 1 minute. Remove from stove to let it stop boiling. Add vanilla after boiling mixture some so you don't lose vanilla flavor. Cool for cold sauce or warm for hot fudge.

## SPAGHETTI SAUCE

*Marilyn Triggs Bierma*

- |                              |   |
|------------------------------|---|
| 2 lbs. ground beef           | 2 envelopes Italian style spaghetti sauce |
| ½ C. onion (chopped)         | 1 T. sugar                                |
| 1 green pepper (chopped)     | 1 tsp. oregano leaves                     |
| 2 (15 oz.) cans tomato sauce | 1 clove garlic                            |
| 2 (15 oz.) cans tomato paste | 1 T. sage                                 |
| 3 C. water                   |   |

Cook and drain beef. Add onion, pepper. Stir in remaining ingredients. Simmer 1 hour. Stir occasionally.

## HOMEMADE SHRIMP OR OYSTER COCKTAIL SAUCE

*Phil Tyler*

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1 C. ketchup                          | ½ tsp. Worcestershire sauce |
| 1 T. horseradish                      | ½ tsp. lemon juice          |
| 2 dash tabasco or Louisiana hot sauce | ½ tsp. celery salt          |

Mix together.

## BARBECUE SAUCE

*Rose McAlexander*

- |                      |                           |
|----------------------|---------------------------|
| ½ C. butter          | 1½ tsp. chili powder      |
| ½ C. onion (chopped) | 3 T. Worcestershire sauce |
| ½ C. ketchup         | 1 tsp. salt               |
| ¼ C. brown sugar     |                           |

Melt butter, add onion, cook until tender. Stir in remaining ingredients. Simmer 5 minutes. Use as a sauce over leftover roast beef or roast pork or is good on spareribs.

## BARBECUE SAUCE

*Marlee Egly*

- |                            |                       |
|----------------------------|-----------------------|
| 2 (14 oz.) bottles ketchup | ½ tsp. cayenne pepper |
| ½ lb. brown sugar          | 1½ tsp. celery seed   |
| 3 T. liquid smoke          | 2 T. mustard seeds    |

Combine and simmer 45 minutes. Keeps indefinitely in refrigerator. This sauce is good on any kind of meat. Can also be used in baked beans.

## MUSTARD TOFU SAUCE

*Deb Repp*

- |                       |                               |
|-----------------------|-------------------------------|
| 1 T. prepared mustard | 1 oz. dry white wine          |
| 2 tsp. canola oil     | 1 T. Mori-Nu silken soft tofu |
| 2 tsp. honey          |                               |

Mix all ingredients and blend until smooth. Serve with bite size cubes of tofu.

## PIZZA SAUCE

*Deb Repp*

- |                   |                 |
|-------------------|-----------------|
| ½ bushel tomatoes | 3 lbs. onion    |
| ½ C. salt         | 2 green peppers |
| 2 T. basil        | 2-3 hot peppers |
| 2 T. parsley      | 2 garlic bulbs  |
| 2 T. oregano      | 1-2 C. oil      |
| 6 bay leaves      | 1½ C. sugar     |

Cook 1 hour. Pressure cook 5 minutes 5 lbs. pressure.

## KETCHUP

*Verla Repp*

- |                       |                    |
|-----------------------|--------------------|
| 1 quart tomato pulp   | 1 tsp. salt        |
| 1 medium ground onion | ⅓ tsp. red pepper  |
| 1 C. sugar            | 1 tsp. celery salt |
| ½ C. vinegar          |                    |

Boil together 30 minutes. Dissolve 1 heaping teaspoon cornstarch in a little water. Add and cook a few minutes. Seal in jar or bottles.

## CANNED TOMATO SOUP

*Donna Melvin*

- |                      |                    |
|----------------------|--------------------|
| 6 C. onion (chopped) | 1 C. flour         |
| 3 quarts tomatoes    | 1 C. oleo (melted) |
| 1 C. sugar           | 3 T. canning salt  |

Cook chopped onions in a small amount of water until soft. Add tomatoes and cool until done. Put through sieve. Blend the sugar, flour, oleo and salt. Add to juice, heat and put in pint jars. Process for 10 minutes at 5 pounds pressure.

## SALSA

*Marilyn Ploeger*

8 quart tomatoes (peeled & chopped)  
2 large onions (chopped)  
2 C. celery (chopped)  
2 C. vinegar  
1½ C. sugar  
½ C. salt  
1 T. garlic

1 T. red pepper (crushed)  
1 T. chili pepper  
4 jalapeno peppers (optional)  
1 T. mustard seed  
4 green peppers (chopped)  
4 red peppers (chopped)  
Seeds of 2 peppers

Simmer until celery is tender. Thicken with ½ C. cornstarch using small amount of liquid until smooth in separate container. Adding gradually to rest. Place in jar and put in water bath 30 minutes to seal. Makes 10 pints.

## SKINNY DIP

*Janette Hays Irwin*

1 C. Kraft fat free mayonnaise  
1 C. salsa

Horseradish or hot sauce, to taste

Mix all ingredients together. Keeps in the refrigerator for a long time in a tightly covered plastic container. This is a great dip with raw vegetables or crackers. Yield 3 (½ C.) servings.

## TANGY DRESSING

*Gary Baker*

3 T. cider or tarragon vinegar  
¼ C. plain nonfat yogurt  
2 T. dried tomato bits  
(finely chopped)

1 clove garlic (minced or mashed)  
1 T. minced fresh tarragon or  
1 tsp. dried

Process all ingredients in a blender container until smooth. Allow to stand several hours for flavors to blend and dressing to thicken.

## ZESTY MARINADE

Gary Baker

- 1 T. wine vinegar
- 2 T. lemon juice
- 1 tsp. parsley (chopped)

- 1-2 leaves fresh basil (minced) or  
½ tsp. dried

Combine all ingredients and beat well to blend. To flavor vegetables in the steamer, to pour over hot cooked vegetables, or to dress cold vegetables.

## MAPLE SYRUP

Wilma Terwilliger

- 1½ C. cold water
- 1 T. cornstarch
- 1/8 tsp. salt

- 1 tsp. maple flavoring
- Liquid sweetener to equal  
⅔ C. sugar

Bring all the ingredients to a boil. Remove from heat and add liquid sweetener to equal ⅔ C. sugar. Stir to blend.

## TURKEY INJECTION

Rhonda Baker Lovell

- ¼ C. lemon juice
- 1 C. hot water
- ¼ C. salt

- 1 tsp. garlic juice
- 1 tsp. tabasco

Mix and dissolve all ingredients. Using a cooking syringe or one from a veterinary, inject solution into a 14-16 lb. turkey. This mixture smells terrible but it make for a very juicy and tasty bird. Add canned chicken broth to the drippings so they gravy will not be too salty and so that you have enough gravy for leftover hot turkey sandwiches.

## EMERIL'S ESSENCE (SEASONING)

Linda Sickels

- 5 T. sweet paprika
- ¼ C. salt
- ¼ C. garlic powder
- 2 T. dried oregano

- 2 T. dried thyme
- 2 T. onion powder
- 2 T. fresh ground pepper
- 2 T. ground red pepper

Stir together all ingredients. Store in an airtight container up to 3 months.  
Yield 1 cup.

## ITALIAN SEASONING

Larry Denney

- |               |                 |
|---------------|-----------------|
| 1 T. oregano  | 2 tsp. savory   |
| 1 T. marjoram | 1 tsp. rosemary |
| 1 T. basil    | 1 tsp. sage     |

Mix together. Store in airtight container. Makes  $\frac{1}{4}$  C.

## SEASONED SALT

Larry Denney

- |   |                              |
|---|------------------------------|
| $\frac{1}{4}$ C. parsley flakes (dried) | 2 T. paprika                 |
| 1 (26 oz.) box salt                     | $\frac{1}{3}$ C. garlic salt |
| 2 T. chili powder                       | 2 T. onion salt              |
| $\frac{1}{3}$ C. celery salt            |                              |

Mix well. Store in airtight container. Makes 3 cups.

## CORN RELISH

Donna Melvin

- |                               |                            |
|-------------------------------|----------------------------|
| 6 large ears corn             | 1 tsp. pepper              |
| $\frac{1}{4}$ C. green pepper | 1 tsp. dry mustard         |
| $\frac{1}{4}$ C. red pepper   | $\frac{1}{4}$ tsp. tumeric |
| 1 C. celery                   | $\frac{1}{4}$ C. vinegar   |
| 2 tsp. salt                   | $\frac{1}{2}$ C. oil       |

Cook corn, cool and cut off cob. Add remaining ingredients; mix well.

## HAWAIIAN RELISH

Lois Hays Irwin

- |                         |   |
|-------------------------|---|
| 4 C. fresh cranberries  | 2 C. sugar                                  |
| 1 lemon (seeds removed) | 1 tall can crushed pineapple<br>(undrained) |

Put cranberries and lemon (peel and all) through medium cutter of grinder. Mix pineapple and sugar into first mixture. Keeps for Thanksgiving and Christmas in refrigerator.

## GREEN RELISH

*Sandy Armstrong*

6 medium green tomatoes  
(cored & cut up)  
½ lb. cabbage (cored & cut up)  
3 medium green sweet peppers  
(cut up)  
2 medium red sweet peppers  
(cut up)

1 large onion (cut up)  
2 T. pickling salt  
1¼ C. sugar  
2 tsp. mustard seed  
1 tsp. celery seed  
½ tsp. ground turmeric  
1¼ C. cider vinegar  
½ C. water

Finely chop green tomatoes, cabbage, green and red sweet peppers and onion. Place vegetables in a large bowl. Sprinkle with 2 T. pickling salt; stir well. Cover and chill overnight. Rinse well in colander under running water; drain. In large pot, stir together sugar, mustard seed, celery seed and turmeric. Stir in vinegar and water. Bring to boiling, stirring to dissolve sugar. Stir in vegetables. Return mixture to boil, stirring frequently. Remove from heat. Ladle hot relish into hot sterilized pint canning jars. Seal. Process in boiling water canner for 10 minutes. Start timing when water begins to boil.

## MEAT RELISH

*In Memory of Louella Harden*

1 envelope Knox gelatin  
1 (No. 2) can crushed pineapple  
1 C. sugar  
½ C. almonds (blanched & sliced)

1 C. sweet pickles (cut up)  
⅓ C. vinegar (finish filling up  
with water)

Put pineapple juice over gelatin and stir until dissolved. Mix vinegar water and sugar; bring to a boil. Pour over juice mixture. Add pickles, pineapple and almonds.

## PICKLED DILLY BEANS

*Diane England*

10 C. vinegar  
10 C. water  
1 C. canning salt  
½ tsp. red hot peppers (crushed)

1 tsp. mustard seed  
1 tsp. dill seed  
2 cloves garlic  
Clean whole green beans

Fill quart jars with whole beans. Combine remaining ingredients in large pot and bring to a boil. Pour over beans in jars. Process in a hot water bath for 15 minutes.

## PICKLED JALAPENOS

Larry Petri

### BRINE:

8 C. vinegar (5% acidity)  
3 C. water  
3 T. pickling spice

4 T. salt  
¼ C. garlic (minced)

### INTO EACH JAR PUT:

Jalapenos (punctured & stems removed)  
¼ C. olive oil  
Carrots (baby, 6 each)

Garlic cloves (8 each)  
Red bell pepper (¾-inch strips, 4 each)

First, remember to wear gloves while working with peppers. Place ingredients in jars. Heat brine (medium heat) and bring to boil. Remove from heat and immediately empty over ingredients in jars leaving ½-inch headspace. Center lids on top of jars. Lightly tighten screw bands. Place in water boiler (canner, water level 1-2 inches above top of jars. Let boil (high heat) 14 minutes after water begins to boil (16-20 minutes boiling time for softer peppers). Remove jars and let set until cool. When cool, verify all jars have sealed (lids have popped). Check again 24 hours later.

## FROZEN PICKLES

Margaret Fletcher

7 C. cucumbers (unpeeled & sliced)  
1 medium onion (sliced)  
2 T. canning salt

2 C. white sugar  
1 C. cider vinegar  
1 tsp. celery seed

Cover cucumbers, onions and salt with water. Allow to stand overnight in a cool place. Drain well and pack in freezer containers, allowing 1-inch of space at top. Mix sugar, vinegar and celery seed thoroughly. Pour over cucumbers. Cover and freeze. They will be ready to use in a couple of weeks and will keep all winter.

## FROZEN CUCUMBERS

Margaret Fletchall

2 quart fresh cucumbers  
(peeled & sliced)  
1 onion (sliced)

2 T. salt  
1½ C. sugar  
½ C. vinegar

Sprinkle cucumbers with salt and soak for 2 hours. Rinse with cold water. Mix sugar and vinegar until dissolved. Then combine with sliced cucumbers and onion. Place in freezer containers and store in freezer for year round use.

## REFRIGERATOR PICKLES

*In Memory of Renabelle Adams  
(Submitted by Iona Triggs)*

4½ C. sugar  
4 C. vinegar  
¼ C. salt

1⅓ tsp. tumeric  
1⅓ tsp. mustard seed  
1⅓ tsp. celery seed

Mix syrup up and leave cold. Prepare 3 large peanut butter jars. Slice 1 onion and fill the rest of the jar with unpeeled cucumbers. Stir syrup up, so all is dissolved and pour over cucumbers. Let set 5 days in refrigerator and then they are ready to use. Will keep 9 months in refrigerator.

## GRANDPA HAYS 7 DAY PICKLES

*In Memory of Virgil Hays  
(Submitted by Deb Repp)*

7 lbs. cucumbers  
1 quart vinegar  
8 C. sugar

2 T. salt  
2 T. mixed pickle spices

Wash cucumbers, cover with boiling water and let stand 24 hours. Drain. Repeat this for 4 days, fresh water every day. On the fifth day, cut cucumbers in ¼-inch rings and pour over them the boiling liquid made by combining vinegar, sugar, salt and spices. Let stand 24 hours. Drain syrup and bring to a boil again. Pour over cucumber on sixth day. On seventh day, drain off syrup and boil. Add cucumbers and boil. Pack in hot jars and seal.

## **BILL'S NEVER FAIL DILL PICKLES**

*Bill Swank*

On top of each quart jar put  $\frac{1}{4}$  tsp. powdered alum and 1 tsp. (heaping) mixed pickling spices. In a kettle, measure, mix and bring to a boil 3 C. water, 1 C. vinegar and  $\frac{1}{4}$  C. salt. Pack jars with cucumbers. May be whole, split or cut in slices or chunks. Add 2 tsp. dill seed or 2 medium heads of fresh dill. Add other ingredients and cover with very hot liquid. Screw lid on very tight and store ready to eat in 4-6 weeks.

## **BREAD AND BUTTER PICKLES**

*Wilma Terwilliger*

2½ T. canning salt	Cucumbers
1½ tsp. celery salt	Onions
1½ C. vinegar	Artificial sweetener to equal
1½ tsp. mustard seed	1 C. sugar or to taste
1½ tsp. tumeric	

Wash slicing cucumbers and slice thin. Layer in glass jar with onion as desired. Combine salt, celery seed, vinegar, mustard seed, tumeric and sweetener. Heat slightly to combine flavors. Let cool and then pour over cucumbers and stir gently to mix. Cover and store in refrigerator 1 day before using. Keep refrigerated to use within 2 weeks. If pickles are not sweet enough, drain off liquid and add more sweetener. Then pour over cukes and let set another day.

## **ARISTOCRAT PICKLES**

*Edna Small*

1½ gallon cucumbers	1 T. alum
1 pint coarse salt	1 T. ground ginger
1 gallon water	1 tsp. cinnamon stick
1½ pint vinegar	1 tsp. celery seed
1 pint water	1 tsp. whole cloves
6 C. sugar	1 tsp. whole allspice

Wrap cinnamon stick, celery seed, cloves and allspice in a cheesecloth. Wash and slice cucumbers. Place in stone jar. Mix 1 pint of salt with 1 gallon water. Weight with plate so cucumbers are covered. Let set for 8 days. Drain, cover with water and 1 heaping tablespoon alum. Heat slowly but do not boil. Let set overnight, again weighted so cucumbers are covered. Drain. Cover with water and add 1 T. ginger. Heat to boiling and simmer for  $\frac{1}{2}$  hour. Drain. Boil for 5 minutes the vinegar, water, sugar and spices. Cool 5 minutes and pour over pickles. Bring to a boil and seal immediately. Makes 5 or 6 pints. If more cucumbers are used adjust syrup accordingly.

## PICKLED PEACHES

*Phyllis Riggs*

2 C. vinegar

2 C. sugar

Bring to a boil and drop in whole peaches which have been peeled and stuck with one whole clove. Bring to boil. Pack in jars and cover with vinegar mixture.

## RIVALS

*LaVerne Glendenning*

1 C. flour

Broth or soup for your rivals

1 egg

½ tsp. salt

Put and salt in a bowl. Make a well in the middle. Add beaten egg and stir with fork or your fingers until the egg is taken up and all the flour mixture becomes crumbly; like coarse grains of rice. In egg is large, maybe more flour. Rub rivals between fingers as you drop into chicken broth and especially good in potato soup.

## CORN MEAL SCRAPPLE

*Thelma Tipton*

1 C. corn meal

1 tsp. salt

1 C. milk

2¾ C. boiling water

1 tsp. sugar

½ lb. sausage (cooked & drained)

Combine corn meal, milk, sugar, and salt. Gradually stir into boiling water and stir until thickened. Cook, covered over low heat 10 minutes. Crumble sausage into corn meal batter. Pour into 8 x 4-inch loaf pan. Chill overnight. Cut scrapple into ½-inch slices. Dip in flour. Fry in skillet greased approximately 10 minutes each side. Serve with maple syrup.

## CINNAMON CHRISTMAS ORNAMENTS

*Karen Taylor*

1 C. cinnamon

1 tsp. nutmeg

1 tsp. allspice

1 C. applesauce

1 tsp. ground cloves

Combine all ingredients. Pat into a thin layer. Using cookie cutters, cut as you would sugar cookies. Use a straw or sharpened end of a pencil and make a hole near the top of the ornament. Place on wax paper to dry for 1-2 days. Thread ribbon, yard or decorative string through and tie. These make wonderful Christmas tree ornaments and smell great.

## **BLOWING BUBBLES**

*Addison Shay*

- |                                   |                          |
|-----------------------------------|--------------------------|
| ¼ C. detergent (liquid or powder) | Food coloring (optional) |
| 1½ tsp. sugar                     | 1¾ quarts water          |
| 9 T. cooking oil                  |                          |

Mix together detergent, sugar and oil. Add a few drops of food coloring, if desired. Add water and shake mixture until sugar is dissolved. Use straws to make bubbles. Cut off bottom of Pringle chip can and make huge bubbles.

## **PEANUT BUTTER PLAYDOUGH**

*Kris Quick*

- |                     |            |
|---------------------|------------|
| ¼ C. peanut butter  | 1 T. honey |
| 2½ T. powdered milk |            |

Combine ingredients. Mix until it is easy to handle. Add more powdered milk if it is sticky. Use as playdough, then you can eat and enjoy.

## **PLAY DOUGH**

*DeMarcus Rife*

- |                            |                    |
|----------------------------|--------------------|
| 2¼ C. flour                | 1 T. alum          |
| ½ C. salt                  | 2 C. boiling water |
| 3 T. vegetable or corn oil | Food coloring      |

Mix first 4 ingredients well. Add 2 C. boiling water. Mix well. Knead in food coloring. Keeps well in air tight container.

## **PLAYTIME DOUGH**

*Addyson Flammang*

- |                        |                |
|------------------------|----------------|
| 1 C. flour             | 1 C. water     |
| ½ C. salt              | 1 T. salad oil |
| 2 tsp. cream of tartar | Food coloring  |

Mix flour, salt and cream of tartar in heavy pan. Add water, oil and coloring. Heat on stove about 3 minutes or until mixture pulls away from pan. Knead almost immediately. Store in airtight container with plastic lid or plastic bag. Keeps for several months.

## SOAP CRAYONS

*Rhett Murphy*

1/8 C. water

30-40 drops food coloring

7/8 C. soap flakes

Mix water and soap flakes. Add food coloring. Mix well. Put into ice cube trays. Set in dry place for 2 days. Great fun in the bathtub. Yields 2-3 crayon cubes.

## MOM'S HOMEMADE WHITE LYE SOAP

*Phyllis Riggs*

1 can lye

1/2 C. ammonia

5 lbs. fat

1 quart + 1 C. cold water

2 T. Borax

Mix lye and water. Let cool thoroughly. Melt fat (not hot). Mix fat and lye solution very slowly, stirring constantly with a wooden spoon. Be careful not to get fumes in eyes. Do this in well ventilated area or outside. Add other ingredients. Mix until cool. Pour in mold. Let set overnight. Cut in bars.

## LAVETTA LYNCH'S WINDOW CLEANER

*Meredith Dredge*

1 pint rubbing alcohol

2 T. ammonia

2 T. liquid detergent

Put in a gallon jug and fill up with water. If you wish, you may add a little blue coloring. Be sure and label the jug.

## HOW TO PRESERVE CHILDREN

*Kevin Shelman*

1 large grassy field

Small pebbles

1/2 dozen children

2 devoted parents

2-3 small dogs

Lots of hugs and kisses

Pinch of brook

Mix the children, parents and dogs well together. Put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers. Spread over all a deep blue sky and bake in a hot sun. When thoroughly browned, remove the children and set to cool in a bath tub. At days end shower the children with lots of love, hugs and kisses. Start and finish each day with a family time of devotion.

# - JUST FOR NOTES -

Mix water and soap flakes. Add food coloring. Mix well. Put into ice cube trays. Freeze. Use as needed.

**MOM'S HOMEMADE WHITE EYE SOAP**  
1/2 cup water  
1/2 cup soap flakes  
1/2 cup cornstarch  
1/2 cup cold water  
1/2 cup yeast

Mix eye and water. Let cool thoroughly. Melt fat (not hot). Mix fat and eye solution very slowly, stirring constantly with a wooden spoon. Do not let get lumpy. Pour into well-ventilated jars or bottles. Put in dark ingredients. Mix until cool. Pour in mold. Let set overnight. Cut in bars.

**LAVETTA LYNCH'S WINDOW CLEANER**  
1 pint rubbing alcohol  
2 T. ammonia  
1/2 T. liquid detergent  
1/2 T. water

**HOW TO PRESERVE CHILDREN**  
1 large grassy field  
1/2 dozen children  
2-3 small dogs  
1 pinch of brook

Put in a gallon jar and fill up with water. If you wish, you may add a little blue coloring. Be sure and label the jar.

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## WAYS TO USE LEFT-OVERS

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there - and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch - such as fruit in muffins or vegetables in an omelet. Listed below are some of the dishes in which left-overs may be used.

**Cooked snap beans, lima beans, corn, peas, carrots,** in meat and vegetable pie, soup, stew, stuffed peppers, stuffed tomatoes, vegetables in cheese sauce.

**Cooked leafy vegetables, chopped,** in creamed vegetables, soup, meat loaf, meat patties, omelet, souffle.

**Cooked or canned fruit,** in fruit cup, fruit sauces, jellied fruit, quick breads, shortcake, upside-down cake, yeast breads.

**Cooked meats, poultry, fish,** in casserole dishes, hash, meat patties, meat pies, salads, sandwiches, stuffed vegetables.

**Cooked wheat, oat, or corn cereals,** in fried cereal, meat loaf or patties, sweet puddings.

**Cooked rice, noodles, macaroni, spaghetti,** in casseroles, meat or cheese loaf, timbales.

**Bread, slices for,** French toast, **dry crumbs in** brown betty, croquettes, fried chops, **soft crumbs in** meat loaf, stuffings.

**Cake or Cookies,** in brown betty, icebox cake, toasted, with sweet topping, for dessert.

**Egg yolks,** in cakes, cornstarch pudding, custard or sauce, pie filling, salad dressing, scrambled eggs.

**Egg whites,** in custard, fruit whip, meringue, souffles.

**Hard-cooked egg or yolk,** in casserole dishes, garnish, salads, sandwiches.

**Sour cream,** in cakes, cookies, dessert sauce, meat stews, pie filling, salad dressing, sauce for vegetables.

**Sour milk,** in cakes, cookies, quick breads.

**Cooked potatoes,** in croquettes, fried or creamed potatoes, meat-pie crust, potatoes in cheese sauce, stew or chowder.

## APPETIZERS, DIPS, AND BEVERAGES

*(Hints for Appetizers,  
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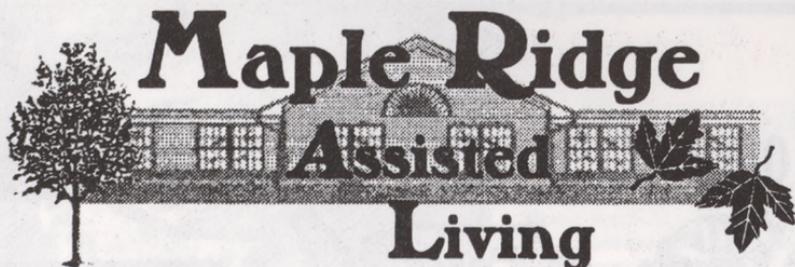
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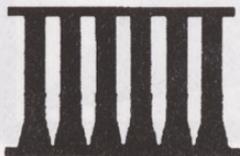
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