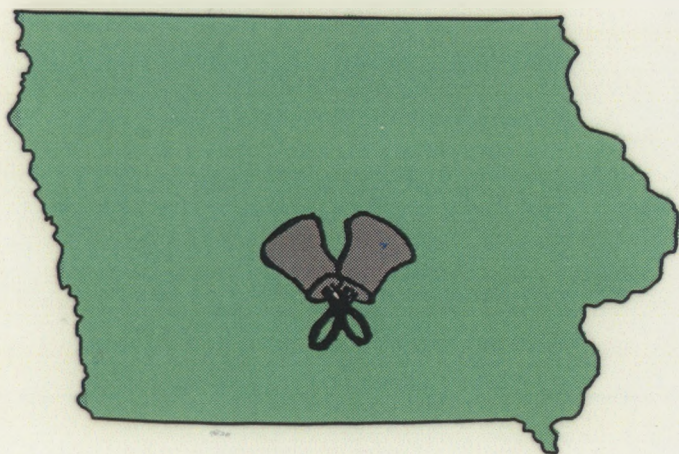




# COOKING FROM



# THE HEARTLAND

THE BELLS OF ST. PAUL  
ST. PAUL LUTHERAN CHURCH  
AMES, IOWA



## Dedication

This cookbook is dedicated to all the wonderful cooks in the Central Iowa area. The Bells of St. Paul appreciate all the time and effort the members and friends of our congregation took to submit their families' favorite recipes.

The Bells of St. Paul is the handbell choir of St. Paul Lutheran Church, Ames, Iowa. We are dedicated to making a "Joyful Noise" to enhance our worship service. The Bells have four and a half octaves of handbells and three octaves of hand-chimes. The proceeds from this cookbook will be used to expand the music programs at St. Paul.

I would personally like to thank all the current, past, and future handbell choir members for their dedication and diligence in the service of our Lord.

Lyn Wheatley  
Director of the Bells of St. Paul

### **Cookbook Committee:**

Lyn Wheatley  
Diane Wright  
DeAnn Wright  
Kris Grotheer

## Kitchen Prayer

Lord of all pots and pans and things,  
Since I've not time to be  
A saint by doing lovely things,  
Or dreaming in the dawn light,  
Or storming Heaven's gates  
Make me a saint by getting meals  
And washing up the plates.  
Warm all the kitchen with Thy love  
And light it with Thy peace.  
Forgive me all my worry,  
And make my grumbling cease.  
Thou who didst love to give men food,  
In room or by the sea,  
Accept this service that I do,  
I do it unto Thee.

## Life's Recipe

<i>1 cup of Good Thoughts</i>	<i>2 cups of Sacrifice for others</i>
<i>1 cup of Kind Deeds</i>	<i>3 cups of Forgiveness</i>
<i>1 cup of Consideration</i> <i>for others</i>	<i>2 cups of well-beaten Faults</i>

Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love. Fold in 4 cups of prayer and faith to lighten other ingredients and raise the texture to greater heights of living. After pouring all this into your daily life, bake with the heat of human kindness. Serve with a smile.

## A Household Help

Each morning when you waken, just offer God the day.

Each task that's undertaken, whether work or play.

Offer Him your happiness, your cares and troubles too.

Just tell Him that you don't forget all He's done for you.

Now if you follow this recipe you surely will soon find,  
Your life will be without a care and full of bright sunshine.

### Recipe For a Happy Family

<i>1 husband</i>	<i>1 pkg. work</i>
<i>1 wife</i>	<i>1 pkg. playing together</i>
<i>Children</i>	<i>1 portion patience</i>
<i>1 Bible for each</i>	<i>1 portion understanding</i>
<i>1 Home</i>	<i>1 portion forgiveness</i>
<i>Generous portions of prayer</i>	<i>1 small paddle</i>
<i>3 cups love, firmly packed</i>	<i>1 cup kisses</i>

Mix thoroughly and sprinkle with awareness. Bake in moderate oven of everyday life using as fuel all the grudges and past unpleasantness. Cool. Turn out onto a platter of cheerfulness. Garnish with tears and laughter in large helpings. Serve God and Country and Community.

## Family Pie

One handful of forgiveness  
One heaping cupful of love  
A full pound of unselfishness  
Mix together smoothly with complete faith in God,  
Add two tablespoonfuls of wisdom  
One teaspoon of good nature for flavor;  
Then sprinkle generously with thoughtfulness.  
This makes a wonderful family pie.

## Recipe To Preserve Children

*1 large grassy field*  
*2 to 3 small dogs*  
*Some pebbles*  
*1 blue sky*  
*1 bathtub*

*6 children, assorted sizes*  
*1 slow moving creek*  
*Many flowers*  
*1 hot sun*

Take 1 large grassy field, 6 children, 2 or 3 small dogs, the creek, small pebbles, and mix thoroughly. Sprinkle the field with flowers and spread under the deep blue sky and bake in the hot sun. When the children are well browned they may be removed to a cool shade or - a much needed bath!

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## First Edition

First Printing - September, 1997

### **Brennan Printing**

100 Main St. • Deep River, Iowa 52222

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# Appetizers, Beverages, and Dips

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

_____	_____
_____	_____
_____	_____
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_____	_____

## 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 pimiento sliver or a sprig of dill.

## Artichoke Dip

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 C. grated cheddar cheese | ¾ C. mayonnaise (low cal is O.K.) |
| 1 C. grated Swiss cheese   | 1 large can artichoke hearts      |
| ¾ C. chopped onions        | (drained & chopped)               |

Mix all ingredients. Refrigerate for about 20 to 30 minutes before serving. Bake at 325°-350° until lightly browned and bubbly. Serve with crackers.

*Marilyn Hagemoser*

## Beau Monde Dip

- |                   |                             |
|-------------------|-----------------------------|
| 1 C. mayonnaise   | 2 tsp. Beau Monde seasoning |
| 1 C. sour cream   | 2 tsp. dill weed            |
| 2 T. onion flakes | 2 tsp. parsley (crushed)    |

Mix ingredients well and chill for vegetable dip or chip dip.

*Alice Buck*

## Black Bean and Corn Salsa

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| ¾ C. frozen corn (thawed)            | 2 plum tomatoes (chopped)        |
| ¼ to ½ C. green peppers<br>(chopped) | ⅓ bunch fresh cilantro (chopped) |
| 1 can black beans                    | Prepared salsa for consistency   |
| ¼ C. onion (chopped)                 |                                  |

Drain and rinse black beans. Combine all ingredients and serve with tortilla chips.

*Kathy Holmstrom*

## **Easy Cheesy Dip**

1 (8 oz.) pkg. light cream cheese      ½ tsp. onion powder  
½ C. Velveeta cheese                      ¼ tsp. garlic powder  
1 T. Worcestershire sauce

Have cheeses at room temperature. Mix in order given, either by hand or with mixer until smooth and creamy. Spread on crackers for a cheese treat.

*Carolyn Lawson*

## **Fresh Fruit Salsa**

3 C. peeled & diced fruits (mango,      ¼ C. wine vinegar  
pineapple, orange, papaya, etc.)      ½ C. diced red onion  
2 tsp. diced jarred or                      ½ tsp. salt  
fresh jalapenos                              1 to 2 T. chopped cilantro

Combine the above and let stand at room temperature for 20 minutes. Can serve with chips, enchiladas, burritos, or as a salad with bread and soup.

*Rama Sridhar*

## **Fresh Vegetable Dip**

8 ozs. sour cream                              1½ tsp. dill, adjust for flavor  
1 pkg. original ranch dressing mix

Mix all ingredients given. Let set for 20 to 30 minutes so flavor will mingle. Great with carrots, broccoli, cucumbers, etc.

*Diane Wright*

## Hot Pastrami Dip

- |   |                              |
|---|------------------------------|
| 3 ozs. pastrami or dried beef<br>(shredded) | 1 T. onion (minced)          |
| 1 (8 oz.) pkg. cream cheese                 | ½ tsp. Worcestershire sauce  |
| ¼ C. green pepper<br>(finely chopped)       | ½ pt. sour cream             |
|   | ½ tsp. garlic powder or salt |
|   | Slivered almonds             |

Blend all ingredients, except almonds. Top with almonds and bake at 350° for 30 minutes. Serve hot.

*Lyn Wheatley*

## Mexican Cheese Dip

- |   |  |
|---|--|
| 1 (8 oz.) pkg. cream cheese<br>(softened) | ¼ C. shredded cheddar cheese           |
| ½ C. salsa                                | ½ to 1 tsp. garlic powder,<br>to taste |
| 1 tsp. Mrs. Dash seasoning                |  |

Mix all together well and refrigerate. Better if you let it set for an hour for seasonings to mix (can be frozen). Serve with tostito chips. This is a family hit and I usually have to make a double batch.

*Kathy Birdsall*

## Oklahoma Prairie Fire Dip

- |  |                          |
|--|--------------------------|
| 1 (12-15 oz.) can chili<br>without beans | 4 green onions (chopped) |
| 1 can chopped green chilies              | ¾ lb. Velveeta cheese    |

Use a shallow baking dish slightly larger than a pie pan. Spread chili (if your chili has beans in it, smash them). Spread chilies or jalapenos over chili. Sprinkle green onions on top. Slice Velveeta thick and arrange slices on top of onions. Heat in oven until hot and bubbly. Serve with corn chips.

*Norma Pietsch*

## Sombrero Dip

- |                             |  |
|-----------------------------|--|
| ½ lb. ground beef           | ½ tsp. salt                                  |
| ¼ C. chopped onion          | 1 (16 oz.) can kidney beans<br>(don't drain) |
| ¼ C. chili sauce            | ½ C. shredded cheddar cheese                 |
| 1½ tsp. chili powder        |  |
| ½ C. green olives (chopped) |  |

Brown beef and onion. Stir in chili sauce, chili powder, and salt. Mash beans and add to meat with bean liquid. Heat and add cheese and olives. Heat covered until cheese melts. Serve with taco chips.

*Lyn Wheatley*

## Hidden Valley Ranch Cheese Ball

- |  |  |
|--|--|
| ½ C. prepared double strength<br>Hidden Valley ranch milk<br>recipe original ranch salad<br>dressing (1 pkg. ½ C.<br>mayonnaise & ½ C. milk) | 1 (8 oz.) pkg. cream cheese<br>(room temp. for 1 hour)<br>5 ozs. sliced almonds (toasted)<br>8 ozs. shredded cheddar cheese<br>(room temp. for 1 hour) |
|--|--|

Mix the double strength salad dressing and cream cheese. Beat well with electric mixer. Add cheddar cheese and blend. Cover and freeze for 30 minutes. Shape cheese mixture into a ball. Roll cheese ball in toasted almonds.

*Geri Littrel*

## Shrimp Spread

- |                           |                            |
|---------------------------|----------------------------|
| 1 stick margarine         | 1 tsp. lemon juice         |
| 1 large pkg. cream cheese | 1 slice of onion (chopped) |
| Garlic powder             | 1 can shrimp (drained)     |
| 1 stalk celery (chopped)  |                            |

Mix all ingredients together. Serve with crackers.

*Barb Hamilton*

## Cajun Party Mix

- |   |   |
|---|---|
| 4 C. Crispix cereal                     | 2 C. pretzel nibs or sticks               |
| 1 C. mixed nuts                         | 1½ C. corn oil                            |
| 2 C. chili-n-cheese Fritos              | 1 pkg. Hidden Valley Ranch dressing (dry) |
| 2 C. garlic melba rounds or bagel chips | 3 tsp. dill weed                          |
| 2 C. cheese nibs                        | 2 to 4 tsp. cajun seasoning (Tones)       |
| 2 C. triscuit (break in ½)              |   |

Mix first 7 ingredients in large bowl or pan. Mix oil with dressing and seasonings. Combine with cereal and stir until evenly coated. Put in airtight container and store in refrigerator overnight or for at least 3 to 4 hours. Keeps well in airtight container.

*Karen Belz*

## Peanutty Snack Mix

- |                     |   |
|---------------------|---|
| 5 C. Kix cereal     | 1 (3 1/8 oz.) pkg. reg. vanilla pudding & pie filling (not instant) |
| 1 C. salted peanuts |   |
| 1 C. raisins        | ½ C. honey  |
| 1 C. banana chips   |   |
| ½ C. peanut butter  |   |

Lightly butter a jelly roll pan (15½x10½x1-inch). Mix cereal, peanuts, raisins, and banana chips in a large bowl. Mix pudding and pie filling (dry) and honey in a small saucepan. Heat to boiling over medium heat, stirring constantly, then reduce heat. Boil and stir for 1 minute; remove from heat and stir in peanut butter. Pour over cereal mixture and toss until evenly coated. Spread in pan and refrigerate for 30 minutes. Break into bite-size pieces. Store snack in covered container at room temperature or in refrigerator. Makes about 10 cups.

*Diane Wright*

## **Snack Crackers**

2 pkgs. oyster crackers	1 C. oil
1 pkg. Hidden Valley Ranch dressing mix	1 tsp. dill weed

Heat oil until warm. Add dressing and dill. Stir and pour over crackers. Shake to coat crackers.

*Lyn Wheatley*

## **Cocktail Sausages**

2 pkgs. cocktail sausages	1/2 C. brown sugar
1 jar open pit B-B-Q sauce	1/4 C. water
1/2 C. sugar	

Combine sauce, sugars, and water in large pan. Cook until sugars are dissolved. Add sausages and simmer until heated through.

*Mary Lee Wheat*

## **Ham Log**

2 C. ground ham	2 T. parsley flakes
8 ozs. cream cheese	2 tsp. minced onion
1/4 C. mayonnaise (not salad dressing)	1/4 tsp. Tabasco (more or less)
Pecans or walnuts	

Mix together ground ham, cream cheese, mayonnaise, and pecans or walnuts. Add parsley flakes, minced onion, and Tabasco. Mix and shape into log. (May want to chill first.) Roll in finely ground pecans or English walnuts. Serve chilled with crackers.

*Sandy Townsend*

## Sausage Stars

2 C. cooked crumbled Italian sausage	1 (3¼ oz.) can sliced ripe olives
1½ C. grated cheddar cheese	½ C. chopped red pepper
1½ C. grated Monterey Jack cheese	1 pkg. fresh Wonton wrappers
	Vegetable oil
	1 C. ranch dressing

Preheat oven to 350°. Blot sausage dry. Combine with cheeses, ranch dressing, olives, and chopped red pepper. Lightly grease regular or mini muffin tins. Brush individual won ton skins with oil. Press into muffin cups. Bake for 5 minutes until golden. Remove from tins and place on baking sheet. Fill with sausage mixture. Bake for 5 minutes until bubbly. Serve warm. Makes 4 to 5 dozen.

*Jan Ziebell*

## Sauteed ' Mushrooms on Italian Bread

1 to 2 T. olive oil	2 T. cilantro (chopped)
1 small onion (chopped)	1 bunch green onion (chopped)
1 box mushrooms (sliced)	1 loaf whole-wheat or French bread
Salt & cayenne pepper, to taste	

Heat oil. Saute ' onion and add mushrooms, salt, and cayenne pepper. Add cilantro and green onion. Top mushroom mix on sliced whole wheat or French bread and bake at 350° for 6 to 8 minutes or broil for a few minutes.

*Kathy Holmstrom*

## Taco Ring

½ lb. lean ground beef	1 medium tomato (chopped)
1 pkg. taco seasoning	1 medium onion (chopped)
1 C. shredded cheddar cheese	½ head of lettuce (shredded)
4 T. water	1 large green pepper (whole)
½ C. black olives (sliced)	Sour cream
Salsa	2 pkgs. refrigerator crescent rolls

Brown ground beef and drain. Add taco seasoning, water, and cheese. Cook until cheese is melted. On a 13-inch round pizza pan or baking stone. Arrange rolls in a circle with large end toward center, overlapping large ends slightly. Place meat mixture by spoonfuls on large end of rolls. Bring small end over the top of the meat and tuck under the large end. Meat mixture will show. Bake at 350° for 20 to 25 minutes or until golden brown. Allow for a 5-inch diameter circle in the center.

To Serve: Allow to cool slightly. Cut the top off the green pepper with "V" shaped cuts. Clean and fill with salsa. Place in center of ring. Place lettuce between ring and pepper. Garnish lettuce with onions, tomatoes, olives, and sour cream. Slice ring to serve.

*Lyn Wheatley*

## Water Chestnut Appetizers

1 can whole water chestnuts (drained)	½ C. water
Bacon, ½ slice per chestnut	1 tsp. white vinegar
1 C. ketchup	1 tsp. sugar
6 dashes Worcestershire sauce	1 large onion (chopped)

Wrap bacon around chestnuts. Secure with a toothpick. Bake in oven for 30 to 40 minutes at 400° or until bacon is crisp. Pour off grease. Mix remaining ingredients and pour over chestnuts. Bake another 40 minutes at 325° or until brown.

*Vickie Meixner*

## Veggie Bites

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1/3 C. margarine or butter (melted) | 2 C. sliced fresh vegetables     |
| 1 egg                               | (broccoli, cauliflower, carrots, |
| 2 tsp. water                        | zucchini, red or green pepper)   |
| 1/2 C. flour                        | 1/2 tsp. salt                    |

Heat oven to 450°. Brush bottom of rectangular pan (9x13-inch) with 1 T. melted margarine. Beat egg and water with a fork. Mix flour and salt in another shallow dish. Dip 1/4 of vegetables into egg mixture. Remove 1 piece at a time and roll in flour mixture to coat. Place in pan. Repeat until all vegetables are coated. Pour remaining melted butter over all pieces and into pan. Bake, uncovered, turning once until vegetables are crisp-tender and coating is brown, 10 to 12 minutes, then drain. Sprinkle lightly with grated Parmesan cheese if you prefer. Makes 2 cups veggie bites. Recipe can easily be doubled.

*Diane Wright*

## French Chocolate

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2/3 C. semi-sweet chocolate chips | 1 tsp. vanilla              |
| 1/2 C. light Karo syrup           | 2 C. chilled whipping cream |
| 1/4 C. plus 2 T. water            | 8 C. milk                   |

Heat chocolate chips, syrup, and water over low heat, stirring until chocolate is melted and mixture is smooth. Stir in vanilla and chill. In chilled bowl beat cream until stiff, adding chilled chocolate gradually. Continue beating until mixture mounds when dropped from a spoon and refrigerate. Just before serving, heat milk but do not boil. Fill cups 1/2 full with whipped cream mixture. Fill cups with milk and blend. Makes 16 servings.

*Lyn Wheatley*

## **Sparkling Cranberry Punch**

2 qts. cranberry cocktail (chilled)      1 (6 oz.) can frozen pink  
1 qt. 7-Up or ginger ale                      lemonade concentrate (thawed)

Combine all ingredients in large punch bowl. Serves 25, ½ C. servings.

*Lyn Wheatley*

## **Tahitian Punch**

1 (46 oz.) can pineapple juice              2 qts. lemon-lime soda (chilled)  
    (chilled)                                      1 pt. lemon or lime sherbet  
1 (46 oz.) can orange-grapefruit  
    juice (chilled)

### **GARNISH:**

Lemon slices

Orange slices

Sprig of fresh mint

In large punch bowl, stir together juices and soda. Spoon sherbet into punch. Garnish and serve. Serves 38, ½ C. servings.

*Lyn Wheatley*

## **Ice Ring**

1 orange (sliced thinly)                      Strawberries or  
1 lemon (sliced thinly)                      maraschino cherries  
1 lime (sliced thinly)

In a 6 to 6½ C. ring mold, arrange citrus slices and fruit in an attractive design. Partially cover fruit with water and freeze. When frozen add enough water to fill mold ¾ full. Freeze. When serving, unmold and float in punch, fruit side-up. Optional: Instead of using water use the punch before adding the soda.

*Lyn Wheatley*

## Mulled Tomato Juice

2 (46 oz.) cans tomato juice	½ tsp. oregano
1 T. Worcestershire sauce	5 drops Tabasco sauce
1 tsp. salt	½ C. margarine (softened)
1 tsp. celery salt	

Combine all ingredients in large kettle. Cover and heat to boiling. Reduce heat and simmer for 10 to 15 minutes, stirring occasionally. Serve in small mugs. Makes 15, ¾ C. servings.

*Lyn Wheatley*

## Orange Julius

½ (6 oz.) can frozen orange juice	1/8 C. sugar
½ C. milk	½ tsp. vanilla
½ C. water	5 to 6 ice cubes

Combine the ingredients in a blender. Blend until smooth for about 30 seconds. Serve immediately in chilled glasses.

*Mary Padilla*

## Brandy Slush

9 C. water	1 (12 oz.) can frozen lemonade
2 C. sugar	1 pt. plain brandy
1 (12 oz.) can frozen orange juice	7-Up

Heat water and sugar until sugar is dissolved. Add lemonade, orange juice, and brandy. Store in freezer. To serve place 2 scoops in glass and fill with 7-Up.

*Lyn Wheatley*

## Rum Coolers

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 (6 oz.) can lime concentrate   | 1 bottle white rum (750 ml) |
| 3 (6 oz.) cans lemon concentrate | 32 ozs. 7-Up                |
| 3 cans water                     | 3 drops green food coloring |

Freeze the combined ingredients for 24 hours. Serve frozen, it's like a slush.

*Mary MacGillivray*

# Breads and Rolls

*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.

## Old Fashioned Banana Bread

1/2 C. sour milk*	1 tsp. vanilla
3/4 C. margarine	2 C. flour
1 1/2 C. white sugar	1 tsp. baking soda
2 large over ripe bananas or 3 small ones	3/4 tsp. salt
2 eggs	3/4 C. chopped nuts

(\*To sour milk add 2 T. vinegar to regular milk and let stand for 10 minutes.)  
Cream eggs, sugar, and margarine. Add vanilla, milk, and dry ingredients. Add bananas and stir in nuts. Pour into greased bread pans. Make 1 large (9 5/8 x 5 1/2-inch) and 1 small pan (7 3/8 x 3 5/8-inch). Bake at 300° for 1 hour and 15 minutes. Check small pan for doneness at 45 minutes.

*Gretchen Zitterich*

## Corn Bread

1 C. cornmeal	2 1/2 tsp. baking powder
1 C. flour	2 eggs
1/3 C. sugar	1/3 C. oil
1 tsp. salt	1 C. milk

Blend dry ingredients. Blend eggs, oil, and milk; add to dry ingredients. Pour into well-greased 9x9x2-inch pan or two 8-inch round pans. Bake at 425° for 20 to 25 minutes.

*Cheryl Langston*

*Keep your words soft and sweet; you never  
know when when you may have to eat them!*

## **Mom's Corn Bread**

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

Mix dry ingredients in a bowl. Add egg, shortening, and milk to make a soft dough. Bake in greased pan or muffin tins until brown at 375°.

*Sharon Santi*

## **Sweet Corn Bread**

1 C. sugar	2 eggs (beaten)
½ tsp. salt	1 C. oil
3 C. flour	1 C. milk
1½ tsp. baking powder	1 tsp. vanilla
¾ C. cornmeal	

Combine dry ingredients in mixing bowl. Combine eggs, oil, milk, and vanilla; add to dry ingredients. Stir or use mixer (thick mixture) until dry ingredients are moistened. Bake in greased preheated corn bread skillet or 9x13-inch pan at 375° for 20 to 25 minutes. Sweet enough that butter or margarine on a warm piece is tasty. Serve with honey butter, if desired.

*Kris Cavanaugh*

## **Indian Fry Bread**

3 C. flour	1½ T. baking powder
⅓ C. sugar	1½ C. warm milk

Mix well. Knead in more flour until not sticky, about 10 minutes. Let stand for 20 minutes, then pinch off golf ball size dough and flatten in oiled hands. Drop into deep-fat fryer, 350°-375° oil.

*Sandy Townsend*

## Fast and Easy Bread

2 C. warm water	2 tsp. salt
2 pkgs. yeast	1 egg (beaten)
¼ C. oleo	6½ to 7 C. flour
½ C. sugar	

Add warm water and yeast together. Add sugar, melted oleo, salt, and egg; beat, then add flour 1 C. at a time and beat. Flour amount may vary. The stickier the dough the better the bread. Let rise once, then make buns or cinnamon rolls. Bake buns at 400° for 20 minutes and cinnamon rolls at 375°.

*Norma Ninneman*

## Italian Parmesan Bread

1 pkg. dry yeast	1 tsp. salt
1 C. warm water (105°-115°)	1½ tsp. dried minced onion
3 C. flour	½ tsp. dried Italian seasoning
½ stick margarine	½ tsp. garlic salt
1 egg (beaten)	½ C. Parmesan cheese
2 T. sugar	

In large bowl, dissolve yeast in water. Add 2 C. flour, margarine, egg, sugar, salt, spice, and yeast mixture. Beat at low speed for about 30 seconds, then at medium speed for 2 minutes. Stir in remaining flour and cheese (save 2 T. cheese for topping). Beat until smooth. Cover and let rise in warm place until double. Stir down batter, beating 25 strokes. Spread batter into well-greased 1½-quart casserole. Brush with margarine and sprinkle with Parmesan. Cover and let rise until double (about 30 minutes). Bake at 350° for 30 to 35 minutes.

*Bev Thomas*

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## **Lemon Bread**

1 pkg. lemon cake mix	4 eggs
1 pkg. instant lemon pudding	1 C. water
½ C. oil	¼ C. poppy seed

Mix all ingredients together. Grease 5 small loaf pans. Bake at 350° until toothpick comes out clean, from 45 minutes to 1 hour.

*Marcia Gregorac*

## **Lemon Bread**

1 C. shortening	1 tsp. salt
2 C. sugar	1 C. milk
4 beaten eggs	½ C. nuts
2½ C. flour	Grated peel from 2 medium lemons
2 tsp. baking powder	

Cream shortening, sugar, and eggs. Sift together the flour, baking powder, and salt. Alternately add the dry ingredients and milk to the creamed mixture. Add the nuts and grated rind of lemons. Mix well and put mixture into two well-greased and floured pans (7½x3¾x2¼-inches). Bake at 350° for 1 hour. Lining the pans with waxed paper helps the bread to be removed from the pans more easily.

### **TOPPING:**

Juice from 2 lemons	½ C. sugar
---------------------	------------

Mix juice and sugar; let set until sugar dissolves. Just after the bread has been baked and still warm, poke holes in bread with fork. Spoon the lemon and sugar liquid slowly over the bread. Let cool.

*Mary Padilla*

## Monkey Bread

1 stick margarine  
1 1/3 C. sugar  
2 tsp. cinnamon

4 cans refrigerator biscuits  
1/2 tsp. vanilla

Cut each biscuit into fourths and roll into a ball. Then roll in a mixture of 2/3 C. sugar and 1 tsp. cinnamon. Drop in greased bundt pan. Combine left-over cinnamon-sugar with 2/3 C. sugar, 1 tsp. cinnamon, oleo, and vanilla; bring to a boil. Pour sauce immediately over biscuits and bake at 350° for 30 to 40 minutes.

*Alice Buck*

## Pumpkin Bread

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

2 tsp. baking soda  
1 1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1 C. chopped walnuts (optional)

Preheat oven to 350°. Mix together sugar, eggs, and oil. Then add water and canned pumpkin; mix well. Then add to mixture flour, baking soda, salt, cinnamon, nutmeg, and chopped walnuts; mix well. Place mixture evenly into 3 greased and floured bread pans. Bake at 350° for 50 to 60 minutes. Cool and slice. Great for breakfast.

*Lynn Deiter*  
(In Memory of Karen Gibson)

## **Pumpkin Bread**

3 C. sugar	1 C. oil
4 eggs	½ tsp. salt
1 tsp. cinnamon	1 tsp. nutmeg
⅔ C. water	2 C. pumpkin (1 can)
3⅓ C. flour	1½ tsp. soda
1½ tsp. baking powder	1 C. pecans (optional)

Combine sugar and oil in large bowl. Add eggs and beat until completely mixed. Add dry ingredients alternating with water. Mix well. Add pumpkin and mix. Pour in 3 greased bread pans and bake at 350° for 1 hour. Cool before taking out of the pan.

*Marcia Gregorac*

## **Rhubarb Bread**

1½ C. sugar	1 T. vanilla
⅔ C. oil	1 T. salt
1 egg	1½ C. rhubarb (cut fine)
1 C. buttermilk	2¾ C. flour
1 T. soda	½ C. nuts (chopped)

Cream sugar and oil. Add egg. Put soda and salt in the flour. Alternate buttermilk and flour, then add the rhubarb, nuts, and vanilla. Grease bread pans well and use 3 small pans. Sprinkle the tops with a mixture of:

¼ C. sugar	1 T. cinnamon
------------	---------------

Bake at 325° for 1 hour.

*Marcia Gregorac*

## Zucchini Bread

3 eggs	1½ tsp. soda
1 C. oil	1½ tsp. baking powder
1½ C. brown sugar	1½ tsp. salt
1½ C. sugar	3 tsp. cinnamon
2 C. grated zucchini	1 C. nuts (optional)
3 tsp. vanilla	1 C. raisins (optional)
3 C. flour	

Beat eggs and add sugar, oil, zucchini, and vanilla. Sift flour, soda, baking powder, salt, and cinnamon. Add to zucchini mixture. Fold in nuts and/or raisins. Bake at 350° for about 50 minutes. Makes 2 loaf pans.

*Sharon Santi*

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## Zucchini Bread

2 C. oil	6 C. flour
5 C. sugar	2 tsp. salt
6 eggs	2 tsp. baking soda
6 tsp. vanilla	½ tsp. baking powder
4 C. grated zucchini	6 tsp. cinnamon

Cream oil and sugar. Add eggs and vanilla; mix well. Add zucchini and mix. Combine dry ingredients and add to zucchini mixture in 3 stages, mixing well after each addition. Pour into three 9x5x3-inch loaf pans (well greased). Bake at 350° for 1 to 1½ hours.

*Mary Lee Wheat*

## **Cake Mix Cinnamon Rolls and My Favorite Frosting**

- |   |                             |
|---|-----------------------------|
| 1 yellow, white, cherry or<br>butterbrickle cake mix<br>(with or without pudding) | 1/2 tsp. salt               |
| 2 1/2 C. warm water   | 3 eggs                      |
| 2 pkgs. yeast   | 5 C. flour                  |
|   | 1/4 C. margarine (softened) |
|   | Sugar & cinnamon            |

### **FROSTING:**

- |                    |                |
|--------------------|----------------|
| 3 rounded T. flour | 1 C. butter    |
| 1 C. milk          | 1 tsp. vanilla |
| 1 C. sugar         |                |

Combine the yeast and water in large mixing bowl. Add the cake mix to the yeast/water mixture then beat with mixer. Add salt, eggs, and half the flour beating with mixer. Add remaining flour and knead, adding additional 1/2 C. flour as needed to make dough smooth. Grease sides and bottom of bowl and return dough to bowl; let rise to double. Punch dough down and roll 1/2-inch thick. Spread softened butter/margarine on dough and sprinkle with desired sugar and cinnamon. Roll, slice with dental floss or thread and place on greased pans 1/2-inch apart to rise. Bake at 350° until brown (15 to 20 minutes). Brush with butter/margarine while still hot from oven.

For Frosting: Cook flour and milk until thick. Then cool. After mixture is cooled add sugar, vanilla, and butter whipping all until fluffy. Make sure rolls are cooled or frosting will melt.

*Kris Cavanaugh*

*Use what talents you possess; the woods would be  
very silent if no birds sang there except those that sang best.*

## Caramel Rolls

- |  |                          |
|--|--------------------------|
| 1 loaf frozen bread                                      | 1 stick melted margarine |
| 1/2 C. brown sugar                                       | 1 tsp. cinnamon          |
| 1 (3 oz.) pkg. butterscotch<br>pudding mix (not instant) | 1 C. chopped nuts        |

Thaw bread and slice in 12 pieces. Layer bread in bottom of buttered angel food cake pan. Combine melted margarine, sugar, cinnamon, pudding mix, and nuts; pour over bread. Cover with towel and let rise. Bake at 350° for 30 to 40 minutes.

*Wilma Smith*

## Caramel Cinnamon Rolls

- |                 |                        |
|-----------------|------------------------|
| 1 yeast cake    | 3 T. melted shortening |
| 1 T. sugar      | 1 C. warm water        |
| 1 C. warm water | 2 beaten eggs          |
| 1 tsp. salt     | 3 C. flour             |
| 1 T. sugar      |                        |

### CARAMEL SAUCE:

- |                  |                        |
|------------------|------------------------|
| 1 C. brown sugar | 2 T. melted butter     |
| 6 T. syrup       | 4 T. top milk or cream |

Dissolve yeast cake and sugar in warm water. Add next 6 ingredients into the dissolved yeast mixture. Beat until smooth, then work another 3 C. flour into dough and knead until elastic. Let rise (covered) in warm place. Knead down and let rest a few minutes. Then roll out and spread with soft butter and sprinkle with cinnamon and brown sugar (1/4 C.). Raisins may be added as well. Start along one side and roll-up lengthwise and seal edges. Cut into rolls and place cut side down into caramel sauce already mixed in pan. Let rise until double and bake at 350° for 25 minutes.

*Sharon Santi*

## **Dinner Rolls**

1½ C. milk	½ C. water
½ C. sugar	1 C. orange juice
1 T. salt	2 beaten eggs
5 T. shortening	1 C. potato flakes
2 pkgs. yeast	Approx. 7 C. flour

Scald milk. Add sugar, salt, and 5 T. shortening. Cool and add yeast that has been softened in ½ C. water. Add 1 C. orange juice (room temperature), eggs, potato flakes, and flour (enough to make soft dough). Knead thoroughly; raise to double size; punch down and raise again. Make into rolls, any shape and raise again. Bake at 375° until light brown. Can be frozen in plastic bags.

*Margaret Johnson*

## **Oatmeal Buns**

2 C. boiling water	⅓ C. warm water
1 C. quick oatmeal	⅔ C. brown sugar
6 T. oleo	1½ tsp. salt
2 pkgs. yeast	5½ C. flour
1 tsp. sugar	

Pour 2 C. boiling water over 1 C. quick oatmeal. Add 6 T. oleo then set aside. Soak 2 pkgs. yeast and 1 tsp. sugar in ⅓ C. warm water (105°). Let set until yeast activates. When oatmeal mixture is lukewarm, add ⅔ C. brown sugar, 1½ tsp. salt. Beat in 1 C. flour. Add this to yeast mixture, then add about 4½ C. flour. Knead about 10 minutes add more flour if needed. Set aside to raise (double). Make into rolls and let rise again. Bake at 375° until light brown. Makes 24 rolls.

*Sandy Townsend*

## Overnight Rolls

### FULL RECIPE:

4 C. water	1 pkg. yeast (1 T.)
2 C. sugar	4 eggs (beaten well)
1 C. lard	12 C. flour
1 T. salt	

### HALF RECIPE:

2 C. water	½ pkg. yeast (1½ tsp.)
1 C. sugar	2 eggs (beaten)
½ C. lard	6 C. flour
1½ tsp. salt	

Combine water and sugar; boil for 5 minutes then add lard and cool. Add salt, yeast, eggs, and flour to make a medium dough; start this at 3:00 p.m. Knead down about 6:00 p.m. and then place into pans at bedtime; cover with towel and bake in morning.

Note: May be started at 6:00 p.m. omitting rising stage and put into pans at bedtime. This is used to make cinnamon rolls, clover leaf rolls, and sandwich buns. Bake at 350° for 15 to 20 minutes.

*Duane D. Faas*

## Overnight Rolls

1 tsp. dry yeast	½ C. shortening
3 C. warm water	7 to 9 C. flour, depending on weather
1 C. sugar	
1 T. salt	

Mix around 5:00 p.m. Punch down each hour until around 10:00 p.m. Shape into type of rolls you wish and let rise at room temperature overnight. Bake at 350° for 25 to 30 minutes.

*Mary Lee Wheat*

## **Pecan Rolls**

½ C. whipping cream	1 small pkg. pecan chips
1 C. brown sugar	2 tubes biscuits (butter) (Big Country)

Mix whipping cream and brown sugar in 9x13-inch baking pan. Add pecans cut biscuits in fourths. Layer on top. Bake at 350° for 20 minutes. Turn on to cookie sheet to cool.

*Geri Littrel*

## **Rhubarb Rolls**

1½ C. sugar	Salt, to taste
2 C. water	3 T. shortening
2 C. flour	¾ C. milk
4 tsp. baking powder	3 C. rhubarb
2 T. sugar	

Boil the sugar and water. Mix flour, baking powder, sugar, salt, shortening, and milk. Roll out dough like cinnamon rolls. Put rhubarb over dough and roll-up and cut. Place in pan, cut side up. Pour syrup over and bake at 350°.

*Mary Lee Wheat*

*Keep smiling, it will make people  
wonder what you've been up to.*

## Banana-Nut Muffins

- |                               |                      |
|-------------------------------|----------------------|
| ½ C. (1 stick) margarine      | 1 tsp. baking powder |
| 1 C. granulated sugar         | ½ tsp. baking soda   |
| 2 eggs                        | 1 C. buttermilk      |
| 2 large ripe bananas (mashed) | ½ C. chopped pecans  |
| 2 C. flour                    | 1 tsp. vanilla       |
| 1 tsp. salt                   |                      |

Preheat oven to 400°. Grease 12 muffin pan cups or use paper liners. Beat together butter and sugar at medium speed, until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Beat in bananas until smooth. Mix together flour, salt, baking powder, and baking soda. Alternately stir flour mixture and buttermilk into egg mixture until dry ingredients are just moistened. Stir in nuts and vanilla. Do not overmix. Batter should not be completely smooth. Spoon batter into pan, filling  $\frac{2}{3}$  full. Bake until golden, 15 to 18 minutes.

*Marcia Gregorac*

## My Favorite Blueberry Oatmeal Muffins

- |                        |  |
|------------------------|--|
| 3 C. biscuit mix       | 1½ C. milk   |
| ½ C. dark brown sugar  | ¼ C. melted butter or margarine                        |
| ¾ C. quick rolled oats | 2 C. fresh or frozen blueberries<br>(rinsed & drained) |
| 1 tsp. ground cinnamon |  |
| 2 eggs (well-beaten)   |  |

Combine biscuit mix, brown sugar, oats, and cinnamon. Mix eggs, milk, and butter. Add to dry ingredients all at once and stir until just blended. Fold in blueberries. Spoon into greased muffin pans (or paper-lined ones) and fill cups  $\frac{2}{3}$  full. Bake at 400° for 15 to 20 minutes or until brown. Remove from pans and cool on rack. Makes about 18 muffins. (If using frozen blueberries fold in especially carefully as it can turn the batter blue.)

*Carole Bunde*

## Cinnamon Yogurt Muffins

1½ sticks margarine	1 tsp. salt
1½ C. sugar	2 C. flour
2 eggs	1 tsp. baking powder
1 tsp. vanilla	½ tsp. baking soda
1 C. plain yogurt	

### CINNAMON MIXTURE:

3 T. sugar	1½ tsp. cinnamon
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Cream with electric mixer the margarine, sugar, eggs, and vanilla until all sugar is dissolved. Add yogurt and blend. Combine dry ingredients and add to mixture, blending only until all flour disappears. Grease muffin pans and fill ½ full. Sprinkle on some of the cinnamon mixture. Fill muffins with remaining batter and sprinkle the rest of cinnamon mixture on top. Bake at 400° for 20 to 25 minutes. Makes 12 to 18 muffins depending on size of tin.

*Joyce Dobberke*

## Danish Pastry

1 C. shortening (margarine or butter)	1 C. cold milk
4 C. flour	3 eggs
1 yeast cake	1 tsp. salt
	3 T. sugar

Mix flour and shortening as for pie crust. Soak yeast in milk and add 3 beaten egg yolks, salt, and sugar. Mix well into flour and shortening. Cool in refrigerator and use as needed. Dough can be kept several days in the refrigerator. Makes 6 sticks. Roll each stick very thin. Spread with lightly beaten egg whites. Spread with cooked fruit or jam. Fold dough over the fruit and let stand for 2 hours. Bake on greased 9x13-inch cookie sheet at 375° for 15 minutes. Frost with almond powdered sugar frosting.

*Marcia Gregorac*

## Harringakaka (Norwegian)

2 C. milk	½ C. sugar
2 eggs (well-beaten)	2 pkgs. yeast
1 C. margarine	6 C. flour or more
1 T. salt	1½ C. mashed potatoes

Cook potatoes and mash real well. Add 1 C. margarine, sugar, and salt; add 2 C. scald milk and beat well. Let cool and add the rest of the ingredients; mix well and let rise for 1 hour in a warm place. Pinch pieces of dough as for buns and put the rest in refrigerator while you roll out, use a pastry cloth to roll out like a pie crust and bake on a lefsa iron until light brown. Turn with lefsa turner. This batch will make about 30 or 35, 12 to 14-inches across. Spread with butter and sprinkle with sugar after soaked to soften between towels. Harringakakka may be kept in the freezer for several weeks wrapped tightly or for a shorter time in the refrigerator.

*Irma H. Elliott*

## Quick Pizza Crust

2 C. flour	⅔ C. milk
2 tsp. baking powder	¼ C. salad oil
1 tsp. salt	

Heat oven to 425°. Mix all ingredients and stir until mix leaves sides of bowl. Knead 10 times and roll out. Place on two greased pizza pans and brush with salad oil. Add sauce and desired toppings. Bake at 425° for 20 to 25 minutes.

*Carolyn Lawson*

## **Cheese Pretzels**

1 pkg. dry yeast	3 C. flour
1 C. + 2 T. warm water (105°)	¾ C. grated cheddar cheese
1 T. sugar	1 egg (beaten)

Sprinkle yeast on water and allow to dissolve until yeast activates. Add sugar, flour, and cheese. Stir and knead. Cut into 24 pieces. Roll into worm shapes and shape into pretzel. Brush with beaten egg and sprinkle with salt. Bake at 450° for 15 minutes.

*Sandy Townsend*

# Breakfast and Brunch

*My Favorite Recipes in this section are:*

RECIPE

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## TO REMOVE STAINS FROM WASHABLES

### ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes, rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

### BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

### CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

### CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

### CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

### COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

### CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda. (NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.)

### DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

## Coffee Cake

- |                      |   |
|----------------------|---|
| 1 C. sugar           | 1 tsp. salt                                   |
| 3/4 C. Crisco oil    | 1 (3.4 oz.) pkg. instant vanilla pudding      |
| 4 eggs               | 1 (3.4 oz.) pkg. instant butterscotch pudding |
| 1 tsp. vanilla       | 1 C. brown sugar                              |
| 1 C. water           | 1 1/2 tsp. cinnamon                           |
| 2 C. flour           |   |
| 2 tsp. baking powder |   |
| Nuts (optional)      |   |

Beat for 2 minutes and put half batter in 9x13-inch pan. Sprinkle with brown sugar, cinnamon, and nuts. Top with remaining batter. Bake at 300° for 1 hour.

Alice Buck

## Herman Starter (Friendship Bread)

- |              |                             |
|--------------|-----------------------------|
| 2 C. flour   | 2 C. warm water (105°-115°) |
| 2 T. sugar   | 1 tsp. salt                 |
| 1 pkg. yeast |                             |

Mix dry ingredients and gradually stir in water. Beat with a whisk until smooth. Cover loosely and set in a warm place (80°-85°), draft-free. Stir 2 to 3 times daily for 3 days or until bubbly and produces a yeasty aroma. Cover loosely and refrigerate. Use within 14 days. Give a cup to a friend. Then follow directions:

- |  |   |
|--|---|
| Day 1: Receive starter                           | Day 6: Stir                                       |
| Day 2: Stir                                      | Day 7: Stir                                       |
| Day 3: Stir                                      | Day 8: Do nothing                                 |
| Day 4: Stir                                      | Day 9: Do nothing                                 |
| Day 5: Add 1 C. each, milk<br>sugar, flour, stir | Day 10: Add 1 C. each, flour<br>milk, sugar, stir |

Separate into 1 C. amounts. Use, freeze, give away. This begins cycle again with Day 1. Do not refrigerate during cycle.

Lyn Wheatley

## **Herman Coffee Cake (Friendship Coffee Cake)**

- |                           |  |
|---------------------------|--|
| 1 C. flour                | 1/3 C. oil                                       |
| 1/2 C. sugar              | 1 egg  |
| 1 tsp. baking powder      | 1/2 C. chocolate chips                           |
| 1/4 tsp. baking soda      | 1/4 C. chopped pecans                            |
| 1/4 tsp. salt             | 1 1/2 tsp. flour, cinnamon &<br>granulated sugar |
| 3/4 tsp. cinnamon         | 2 T. softened margarine                          |
| 1/2 C. packed brown sugar |  |
| 1 C. Herman               |  |

Mix flour, sugar, baking powder, soda, and salt. Add Herman, oil, egg, 3/4 tsp. cinnamon, nuts, and chips. Spread in 8 or 9-inch square pan. In small bowl mix brown sugar, remaining flour, cinnamon, and sugar. Cut in margarine. Spread over batter and bake at 350° for 30 to 35 minutes.

*Lyn Wheatley*

## **Jewish Coffee Cake**

- |                             |                          |
|-----------------------------|--------------------------|
| 1 C. shortening (margarine) | 1 1/2 tsp. baking powder |
| 2 C. sugar                  | 1 C. milk                |
| 4 eggs                      | 1 tsp. vanilla           |
| 3 C. flour                  |                          |

### **TOPPING:**

- |            |               |
|------------|---------------|
| 3 T. sugar | 3 T. cinnamon |
|------------|---------------|

Cream shortening and sugar. Add 4 eggs, 1 at a time. Sift flour and baking powder. Add alternately dry ingredients and wet ingredients. Grease angel food or Bundt cake pans. Place 1/3 batter then 1/3 topping; 1/3 batter then 1/3 topping; 1/3 batter then 1/3 topping. Cut through with knife and swirl topping. Bake at 350° for 1 hour.

*Betty Runge*

## Kris's Cowboy Coffee Cake

3/4 C. flour	1/4 tsp. soda
1/2 C. rolled oats	1/4 tsp. cinnamon
1/2 C. brown sugar	1/2 tsp. nutmeg
1/3 C. shortening	1/2 C. sour milk
1 tsp. baking powder	1 egg (beaten)

Combine flour, oats, brown sugar, and shortening to crumbly, reserving 1/4 cup. Add remaining dry ingredients and stir thoroughly. Add sour milk and egg; mix well. Pour into greased 8x8-inch pan and sprinkle reserved 1/4 C. mixture on top. Bake at 375° for 25 to 30 minutes.

*Kris Cavanaugh*

## Prize Coffee Cake

3/4 C. sugar	1 1/2 C. flour
1/4 C. soft shortening	2 tsp. baking powder
1 egg	1/2 tsp. salt
1/2 C. milk	

### STREUSEL MIX:

1/2 C. brown sugar	2 tsp. cinnamon
2 T. flour	2 T. melted butter

Preheat oven to 375°. Grease and flour 9x9-inch pan. Combine sugar, shortening, and egg. Stir in milk. Sift and add flour, baking powder, and salt. Spread half of batter in pan. Sprinkle with half the streusel mix. Add remaining batter and sprinkle top with remaining streusel mix. Bake for 25 to 35 minutes.

*Bev Thomas*

## **Quick Yeast Coffee Bread**

¾ C. warm water  
1 pkg. dry yeast  
¼ C. sugar  
1 tsp. salt

2¼ C. sifted flour  
1 egg  
¼ C. soft butter (shortening)

TOPPING: Mix Thoroughly.

2 T. butter  
⅓ C. brown sugar  
2 T. flour  
1 tsp. cinnamon

Pecans or walnuts, if desired  
(to taste)  
(¼ to ½ C. chopped or whole)

In mixing bowl dissolve yeast in water. Add sugar, salt, and about half the flour. Beat thoroughly for 2 minutes. Add egg and soft shortening. Gradually beat in flour until smooth. Drop small spoonfuls of dough over entire bottom of greased pan (8-inch or 9-inch square pan). Sprinkle topping mixture over dough. Cover and let rise until double in bulk. Bake at 375° for 30 to 35 minutes.

*Mary Padilla*

## **Rhubarb Coffee Cake**

1½ C. brown sugar  
½ C. shortening  
1 egg  
1 tsp. soda  
1½ C. cut-up rhubarb

1 C. sour milk  
1 tsp. vanilla  
2 C. flour  
¼ tsp. salt

Mix together and pour into a greased 9x13-inch pan.

TOPPING:

1 T. butter or oleo  
1 T. flour  
½ C. white sugar

1 tsp. cinnamon  
¼ C. chopped nuts

Mix and sprinkle over cake batter. Bake at 350° for 35 minutes.

*Phyllis Hauptmeier*

## Rhubarb Coffee Cake

- |                    |                      |
|--------------------|----------------------|
| ½ C. oleo          | ½ tsp. salt          |
| 1½ C. sugar        | 2½ C. flour          |
| 1 egg              | 3 C. chopped rhubarb |
| 1 C. buttermilk    | 1 C. brown sugar     |
| 1 tsp. baking soda | ½ C. chopped walnuts |
| 1 tsp. vanilla     |                      |

### TOPPING:

- |            |                      |
|------------|----------------------|
| ½ C. oleo  | ½ C. evaporated milk |
| 1 C. sugar | 1 tsp. vanilla       |

Preheat oven to 350°. Grease 9x13-inch pan. Mix first 9 ingredients. Pour in pan and top with brown sugar and nuts. Bake for 45 minutes. Heat topping ingredients until sugar is dissolved. Pour over cake.

*Kris Grotheer*

## Breakfast Casserole

- |                           |                          |
|---------------------------|--------------------------|
| 10 eggs                   | 4 tsp. chopped onion     |
| 2 C. milk                 | 1 tsp. salt              |
| Few drops hot sauce       | ¼ tsp. pepper            |
| 20 crushed white crackers | 2 C. cubed cheese        |
| Green pepper (optional)   | 2 C. cubed or diced meat |
| Pimento (optional)        |                          |

Stir together the eggs, milk, and hot sauce. Then add remaining ingredients and mix well. Pour into 9x13-inch pan. Bake at 350° for 30 to 35 minutes. This dish may be made up the night before, refrigerated, and baked the following morning. Different types of cheeses may be used, including cheddar, Monterey Jack or American cheese. Types of meat that may be used include smoked link sausages, ham, bacon, and Canadian bacon.

*Rita Dougan*

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## **Breakfast Hot Dish**

2½ C. herbed croutons	2½ C. milk
2 C. grated Cheddar cheese	1 can cream of mushroom soup
1 to 1½ C. grated Swiss cheese	1 can mushrooms (drained)
2 lbs. Italian sausage	1 small onion
4 eggs	Fresh mushrooms
¾ tsp. dry mustard	

Fry onion and some fresh mushrooms with the sausage; drain. Place croutons in a greased 9x13-inch cake pan and top with cheese. Place browned sausage over cheese. Beat eggs and mix with mustard, milk, mushroom soup, and mushrooms. Pour over the sausage. This may be refrigerated. Bake at 350° for 1½ hours.

*Becky Paris*

## **Egg Casserole**

3 C. shredded cheese (Swiss & Cheddar or your choice)	3 C. milk
1 lb. Jimmy Dean turkey pork sausage or 1 lb. bacon (crumbled)	2 tsp. salt
6 eggs	Sliced mushrooms (optional) (sautéed)
	Uncrusted bread slices

Fill the bottom of a greased 9x13-inch pan with uncrusted bread slices. Sprinkle 3 C. of shredded cheese over the bread. Sprinkle browned sausage or crumbled bacon over the cheese. Mix eggs, milk, and salt together and pour over the rest. If you use mushrooms, layer these on top of the meat. Cover the pan with foil and let set in the refrigerator overnight. Bake, uncovered at 375° for 40 to 45 minutes.

*Maureen Friedrich*

## **Brunch Pizza**

### **CRUST:**

1 (24 oz.) pkg. frozen hash  
browns (thawed)

1 egg (beaten)  
Salt & pepper, to taste

### **TOPPING:**

7 eggs (beaten)  
½ C. milk

1½ C. shredded cheddar cheese

### **OPTIONAL:**

Chopped onions  
Chopped green peppers  
Sliced mushrooms

Bacon (cooked & crumbled)  
Chopped ham

Preheat oven to 400°. Combine potatoes, egg, salt, and pepper. Spread on a 15-inch pizza pan or baking stone. Pat down with the back of a spoon. Bake for 20 minutes. In a microwave-safe bowl, whisk the 7 eggs and milk. Cook in micorwave on High for 3 minutes. Stir and cook an additional 3 minutes. Stir and spread over potato crust. Top with additional optional ingredients. Sprinkle with cheese and bake for 10 minutes. Cut in wedges and serve. Makes 10 to 12 servings.

*Lyn Wheatley*

## **Egg Casserole**

1 dozen eggs  
¾ C. milk  
1½ tsp. salt

¼ tsp. pepper  
½ lb. processed cheese  
1½ lbs. sausage

Brown sausage; drain and place in bottom of greased 9x13-inch pan. Combine and beat eggs, milk, salt, and pepper until frothy. Place a layer of shredded or sliced cheese over the browned sausage. Pour the egg mixture over the sausage and cheese. Bake at 350° for 45 minutes.

*Jan Ziebell*

## **Egg Fiesta**

2 (12-inch) flour tortillas	¼ C. green pepper (chopped)
¼ lb. ground sausage (cooked)	2 T. grated Parmesan cheese
1 C. frozen hash browns (thawed)	½ C. chunky salsa
½ C. Colby cheese (grated)	4 eggs

In a lightly greased glass or microwaveable pie plate, lay one tortilla. On top of this add half the hash browns, sausage, salsa, and cheese in the order given. Place the other tortilla on top. Layer again. Beat the eggs well and mix with the green pepper. Pour over the tortilla layers and sprinkle Parmesan cheese on top of all. Microwave on High Power for 8 to 10 minutes rotating once, halfway through or bake at 350° in a conventional oven, 25 to 30 minutes or until eggs are no longer runny. Cut into wedges and serve. Yield: 6 servings.

*Carole Bunde*

## **Fancy Egg Casserole**

¼ C. chopped onion	1 (3 oz.) can mushrooms
¼ C. chopped green pepper	2 C. soft bread crumbs
1 T. butter	½ tsp. paprika
12 beaten eggs	2 T. butter

### **CHEESE SAUCE:**

3 T. butter	1 C. Velveeta cheese
3 T. flour	Salt & pepper, to taste
2 C. milk	

Cook onions and pepper in butter until soft. Add beaten eggs and scramble until set. Fold in cheese sauce and add mushrooms. Put in 12x7x2-inch pan. Combine crumbs in 2 T. butter and put on casserole. Sprinkle with paprika.

For Cheese Sauce: Melt butter and stir in flour. Blend and add milk. Cook until thick. Add cheese and stir until melted. Cover casserole and chill until 30 minutes before serving. Bake, uncovered at 350° for 30 minutes.

*Marilyn Hagemoser*

## Ham and Cheese Brunch

¼ C. onions (chopped)	½ C. mushrooms (drained)
¼ C. green peppers (chopped)	12 ozs. ham (diced)
1 T. margarine	6 eggs
12 slices bread (cubed, crust on)	3 C. milk
6 ozs. Swiss cheese (grated)	¼ tsp. salt
8 ozs. cheddar cheese (grated)	½ tsp. dry mustard

Saute' onions and peppers in margarine. In greased 9x13-inch pan, add onions, peppers, bread, cheeses, mushrooms, and ham. Mix together in mixing bowl and beat until well blended the eggs, milk, salt, and dry mustard. Pour over bread mixture. Cover with Saran Wrap and refrigerate overnight. Bake at 325° for 30 to 40 minutes or until knife inserted in middle of product comes out clean. Let stand for 10 minutes after pulling from oven before cutting. Makes 12 to 15 servings. May want to start with 10 slices of bread. Can add more, if needed. I bake for 60 plus minutes.

*Geri Littrel*

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## Ham Quiche

1 (9-inch) pie shell

### FILLING:

1 C. diced ham	3 eggs
1 C. grated mozzarella or Jack cheese	¾ C. whipping cream
1 T. chopped fresh basil or 1 tsp. dry basil	Dash of pepper
	1 T. Parmesan cheese
	½ to 1 T. yellow mustard

Prebake pie shell at 400° for 5 minutes. Mix ham, cheese, and basil. Spread mustard on crust bottom. Sprinkle in ham/cheese mixture. Beat eggs, cream, and pepper together. Pour over mixture in pie shell. Sprinkle Parmesan over top. Bake, uncovered at 350° for 30 to 40 minutes until filling is set and starting to brown. Garnish, if desired and serve immediately. Can be baked in microwave on medium setting for 15 to 16 minutes, rotating halfway through cooking.

*Frances Goodfriend*

## **Overnight Egg Casserole**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 10 slices bread (cut off crusts) | 10 eggs, beaten with 3½ C. milk |
| 1 tsp. dry mustard               | ½ tsp. pepper                   |
| ½ tsp. onion powder              | 1½ C. shredded cheese           |
| 1 lb. ground ham                 |                                 |

Cut-up bread and put in bottom of 9x13-inch pan. Put in ham and cheese, then egg and milk mixture poured over all. Crumble bread crumbs together with melted butter for topping. Bake, covered for 30 minutes; uncover and bake for 30 minutes or more.

*Karen Craven*

## **Sunshine Pizza**

- |  |                                |
|--|--------------------------------|
| 1 lb. bulk pork sausage                | 5 eggs or 1 carton Egg Beaters |
| 1 pkg. refrigerated crescent rolls (8) | ¼ C. milk                      |
| 1 C. frozen loose pack hash browns     | ½ tsp. salt                    |
| 1 C. shredded sharp cheddar cheese     | 1/8 tsp. pepper                |
|  | 2 T. grated Parmesan cheese    |

Thaw hash browns. Brown sausage and drain. Separate crescent dough into 8 triangles. Place in ungreased 12-inch pizza pan with points toward the center. Press over bottom and up sides to form a crust; seal perforations. Spoon sausage over crust and sprinkle with hash browns. Top with cheddar cheese. In a bowl beat eggs, milk, salt, and pepper. Pour into crust. Sprinkle Parmesan cheese over all. Bake at 375° for 25 to 30 minutes.

*Shirley Huffman*

## Breakfast Donuts

5 T. margarine	1¼ tsp. baking powder
½ C. sugar	1/8 tsp. salt
1 beaten egg	½ tsp. nutmeg
1½ C. flour	½ C. milk

### TOPPING:

¼ C. sugar	Melted margarine
½ tsp. cinnamon	

Mix margarine, sugar, and egg well. Add dry ingredients alternately with milk. Bake in greased muffin tins at 350° for 20 to 30 minutes. Makes 12 muffins. When hot from oven, dip in melted margarine and then roll top in sugar and cinnamon mixture.

*Paula Barber*

## Grandma's Drop Do-Nuts

2 C. flour	½ tsp. baking soda
¼ C. sugar	¾ C. buttermilk
1 tsp. baking powder	1 egg
1 tsp. salt	¼ C. oil
Oil to fry do-nuts	Powdered sugar (optional)
Cinnamon & sugar (optional)	

Combine all ingredients and beat with a fork until smooth. Heat oil to 375°. Drop batter by spoonfuls into hot oil. Cook until do-nuts rise to surface and are brown. Remove and drain on paper towel. Serve plain or roll in powdered sugar or cinnamon and sugar.

*Lyn Wheatley*

## **Crouton Pancakes**

60 sqs. croutons French bread	7/8 C. (7 oz.) milk
2 T. oil	7 T. grated gruyere cheese
2 T. butter	4 pinches of salt
2 eggs	

In large bowl break 2 eggs. Add 7/8 C. milk, 7 T. grated cheese, and 4 pinches of salt. Beat with a fork. Brown 60 squares of French bread in 2 T. oil and 2 T. butter. After croutons are browned, then reduce heat to low. Pour egg, milk, and cheese mixture over the croutons. Put a cover on the top and cook for 10 minutes. Do not turn the pancake over. Slide onto platter.

*Marcia Gregorac*

## **Crisp Waffles**

2 eggs	2 C. flour
1 <sup>3</sup> / <sub>4</sub> C. milk	4 tsp. baking powder
1/2 C. margarine or butter (melted) or vegetable oil	1 T. sugar
	1/2 tsp. salt

Heat waffle iron. Beat eggs with hand beater until fluffy. Beat in remaining ingredients, just until smooth. Pour batter from cup or pitcher onto center of hot waffle iron. Bake until steaming stops, about 5 minutes. Remove waffle carefully. Makes three 10-inch waffles.

*Diane Wright*

*One thing is sure - if you laugh at your troubles  
you will probably always have something to laugh about.*

## Deluxe Waffles

- |                      |                    |
|----------------------|--------------------|
| 3 C. flour           | 2 C. buttermilk    |
| 3 tsp. baking powder | 4 eggs (beaten)    |
| 1 tsp. soda          | ½ C. melted butter |
| 1 tsp. salt          |                    |

Sift dry ingredients. Combine eggs and buttermilk. Beat and stir in butter. Cook in waffle iron. Makes 10 servings.

*Margaret Johnson*

## Oven Baked French Toast

- |  |                   |
|--|-------------------|
| 1 loaf French bread<br>(I use Texas toast) | 2 tsp. corn syrup |
| 1 C. light brown sugar                     | 6 eggs            |
| ½ C. butter                                | 2 C. milk         |
|  | 1½ tsp. vanilla   |

Grease 9x13-inch pan. Slice bread ½ to ¾-inch thick. Place sugar, butter, and corn syrup in small pan and cook until syrupy. Pour sugar mixture into greased pan. Arrange bread in pan over syrup. Beat together eggs, milk, and vanilla. Pour over bread. Cover pan and refrigerate overnight. Bake, uncovered at 325° for 30 minutes. Serve with bacon or sausage. Serves 8.

*Jan Ziebell*

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

## **"Just For Notes"**

# Cakes

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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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.

## Cake Frosting

- |                        |                    |
|------------------------|--------------------|
| 1 egg white            | 1 tsp. vanilla     |
| ¼ tsp. cream of tartar | ¼ C. boiling water |
| ¾ C. sugar             |                    |

Mix egg white, cream of tartar, sugar, and vanilla in small deep bowl. Add boiling water and beat until stiff. Enough for 2 layer cake. Delicious on angel food cake. May add a few drops of food coloring, if desired.

*Alice Buck*

## Fresh Apple Cake

- |                       |                                    |
|-----------------------|------------------------------------|
| 1½ C. oil (not olive) | 1 tsp. cinnamon                    |
| 2 eggs                | ½ tsp. salt                        |
| 2 C. sugar            | 4 C. apple (chopped, fresh apples) |
| 3 C. flour            | 1 C. chopped walnuts               |
| 1 tsp. soda           |                                    |

Cream sugar and oil. Add eggs. When blended add apples, flour, and rest of the ingredients. Bake cake in a greased 9x13-inch cake pan at 350° for 1 hour. Batter will be very stiff.

### FROSTING:

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 lb. box powdered sugar         |
| 1 stick margarine           | ½ C. chopped walnuts, if desired |

Mix cream cheese and margarine thoroughly. Add powdered sugar slowly.

*Marcia Gregorac*

## Raw Apple Cake

½ C. shortening	2½ C. flour
1 C. white sugar	1 tsp. soda
1 C. brown sugar	½ tsp. salt
2 eggs	1 tsp. baking powder
1 tsp. vanilla	1 tsp. cinnamon
1 C. milk	2 C. chopped apples

### TOPPING:

⅔ C. brown sugar	⅓ C. butter
1 C. coconut	½ C. chopped nuts

Mix shortening with sugar and beat in eggs. Add vanilla and milk. Add all dry ingredients. Fold in chopped apples. Combine topping ingredients and spread over apple mixture. Bake at 350° for 35 to 40 minutes in 9x13-inch pan.

*Alice Buck*

## Banana Cake

1½ C. sugar	1 tsp. baking powder
2 C. flour	1 C. crushed bananas
½ C. margarine or butter	1 tsp. soda
2 eggs	⅔ C. buttermilk
1 tsp. vanilla	

Cream butter or margarine. Add sugar and then eggs. Add bananas and mix. Put soda in milk and then alternate milk and flour into butter mixture. Bake at 350° for 30 minutes in 9x13-inch pan or 2 circle pans.

*Marcia Gregorac*

## Applesauce Cake

2 C. sugar	3 C. flour (sifted)
1 C. shortening ( $\frac{1}{2}$ margarine & $\frac{1}{2}$ Crisco)	$\frac{1}{4}$ tsp. cloves
2 eggs	1 tsp. cinnamon
2 C. applesauce	1 T. cocoa
2 tsp. soda, dissolved in applesauce	$\frac{1}{3}$ tsp. salt
	1 C. raisins
	$\frac{3}{4}$ C. chopped walnuts

Cream shortening. Add sugar and cream thoroughly. Add eggs and beat well. Sift dry ingredients, then add sifted dry ingredients alternately with applesauce. Add raisins and nutmeats. Bake in 9x13-inch pan at 350° for 45 minutes or longer. (Test with toothpick until no batter sticks to the toothpick.)

### FROSTING:

2 $\frac{2}{3}$ C. brown sugar	$\frac{2}{3}$ C. shortening
$\frac{2}{3}$ C. milk	$\frac{1}{3}$ tsp. salt

Stir over low heat, then bring to full boil, stirring constantly. Boil exactly for 1 minute. Remove from heat. Beat until lukewarm and of the right consistency to spread.

*Marcia Gregorac*

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## Banana Split Cake

Yellow cake mix (no pudding)	Sliced bananas
1 C. sugar	1 carton Cool Whip
1 large can crushed pineapple	Pecans on top
1 large pkg. instant vanilla pudding	

Bake cake as directed in a 9x13-inch greased pan and poke holes in top. Cook 1 C. sugar and 1 large can crushed pineapple for 10 minutes. Pour over hot cake, then let it cool. Make pudding as directed and put on top of cake. Slice bananas on top of the pudding. Put 1 container of Cool Whip on top of the bananas and put pecans on the top.

*Marcia Gregorac*

## Goosey Butter Cake

- |                     |                             |
|---------------------|-----------------------------|
| 1 butter cake mix   | 1 lb. powdered sugar        |
| 1 stick melted oleo | 1 (8 oz.) pkg. cream cheese |
| 1 egg               | 2 eggs                      |
| 1 tsp. vanilla      | 1 tsp. vanilla              |

Mix together cake mix, oleo, egg, and vanilla; spread into 9x13-inch greased pan. Beat powdered sugar, cream cheese, eggs, and vanilla together. Pour over cake dough. Bake at 350° for 30 to 35 minutes.

*Mary Lee Wheat*

## Yummy Cake

- |                                       |   |
|---------------------------------------|---|
| 1 box Duncan Hines butter<br>cake mix | $\frac{3}{4}$ C. oil                    |
| 1 box vanilla instant pudding         | 1 can mandarin oranges<br>(juice & all) |

### FROSTING:

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 (15 oz.) can crushed pineapple | 1 (9 oz.) carton Cool Whip |
| 1 box instant vanilla pudding    |                            |

Mix cake ingredients together with mixer. Bake in 9x13-inch pan or 3 layer pans. Bake at 350° for 25 to 30 minutes. Frost when cool. Keep refrigerated.

*Karen Belz*

*A sweater is a garment worn by a child when his mother feels chilly.*

## A Taste of Heaven

- |                             |                              |
|-----------------------------|------------------------------|
| 1 German chocolate cake mix | Heath bar (broken in pieces) |
| 1 can sweetened cond. milk  | 1 jar hot fudge sauce        |
| 1 (12 oz.) carton Cool Whip |                              |

Bake cake mix as directed in 9x13-inch pan. Cool slightly and poke holes in cake. Pour sweetened condensed milk over cake. Allow to cool. Heat fudge sauce until pourable. Pour over cake and cool completely. Spread Cool Whip over cake and garnish with broken Heath bar. Out of this world!

*Lyn Wheatley*

## Best Chocolate Cake and Frosting

- |                               |                  |
|-------------------------------|------------------|
| 1½ sticks butter or margarine | ⅓ C. cocoa       |
| 1½ C. sugar                   | 1½ tsp. soda     |
| 2 eggs                        | ½ tsp. salt      |
| 1 tsp. vanilla                | 1½ C. buttermilk |
| ¾ C. flour                    |                  |

### FROSTING:

- |                      |                               |
|----------------------|-------------------------------|
| 1 C. chocolate chips | ½ tsp. vanilla                |
| ½ C. sour cream      | ½ C. raspberry jam (optional) |
| 2 T. powdered sugar  |                               |

Preheat oven to 350°. Cream butter and beat in sugar until fluffy. Beat in eggs, 1 at a time. Blend in vanilla. Combine dry ingredients. Add alternately with buttermilk, beginning and ending with dry ingredients. Bake at 350° for 25 to 30 minutes.

For Frosting: Melt chocolate in heavy saucepan. Cool slightly and stir in sour cream, sugar, and vanilla. Let stand for 10 minutes before spreading.

*Margaret Johnson*

## Easy Chocolate Cake

3 C. flour	2 T. vinegar
2 C. sugar	$\frac{3}{4}$ C. oil
6 T. cocoa	2 tsp. vanilla
2 tsp. baking soda	2 C. cold water
1 tsp. salt	

Mix and bake in an ungreased 9x13-inch pan at 350° for 30 to 40 minutes.

*Sharon Santi*

## Crazy Cake

3 C. flour	$\frac{3}{4}$ C. oil
2 C. sugar	2 T. vinegar
$\frac{1}{2}$ C. cocoa	1 tsp. vanilla
2 tsp. baking soda	2 C. water
1 tsp. salt	

Stir together dry ingredients. Mix oil, vinegar, and vanilla; add to the dry ingredients. Add water and blend by hand. Pour into a 9x13-inch pan and bake at 350° for 40 minutes.

*Patti Hansen*

*A bride should make sacrifices for her husband,  
but not in the form of burnt offerings!!*

## Earthquake Cake

- |                             |   |
|-----------------------------|---|
| 1 German chocolate cake mix | 1 lb. powdered sugar                      |
| 1 C. coconut                | 1 stick margarine (softened)              |
| 1 C. pecans (chopped)       | 1 (8 oz.) pkg. cream cheese<br>(softened) |

Grease 10x15-inch glass dish. Sprinkle bottom of dish with coconut and pecans. Mix cake mix according to directions on box and pour over coconut and nuts. Mix together until fluffy, powdered sugar, margarine, and cream cheese. Drop by globs over cake mix and bake at 350° for 40 to 50 minutes.

*Kathy Birdsall  
Frieda Clausen*

## Earthquake Cake

- |                           |                     |
|---------------------------|---------------------|
| 1 C. chopped pecans       | 2 C. powdered sugar |
| 12 ozs. chocolate chips   | 8 ozs. cream cheese |
| 1 C. coconut              | 1 stick margarine   |
| German chocolate cake mix |                     |

Mix pecans, chocolate chips, and coconut. Put in 9x13-inch pan (spray pan with non-stick spray first). Mix cake as directed and pour over top. Combine powdered sugar, cream cheese, and margarine in saucepan. Cook over low heat until smooth. Pour over cake. Bake at 350° for approximately 1 hour or until toothpick comes out clean.

*Karen Belz*

## Sour Cream Chocolate Cake

1¾ C. flour	2 eggs (beaten)
1¼ C. sugar	1 T. melted butter
½ tsp. salt	1 tsp. vanilla
4 T. cocoa	½ C. boiling water
1 C. sour cream	2 level tsp. soda

Sift together flour, sugar, salt, and cocoa. Add sour cream, eggs, butter, and vanilla. Mix well, then add boiling water to which soda has been added. Batter will be thin. Bake in 9x13-inch pan or 2 round cake pans at 350° for 30 minutes.

*Marcia Gregorac*

## Zucchini Chocolate Cake

½ C. oleo	1 tsp. baking powder
½ C. vegetable oil	2 eggs
1¾ C. sugar	2 C. zucchini squash (ground)
2 C. flour	2 C. chocolate chips
4 T. cocoa	½ C. nuts (chopped)
1 tsp. soda	

Cream oleo, oil, sugar, and eggs. Add flour, cocoa, soda, baking powder and beat well. Add squash and stir. Pour into greased 9x13-inch pan. Top with chocolate chips and nuts. Bake at 350° for 35 to 45 minutes.

*Kris Grotheer*

*Blessed are those who can give without remembering and take without forgetting.*

## Waldorf Astoria Red Cake

½ C. shortening	1 tsp. salt
1½ C. sugar	1 C. buttermilk
2 eggs	2½ C. flour
2 ozs. red food coloring	1 T. baking powder
1 tsp. vanilla	1 tsp. white vinegar
2 tsp. cocoa	1 tsp. baking soda

### FROSTING:

1 C. milk	1 C. butter
3 T. flour	1 tsp. vanilla
1 C. sugar	

Mix vinegar and soda in small cup and let stand. Cream shortening and sugar. Add eggs. Make paste of cocoa and small amount of red food coloring. Add to creamed mixture. Add remainder food coloring. Add buttermilk, salt, flour, and baking powder alternately. Add vanilla and vinegar-soda mixture, which has been stirred together well. Mix all ingredients together. Pour into two 8-inch round cake pans. Bake at 350° for 30 minutes. Cool. Split layers in half. Makes 4 layers.

For Frosting: Cook milk and flour until thick. Cool, stirring until cool. Cream sugar and butter until fluffy. Add 2 T. flour mixture with sugar mixture and gradually add remainder flour mixture. Beat well. Spread frosting between layers and on top only. Keep cake in refrigerator. Will stay fresh for 1 week.

*Alice Buck*

## Dump Cake

1 (20 oz.) can crushed pineapple	1 box yellow cake mix (dry)
1 C. angel flaked coconut	2 sticks margarine
½ C. chopped nuts	

Dump pineapple, coconut, and nuts in 9x13-inch pan. Sprinkle cake mix on top. Slice margarine thinly over cake. Bake at 325° for 45 minutes.

*Karen Belz*

## Special Fruitcake

3 C. coarsely chopped nuts	1/2 tsp. baking powder
1 lb. coarsely chopped dates	1/2 tsp. salt
1 C. maraschino cherries	3 eggs
3/4 C. flour	1 tsp. vanilla
3/4 C. sugar	

Combine first 3 ingredients. In another bowl mix next 4 ingredients. Add this to nut mixture, stirring to coat well. Beat eggs until foamy and add vanilla. Fold this into the nut mixture. Pour into greased 9x5x3-inch loaf pan. Bake at 300° for 1 hour and 45 minutes. Cool for 10 minutes before removing from pan.

*Mary MacGillivray*

## Kahlua Cake

1 Betty Crocker dark chocolate fudge cake mix	1/4 C. oil
1 pt. sour cream (room temp.)	1/2 C. Kahlua
2 eggs	1 small pkg. instant vanilla pudding
12 ozs. chocolate chips	

Mix everything except chips. Stir in chips. Bake in greased and floured Bundt pan. Bake at 350° for 45 to 55 minutes. Cool before removing.

*Michelle Boswell*

*The greatest calamity is not to have failed;  
but to have failed to try.*

## Love Cake for Mother

- |                             |                         |
|-----------------------------|-------------------------|
| 1 can Obedience             | 1 can "Running Errands" |
| 1 pt. of Neatness           | (willing brand)         |
| Several pounds of Affection | 1 box powdered "Get up  |
| Some holiday, birthday &    | when I should"          |
| everyday "Surprises"        | 1 bottle of "Keep sunny |
| 1 can pure "Thoughtfulness" | all day long"           |

Mix well and bake in a hearty, warm oven, and serve to "Mother" every day. She ought to have it in large slices.

## Spicy Oatmeal Cake

- |                                |                 |
|--------------------------------|-----------------|
| 2 C. boiling water             | 3 eggs          |
| 1½ C. oats                     | 2¼ C. flour     |
| ¾ C. margarine                 | 1 tsp. soda     |
| 2 C. firmly packed brown sugar | 1 tsp. salt     |
| ½ tsp. nutmeg                  | 1 tsp. cinnamon |
| 1½ tsp. vanilla                |                 |

Pour boiling water over oats. Cover and let stand for 20 minutes. Cream margarine. Add sugar, vanilla, and eggs; cream. Add oats and mix well. Stir together flour, soda, salt, cinnamon, and nutmeg. Add to creamed mixture, mixing well. Pour batter into a well greased and floured 9x13-inch pan. Bake at 350° for 45 to 50 minutes. Combine ingredients for frosting and spread over cake. Broil until bubbly.

### FROSTING:

- |                                |                                  |
|--------------------------------|----------------------------------|
| ⅓ C. melted margarine          | 1 C. chopped nuts                |
| ¾ C. firmly packed brown sugar | 1⅓ C. flaked or shredded coconut |
| ⅓ C. light cream               |                                  |

Spread on and broil until bubbly.

*Marcia Gregorac*

## Pineapple Tea Cakes

1 C. shortening	4 eggs
1 C. white sugar	1 C. crushed pineapple
1 C. brown sugar	(pulp & juice)
4 C. flour	1 C. water
1 tsp. soda	2 tsp. salt
2 tsp. baking powder	1 tsp. vanilla
12 ozs. chocolate chips	

Cream shortening and sugars. Blend in eggs, 1 at a time. Beat for 1 minute after each egg. Add crushed pineapple. Add dry ingredients alternately with water, beginning and ending with dry ingredients. Add vanilla and chocolate chips. Pour into 36 cupcake papers and bake at 350° for 20 to 25 minutes.

*Phyllis Hauptmeier*

## Poor Man's Cake

1 C. raisins	½ tsp. nutmeg
⅓ C. shortening	¼ tsp. cloves
1 C. sugar	2 C. flour
1 C. hot coffee	1 C. nuts
1 tsp. cinnamon	1 tsp. soda

Boil all ingredients, except nuts flour, and soda for 3 minutes, then cool. Mix 1 tsp. soda in a little hot water. Dissolve and add to raisin mixture. Add 2 C. flour and 1 C. nuts. Bake in greased and floured pan at 350° for 30 minutes. Frost with powdered sugar frosting or whipped cream when served.

*Sharon Santi*

## Rum Cake

### CAKE:

½ C. chopped nuts	½ C. oil
1 pudding in mix cake mix (yellow)	½ C. cold water
4 eggs	½ C. rum

### SAUCE:

1 stick margarine	¼ C. rum
1 C. sugar	¼ C. water

For Cake: Preheat oven to 325° and generously grease large Bundt pan. Sprinkle nuts in bottom. Beat remaining ingredients for 5 minutes on medium speed. Pour over nuts and bake for 55 minutes.

For Sauce: About 10 minutes before cake is done bring sauce ingredients to boil and cook for 2 minutes, stirring constantly. Slowly pour sauce over cake while still in pan. Let set until sauce is well absorbed, about 20 to 30 minutes.

*Mary MacGillivray*

C  
A  
K  
E  
S

## Grandma Wood's Hot Water Sponge Cake

1¼ C. cake flour	¾ C. sugar
½ tsp. baking powder	⅓ C. hot water
½ tsp. salt	1½ tsp. vanilla
3 eggs	

Sift together flour, baking powder, and salt. Beat eggs until thick and lemon in color. Gradually beat in sugar. Blend in slowly hot water at low speed and add the vanilla. Quickly and thoroughly blend in flour mixture. Grease and flour 9-inch square baking pan. Pour batter immediately into prepared baking pan. Bake until cake tests done at 350° for 25 to 30 minutes.

*Lynne Baldwin*

## Strawberry Shortcake

1½ C. flour	1 T. butter (melted)
1 C. sugar	1 tsp. vanilla
1 scant T. baking powder	Strawberries
2 eggs & add milk to make 1 C.	

Sift the first 3 ingredients together. Mix eggs and milk to make 1 C. and add to dry ingredients; add vanilla. Melt butter in pan and flour pan after putting butter in batter. Bake in a 9x9-inch pan at 350° for 20 to 30 minutes. Serve with strawberries.

*Sandy Townsend*

## Mom's Strawberry Shortcake

2 eggs	½ C. milk
1 C. sugar	1 T. margarine
1 C. flour	1 tsp. vanilla
1 tsp. baking powder	Strawberries & whipped cream
¼ tsp. salt	

In a medium-sized bowl mix eggs on medium speed of mixer. Gradually add 1 C. sugar and beat until thick and lemon colored. Combine flour, baking powder, and salt; beat this into egg mixture. Heat milk and margarine just until margarine begins to melt. Beat this into batter. Add vanilla and mix well. Pour into a greased 8-inch or 9-inch square pan. Bake at 350° for 25 minutes. Cool. Cut into serving pieces and slice in half horizontally. Serve with strawberries and whipped cream.

*Sandra Pflug*

# Casseroles

*My Favorite Recipes in this section are:*

RECIPE

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## Hints for Main Dishes and Casseroles

Chill cheese to grate it more easily.

Do not overcook your meats when barbecuing! Well done meat and charred food have been shown to contain cancer-causing agents.

A fork should never be stuck into a steak or chop that is being fried or grilled because it lets the juice out.

If you have a lot of meatballs to brown, just do it in the oven. This saves time and mess.

For extra juicy, extra nutritious hamburgers, add ¼ C. evaporated milk per pound of meat before shaping. Or rub both sides of the burger with cold water before grilling to keep it juicier.

To speed up hamburger cooking, poke a hole in their centers when shaping. This causes the center to cook quickly and the holes are gone when the hamburgers are done.

Meat loaf won't crack when baking if it's rubbed with cold water before going into the oven.

Meat loaf will not stick to the pan if you place a strip or two of bacon at the bottom of the pan before packing the meat mixture in.

To make meat tender, put it in a strong vinegar water for a few minutes.

Any breaded meat, such as a tenderloin or cutlets, will retain the bread crumbs much more successfully if they are prepared and put in the refrigerator about 5 hours before frying.

Baking fish on a bed of celery and onions will add to the taste as well as keep the fish from sticking.

Add a little lemon juice to water while boiling fish to make meat firm and white.

To avoid odors while cooking fish, cover with browned butter and lemon juice.

Sprinkle a little salt or flour in the pan before frying and there will be less grease splattered.

Coating will adhere to chicken better if it has been chilled for an hour before cooking.

Always roast poultry breast side down so the white meat will not dry out. Turn the bird for the last portion of cooking so that it will brown well.

Unwaxed dental floss is good for trussing poultry because it will not burn.

## Breast of Chicken on Rice

1 (10<sup>3</sup>/<sub>4</sub> oz.) can cream of  
mushroom soup  
1 soup can milk  
<sup>3</sup>/<sub>4</sub> C. uncooked reg. rice

1 (1<sup>1</sup>/<sub>2</sub> oz.) env. dry onion  
soup mix  
2 chicken breasts (split in half)  
1 (4 oz.) can mushroom stems  
& pieces

Preheat oven to 350°. Blend soup and milk: reserve <sup>1</sup>/<sub>2</sub> C. of the mixture. Stir together remaining soup mixture, rice, mushrooms (with liquid), and half the onion soup mix. Pour into ungreased baking dish, 11<sup>1</sup>/<sub>2</sub>x7<sup>1</sup>/<sub>2</sub>x1<sup>1</sup>/<sub>2</sub>-inches. Arrange chicken breasts on rice mixture. Pour reserved soup mixture over chicken and sprinkle with remaining onion soup mix. Cover and bake for 1 hour. Uncover and bake for 15 minutes longer.

*Bev Thomas*

## Chicken and Broccoli

4 C. cooked chicken  
1 (10 oz.) pkg. frozen broccoli  
1 (10 oz.) pkg. cream of  
chicken soup  
<sup>2</sup>/<sub>3</sub> C. Miracle Whip

<sup>1</sup>/<sub>3</sub> C. milk  
1 C. grated cheddar cheese  
<sup>1</sup>/<sub>2</sub> C. fine bread crumbs  
<sup>1</sup>/<sub>2</sub> T. soft butter

Grease 9x13-inch pan. Heat oven to 350°. Layer ingredients as follows:

Broccoli  
Chicken  
Soup, Miracle Whip, and milk mixture  
Cheese  
Bread crumbs and butter

Bake for 25 to 30 minutes.

*Paula Barber*

## Chicken Stir-Fry

- |  |                           |
|--|---------------------------|
| 2 skinless, boneless chicken breasts (cut into bite-size chunks) | 1 T. cornstarch           |
| 1 T. grated lemon Zest   | 2 T. vegetable oil        |
| 1 tsp. grated fresh ginger                                       | 1 C. sliced zucchini      |
| 3 T. white wine  | 1 C. sliced yellow squash |
|  | 2 T. fresh parsley        |
|  | Salt & pepper, to taste   |

Combine lemon, ginger, wine, and cornstarch; add chicken and toss to coat. Heat oil in saute' pan or wok until very hot. Stir-fry chicken for 3 to 4 minutes. Add squashes, parsley, salt, and pepper. Stir-fry for 2 minutes longer. Serve hot.

*Bev Thomas*

## Easy Chicken and Dressing Casserole

- |   |                                 |
|---|---------------------------------|
| 2 large cans chicken                            | 1 C. shredded cheese            |
| 1 can cream soup - mushroom, celery, or chicken | 2 pkgs. Stove Top Stuffing      |
|   | 1 small can French fried onions |

Prepare dressing according to package. In large casserole, layer half of prepared dressing, chicken, soup, remaining dressing, cheese, and onions. Microwave on High for 5 to 8 minutes or until hot.

*Lyn Wheatley*

*Old age is like everything else.  
To make a success of it, start young!*

## Chicken and Stuffing Casserole

- |   |   |
|---|---|
| Vegetable cooking spray                       | 1 can low-fat cream of mushroom soup              |
| 1 T. margarine                                | 1 (8 oz.) pkg. seasoned stuffing mix              |
| ½ C. chopped celery                           | 4 large skinless chicken breasts (cooked & cubed) |
| ½ C. chopped onion                            |   |
| 2 C. chicken broth                            |   |
| 1 (10¾ oz.) can low-fat cream of chicken soup |   |

Coat skillet with spray. Saute ' celery, onion over medium heat until tender. Combine broth and soups in large bowl (reserve 1 C. for topping). Combine stuffing, celery, onion, with soups. Layer half stuffing mixture in the bottom of 9x13-inch casserole that has been coated with spray. Spread half of the cooked chicken over top of stuffing mixture and repeat. Top with reserved soup mixture. Cover with foil and bake at 350° for 45 minutes. Serves 4.

*Amy Kaufmann*

## Chicken Casserole

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 2 lbs. chicken breasts        | 1 box original Stove Top stuffing |
| 6 to 8 slices Swiss cheese    | ½ stick butter                    |
| 1½ cans cream of chicken soup |                                   |

Place chicken breasts on bottom of baking pan. Place sliced Swiss cheese on top of chicken. Pour cream of chicken soup over cheese. Mix stuffing and seasoning. Pack with melted butter and place on top of casserole. Cover with foil and bake at 350° for 1 to 1½ hours.

*Jan Ziebell*

## Chicken Biscuit Pot Pie

- |                            |  |
|----------------------------|--|
| 1/3 C. margarine or butter | 1 1/2 tsp. instant chicken bouillon      |
| 1/3 C. Bisquick baking mix | 2 C. cubed cooked turkey<br>or chicken   |
| 1/3 C. chopped onion       | 1 (10 oz.) pkg. frozen peas<br>& carrots |
| 1/2 tsp. salt              | 1 C. Bisquick baking mix                 |
| 1/8 tsp. pepper            | 1/2 tsp. celery seed                     |
| 1 1/2 C. water             |  |
| 1/2 C. milk                |  |
| 1/4 C. cold water          |  |

Heat oven to 425°. Heat margarine in 2-quart saucepan over low heat until melted. Mix in 1/3 C. baking mix, onion, salt, and pepper. Cook over low heat, stirring constantly until mixture is bubbly. Remove from heat and stir in 1 1/2 C. water, milk, and chicken bouillon (dry). Heat to boiling, stirring constantly; boil and stir for 1 minute. Stir in chicken and frozen vegetables; heat through. Keep warm over low heat. Mix 1 C. baking mix and the celery seed; stir in 1/4 C. water until soft dough forms. Smooth dough into a ball on surface floured with baking mix. Knead 5 times. Pat dough into an about 8-inch circle on surface well floured with baking mix. Pour chicken mixture into ungreased 2-quart round casserole and carefully place dough over chicken mixture. Cut slits in center. Bake, uncovered until top is light brown, about 15 minutes. Makes 4 servings.

*Janet Gluck*

## Chicken Casserole

- |                                 |   |
|---------------------------------|---|
| 4 or 5 boneless chicken breasts | 1/2 C. melted butter                            |
| 4 or 5 slices Swiss cheese      | 2 C. stuffing<br>(Pepperidge Farm or Stove Top) |
| 1 can cream of chicken soup     |   |
| 1 can cream of mushroom soup    |   |

In 9x13-inch pan, place 4 to 5 chicken breasts. Cover with slices of cheese. (Recipe is very good without cheese also.) In bowl mix the undiluted soups and pour over chicken and cheese. Mix 1/2 C. butter (melted) with stuffing and sprinkle over chicken. (Sprinkle spice packet also if using Stove Top.) Bake at 350° for 1 1/2 to 2 hours. Serve with toss salad, corn, and rolls or French bread.

*Gretchen Zitterich*

## Chicken Casserole

- |   |  |
|---|--|
| 3 to 4 C. cooked chicken<br>(bite-size) | 2 C. chopped celery                        |
| 2 T. lemon juice                        | 1 can cream of chicken soup                |
| 3/4 C. mayonnaise                       | 1 tsp. minced onion                        |
| 1 tsp. salt                             | 1/2 tsp. Accent (optional)                 |
| 1 small jar pimientos                   | 4 hard-boiled eggs (chopped)<br>(optional) |
| 1/3 C. chopped green pepper             |  |

### TOPPING:

- |  |                                  |
|--|----------------------------------|
| 1 C. grated cheddar or<br>Swiss cheese | 1 1/2 C. crushed potato chips    |
|  | 2/3 C. chopped or sliced almonds |

Mix all ingredients, except topping together and place in 9x13-inch casserole. Refrigerate overnight. Add toppings and bake at 400° for 30 minutes or until bubbly and golden brown.

*Kathy Birdsall  
Faye Abel*

## Chicken Casserole

- |                              |  |
|------------------------------|--|
| 3 C. diced cooked chicken    | 2 C. French-style green beans<br>(drained) |
| 1 pkg. Uncle Ben's wild rice | 1 C. mayonnaise                            |
| 1 can celery soup            | 1 C. water chestnuts (cut-up)              |
| 1 medium onion (chopped)     | Salt & pepper sparingly                    |
| 1 medium jar pimentos        |  |

Cook wild rice according to directions then combine all ingredients and bake in 9x13-inch pan at 350° for 45 minutes.

*Ila Nerness*

## Chicken Dish

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 large chicken (cooked & cut-up) | 1 qt. rich chicken broth |
| 2 C. cubed bread                  | 1 can mushroom soup      |
| ¾ C. rice (cooked in salt water)  | 4 eggs (separated)       |

Mix all together, except egg whites. Beat egg whites and add last. Bake in a greased 9x13-inch pan at 350° for 1 hour.

*Marcia Gregorac*

## Chicken Enchilada

- |                              |                                |
|------------------------------|--------------------------------|
| 1 can cream of mushroom soup | 1½ C. shredded cooked chicken  |
| 1 can cream of chicken soup  | 10 medium soft tortilla shells |
| 1 C. sour cream              | ½ C. shredded cheddar cheese   |

Mix soups and sour cream until smooth. Add chicken and ¼ C. cheese; mix well. Spoon into tortilla shells seam side down in 8x10-inch glass baking dish. Spread leftover mixture between shells to fill in casserole. Top with cheese, cover, and bake at 350° for 20 to 30 minutes. Can make ahead and refrigerate until ready to bake and serve.

*Mary Lee Wheat*

## Chicken on Sunday

- |                              |                           |
|------------------------------|---------------------------|
| 2¼ C. Minute Rice            | ½ C. milk                 |
| 1 can cream of celery soup   | 1 env. dry onion soup     |
| 1 can cream of mushroom soup | 1 frying chicken (cut-up) |

Grease a 9x13-inch pan and sprinkle Minute Rice over the bottom. Heat the cream, soups, and milk, stirring until well blended. Pour into pan. Lay the pieces of chicken over the soup and sprinkle with dry onion soup. Seal the pan with aluminum foil and bake at 325° for 2 hours and 15 minutes.

*Thelma Voetberg*

## Chicken 'N Rice Casserole

- |   |                               |
|---|-------------------------------|
| 1 C. raw rice                           | 2 or 3 T. butter or margarine |
| 1 env. Lipton's onion soup              | Chicken (uncooked)            |
| 1 can cream of chicken or mushroom soup |                               |

Cook rice according to package directions. Grease 9x12-inch pan. Preheat oven to 350°. Place rice in bottom of pan. Sprinkle with ½ envelope onion soup. Dot rice with ½ can chicken or mushroom soup. Place uncooked chicken on top of rice. Sprinkle and pour remaining soups on top of chicken. Dot chicken with margarine. Seal pan with foil. Bake, covered at 350° for 1½ hours.

*Joyce Dobberke*

## Chicken Salad Habanera

- |  |                                 |
|--|---------------------------------|
| 1½ C. boned cooked chicken<br>(in thin strips) | ⅓ C. green pepper strips        |
| 1 C. ripe olives (sliced in wedges)            | ¼ C. red onion (finely chopped) |
| 1 avocado (cut into crescents)                 | 2 to 3 T. pimento (thin strips) |
|  | 4 C. lettuce (shredded)         |

### DRESSING:

- |                                   |               |
|-----------------------------------|---------------|
| ⅓ C. corn or canola oil           | 1 T. sugar    |
| ¼ C. red wine vinegar             | 1 tsp. salt   |
| ¼ C. lemon juice                  | ½ tsp. pepper |
| 1/8 to ¼ tsp. fresh minced garlic |               |

Combine all ingredients, except avocado. Cover and chill. Combine dressing ingredients in a jar and shake well and refrigerate. Just before serving, add avocado crescents. Shake dressing and pour over salad. Toss lightly and serve on bed of lettuce. Serves 4.

*Olga Engler*

## Hot Chicken Salad

- |  |                                      |
|--|--------------------------------------|
| 4 to 6 chicken breasts<br>(cooked & cubed) | 1 large carton sour cream            |
| ½ to 1 C. celery (chopped)                 | 1 C. mayonnaise                      |
| ½ onion (chopped)                          | 2 to 3 C. shredded cheddar<br>cheese |
| 1 small bag sliced almonds                 | 1 can French fried onion rings       |
| 1 can chopped water chestnuts              |                                      |

Mix all ingredients together, except onion rings and reserving some cheese for the top. Bake in 9x13-inch pan at 350° for 1 hour or until heated through. Top with a layer of cheese and onion rings. Bake 10 more minutes or until browned.

*Lynne Baldwin*

## Hot Chicken Salad

- |                               |   |
|-------------------------------|---|
| 1½ C. cooked chicken (cut-up) | ¾ C. mayonnaise<br>(not salad dressing) |
| 1 C. chopped celery           | 1 can cream of celery soup              |
| 1 T. minced onion             | ¼ C. slivered almonds                   |
| 1½ C. cooked Minute Rice      |   |

Mix ingredients in 2-quart casserole and top with slivered almonds and dry bread crumbs, browned in butter or crushed potato chips. Bake at 350° for 45 minutes.

*Alice Buck*

*If you see someone without a smile - give him one of yours.*

## Hot Chicken Sandwiches

- |                            |                       |
|----------------------------|-----------------------|
| 3 C. diced cooked chicken  | ¼ lb. Velveeta cheese |
| 1 C. finely chopped celery | 1 C. mayonnaise       |
| ¼ C. finely chopped onion  | 1 tsp. salt           |
| ¼ C. lemon juice           |                       |

Mix ingredients. Put in buns and wrap in foil. Bake at 300° for 15 minutes.

*Rhonda Fiscus*

## Hot Sandwiches

- |                                    |                               |
|------------------------------------|-------------------------------|
| 3 C. cooked turkey, chicken or ham | 1 lb. Velveeta cheese (cubed) |
| ¼ C. lemon juice                   | 1 C. celery (chopped)         |
| ¼ C. chopped onion                 | 1 tsp. salt                   |
| 1 C. mayonnaise                    |                               |

Mix all ingredients together. Using a large tablespoon or ice cream scoop put 1 scoopful on an unbuttered hamburger size bun. Wrap the bun in tin foil. Bake at 300° for 20 minutes. Makes 20 sandwiches.

*Rita Dougan*

## Julie's Chicken and Noodles

- |   |                                  |
|---|----------------------------------|
| 1 (16 oz.) pkg. Reames frozen egg noodles | 1 can cream of chicken soup      |
| 2 (15 oz.) cans chicken broth             | 2 small cans chunk white chicken |

Bring broth and soup to a boil. Add noodles. Simmer in pan on stove for 45 minutes or bake in oven at 350° for 45 to 60 minutes.

*Jan Ziebell*

## Lattice Top Chicken Casserole

- |   |   |
|---|---|
| 10 <sup>3</sup> / <sub>4</sub> oz. can cream of potato soup             | 1 C. shredded cheddar cheese                      |
| 1 C. milk   | 1 (2.8 oz.) can french fried onions               |
| 1 can (2 C. or 10 ozs.) cooked chicken (cubed)                          | 1 small pkg. (4 ozs.) refrigerator crescent rolls |
| 1 (16 oz.) bag frozen broccoli/ carrots, cauliflower (thawed & drained) |   |

Combine soup, milk, chicken, vegetables,  $\frac{1}{2}$  cheese, and  $\frac{1}{2}$  onions; place in 8x12-inch baking dish. Bake, covered at 375° for 20 minutes. Remove from oven. Separate rolls into 2 rectangles. Cut each rectangle lengthwise into 3 strips. Place strips on casserole to form lattice. Bake, uncovered for 15 minutes longer. Top lattice with remainder of cheese and onions. Bake, uncovered for 3 to 5 minutes longer.

*Barb Hamilton*

## Mexican Chicken

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 large chicken (boiled & boned) | 1 can Ro-Tel tomatoes         |
| 1 C. chopped onion               | 1 pkg. (or less) reg. Doritos |
| 1 can chicken broth              | 1 C. milk                     |
| 1 can cream of chicken soup      | Grated cheddar cheese         |
| 1 can cream of mushroom soup     |                               |

Put onions, then chicken, then Doritos in 9x13-inch pan. Mix rest of ingredients, except cheese in blender or mixer and pour over chicken. Top with cheese. Bake at 350° for 35 to 40 minutes.

*Mary Lee Wheat*

## One Skillet Spicy Chicken 'N Rice

- |   |   |
|---|---|
| 1/4 C. flour  | 2 T. vegetable oil                              |
| 1 tsp. seasoned salt  | 1/2 pkg. (1.25 oz.) taco spices<br>& seasonings |
| 6 to 8 chicken pieces (skinned)                                   | 1 C. thinly sliced celery                       |
| 2 (14 1/2 oz.) cans whole peeled<br>tomatoes (undrained & cut-up) | 1 C. long grain rice                            |
| 1/2 C. chopped onion  |   |

In plastic bag, combine flour and seasoned salt. Add chicken and shake to coat well. In large skillet, brown chicken in oil; continue cooking, uncovered over low heat for 15 minutes. Add remaining ingredients and blend well. Bring to boil and reduce heat, cover and simmer for 20 minutes or until liquid is absorbed and chicken is cooked through. Makes 4 to 6 servings.

*Janet Gluck*

## Refrigerator Chicken Casserole

- |   |  |
|---|--|
| 5 C. cooked, diced chicken                  | 1/2 green pepper (diced)                   |
| 2 C. macaroni (uncooked)                    | 1 (2 oz.) jar pimento                      |
| 2 cans cream of mushroom<br>or chicken soup | 1 (5 oz.) can water chestnuts<br>(drained) |
| 1 3/4 C. chicken broth                      | 8 ozs. grated cheddar cheese               |
| 1 small onion (diced)                       | 1/2 tsp. salt                              |

Mix the ingredients in the order given. Pour into a well greased 9x13-inch pan. Cover with foil. Refrigerate overnight. Uncover and bake at 350° for 1 hour.

*Marcia Gregorac*

## Six-Layer Dinner

- |  |  |
|--|--|
| 2 C. potatoes (sliced)   | 1 green pepper                               |
| 3 T. uncooked reg. rice  | 2 carrots (sliced thin)                      |
| 1 lb. ground beef, turkey<br>or chicken (if poultry, season<br>with poultry seasoning) | 1 (28 oz.) can Italian tomatoes<br>(crushed) |
| 1 large onion  | 1 tsp. salt                                  |
| Pepper, to taste   | 1 tsp. sugar                                 |

Layer above ingredients in greased 2½-quart casserole. Cook, covered at 350° for 2½ hours. Serves 6.

*Lynne Baldwin*

## Viola! Poulet De Normandie

- |  |                             |
|--|-----------------------------|
| 1 pkg. seasoned bread stuffing             | ½ C. chopped celery         |
| 1 stick margarine (melted)                 | ½ C. mayonnaise             |
| 2½ C. cooked, diced chicken                | 2 eggs (beaten)             |
| ½ C. chopped onion                         | 1½ C. milk                  |
| ¾ tsp. salt (optional)                     | 1 can mushroom soup         |
| ¼ C. chopped green onion tops<br>or chives | ½ C. grated American cheese |

Mix stuffing mix, margarine, and 1 C. water. Put half of mixture in buttered 12x8-inch casserole. Mix chicken, onion, salt, green onion, celery, and mayonnaise; place on stuffing. Add rest of stuffing over meat. Mix eggs and milk; pour over stuffing. Cover with foil and refrigerate overnight. One hour before baking, spread soup evenly over top. Bake, uncovered at 325° for 40 to 50 minutes. Sprinkle with grated cheese and return to oven for 10 minutes. Serves 8.

*Ila Nerness*

## Fettuccine with Ham and Peas

- |                                 |                      |
|---------------------------------|----------------------|
| 1 medium onion (finely chopped) | 1 C. Parmesan cheese |
| 3 T. butter or margarine        | 1 pkg. frozen peas   |
| 2 C. thinly sliced mushrooms    | 1 box fettuccine     |
| 1½ C. Half & Half               | ½ tsp. pepper        |

Saute' onion in butter; add mushrooms and brown slightly. Stir in cream and simmer for 2 minutes. Add ham and peas. Cook until heated through, stirring, about 3 minutes. Drain cooked fettuccine. Place in serving bowl. Stir Parmesan into sauce. Add sauce to fettuccine along with pepper and toss. Serve immediately.

*Michelle Boswell*

## Manicotti with Turkey and Lentils

- |   |                                    |
|---|------------------------------------|
| 8 manicotti or 12-15 large shells           | 1 C. cooked lentils                |
| ½ lb. ground turkey                         | 15 ozs. refrigerated Alfredo sauce |
| 1 small onion (chopped)                     | ½ C. Ricotta cheese                |
| 3 large Roma tomatoes<br>(seeded & chopped) | ½ C. shredded mozzarella cheese    |
| 1 T. Italian seasoning                      | ¼ C. fresh snipped parsley         |
| ½ tsp. ground nutmeg                        | ¼ C. grated Parmesan cheese        |
|   | ¼ tsp. pepper                      |

Cook pasta. Brown turkey and onions. Add tomatoes, Italian seasoning, nutmeg, and pepper. Simmer for 5 minutes. Stir in lentils and remove from heat. Add ½ C. sauce, ricotta, ¼ C. mozzarella, and parsley. Fill manicotti shells. Bake, covered at 375° for 15 minutes. Add remaining cheeses and cook, uncovered for 10 minutes. Use warmed remaining sauce over them as desired.

For Freezing: Pour remaining sauce over filled noodles and freeze. Freeze cheese separately. Bake, covered at 350° for 55 minutes. Add cheeses and bake for 10 minutes more.

*Shirley Hoffman*

## **Stoney's Casserole of Hot Turkey Salad**

- |                                |                       |
|--------------------------------|-----------------------|
| 4 C. diced cooked turkey       | 2 T. diced onions     |
| 1 C. consomme' (chicken broth) | 2 T. lemon juice      |
| 1¼ C. sliced almonds           | 1¾ C. mayonnaise      |
| 3 C. diced celery              | Grated cheddar cheese |
| 1 C. white rice (cooked)       | Crushed potato chips  |
| 2 T. diced pimento             |                       |

Mix turkey, consomme', almonds, celery, rice, pimento, onions, lemon juice, and mayonnaise in large bowl. Transfer to individual casseroles and sprinkle with cheese and top with potato chips. Bake at 350° for 20 minutes. Makes 8 to 10 servings.

*Ann Pierce*

## **Chop Suey**

- |                         |                              |
|-------------------------|------------------------------|
| 2 C. beef (cubed)       | 1½ C. beef broth             |
| ½ C. mushrooms (sliced) | 2 T. soy sauce               |
| 1 C. onion (chopped)    | 1 T. Worcestershire sauce    |
| 1 C. celery (chopped)   | 1 can bean sprouts (drained) |
| ½ tsp. ginger           | 3 T. cornstarch              |
| Dash of pepper          | 1 T. oil                     |

Brown meat in oil. Add onion, celery, and mushrooms; saute' lightly. Add ginger, pepper, and broth. Cover and simmer for 30 minutes. Mix soy sauce, and Worcestershire sauce with cornstarch. Add to meat and vegetables. Stir and cook until thick. Add bean sprouts when ready to serve. Serve over Chinese noodles or rice.

*Lyn Wheatley*

## Moo Shoo Beef

1 lb. flank steak (partially frozen)	1 can bean sprouts
6 T. Hoisin sauce	1 can bamboo shoots
6 T. soy sauce	1 T. cornstarch
1 clove garlic (minced)	½ C. red pepper (sliced)
1 C. mushrooms (sliced)	⅔ C. green onion (chopped)
1 beaten egg	

Cut flank steak in half lengthwise. Slice each half diagonally across grain into thin strips. Combine 2 T. water, Hoisin sauce, soy sauce, and garlic. Pour over meat and marinate for 30 minutes in the refrigerator. Fry meat in large skillet or wok. Remove from pan. Fry mushrooms and peppers; add bean sprouts and bamboo shoots. Cook for 1 minute. Mix cornstarch with 2 T. cold water. Add to vegetables and stir until thick. Add meat, egg, and green onion. Heat until egg is done. Serve with rice on noodles.

*Lyn Wheatley*

## Asian Beef and Noodles

1½ lbs. ground beef	3 pkgs. Oriental beef flavor
2 C. frozen vegetables	instant Ramen noodles
¼ tsp. ginger	2 T. green onion

Brown ground beef in large skillet. Remove with slotted spoon. Pour off drippings. Season beef with 1 seasoning packet from noodles and set aside. In same skillet, combine 3 C. water, vegetables, noodles (broken-up), ginger, and remaining seasoning packets. Bring to a boil, then reduce heat, cover, and simmer for 5 minutes or until noodles are tender, stirring occasionally. Return beef to skillet and stir in green onion.

*LeAnn Eggers*

## Brown Stuff

1 lb. hamburger	2 (8 oz.) cans tomato sauce
1 C. uncooked rice (longcook)	1 can kidney beans
1 T. chili powder	(undrained)
Monterey Jack cheese	Lettuce leaves
1 small onion	

Brown hamburger in skillet. Drain and add onion, uncooked rice, 2 cans tomato sauce, 2 cans of water, and chili powder. Simmer for about 20 minutes. Add kidney beans and simmer for about 10 minutes or until rice is done. Serve on a lettuce leaf topped with Monterey Jack cheese. Makes approximately 4 servings.

*Steve Townsend*

## Cheese Burger Casserole

1 lb. ground beef (cooked & drained)	1 (8 oz.) can tomato sauce
8 slices Velveeta cheese	1 can refrigerated biscuits

Heat oven to 350°. Grease 8-inch square baking dish. Add mixture of beef and tomato sauce. Top first with cheese, then with biscuits. Bake for 35 to 40 minutes until middle biscuits sound hollow when tapped with finger nails. Serve with salad and vegetable. Serves 4.

*Doris Nelton*

*The reason why the Ten Commandments are short and clear is that they were handed down direct, not through several committees.*

## Cheese Burger Onion Pie

- |                         |                              |
|-------------------------|------------------------------|
| 1 lb. ground beef       | 1 C. shredded cheddar cheese |
| 1/3 C. catsup           | 2 eggs (beaten)              |
| 2 tsp. prepared mustard | 2 (8 oz.) cans refrigerated  |
| 1/4 tsp. salt           | crescent dinner rolls        |
| 1 large onion (diced)   |                              |

### GLAZE:

- |                     |            |
|---------------------|------------|
| 1 egg yolk (beaten) | 1 T. water |
|---------------------|------------|

Brown ground beef (drain). Add catsup, mustard, and salt; set aside. On floured surface, unroll dough from 1 can of rolls. Press together perforations and roll dough to 12-inch square. Place dough in a 9-inch quiche dish or pie tin. Trim to 1-inch beyond edge of dish. Spoon meat mixture into dish. Pour diced onion over hamburger, then pour the 2 beaten eggs over onion, then pour cup of shredded cheddar cheese over onion. Unroll remaining dough. Press together perforations and roll out into an 11-inch square. Place on top of onion layer; trim and pinch together with bottom dough layer. Combine glaze ingredients and brush over surface. Bake at 350° for 40 minutes or until brown. Yield: 8 servings.

*Amanda Frye*

## Chinese Casserole

- |                      |                                 |
|----------------------|---------------------------------|
| 1 lb. ground beef    | 1 1/2 C. Minute Rice (uncooked) |
| 1 C. chopped celery  | 1 can mushroom soup             |
| 1/4 C. chopped onion | 1 can cream of chicken soup     |
| Salt                 | Unsalted crackers (1 pkg.)      |
| Pepper               | Butter                          |

Brown ground beef and drain. Add 1 C. chopped celery, 1/4 C. chopped onion, salt, and pepper, to taste. Blend Minute Rice with above ingredients. Add mushroom soup and cream of chicken soup. Pour into 1 1/2-quart casserole dish and top with crushed crackers. Dot with butter. Bake for 45 minutes to 1 hour at 350°.

*Diane Wright*

## Dean's Recipe

- |                      |                            |
|----------------------|----------------------------|
| 1 lb. hamburger      | 1 (15 oz.) can chili beans |
| ¼ C. onion (chopped) | 1 (8 oz.) can tomato sauce |

Brown hamburger and onion; drain and add chili beans and tomato sauce. Cook until heated through on low heat, stirring occasionally. Serve with cole slaw and hot biscuits or hot bread.

*Carolyn Lawson*

## Family Skillet Dinner

- |                                      |   |
|--------------------------------------|---|
| 1 lb. ground beef                    | 1 can cream of mushroom or chicken soup |
| 1 (16 oz.) can green beans (drained) | 1 can or ¾ pkg. Chow Mein noodles       |
| ¼ C. chopped onion                   |   |
| 1 (16 oz.) can chopped tomatoes      |   |

Saute' meat and add all remaining ingredients, except noodles. Simmer for about 20 minutes. Arrange Chow Mein noodles in a deep platter or casserole dish. Pour meat mixture over all. Serves 4 to 6.

*Violet Frye*

## Gertie's Goulash

- |                        |                             |
|------------------------|-----------------------------|
| 1 lb. lean ground beef | 1 can celery soup           |
| 1 onion (chopped)      | 1 head of cabbage (chopped) |
| 1 can mushroom soup    | Velveeta cheese (optional)  |

Brown ground beef and drain. In a deep 9x13-inch baking dish (I use a Foley cake pan) layer the beef, soup, chopped onion, chopped cabbage, and cheese, if desired. Bake, covered at 350° for 1½ hours.

*Lyn Wheatley*

## Fu Man Chu

1 C. chopped onion	1 can bean sprouts with the liquid
2 T. oil	1 flat can sliced water chestnuts
1 C. celery (sliced on slant)	4 T. soy sauce
2 lbs. ground beef	Dash of garlic powder
2 cans cream of mushroom soup	Salt, to taste
1 C. uncooked rice	Pepper, to taste
1 pkg. frozen pea pods	1 can Chow Mein noodles

Heat oil in large skillet; add onions and celery; saute' for 5 minutes; add ground beef. When beef is brown add undiluted mushroom soup, uncooked rice, bean sprouts, drained water chestnuts, soy sauce, garlic powder, salt, and pepper. Pour into large casserole and bake, covered at 350° for 30 minutes. Then add pea pods (thawed enough to separate). Stir them in and top all with Chow Mein noodles. Bake, uncovered for another 30 minutes at 350°. Serves 12 to 15.

*Tanny Latuska*  
(WOSP Silly Supper)

## Hamburger Veggie Skillet

¾ to 1 lb. hamburger	1 can cream of mushroom soup
4 potatoes (sliced)	1 can cream of chicken or celery (diluted with 1 can water)
2 or 3 carrots (sliced)	

Spread hamburger in bottom of electric skillet, flattening to about ½ to ¾-inch thick. Slice potatoes and carrots over top of hamburger. Mix soup with water and pour over all. (More water may be added if it cooks down too much.) Cook on medium for 10 minutes, then on low for ½ hour.

*Carolyn Lawson*

## Layered Lunch

6 lbs. potatoes	4½ lbs. ground beef
3 cans whole corn (drained)	1 large & 1 small can tomato sauce
1½ C. chopped green pepper	3 C. shredded cheese
3 C. chopped onion (3 large)	2 tsp. salt
6 C. sliced carrots (12 medium)	
1 tsp. pepper	

Layer potatoes, salt, pepper, corn, green pepper, onion, and carrots. Crumble beef (raw) evenly over vegetables. Top with tomato sauce. Bake, covered at 350° for 2 hours. Uncover and sprinkle with cheese. Let stand for 10 to 15 minutes before serving.

*Marcia Gregorac*

## Meatball Stroganoff

1½ lbs. ground beef	1½ C. water
1 egg	2 T. flour
¾ C. dry bread crumbs	¼ C. cooking sherry
1 T. minced onions	½ tsp. paprika
¼ tsp. pepper	1 C. sour cream
Salt	Parsley
½ lb. sliced mushrooms	

Mix ground beef, egg, bread crumbs, onion, pepper, and ½ tsp. salt. Shape into 1-inch meatballs and brown well. Remove from pan and cook mushrooms in 2 T. of meatball drippings until tender. In small bowl, blend flour and water. Return meatballs to pan. Stir in flour mixture, sherry, paprika, and ½ tsp. salt. Heat to boiling and simmer for 10 minutes. Stir in sour cream and heat. Do not boil! Serve over noodles and garnish with parsley.

*Lyn Wheatley*

## Skillet Meat Loaf Dinner

2 tsp. instant beef bouillon	2 T. catsup
3/4 C. boiling water	1/8 tsp. pepper
1 lb. lean ground beef	2 or 3 medium potatoes (cut into wedges)
3/4 C. Bisquick baking mix	4 slices American cheese (cut crosswise into halves)
1/2 C. crushed saltine crackers or bread crumbs	1 (4 oz.) can sliced mushrooms (drained)
1/2 C. chopped onion	
1/2 C. chopped green pepper	

Dissolve bouillon in water and mix 1/4 C. of the bouillon and remaining ingredients, except potatoes, cheese, and mushrooms. Pat mixture in 9-inch skillet to within 1-inch of edge. Pour remaining bouillon around edge. Place potato wedges on meat loaf in spoke fashion. Cover and cook over low heat until potatoes are tender, 30 to 40 minutes. Arrange cheese on potatoes; sprinkle with mushrooms. Cover and cook until cheese is melted, 2 to 3 minutes. Serves 4 to 6.

*Janet Gluck*

## One Dish Meal

1 lb. hamburger	1 can celery or mushroom soup
2 medium potatoes	1 can water
Carrots (to your desire)	Kitchen Bouquet
1 small onion (sliced)	

Pat hamburger flat in bottom of pan (I use a medium skillet). Slice potatoes, carrots, and onion; lay on top of hamburger in layers. Add 1 can celery or mushroom soup and 1 can of water. Season with Kitchen Bouquet. Cook for 10 minutes on medium heat, then 1/2 hour on low simmer.

*Margaret Johnson*

## One Pan Goulash

1 lb. ground beef	16 ozs. water
½ C. chopped onion	3 C. uncooked macaroni
Salt & pepper, to taste	2 tsp. dried basil
32 ozs. tomatoes (undrained)	

Brown ground beef with onion, salt, and pepper in large skillet. Add tomatoes and water. Bring to boil and add macaroni and basil. Simmer for 15 to 20 minutes until macaroni is tender, stirring occasionally. Add an extra cup of water if more moistness, is desired.

*Kris Cavanaugh*

## My Dad's Spaghetti Sauce

1 lb. lean ground beef	2 T. basil leaves
1 pkg. Jimmy Dean sausage (regular)	1 pkg. Lawry's spaghetti sauce spice & seasoning
1 large onion (chopped)	2 (46 oz.) cans tomato juice
5 cloves of garlic (minced)	1 (12 oz.) can tomato paste
2 T. olive oil	½ C. Parmesan cheese
¼ to ½ C. Tone's Italian seasoning	

Saute' onions and garlic in olive oil. In Dutch oven brown ground beef and sausage; drain. To meat add onions, garlic, spices, seasoning, and tomato juice. Simmer for 2 to 4 hours. Add tomato paste and simmer for 2 to 4 hours more, stirring frequently. Add Parmesan cheese right before serving. The longer you can simmer the sauce, the more intense the flavor will be and it will also cling to the spaghetti better.

*Lyn Wheatley  
(In Memory of Vince Loomis)*

## Creole Spaghetti

- |                           |                       |
|---------------------------|-----------------------|
| 1 lb. ground beef         | 1 C. broken spaghetti |
| 1 C. chopped onion        | 1 C. catsup           |
| 1 C. chopped green pepper | 2½ C. tomato juice    |
| 2 C. chopped celery       | Salt                  |

In large skillet, lightly brown meat and drain. Combine meat, onion, green pepper, celery, spaghetti, and catsup in the skillet. Add tomato juice. Cover and simmer gently for 30 to 35 minutes. Be sure spaghetti is covered with liquid. Serves 4 generously.

*Louise Grotheer*

## Taco Bake

- |   |  |
|---|--|
| 1 lb. ground beef<br>(cooked & drained) | 1 (8 oz.) pkg. shredded<br>mozzarella cheese |
| 1 pkg. Ortega taco mix                  | 1 pkg. corn muffin mix (Jiffy)               |
| ¼ C. water                              | ¼ C. water                                   |
| 1 egg                                   |  |

Preheat oven to 350°. Grease 8-inch square baking dish. Layer with hamburger, taco seasoning, and water mixed. Add cheese and top with prepared corn muffin mix. Bake for 40 minutes until edges pull away and top cracks open. Serve with salad and vegetables. Serves 4.

*Doris Nelton*

*The family tree is worth bragging about it has produced good timber and not just a lot of nuts.*

## Taco Pie

- |  |                                      |
|--|--------------------------------------|
| 1 lb. ground beef                              | 1½ C. shredded Monterey Jack cheese  |
| 1 env. taco seasoning                          | 1 (4.5 oz.) can chopped green chiles |
| 1 (16 oz.) jar thick & chunky picante          | ⅓ C. broken tortilla chips           |
| 1 egg  | Lettuce                              |
| 1 deep dish (or 9 5/8-inch) pie crust (frozen) | Sour cream                           |

Brown ground beef and drain. Add taco seasoning and 1 C. picante. Simmer for 5 to 8 minutes. Remove from heat and stir in egg. Sprinkle frozen pie crust with ½ C. cheese and top with chiles. Pour meat mixture over chiles. Top with remaining cheese and sprinkle chips over the top. Bake in preheated 350° oven on preheated baking sheet for 20 to 25 minutes. Garnish with lettuce, sour cream, and picante. Makes 6 servings.

*Shirley Huffman*

## Taco Pie

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 deep dish pie shell (baked) | 1 (16 oz.) can refried beans          |
| 1 lb. ground beef             | 2 C. (8 ozs.) shredded cheddar cheese |
| 1 medium onion (chopped)      | ¾ C. crushed tortilla chips           |
| 1 pkg. taco seasoning mix     | Shredded lettuce                      |
| 1 (8 oz.) jar taco sauce      | Chopped tomato                        |

Cook ground beef and onion until meat is browned. Add taco seasoning. In a small bowl combine refried beans and ½ C. taco sauce. Layer half of refried bean mixture in bottom of pie crust. Top with half of seasoned meat, 1 C. cheddar cheese, and tortilla chips. Repeat layers, excluding chips. Bake at 350° for about 30 minutes. Top with lettuce, tomato, and additional taco sauce, to taste. Serves 6.

*Irene Holthaus*

## Tator Tot Casserole

- |                              |  |
|------------------------------|--|
| 1 lb. ground beef            | 1 can cream of chicken soup,<br>diluted with $\frac{1}{3}$ C. milk |
| Salt & pepper (to taste)     | 1 lb. tater tots<br>(plain or with bacon bits)                     |
| Chopped onions (to taste)    |  |
| $\frac{1}{4}$ C. Minute Rice |  |
| 1 small can peas (drained)   |  |

Brown beef and onions; drain. Add rice, peas, browned ground beef, and onions to the can of soup and milk. Heat and then pour into greased casserole dish. Top with tater tots. Bake at  $350^{\circ}$  for 45 minutes. Bake, covered at first, then uncover for last 15 minutes of baking.

*Mary Padilla*

## Do-Ahead Lasagna

- |                                     |   |
|-------------------------------------|---|
| 1 lb. ground beef                   | 1 (12 oz.) can tomato paste                         |
| 1 T. instant chopped onion          | 1 (15 oz.) can tomato sauce                         |
| 2 tsp. salt                         | $3\frac{1}{2}$ C. water                             |
| 1 T. sugar                          | $2\frac{1}{4}$ C. shredded cheese<br>of your choice |
| 1 tsp. chili powder                 | $\frac{3}{4}$ lb. lasagna noodles (uncooked)        |
| 1 tsp. garlic salt                  |   |
| $\frac{1}{2}$ tsp. basil or oregano |   |

Brown ground beef with onion and seasonings. Add tomato paste, tomato sauce, and water. Bring to a boil and simmer for 10 minutes (mixture will be thin). In a 9x13-inch pan (metal, not Pyrex) ladle about  $1\frac{1}{2}$  C. sauce. Cover sauce with 4 uncooked noodles. Ladle more sauce to cover noodles. Sprinkle  $\frac{1}{3}$  of cheese over sauce. Make 3 layers like this. Cover with foil. Bake at  $350^{\circ}$  for  $1\frac{1}{2}$  hours or for 2 hours if it has been refrigerated.

*Maureen Friedrich*

## American Lasagna

1 lb. lean ground beef	12 ozs. cottage cheese
1 pkg. Jimmy Dean sausage	(drain excess liquid)
2 cloves of garlic	1 lb. 12 oz. can tomatoes
1 (6 oz.) can tomato paste	½ tsp. oregano
8 ozs. lasagna noodles (cooked)	½ tsp. basil
8 ozs. Swiss cheese (sliced)	½ tsp. thyme

Brown ground beef and sausage with garlic. Add tomatoes, tomato paste, and seasonings. Cover and simmer for 20 minutes. Drain cottage cheese. In 11½x7½x1½-inch pan, alternate layers of sauce, noodles, and cheese. Bake at 325° for 1 hour. Allow to sit for 10 minutes before serving.

*Lyn Wheatley*

## Easy Lasagna

2½ C. spaghetti sauce	3 C. shredded mozzarella cheese
1 C. water	(divided)
8 ozs. uncooked lasagna (9 pieces)	¼ C. grated Parmesan cheese
1¾ C. part skim Ricotta cheese	2 T. chopped fresh parsley

Heat oven to 375°. In saucepan heat spaghetti sauce and water. Combine Ricotta, 2 C. of mozzarella, Parmesan cheese, and parsley. Season, to taste. Pour ¾ C. sauce in 13x9-inch baking dish; arrange 3 pieces uncooked pasta over sauce (pasta will expand while cooking). Pour ½ C. sauce over pasta and spread with half cheese mixture. Cover with ½ C. of sauce. Repeat layers and top with pasta and remaining sauce; sprinkle with Parmesan cheese. Cover with foil and bake for 60 minutes. Sprinkle with 1 C. mozzarella cheese and let stand for 10 minutes.

*Louise Grotheer*

## Whole Wheat Lentil Lasagna

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 T. olive oil              | 1 pkg. frozen broccoli      |
| 1 large onion (chopped)     | 2 to 3 C. tomato sauce      |
| 2 cloves of garlic (grated) | 1 T. Italian seasoning      |
| 1½ C. cooked lentils        | 12 lasagna noodles (cooked) |
| 1 pkg. frozen spinach       | Mozzarella cheese           |
| 1 red bell pepper (chopped) |                             |

Heat oil in pan; add garlic and onion. Saute' until brown. Add rest of ingredients (except noodles) and cook for 10 minutes. Layer noodles and lentil mix, starting and ending with noodles. Sprinkle with cheese. Garnish with fresh oregano or basil. Bake at 350° for 20 to 25 minutes.

*Shirley Huffman*

## Popover Pizza

- |                                 |                      |
|---------------------------------|----------------------|
| 1 lb. ground beef               | 2 eggs               |
| ¼ C. chopped onion              | 1 C. flour           |
| ½ tsp. salt                     | 1 tsp. vegetable oil |
| 1 (15½ oz.) can pizza sauce     | 1 C. milk            |
| 8 ozs. grated mozzarella cheese | Parmesan cheese      |

Brown ground beef, onion, and salt; drain. Add pizza sauce and spread mixture in 9x13-inch pan. Top with mozzarella cheese. Mix eggs, flour, vegetable oil, and milk together and pour over meat. Bake at 400° for 30 minutes. Turn pizza out on cookie sheet and sprinkle with Parmesan cheese and serve.

*Kris Cavanaugh*

## Pizza

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 (2 C. pkg.) mozzarella cheese | 1 can mushroom pieces (drained) |
| 1 pkg. pizza crust mix          | 1 lb. pork sausage              |
| 1 can Chef Boyardee pizza sauce |                                 |

Brown sausage and drain. Mix pizza crust according to package directions and pat out on a greased cookie sheet. Spread  $\frac{1}{3}$  to  $\frac{1}{2}$  pizza sauce over dough. Sprinkle sausage and mushrooms over dough, then add remaining sauce over top. Sprinkle with mozzarella cheese. Bake at  $425^{\circ}$  for 15 to 20 minutes or until cheese is golden brown.

Variation: Hamburger, Canadian bacon, pepperoni, etc. may be substituted for sausage. Other toppings may be added to suit your tastes.

*Sharon Santi*

## Pork Chops and Rice

- |  |                           |
|--|---------------------------|
| 6 pork chops                           | 3 C. tomato juice         |
| $\frac{3}{4}$ C. uncooked regular rice | 4 T. chopped onion        |
| $\frac{1}{2}$ tsp. salt                | 2 T. parsley              |
| $\frac{1}{4}$ tsp. pepper              | 3 T. chopped green pepper |
| Flour                                  | 2 T. margarine            |

Dredge chops in flour and brown in margarine. Add remaining ingredients and simmer for 1 to  $1\frac{1}{2}$  hours.

*Lyn Wheatley*

*A kindness from the heart can help a friendship start.*

## Sweet and Sour Pork

¼ C. flour	1½ tsp. Worcestershire sauce
2 tsp. ground ginger	⅓ C. sugar
1 lb. pork shoulder (boneless, ½-inch cubes)	1½ tsp. salt
¼ C. vegetable oil	¼ tsp. pepper
1 (13¼ oz.) can pineapple chunks (drain & reserve syrup)	1 small green pepper (strips)
¼ C. vinegar	1 (16 oz.) can bean sprouts (drained)
¼ C. soy sauce	1 (16 oz.) can water chestnuts (sliced)
2½ to 3½ C. hot cooked rice	1 T. chili sauce

Mix 2 T. flour and the ginger. Coat pork with flour mixture. Heat oil in 10-inch skillet. Fry pork until brown, then remove from skillet. Add enough water to reserved pineapple syrup to equal 1 cup. Shake flour and syrup-water mix in tightly covered jar. Stir flour mixture, vinegar, soy sauce, and Worcestershire sauce into fat in skillet. Heat to boiling, stirring constantly. Boil and stir for 1 minute, then reduce heat. Stir in sugar, salt, pepper, and pork. Cover and simmer, stirring occasionally until pork is tender, about 45 minutes. Add pineapple and green peppers; cook, uncovered for 10 minutes. Stir in bean sprouts, water chestnuts, and chili sauce; cook uncovered for 5 minutes longer. Serve over hot rice. Makes 5 servings.

*Diane Wright*

## Feta Pasta

1 lb. pasta	¾ lb. Feta cheese
1 lb. shrimp (cooked, cooled & shelled)	Green onions (chopped), to taste (saute' slightly)
Cherry tomatoes or equivalent of 3 to 4 diced reg. tomatoes	Oregano, to taste

Cook pasta to package directions. Spread remaining ingredients over steaming pasta. Serve hot or cold. Serves 4.

*Ann Pierce*

## Macaroni and Cheese

- |                              |                |
|------------------------------|----------------|
| 7 oz. box Creamette macaroni | ¼ C. milk      |
| 1 lb. Velveeta cheese        | ¼ C. margarine |

Cook macaroni in salted water until done. Pour in 9x13-inch greased pan. Melt in microwave the Velveeta, milk, and margarine. Reserve some of the Velveeta for the top of macaroni. Pour remaining sauce over macaroni and top with reserved chunked Velveeta. Bake at 350° until bubbles appear around the edges.

*Margaret Johnson*

## Noodles with Spicy Peanut Sauce

- |   |                                 |
|---|---------------------------------|
| 2 C. mixed vegetables (carrots, cabbage, bell pepper, snow peas, moong sprouts, etc.) | 1 (12 oz.) pkg. Chinese noodles |
|   | 2 T. sesame oil                 |

### SAUCE:

- |                              |                       |
|------------------------------|-----------------------|
| 3 cloves of garlic (grated)  | 3 T. wine vinegar     |
| 1 tsp. fresh ginger (grated) | 1 T. sesame oil       |
| 3 T. peanut butter           | ½ tsp. crushed pepper |
| ⅓ C. hot water               | 2 T. sugar            |
| 5 T. tamari or soy sauce     |                       |

Cook noodles according to package directions. Heat oil and stir-fry vegetables for 5 to 8 minutes. Meanwhile, grind all the ingredients for sauce in a blender. Mix the sauce with noodles and vegetables. To serve, garnish with roasted and crushed peanut or toasted sesame seeds.

*Rama Sridhar*

## Red Bean - Shepherds Pie

- |                               |  |
|-------------------------------|--|
| 1 lb. small red potatoes      | 1 C. frozen peas                               |
| 1 T. oil                      | 1 C. chopped green pepper                      |
| 2 medium onions (chopped)     | 1 (10¾ oz.) can. cond. cream<br>of potato soup |
| 2 stalks celery (sliced)      | ¼ C. skim milk                                 |
| 4 cloves of garlic (minced)   | ½ tsp. ground cumin                            |
| ¼ tsp. cracked black pepper   | ½ tsp. ground coriander                        |
| 1 (16 oz.) can garbanzo beans | 2 ozs. Monterey Jack cheese<br>(shredded)      |
| 1 (16 oz.) can red beans      |  |

Drain and rinse garbanzo beans, and red beans. Thinly slice potatoes. Boil, covered for 4 to 5 minutes. Drain and rinse; set aside. Heat oil. Add onions, celery, garlic, and pepper; cook for 5 minutes. Mash ½ C. of garbanzo beans and add these and remaining garbanzo beans, red beans, peas, pepper, soup, milk, cumin, and coriander to onions. In greased casserole put a layer of potatoes. Spoon vegetable mixture over and cover with remaining potatoes. Bake, covered at 350° for 35 minutes. Uncover and top with cheese. Bake for 10 minutes more.

*Kathy Holmstrom*

## Salmon Quiche

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 (15½ oz.) can pink salmon   | 2 deep-dish pie shells         |
| 1 (9 oz.) pkg. frozen spinach | 3 ozs. cream cheese (softened) |
| ½ tsp. salt                   | 1½ C. Monterey Jack cheese     |
| ½ tsp. thyme                  | 1 C. milk                      |
| 4 eggs (slightly beaten)      |                                |

Preheat oven to 375°. Bake pie shells for 10 minutes until partially set. Drain salmon. Mash bones. Cook spinach according to package directions and drain well. Combine spinach with shredded Monterey Jack cheese, cream cheese, salt, and thyme. Arrange salmon into pie shell. Spoon spinach mixture on top. Combine eggs and milk. Pour over salmon and spinach. Bake for 40 to 45 minutes. Let stand for 10 minutes before serving. Makes 6 to 8 servings.

*Becky Paris*

## Rice-Lentil Casserole

1/3 C. red lentil	1 C. long grain rice
1 tsp. butter	3 C. vegetable stock
1 tsp. cumin seed	1/2 tsp. turmeric
1 clove of garlic (minced)	1 C. chopped veggies (potatoes, spinach, carrots)
1/2 tsp. ginger (peeled & grated)	2 tomatoes (chopped)
1 bay leaf	2 T. tomato paste
1 stick cinnamon	2 T. chopped cilantro
4 cloves	

Soak lentils in 1 C. hot water for 1/2 hour. Soak rice in hot water for 1 to 2 hours. Saute' cumin, garlic, ginger, bay leaf, cinnamon, and cloves in butter. Add rice and stir well. Add stock, lentils, and turmeric; boil. Cover and simmer for 10 minutes. Add salt, vegetables, and tomato. Cook, covered until rice is tender. Remove cinnamon and bay leaf. Garnish with cilantro.

*Shirley Huffman*

# 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.



## Jumbo Fudge Cookies

- |  |   |
|--|---|
| 1 (21.5 oz.) pkg. Betty Crocker<br>fudge brownie mix | 3 T. water                                      |
| 1/4 C. flour   | 2 eggs  |
| 1/4 C. vegetable oil                                 | 1 C. chocolate chips, M & M's<br>or other chips |

Heat oven to 375°. Lightly grease cookie sheet. Mix dry brownie mix, flour, oil, water, and eggs in a large bowl. Stir in chips. Drop by scant 1/4 cupfuls, 3-inches apart onto cookie sheets. Bake for 12 to 15 minutes or just until set and tops of cookies are dry. Let stand for 2 to 3 minutes before removing from cookie sheet; cool completely. Makes about 15 cookies.

*Michelle Boswell*

## Mrs. Field's Chocolate Chip Cookies

- |                  |  |
|------------------|--|
| 2 C. butter      | 2 tsp. baking powder                                       |
| 2 C. sugar       | 2 tsp. baking soda   |
| 2 C. brown sugar | 1 (24 oz.) bag mini<br>chocolate Kisses                    |
| 4 eggs           | 1 (8 oz.) plain Hershey bar<br>(chopped into small pieces) |
| 2 tsp. vanilla   | 3 C. chopped nuts (any kind)                               |
| 4 C. flour       |  |
| 5 C. oatmeal*    |  |

(\*After measuring oatmeal, put small amounts in blender until it turns into powder.) Cream butter, sugar, and brown sugar. Add eggs and vanilla. Sift together flour, oatmeal, baking powder, and baking soda. Mix all ingredients together, then add chocolate Kisses, Hershey bar, and nuts. Place golf ball-sized cookies 2-inches part on ungreased cookie sheet. Bake at 350° For 13 minutes. Mix by hand - do not use mixer!!!

*Jan Ziebell*

## Mrs. Field's Cookies

- |                                |   |
|--------------------------------|---|
| 2 C. butter (oleo)             | 4 C. flour  |
| 2 C. sugar                     | 5 C. oatmeal (put small amounts<br>in food processor until it<br>turns to powder) |
| 2 C. brown sugar               | 1 tsp. salt   |
| 4 eggs                         | 2 tsp. baking powder  |
| 2 tsp. vanilla                 | 2 tsp. baking soda  |
| 2 bags chocolate chips         |   |
| 3 C. nuts (any kind, optional) |   |

Cream together butter, sugar, and brown sugar. Add eggs and vanilla; mix together flour, oatmeal, salt, baking powder, and baking soda. Then add chocolate chips and nuts. Place golf ball size cookies 2-inches apart on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Makes 112.

*Joyce Dobberke*

## No Bake Chocolate Oatmeal Cookies

- |             |                    |
|-------------|--------------------|
| 2 C. sugar  | ½ C. peanut butter |
| ¼ C. butter | 3 C. oatmeal       |
| 3 T. cocoa  | 1 tsp. vanilla     |
| ½ C. milk   |                    |

Mix first 4 ingredients in saucepan. Bring to a boil for 1 minute, no longer. Add last 3 ingredients. Spoon to size on cookie sheet and cool.

*Gretchen Zitterich*

## Unbaked Chocolate Cookies

1/4 C. butter or margarine                      1/2 C. milk  
2 C. white sugar

Combine in a saucepan and boil for 1 minute. Remove from heat and add the following:

3 C. oatmeal    1/2 C. coconut  
2 T. cocoa powder

Mix well and drop by spoonfuls on waxed paper.

*Barb Hamilton*

## Crackerjack Cookies

1 C. butter or margarine                      1 tsp. baking powder  
1 C. sugar    1 tsp. soda  
1 C. brown sugar                                      2 C. oatmeal  
2 eggs    2 C. Rice Krispies  
2 tsp. vanilla    1 C. coconut (optional)  
1 1/2 C. flour    1 C. nuts (optional)

Thoroughly cream butter and sugars. Add eggs and vanilla; mix well. Sift together flour, baking powder, and soda. Combine flour and egg mixture. Add oatmeal, coconut, nuts, and cereal; mix well. Drop on greased cookie sheet 2-inches apart. Bake at 350° for about 10 minutes or until golden brown edges. Remove from baking sheet immediately.

*Lynne Baldwin*

## Coconut Snaps

2 C. brown sugar	2 tsp. cream of tartar
1 C. shortening	2 tsp. soda
2 eggs	1 C. coconut
½ tsp. salt	1 tsp. vanilla
2¾ C. flour	

Mix in order given. Roll into balls. Bake at 350° for 12 minutes.

*Margaret Johnson*

## Date Pinwheel Cookies

2¼ C. chopped dates	2 C. brown sugar
1 C. granulated sugar	3 eggs (well-beaten)
1 C. water	4 C. flour
1 C. chopped walnuts	½ tsp. salt
1 C. shortening	½ tsp. soda

Mix dates, sugar, water, and walnuts. Boil until thick and let cool. Cream shortening and sugar. Add eggs, then add dry ingredients and mix. Roll out dough and spread filling on dough and roll-up. Let dough stand in the refrigerator overnight. Slice ¼-inch thick and bake at 375° for 8 to 10 minutes on greased cookie sheet.

*Marcia Gregorac*

*Parents who are afraid to put their foot down  
usually have children who step on their toes.*

## Date Tea Cookies

- |                        |                             |
|------------------------|-----------------------------|
| 1 C. butter            | 1/2 tsp. vanilla            |
| 1 C. brown sugar       | 2 C. flour                  |
| 2 eggs                 | 1 (8 oz.) pkg. cut-up dates |
| 1/4 tsp. baking powder |                             |

Cream butter and sugar. Add eggs, 1 at a time, beating well. Add vanilla. Add flour and baking powder all at once. Add dates. Bake in a 10x15-inch cookie sheet with sides at 350° for 20 to 25 minutes. Sprinkle with powdered sugar when cool.

*Louise Grotheer*

## Gingersnaps

- |                       |                 |
|-----------------------|-----------------|
| 3/4 C. shortening     | 1 C. sugar      |
| 1/4 C. light molasses | 1 egg           |
| 2 C. flour            | 1/4 tsp. salt   |
| 2 tsp. soda           | 1 tsp. cinnamon |
| 1 tsp. cloves         | 1 tsp. ginger   |

Cream shortening and sugar. Add molasses and egg; beat well. Add sifted dry ingredients and mix well. Roll in small balls and dip into sugar. Place 2-inches apart on greased cookie sheet. Bake in moderate oven (375°) for 13 minutes. Yield: 4 dozen.

*Donna Schradle*

*I had so much to accomplish that I had to take time to pray.*

## Kringla (Norwegian)

2 C. sugar	5 tsp. baking powder
2 sticks margarine	2 tsp. soda
2 eggs (large)	2 tsp. vanilla
2 C. buttermilk	¼ tsp. salt
6 C. flour	

Cream sugar and margarine until mixture looks all alike. Add eggs and beat well. Put the soda in the buttermilk and then add to the above mixture; mix well. Add 3 C. flour with the baking powder and mix well. Add vanilla and mix well and then add the remaining flour and mix well. (May need a little more flour depending upon the size of the eggs.) Put in covered container and chill overnight in the refrigerator. (In order for dough to remain firm I place the bowl in a pan of ice water while working with it.) Take a small amount of dough and roll out to the size of your small finger, the length of about 8 inches. Bring ends together, twist across the middle to make a figure eight or make a circle. A pastry cloth is very helpful so the dough doesn't stick, and not too much flour is needed. Makes about 5 or 6 dozen. Bake in a hot oven (450°) until firm to the touch and then put under broiler to brown tops slightly only a few seconds. Makes about 6 dozen.

*Irma H. Elliott*

## No Bake Oatmeal Cookies

½ C. butter	3 Baker's semi-sweet chocolate squares
½ C. milk	1 tsp. vanilla
3 C. oatmeal	
2 C. sugar	

Combine and boil all ingredients, except the oatmeal and vanilla for 1½ minutes. Add oatmeal and 1 tsp. vanilla. Drop on wax paper. Can make 50 to 60 small cookies.

*Connie Lastine*

## Krum Kakka (Norwegian)

3 eggs	1¼ C. + 2 T. flour
1 C. sugar	1 tsp. vanilla
½ C. butter (do not substitute) (measure after melted)	1 tsp. coconut flavoring

Beat eggs well. Add sugar gradually and keep beating. Melt and measure butter, then cool. Mix butter and 1¼ C. and 2 T. flour. Add vanilla and coconut flavoring. Use the Krum Kakka iron. Heat and add enough batter on the hot iron to fill it (about 2 tsp.). Keep turning iron to bake evenly. Take from iron when done and roll on on wooden cone. Make these with a friend. Keep trying, it takes time and patience. They are well worth your time and effort. These are very fragile. Makes approximately 3 dozen.

Optional: These cones can be filled with your favorite pudding just before serving.

*Irma H. Elliott*

## Original Oatmeal Scotchies

2 C. flour	1½ C. firmly packed brown sugar
2 tsp. baking powder	2 eggs
1 tsp. baking soda	1 T. water
1 tsp. salt	1½ C. quick oats (uncooked)
1 C. margarine (softened)	1 (12 oz.) pkg. butterscotch chips
½ tsp. orange extract	

Preheat oven to 375°. In small bowl combine flour, baking powder, baking soda, and salt; set aside. In a large bowl, combine margarine, brown sugar, eggs, and water; beat until creamy. Gradually add flour mixture. Stir in oats, butterscotch chips, and orange extract. Drop by slightly rounded measuring tablespoonfuls onto greased cookie sheets. Bake for 10 to 12 minutes. Makes 4 dozen 3-inch cookies.

*Lyn Wheatley*

## Oatmeal Cookies

1 C. sugar	½ C. nutmeats (walnuts)
½ C. margarine	1 tsp. soda, dissolved in
½ C. lard (or shortening)	5 T. raisin water
2 eggs	1½ C. flour
1 C. raisins (cooked in water)	2 C. oatmeal

Cream sugar, margarine, and shortening. Mix in eggs. Add flour, oatmeal, raisins, soda, water, and nutmeats. Drop from spoon onto a greased cookie sheet. Bake for 10 minutes or until brown in a 350° oven.

*Marcia Gregorac*

## Irresistable Peanut Butter Cookies

¾ C. creamy peanut butter	1 T. vanilla
½ C. Crisco	1 egg
1¼ C. firmly packed light brown sugar	1¾ C. flour
3 T. milk	¾ tsp. salt
	¾ tsp. baking soda

Combine peanut butter, brown sugar, milk, and vanilla in a large bowl. Beat at medium speed of electric mixer until well blended. Add eggs and beat just until blended. Combine flour, salt, and baking soda. Add to creamed mixture at low speed and mix until blended. Drop by teaspoonfuls 2-inches apart on cookie sheet. Criss-cross with fork, if desired. Bake at 375° for 7 to 8 minutes or until set and just beginning to brown. Cool for 2 minutes on cookie sheet. Remove to foil or waxed paper to cool completely. Makes approximately 3 dozen.

*Diane Wright*

## **Peanut Butter Star Cookies**

1/2 C. brown sugar	1/2 C. peanut butter
1/2 C. sugar	2 T. milk
1/2 C. shortening	1 tsp. vanilla
1 egg	1 3/4 C. flour
1/2 tsp. salt	1 tsp. baking soda
Chocolate stars	

Cream sugars and shortening; add egg and add remaining ingredients. Form into balls and roll in sugar. Bake at 375° for 8 to 10 minutes. Place stars in center of baked cookie. Remove from cookie sheet and let cool.

*Jean Kresse*

## **Screwy Balls**

1 C. sugar	1 tsp. cinnamon
3/4 C. shortening	1 tsp. ginger
1 egg	2 1/2 tsp. soda
1/3 C. molasses	2 C. flour

Cream sugar and shortening. Add egg and molasses. Sift together dry ingredients and mix with creamed mixture; refrigerate. Shape dough into walnut-size balls and roll in sugar. Bake at 325°.

*Mary Lee Wheat*

*Tomorrow is not promised us, so make the most of today.*

## Snickerdoodles

1½ C. sugar	1 tsp. baking soda
½ C. margarine (softened)	¼ tsp. salt
2 eggs	3 T. sugar
2¾ C. flour	3 tsp. ground cinnamon
2 tsp. cream of tartar	½ C. shortening

Heat oven to 400°. Mix 1½ C. sugar, margarine, shortening, and eggs in a large bowl. Stir in flour, cream of tartar, baking soda, and salt. Shape dough by rounded teaspoonfuls into balls. Mix 3 T. sugar and cinnamon; roll balls in mixture. Place about 2-inches apart on ungreased cookie sheet. Bake until set, 8 to 10 minutes. Remove immediately from cookie sheet. Makes 6 dozen.

*Lyn Wheatley*

## Soft Lemonade Cookies

1 C. butter (softened)	1 tsp. baking soda
1 C. sugar	1 (6 oz.) can frozen lemonade concentrate (thawed)
2 eggs	
3 C. flour	

Cream butter and sugar. Add eggs. Combine flour and soda; add to creamed mixture, alternately with ⅓ C. of lemonade. Mix well. Drop by rounded teaspoonfuls onto ungreased baking sheet and bake at 400° for 8 minutes. Remove to wire racks. Brush with remaining lemonade. Optional: Sprinkle with sugar. Makes 6 dozen.

*Lynne Baldwin*

## **Aunt Mary's Sugar Cookie**

- |                   |                      |
|-------------------|----------------------|
| 3/4 C. shortening | 1 C. sugar           |
| 2 eggs            | 1/2 tsp. vanilla     |
| 2 1/2 C. flour    | 1 tsp. baking powder |
| 1 tsp. salt       |                      |

Mix ingredients. Divide dough in thirds. Roll on pastry sheet with flour and cut into shapes. Bake at 400° for 6 to 8 minutes.

*Jean Kresse*

## **No Roll Sugar Cookies**

- |                        |                         |
|------------------------|-------------------------|
| 1 C. powdered sugar    | 1 C. margarine (melted) |
| 1 C. white sugar       | 1 C. oil                |
| 2 eggs                 | 4 1/4 C. flour          |
| 1 tsp. cream of tartar | 1 tsp. salt             |
| 1 tsp. vanilla         | 1 tsp. baking soda      |

Cream together powdered sugar, white sugar, margarine, oil, and eggs. Mix dry ingredients together and add to creamed ingredients. Add vanilla and mix well. Drop by teaspoonful on cookie sheet. Flatten dough with the bottom of a glass dipped in granulated sugar. Bake at 350° for 15 minutes. (Cookies will not be brown.)

*Barbara Folkmann*

## **White Bark Cookies**

- |                     |                    |
|---------------------|--------------------|
| 1 C. peanut butter  | 2 C. Rice Krispies |
| 1 C. powdered sugar | White almond bark  |
| 2 T. butter         | (about 7 sqs.)     |

Combine peanut butter, powdered sugar, butter, and Rice Krispies. Roll into approximately 40 balls and refrigerate. Melt almond bark. Dip balls into melted bark and refrigerate.

*Betty Runge*

## Banana Bars

½ C. margarine	1 tsp. vanilla
1½ C. sugar	2 C. (scant) flour
2 eggs	½ tsp. salt
¾ C. sour cream or buttermilk	1 tsp. soda
2 ripe bananas (mashed)	

Cream margarine and sugar. Add eggs and mix in sour cream. Next add bananas. Mix in the dry ingredients and vanilla. Put in greased 9x13-inch pan and bake at 350° for 20 to 25 minutes.

*Marcia Gregorac*

## Blonde Brownies

2½ C. brown sugar	1 tsp. baking powder
⅔ C. shortening	½ tsp. salt
4 eggs	½ bag chocolate chips
2¾ C. flour	

Melt shortening and add brown sugar; cool slightly. Add eggs, beating after each one. Sift flour, baking powder, and salt. Mix well with shortening mixture. Add chocolate chips and mix well. Spread in 8x8-inch pan and bake at 350° for 20 to 25 minutes. Make sure these are completely baked in the middle before you take them out.

*Barb Hamilton*

*If you do the best and the most you  
can today, don't worry about tomorrow.*

## Florence's Brownies

2 eggs (beaten well)	1/2 tsp. salt
1 C. sugar	3/4 C. cake flour
1/2 C. shortening	1/2 C. chopped nuts
1 tsp. vanilla	1 sq. chocolate (melted over water)

### FROSTING:

1 sq. chocolate	7/8 C. milk
1/4 tsp. salt	1 tsp. vanilla
2 T. butter	1/2 C. coconut
1 1/2 C. sugar	

Cream shortening and sugar. Add eggs and cream. Then add dry ingredients, chocolate, nuts, and vanilla. Divide the batter in half. In one half add chocolate and nuts. In the other half add 1/2 C. coconut. Bake in a greased 8x12-inch pan in a 350° oven for 30 to 35 minutes. Make one layer chocolate, then put coconut layer on top.

For Frosting: Melt chocolate and butter over low heat. Add salt, sugar, and milk; boil until soft ball stage. Stir until spreading consistency. Add vanilla and frost. Sprinkle with coconut.

*Marcia Gregorac*

## Fudge Brownies

1 1/2 C. all-purpose flour	1/2 C. chopped nuts
2 C. sugar	2/3 C. cooking oil
3/4 C. baking cocoa	4 eggs (slightly beaten)
1 tsp. baking powder	2 tsp. vanilla extract
1/2 tsp. salt	

Combine flour, sugar, cocoa, baking powder, salt, and nuts; set aside. Combine oil, eggs, and vanilla; add to dry ingredients. Do not overmix. Spread in a 13x9-inch baking pan. Bake at 350° for 20 to 25 minutes or until toothpick inserted in center comes out clean.

*Rosemary Palmer*

## Fudge Brownies

2 C. sugar	2 sticks butter (oleo)
1½ C. flour	1 tsp. vanilla
½ C. cocoa	½ C. nuts (optional)
4 eggs	

Preheat oven to 325°. Grease 9x13-inch pan. Mix all ingredients with a spoon. Pour into pan and bake for 35 minutes. Sprinkle with powdered sugar, if desired.

*Joyce Dobberke*

## Hershey's Chocolate Brownies

1 stick margarine	4 eggs
1 C. sugar	1 tsp. vanilla
1 (16 oz.) can Hershey's chocolate syrup	1 C. flour
	Nuts (optional)

### FROSTING:

6 T. margarine	½ C. chocolate chips
1½ C. sugar	(semi-sweet)
6 T. milk	

Cream margarine and sugar. Add 4 eggs and beat well. Add chocolate syrup and vanilla. Add flour and beat slightly. Bake at 350° for 25 minutes.

For Frosting: Put sugar, margarine, and milk in a pan and boil for 1½ minutes. Add the chocolate chips after you remove pan from heat and stir until melted and slightly thickened. Pour over warm brownies. Pour quickly because frosting will set.

*Maureen Friedrich*

## Katherine Hepburn Brownies

2 sqs. unsweetened baking chocolate	1 tsp. vanilla
1 stick sweet butter	¼ C. flour
1 C. sugar	¼ tsp. salt
2 eggs	1 C. walnuts (chopped)

Melt chocolate with butter in heavy saucepan. Remove from heat and stir in sugar. Add eggs and vanilla; beat like mad. Stir in flour, salt, and walnuts. Pour quickly into 8x8-inch sprayed pan. Bake at 325° for 40 minutes. Let cool.

*Karen Belz*

## My Sister's Brownies

2 C. sugar	1 C. water
2 C. flour	2 eggs
¼ tsp. salt	½ C. buttermilk
2 sticks margarine	1 tsp. soda
4 T. cocoa	1 tsp. vanilla

### FROSTING:

1½ C. sugar	½ C. chocolate chips
6 T. margarine	6 miniature marshmallows
6 T. milk	1 tsp. vanilla

Mix margarine, cocoa, and water in saucepan. Bring to a rapid boil. Pour over flour and sugar. Mix well and add eggs. Beat well and add buttermilk, soda, and vanilla. Beat well and pour into a greased jelly roll pan (10x16-inch). Bake at 375° for 20 minutes.

For Frosting: In the same saucepan put sugar, margarine, and milk. Bring to a rolling boil for 1 minute, stirring constantly. Remove from heat and add chocolate chips, marshmallows, and vanilla. Beat well and spread on hot or cold brownies. Frosting will thicken as spread.

*Sharon Santi*

## Chewy Noels

2 T. margarine	1 C. chopped walnuts
1 C. brown sugar	2 eggs
5 T. flour	1 tsp. vanilla
1/8 tsp. soda	

Preheat oven to 350°. Melt margarine in 9-inch square pan. Combine sugar, flour, soda, and nuts. Beat eggs and vanilla well and add to dry ingredients. Pour over melted margarine. Do not stir. Bake for 20 minutes. Center should be soft. Cool slightly. Turn out of pan and dust bottom with powdered sugar.

*Louise Grotheer*

## Dump Bars

1/2 C. melted butter	1 (6 oz.) pkg. butterscotch chips
1 C. graham cracker crumbs	1 C. coconut
1 (6 oz.) pkg. chocolate chips	1 can sweetened cond. milk

Arrange in a 9x13-inch pan, 1 layer at a time in the order given. Bake at 325° for 25 minutes or until a light gold color on top.

*Seana Santi*

## Graham Cracker Bars

1 pkg. graham crackers	1/4 C. brown sugar
1/2 C. margarine	1/2 C. nuts

Place 1 layer of whole crackers in 9x13-inch pan or cookie sheet (with sides). Boil margarine and sugar mixture for 2 minutes. Cool a bit. Pour mixture over crackers in pan. Sprinkle with nuts. Bake at 350° for 5 minutes. Cool and cut into bars.

*Betty Runge*

## Golden Grahams S'Mores

- |   |                                 |
|---|---------------------------------|
| 1/3 C. light corn syrup                   | 1/2 tsp. vanilla                |
| 1 T. butter or margarine                  | 4 C. Golden Grahams cereal      |
| 1 (5.75 oz.) pkg. milk<br>chocolate chips | 1 1/2 C. miniature marshmallows |

Butter 9x9-inch pan. Heat corn syrup and butter in 3-quart saucepan and bring to a boil. Remove from heat and add chocolate chips and vanilla. Stir until chocolate is melted. Fold in cereal, 1 C. at a time, until completely coated. Fold in marshmallows. Press in pan with buttered spoon. Let set until firm, at least 1 hour. Makes 24 bars.

*Alice Buck*

## Jan Hagel Bars

- |                   |                                    |
|-------------------|------------------------------------|
| 1 C. butter       | 1/2 tsp. cinnamon                  |
| 1 C. sugar        | 1 T. water                         |
| 1 egg (separated) | 1/2 C. very finely chopped walnuts |
| 2 C. flour        |                                    |

Preheat oven to 350°. Lightly grease a jelly roll pan, 15 1/2 x 10 1/2 x 1-inch. Mix butter, sugar, and egg yolk. Blend flour and cinnamon; stir into butter mixture. Pat into pan. Beat water and egg white until frothy; brush over dough and sprinkle with nuts. Bake for 20 to 25 minutes or until very lightly browned. Cut immediately into strips.

*Bev Thomas*

*It isn't the mountains ahead that wear you out,  
it's the grain of sand in your shoe.*

**M & M Bars**

- |                  |                            |
|------------------|----------------------------|
| 2 C. oatmeal     | 1 C. melted margarine      |
| 1 C. brown sugar | 1 can sweetened cond. milk |
| 1½ tsp. soda     | ⅓ C. peanut butter         |
| 1½ C. flour      | 1 C. M & M candy           |
| ½ C. coconut     | 1 C. milk chocolate chips  |
| ½ tsp. salt      |                            |

Combine oatmeal, brown sugar, soda, flour, coconut, and salt in a medium mixing bowl; mix well. Add melted margarine and stir until moist. Reserve 1 C. of this mixture for later. Press remaining dough into a greased 9x13-inch pan and bake at 375° for 12 minutes. Combine sweetened condensed milk and peanut butter in a small bowl. Heat in microwave for about 50 seconds to 1 minute (until peanut butter softens). Stir this together until well blended. Spread this over baked crust. Sprinkle with M & M's and chocolate chips. Put remaining dough on top in small pieces. Press down lightly. Bake this for 20 minutes and cool.

*Sandra Pflug*

**No-Bake Granola Bars**

- |                                |                       |
|--------------------------------|-----------------------|
| 3 C. miniature marshmallows    | 1 C. uncooked oatmeal |
| ½ C. peanut butter             | 1½ C. bran, Prod. 19, |
| 4 T. margarine                 | or other flakes       |
| ½ C. coconut, raisins, or nuts |                       |

Use a heavy saucepan for this. Heat marshmallows and margarine until melted and then add peanut butter. Use medium-low heat and stir constantly to keep from scorching. Have dry ingredients measured and ready to dump-in at this time. Stir swiftly until well blended. Press into a greased 10x10-inch pan or 8x11-inch pan; chill. You can cut before chilling, but leave in the pan. After they are cooled you can wrap individually if taking camping - they're great to take in your pocket when going hiking or skiing.

*Norma Pietsch*

## Nut Goodie Bars

- |                                 |   |
|---------------------------------|---|
| 1 (12 oz.) pkg. chocolate chips | 1/2 C. evaporated milk                      |
| 1 (12 oz.) butterscotch chips   | 1/4 C. vanilla pudding mix<br>(not instant) |
| 2 C. peanut butter              | 2 lbs. powdered sugar                       |
| 1 C. margarine                  |   |
| 2 C. peanuts (chopped coarsely) |   |

Melt chocolate chips, butterscotch chips, and peanut butter. Spread half of the mixture on a greased jelly roll pan and chill to set. Melt margarine. Add evaporated milk and dry pudding mix. Remove from heat and add powdered sugar. Spread over chocolate layer. Sprinkle peanuts over powdered sugar layer. Remelt chips and peanut butter. Spread over peanuts. Chill and cut into small bars. Keep in freezer. Very rich!

*Lyn Wheatley*

## Oatmeal Bars

- |                         |                                  |
|-------------------------|----------------------------------|
| 3/4 C. melted margarine | 1/4 tsp. salt                    |
| 1 C. flour              | 3/4 C. caramel ice cream topping |
| 1 C. quick oatmeal      | 1 (6 oz.) pkg. chocolate chips   |
| 3/4 C. brown sugar      | 1/2 C. nuts or sunflower seeds   |
| 1/2 tsp. soda           |                                  |

Combine first 6 ingredients. Press 3/4 of mixture in a 9x13-inch pan. Bake at 350° for 10 minutes. Remove from oven. Sprinkle on nuts or sunflower seeds and chocolate chips. Dribble ice cream topping over all and put the rest of the crumb mixture on top. Bake for 20 minutes more. Cool for 2 hours before cutting.

*Diane Wright*

## Orange-Date Bars

½ C. butter or margarine	½ tsp. baking powder
½ C. brown sugar	½ tsp. salt
1 C. flour	1 C. nuts
2 eggs (well-beaten)	1 C. dates (chopped)
½ C. brown sugar	½ C. coconut
2 T. flour	1 tsp. vanilla

Mix margarine, brown sugar, and flour. Press into 9x12-inch pan and bake at 350° for 10 minutes. Mix eggs, brown sugar, and all other ingredients. Put on top of the baked dough and bake at 300° to 325° oven for 20 to 30 minutes.

### FROSTING:

1 C. powdered sugar	Orange juice to make paste
2 T. butter	

*Marcia Gregorac*

## Pumpkin Cheesecake Bars

1 (16 oz.) pound cake mix	1 (14 oz.) can sweetened condensed milk
3 eggs	1 (16 oz.) can pumpkin
2 T. butter (melted)	½ tsp. salt
4 tsp. pumpkin pie spice	1 C. chopped nuts
1 (8 oz.) pkg. cream cheese (softened)	

Preheat oven to 350°. On low speed, combine cake mix, 1 egg, butter, and 2 tsp. pie spice until crumbly. Press onto bottom of jelly roll pan (15x10-inches). Beat cheese until fluffy. Gradually beat in milk, then remaining eggs, pumpkin, remaining pie spice, and salt; mix well. Pour over crust and sprinkle with nuts. Bake for 30 to 35 minutes or until set. Cool and chill. Cut into bars. Store in refrigerator.

*Bev Thomas*

## Reese's Peanut Butter Bars

- |   |                      |
|---|----------------------|
| 1/3 lb. graham cracker crumbs               | 1 C. peanut butter   |
| 1/2 lb. melted margarine<br>(add sparingly) | 1 lb. powdered sugar |
|   | 1 C. chocolate chips |

Work all ingredients until smooth and press into a 9x13-inch pan. Melt 1 C. chocolate chips and spread on top.

*Seana Santi*

## Raisin Bars

- |                |                          |
|----------------|--------------------------|
| 1 C. margarine | 2 tsp. cinnamon          |
| 1 1/2 C. sugar | 1 tsp. salt              |
| 2 eggs         | 1 1/2 tsp. baking soda   |
| 2 1/2 C. flour | 1 can raisin pie filling |

Mix all ingredients together. Place in greased jelly roll pan and bake at 350° for 30 to 40 minutes.

### FROSTING:

- |                     |                     |
|---------------------|---------------------|
| 3 ozs. cream cheese | 1 tsp. vanilla      |
| 3/4 stick margarine | 2 C. powdered sugar |
| 1 tsp. milk         |                     |

*Jan Ziebell*

## Scotcheroos

- |   |                                    |
|---|------------------------------------|
| 1 C. sugar                                | 1 C. Karo syrup (white)            |
| 1 C. peanut butter<br>(creamy or crunchy) | 6 C. Rice Krispies                 |
|   | 1 (12 oz.) pkg. butterscotch chips |

Cook sugar and Karo syrup until sugar is dissolved. Remove from heat and add peanut butter; mix well, then add Rice Krispies. Mix well and spread on greased jelly roll pan. Melt butterscotch chips and spread over top.

*Donna Schradle*

## Rhubarb Squares

### CRUST:

1 C. flour  
½ C. oleo

5 T. powdered sugar

### TOPPING:

1 to 1½ C. sugar  
2 to 3 C. chopped rhubarb  
¼ C. flour

¾ tsp. salt  
2 beaten eggs

For Crust: Mix ingredients and press into 9x13-inch greased pan and bake at 350° for 15 minutes.

For Topping: Combine remaining ingredients and pour over baked crust. Bake at 350° for 35 minutes.

*Paula Barber*

## Sugar Squares

1 C. soft butter  
1¼ C. sugar  
2 eggs  
2 C. sifted flour  
¼ tsp. baking soda

½ tsp. lemon juice  
¼ tsp. salt  
1 tsp. powdered ginger  
2 C. milk

Cream butter with 1 C. sugar (¼ C. is for top). Add eggs and beat until mixture becomes fluffy. Sift together dry ingredients. Add dry ingredients alternately with milk which has been mixed with lemon juice. Spread in greased 15x10x1-inch cookie sheet and sprinkle with remaining ¼ C. sugar on top. Bake at 400° for approximately 20 minutes.

*Mary Padilla*

## Special K Bars

1 C. sugar	4 C. Special K cereal
1 C. white syrup	1 (6 oz.) pkg. butterscotch chips
1¼ C. chunky peanut butter	1 (6 oz.) pkg. chocolate chips

Heat sugar and syrup until dissolved. Do not boil. Add peanut butter and mix well. Stir in the cereal and press into a buttered 13x15-inch pan and cool. Melt butterscotch and chocolate chips; frost. Cool and cut.

*Karen Craven*

## Tri-Layer Bars

### LAYER I:

½ C. oleo	¾ C. flour
¾ C. sugar	2 T. cocoa
2 eggs	¼ tsp. salt
1 tsp. vanilla	¼ tsp. baking powder

### LAYER II:

2 C. miniature marshmallows

### LAYER III:

1 C. peanut butter (creamy or crunchy)	6 ozs. chocolate chips
	1½ C. Rice Krispie cereal

Cream oleo and sugar; beat in eggs and vanilla. Stir in dry ingredients. Spread in a greased 9x13-inch pan and bake at 350° for 15 to 20 minutes. Sprinkle miniature marshmallows on top and bake for 3 minutes. Cool. Melt chocolate chips and peanut butter. Stir in cereal and spread on top of cooked bars and refrigerate. Makes 32 to 36 bars.

*Sally Gleason*

**Zucchini Bars**

2 C. sugar	2 tsp. cinnamon
4 eggs	1 tsp. baking powder
1 tsp. vanilla	½ tsp. salt
1 C. Crisco oil	½ tsp. soda
2 C. grated zucchini	½ C. chopped nuts
1½ C. flour	

Blend sugar, eggs, vanilla, oil, and zucchini. Add dry ingredients. Mix well and add nuts. Pour into jelly roll pan and bake at 350° for 20 to 25 minutes.

**FROSTING:**

3 ozs. cream cheese (softened)	1 to 2 T. milk
¼ C. margarine	½ tsp. vanilla
2 C. powdered sugar	

*Donna Schradle*

## **"Just For Notes"**

# 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  $\frac{1}{2}$  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  $\frac{1}{2}$  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.

## Angel Jello

¾ baked angel food cake	1 C. cold water
2 small pkgs. strawberry Jello	1 (16 oz.) pkg. frozen strawberries
2 C. hot water	1 (8 oz.) carton Cool Whip

Tear angel food cake into pieces and place in bottom of a 9x13-inch pan. Mix Jello and water; add frozen strawberries. Using a mixer on low speed, blend into Jello ¾ container of Cool Whip. Pour mixture over cake pieces and refrigerate until set. Frost with the rest of the Cool Whip and garnish with chopped nuts.

*Karen Craven*

## Apple Crisp

4 C. sliced peeled tart apples (4 medium)	½ C. oats
⅔ to ¾ C. packed brown sugar	¾ tsp. cinnamon
½ C. flour	¾ tsp. nutmeg
	⅓ C. melted margarine

Heat oven to 375°. Grease 8x8x2-inch square pan. Place sliced apples in pan. Mix remaining ingredients thoroughly. Sprinkle over apples. Bake for 30 minutes or until apples are tender and topping is golden brown. Serve warm with ice cream. Makes 6 servings.

*Lyn Wheatley*

*The Lord sometimes takes us into troubled waters, not to drown us, but to cleanse us.*

## Apple Squares

1 T. sugar	Crushed wheat cereal
2½ C. flour	(Wheaties or cornflakes)
1 C. shortening	8 to 10 apples
1 tsp. salt	1 C. sugar
1 egg yolk & enough milk to make ⅔ C.	1 tsp. cinnamon
	Egg white

Mix sugar, flour, and shortening as for pie crust and blend in yolk and milk mixture. Roll out half the dough and place on cookie sheet. Sprinkle on 3 handfuls of crushed cereal. Cut and peel apples and spread evenly over crust. Sprinkle with sugar and cinnamon. Roll out remaining dough and place on top and pinch edges. Beat egg white until foamy and brush on top. Bake at 400° for 1 hour.

*Carole Bunde*

## Berry Cobbler (Diabetic)

1 pt. fresh raspberries (2½ C.)	1½ tsp. baking powder
1 pt. fresh blueberries or strawberries (2½ C.)	¼ tsp. salt
2 T. cornstarch	⅓ C. milk
½ C. no sugar added raspberry pourable fruit	⅓ C. melted margarine
1 C. flour	2 T. thawed frozen unsweetened apple juice concentrate
	¼ tsp. nutmeg

Preheat oven to 375°. Combine berries and cornstarch in medium bowl and toss to coat. Add pourable fruit mix. Pour into 1½-quart baking dish. Combine flour, baking powder, and salt in bowl. Add milk, margarine, and apple juice. Mix until moistened. Drop by spoonful onto fruit and sprinkle with nutmeg. Bake for 25 minutes or until fruit bubbles. Serve warm.

Note: A 16 oz. bag frozen berries may be substituted for each fruit. Fresh peaches, pears, or blackberries may also be used. Note: ⅓ C. raspberry fruit spread with 3 T. warm water added may be substituted for pourable fruit. (Use low sugar or sugar free.)

*Cindy Baas*

## Blueberry Tart

### CRUST:

- |                      |                             |
|----------------------|-----------------------------|
| 1½ C. bread flour    | 1½ tsp. cinnamon (optional) |
| 1/8 tsp. salt        | ½ C. butter                 |
| 3 tsp. sugar         | 1 egg                       |
| ½ tsp. baking powder |                             |

### FILLING:

- |                  |                  |
|------------------|------------------|
| 4 C. blueberries | 3 T. lemon juice |
| ½ C. sugar       |                  |

### SAUCE:

- |                    |               |
|--------------------|---------------|
| ½ C. cream         | ½ C. sugar    |
| 3 beaten egg yolks | 1/8 tsp. salt |

### MERINGUE:

- |              |                |
|--------------|----------------|
| 3 egg whites | 1 tsp. vanilla |
| 6 T. sugar   |                |

Sift and combine dry ingredients with butter, like pastry. Add beaten egg. Chill the dough for an hour, then spread it to the thickness of 1/8-inch in a floured 9x12-inch baking dish. Pat it with the palm of the hand. Bake in hot oven (450°) for 15 minutes. Remove pan from oven and cover with 4 C. blueberries and ½ C. sugar. Bake for 10 minutes. Sprinkle with lemon juice after baking. Cook and stir until thick the cream, egg yolks, sugar, and salt (sauce). Cool and pour the sauce over the slightly cooled tart. Heap the meringue on the tart and bake in a slow oven (300°) for 15 to 20 minutes.

*Juanita A. Lutz*

*Are your troubles causing you to lose your  
religion or to use your religion?*

## Cappuccino Parfaits

- |  |  |
|--|--|
| 4 tsp. instant coffee  | 1/2 tsp. cinnamon                      |
| 1 T. hot water   | 1 C. thawed lite Cool Whip             |
| 1 1/2 C. cold 2% low-fat milk  | 3 chocolate wafer cookies<br>(crushed) |
| 1 pkg. (4-serving) sugar-free<br>instant pudding<br>(vanilla or chocolate) |  |

Dissolve coffee in water in medium bowl. Add milk, pudding, and cinnamon. Beat with wire whisk for 1 to 2 minutes. Let stand for 5 minutes or until thick. Stir in Cool Whip. Spoon half of mixture into 5 dessert dishes. Sprinkle with crushed cookies. Spoon remaining mixture over top. Refrigerate until ready to serve.

*Bev Thomas*

## Lemon Cheesecake (No Bake) (Low Sugar)

- |  |  |
|--|--|
| 1 graham cracker (crushed)               | 8 ozs. light cream cheese  |
| 1 (4 oz.) pkg. lemon<br>sugar-free Jello | 2 C. light Cool Whip   |
| 2/3 C. boiling water                     | 1 C. reduced calorie pie filling<br>(cherry, peach, your choice) |
| 1 C. low-fat cottage cheese              |  |

Spray an 8 or 9-inch springform pan or 9-inch pie plate with Pam cooking spray. Sprinkle with crumbs. Dissolve Jello in hot water. Pour into blender. Add cottage cheese and cream cheese. Cover and blend at medium speed for about 2 minutes, scraping sides occasionally. Pour into large bowl and gently stir in whipped topping. Pour into pan or plate and chill until set (4 hours). Remove springform sides and top with pie filling. Makes 8 servings at 160 calories per serving.

*Carolyn Lawson*

## Mini Cheesecakes

- |                              |                                |
|------------------------------|--------------------------------|
| 2 (8 oz.) pkgs. cream cheese | 2 eggs                         |
| $\frac{3}{4}$ C. sugar       | Vanilla wafers                 |
| 1 T. lemon juice             | 1 can pie filling (any flavor) |
| 1 tsp. vanilla               |                                |

Beat first 5 ingredients. Place vanilla wafers in a cupcake liner (foil). Add cream cheese mixture,  $\frac{2}{3}$  to  $\frac{3}{4}$  full. Bake at 350° for 15 to 20 minutes. Cool. Cheesecake will sink in the middle. Place approximately 1 tsp. pie filling in each cake.

*Rhonda Fiscus*

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## Mocha Cheesecake

### CRUST:

- |  |                                   |
|--|-----------------------------------|
| $1\frac{1}{2}$ C. chocolate wafers<br>(finely crushed) | $\frac{1}{3}$ C. butter (melted)  |
|  | $\frac{1}{2}$ T. granulated sugar |

### FILLING:

- |  |                                |
|--|--------------------------------|
| $\frac{3}{4}$ C. sugar                 | Dash of salt                   |
| 2 to 3 tsp. instant coffee             | 4 eggs                         |
| 2 sqs. (1 oz. each) sweet<br>chocolate | Chocolate cookies, for garnish |
| 2 (8 oz.) pkgs. cream cheese           | Raspberries or other berries   |

Combine wafer crumbs, butter, and sugar. Butter sides and bottom of an 8-inch springform pan. Press crumb mixture evenly onto bottom of pan. Melt chocolate over hot, but not boiling water and stir until smooth. Beat cream cheese until soft and smooth. Add eggs, 1 at a time to cream cheese. Gradually add sugar, mixing until well blended. Add melted chocolate, instant coffee, and salt. Stir until blended. Turn mixture into prepared pan and bake at 350° for 40 minutes or until cake center is almost set. Let cheese cake cool and garnish with cookies and/or berries. Remove sides of pan.

*Jean Kresse*

## No-Bake Strawberry Bottom Cheesecake

- |                            |  |
|----------------------------|--|
| 1 graham cracker pie crust | 4 ozs. frozen non-dairy whipped topping  |
| 4 ozs. cream cheese        | 1 pt. fresh strawberries (thinly sliced) |
| ¼ C. sugar                 | 1 C. strawberry glaze                    |
| ½ C. sour cream            |  |
| 1 tsp. vanilla             |  |

Slice strawberries and place on paper towels to drain. Beat cream cheese until smooth. Gradually beat in sugar and blend in sour cream and vanilla. Fold in whipped topping, blending well. Spread thin layer of glaze over bottom of crust. Place strawberry slices on glaze and cover with another thin layer of glaze gently spoon mixture over berries in crust. Cover with inverted dome and chill until set. (At least 4 hours.) Store leftover pie in refrigerator.

*Geri Littrel*

## Quick Cherry Dessert

- |                                   |  |
|-----------------------------------|--|
| 1 C. (2 sticks) margarine         | 1 tsp. almond extract                      |
| 4 eggs                            | 2 tsp. baking powder                       |
| 2 C. flour                        | Powdered sugar to dust over top (optional) |
| 1 (21 oz.) can cherry pie filling |  |
| 1½ C. sugar                       |  |

Cream together butter and sugar. Add the eggs and beat until light and fluffy. Add almond extract. Stir in flour and baking powder; mix until smooth. Butter a 13x9-inch cake pan and turn the mixture into the pan. Spoon the pie filling into the cake in 16 spots, spacing 4 spoonfuls evenly in each direction. Bake at 350° for 45 to 50 minutes.

*Jean Kresse*

## Brownie Ice Cream Loaf

1½ C. granulated sugar	3 eggs
1 C. Bisquick baking mix	3 ozs. melted unsweetened chocolate (cool)
¾ C. chopped nuts	1 qt. ice cream (slightly softened)
¾ C. margarine (melted)	Powdered sugar
1½ tsp. vanilla	

Heat oven to 350°. Line jelly roll pan, 15½x10½x1-inch with aluminum foil; grease foil and mix all ingredients, except ice cream and powdered sugar; beat vigorously 30 strokes. Spread in pan and bake until set, about 25 minutes. Cool brownie in pan on wire rack. Invert on rack or cookie sheet; remove foil and cut brownie crosswise into 3 equal parts. Place one part brownie on plate and spread with ½ the ice cream. Top with another part brownie, the remaining ice cream and the remaining part brownie. Sprinkle with powdered sugar. Wrap and freeze until firm, at least 8 hours. Remove from freezer for 10 minutes before serving. Cut into slices and serve with whipped cream or fudge sauce, if desired. Freeze any remaining loaf. Makes 10 to 12 servings.

*Janet Gluck*

## Peanut Buster Parfait

1 pkg. Oreo cookies	1 (11.5 oz.) jar hot fudge topping sauce
½ C. margarine	1 bag Spanish peanuts
½ gallon vanilla ice cream	
1 (9 oz.) carton Cool Whip	

Crush Oreos in food processor. Melt margarine. Reserve 1 C. cookies for topping and add rest to margarine. Press into a 9x13-inch pan. Spread softened ice cream over cookies and freeze until hard. Spread fudge sauce over ice cream. Add a layer of peanuts and Cool Whip. Sprinkle remaining 1 C. of cookies over Cool Whip. Freeze overnight, covered.

*Lyn Wheatley*

## Chocolate Dessert

### CRUST:

22 graham crackers (crushed)      ¼ C. sugar  
½ C. oleo (melted)

### FILLING:

1½ C. milk      1 qt. vanilla ice cream  
2 pkgs. instant chocolate pudding

### TOPPING:

1 (8 oz.) carton Cool Whip      Hershey chocolate bar

Mix crust ingredients and press graham cracker crust in 9x13-inch pan. Beat milk and instant pudding until smooth. Add softened ice cream. Spread on crust and chill for 2 to 3 hours before adding topping. Spread with Cool Whip. Use potato peeler to make chocolate slivers on top of Cool Whip.

*Rhonda Fiscus*

## Chocolate Pudding and Cake Dessert

1 C. sugar	1 C. flour
8 T. cocoa	1 tsp. baking powder
1⅔ C. boiling water	½ tsp. salt
6 T. butter	½ C. milk
1 tsp. vanilla	

Combine ½ C. sugar, 5 T. cocoa, and water. Pour into baking dish. Combine butter, ½ C. sugar, and vanilla. Add sifted dry ingredients, alternately with milk. Spoon this mixture into the first mixture and bake at 350° for 40 minutes.

*Lynne Baldwin*

## Creme de Chocolat

1 egg + 2 yolks  
1 C. chocolate chips

1 C. whipping cream

Melt chocolate chips and mix with whipping cream so that mixed together it makes 2 cups. Add chocolate chips and whipped cream mixture slowly to the eggs. Bake in water (water in pan, like cake pan and creme de chocolat in custard containers). Bake at 350° for 20 minutes. Cover lightly and serve.

*Marcia Gregorac*

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## Dirt Cake

1 C. powdered sugar  
1 (8 oz.) pkg. cream cheese  
½ stick oleo  
2 large pkgs. instant chocolate  
pudding mix

1 (12 oz.) tub Cool Whip  
3½ C. milk  
20 ozs. Oreo cookies  
Gummy worms  
Silk flowers

Mix milk and pudding mix; let thicken. Combine softened cream cheese, powdered sugar, and softened oleo. Mix pudding with cream cheese, sugar, and oleo mixture; fold in Cool Whip. Crush Oreos in a blender. Serve in a new 8-inch clay flower pot. Cover drain hole with tape. Spray with Pam. Place ⅓ of the crushed Oreos in bottom of pot. Cover with ½ of the filling. Add ⅓ of Oreos and remaining filling. Top with remaining Oreos. Decorate with gummy worms and flowers. Cover with the clay saucer of the flower pot.

*Lyn Wheatley*

## Double Chocolate Delight

2 C. chocolate cake mix (half box)    1 egg  
1/3 C. oil    6 ozs. chocolate chips  
3/4 C. water

Mix all together by hand and spread in ungreased 8x8-inch square glass pan. Microwave for 7 minutes. May need to turn once or twice.

*Marcia Gregorac*

## Hot Fudge Pudding Cake (No Eggs)

1 1/4 C. sugar (divided)    1/2 C. milk  
1 C. flour    1/3 C. melted butter or margarine  
6 T. cocoa (divided)    1 1/2 tsp. vanilla  
2 tsp. baking powder    1/2 C. brown sugar  
1/4 tsp. salt    1 1/4 C. hot water

Heat oven to 350°. Grease an 8x8-inch or 9x9-inch pan. Combine 3/4 C. sugar, flour, 3 T. cocoa, baking powder, and salt. Blend in milk, melted butter, and vanilla. Beat until smooth and pour into greased pan. Combine 1/2 C. sugar, brown sugar, and 3 T. cocoa. Sprinkle over batter. Pour hot water over top. DO NOT STIR. Bake for 40 minutes or until almost set. Let stand for 15 minutes. Spoon into dishes, spooning sauce from bottom over top. Garnish with whipped topping or ice cream. Makes 8 to 10 servings.

*Carolyn Lawson*

## Oreo Cookie Dessert

- |                                       |  |
|---------------------------------------|--|
| 1 reg. pkg. Oreo cookies<br>(crushed) | 2 (6 oz.) pkgs. vanilla<br>instant pudding |
| 1 stick margarine (melted)            | 2½ C. milk                                 |
| 12 ozs. Cool Whip                     |  |

Mixed crushed Oreos with margarine and press in 9x13-inch pan (reserve ¼ C. Oreos for topping). Combine milk and pudding. Fold in Cool Whip. Spread over crust and sprinkle with remaining Oreos. Refrigerate until ready to serve.

*Karen Belz*

## Oreo Torte

- |                           |                                 |
|---------------------------|---------------------------------|
| 24 Oreo cookies (crushed) | ½ gallon butter pecan ice cream |
| ⅓ C. melted margarine     |                                 |

### TOPPING:

- |                            |             |
|----------------------------|-------------|
| 2 liquid chocolate packets | ½ C. sugar  |
| ⅔ C. evaporated milk       | 1 T. butter |

Mix Oreo cookies and ⅓ C. melted margarine. Press into 9x13-inch pan. Freeze a few minutes. Soften ½ gallon ice cream. Cut into squares and place on Oreo crust.

For Topping: Melt 1 T. butter and remove from heat. Add ½ C. sugar and mix. Add liquid chocolate packets and mix. Return small pan to low heat and slowly add evaporated milk, stirring until thick. Cool and spread over ice cream.

*Joyce Dobberke*

## **Cream Puff Dessert**

- |                       |  |
|-----------------------|--|
| 1 stick margarine     | 2 small pkgs. French vanilla instant pudding |
| 1 C. water            | 2 C. milk                                    |
| 1 C. flour            | 8 ozs. Cool Whip                             |
| 4 eggs                |  |
| 2 ozs. chopped pecans |  |

Bring to a boil the margarine and water. Add 1 C. of flour (all at once) and stir vigorously. Take mixture off of heat and add 4 eggs. Beat thoroughly for 3 to 4 minutes with mixer and then spread onto greased jelly roll sheet. Bake at 425° for 25 to 30 minutes. Cool completely. Then take 2 small pkgs. French vanilla pudding and mix with 2 C. of milk. Beat until thick. Fold in 8 ozs. Cool Whip. Spread mixture over crust and sprinkle on pecans. Serves 12 to 18 after sliced.

*Lynn Deiter*

## **Broiled Sweet and Tart Tropical Fruits**

- |  |   |
|--|---|
| 2 C. peeled, seeded & sliced papaya, mango or star fruit | Dash of nutmeg  |
| 1 (8 oz.) can pineapple rings (drained)                  | ½ C. non-fat vanilla frozen yogurt, ice cream or non-dairy frozen dessert |
| 2 T. lime or lemon juice                                 | 2 T. maple syrup  |

Preheat broiler. Arrange fruit on broiler pan and drizzle with lime or lemon juice. Broil 4 inches from heat until light brown for 2 to 5 minutes. Turn and broil the other side. In a small bowl, mix maple syrup and nutmeg. To serve divide fruit among 4 dessert plates or dishes. Drizzle with syrup and nutmeg mixture. Top with frozen dessert. Serves 4. Can use any fresh fruit in season for this recipe.

*Rama Sridhar*

## Cold Fruit Soup

3 T. Minute Tapioca	6 ozs. frozen orange juice concentrate
Scant ½ C. sugar	1 box frozen strawberries
Dash of salt	1 can mandarin oranges (drained)
1 C. water	1 (16 oz.) can sliced peaches (drained)
Lime sherbet	
2 bananas	
1½ C. cold water	

Cook tapioca, sugar, salt, and 1 C. water together for 6 to 8 minutes. Add remaining ingredients and stir well. Chill for several hours or overnight. Add 2 bananas (sliced) and stir in. Serve in sherbet dishes, topping each serving with a scoop of lime sherbet. Serves 16.

*Thelma Voetberg*

## Fruit Cobbler

½ C. butter (melted)	⅔ C. milk
1 C. flour	2 C. berries or fruit
1½ tsp. baking powder	½ C. sugar
1 C. sugar	

In a 7x11-inch pan pour melted butter. Mix together the flour, baking powder, 1 C. sugar, and milk. Pour batter over butter but DO NOT STIR. Mix fruit and ½ C. sugar. Pour over batter, but DO NOT STIR. Bake until dough comes to the top and browns. Bake at 350° to 375° for 20 to 30 minutes. Can be made in a microwave.

*Sandy Townsend*

## Frozen Fruit Cups

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 2 (10 oz.) pkgs. frozen strawberries | 1 (16 oz.) can mandarin oranges   |
| 2 (6 oz.) cans frozen orange juice   | $\frac{1}{3}$ C. lemon juice      |
|                                      | 6 bananas (sliced)                |
|                                      | 2 (20 oz.) cans crushed pineapple |

Thaw strawberries and orange juice. Combine all ingredients. Do not drain fruit. Spoon mixture into foil laminated baking cups or some other small container. Freeze. Remove from freezer for  $\frac{1}{2}$  hour before serving.

*Shirley Huffman*

## Fruit-Topped Almond Cream

- |   |  |
|---|--|
| 1 (3.4 oz.) pkg. instant French vanilla pudding mix | 3 C. assorted fruit (strawberries, grapes, raspberries, blueberries, mandarin oranges) |
| $2\frac{1}{2}$ C. cold milk                         | $\frac{1}{2}$ to $\frac{3}{4}$ tsp. almond extract                                     |
| 1 C. whipping cream                                 |  |

In a large bowl combine pudding mix and milk. Beat on low speed for 2 minutes and set aside. In a small mixing bowl beat cream and extract until stiff peaks form. Fold into pudding. Spoon into a shallow 2-quart serving dish. Chill and top with fruit just before serving. Yield: 8 servings.

*Sharron Martin*

*Kindness is becoming at any age.*

## Forgotten Dessert

8 egg whites  
 1¾ C. sugar  
 ¼ tsp. salt

1 tsp. cream of tartar  
 ¼ tsp. almond extract  
 1 tsp. vanilla extract

Preheat oven to 450°. Beat egg whites until frothy and add salt and cream of tartar. Beat to the peak-stage and gradually add sugar. Beat until very stiff and glossy; add the flavorings. Pour into buttered 9x13-inch pan in HOT oven and turn off oven. Leave in oven overnight, do not open the oven door or batter will shrink. The next day, spread 1½ C. no-fat Cool Whip on top and refrigerate (or freeze). When ready to serve, top with fresh berries or canned pie filling.

*Norma Pietsch*

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## Fruit Pizza

### CRUST:

¼ C. margarine  
 ¼ C. shortening  
 ¾ C. white sugar  
 1/8 tsp. salt

1⅓ C. flour  
 1 tsp. cream of tartar  
 ½ tsp. soda  
 1 egg

Use pizza pan and spray with Pam. Mix and press crust mixture into pan. Bake at 400° for 8 to 10 minutes. Cool.

### 2ND LAYER:

8 ozs. cream cheese                      ½ C. powdered sugar

Beat with 2 T. of lemon juice and spread over crust mixture.

### 3RD LAYER:

Put fruit on top of second layer. Use kiwi fruit, pineapple (save juice), strawberries, bananas, and grapes (can use peaches or pears).

### 4TH LAYER:

Cook 1½ C. of pineapple juice and thicken with cornstarch and cool. Drizzle over fruit and refrigerate.

*Violet Frye*

## Homemade Ice Cream

- |                  |                 |
|------------------|-----------------|
| 4 eggs           | 6 C. whole milk |
| 2½ C. sugar      | 2 T. vanilla    |
| 2 C. Half & Half | ½ tsp. salt     |

Beat eggs until light; add sugar gradually and beat until mixture thickens. Add remaining ingredients and mix thoroughly. Freeze in ice cream freezer. Makes about 1 gallon of frozen ice cream.

Optional: Use 2 containers Egg Beaters (each container is equivalent to 2 eggs).

*Sally Gleason  
Diane Wright*

## Lemon Dessert

- |                                   |   |
|-----------------------------------|---|
| 1 C. flour                        | 1 C. powdered sugar                     |
| ½ C. oleo (melted)                | 1 C. Cool Whip                          |
| ½ C. chopped pecans               | 2 or 3 pkgs. lemon pudding<br>(instant) |
| 1 (8 oz.) pkg. Phil. cream cheese |   |
| 3 C. milk                         |   |

Mix flour, oleo, and pecans. Mix and pat into 9x13-inch pan. Bake at 375° for 15 minutes. Cool completely. Mix cream cheese, powdered sugar, and Cool Whip. Spread over cooled crust. Mix instant pudding and milk. Pour over second layer. Spread rest of Cool Whip on top and sprinkle with pecans. Keep refrigerated. Other flavors of instant pudding may be used.

*Diane Wright*

## Easy Drunken Oranges

- 4 navel oranges (peeled & cut into  $\frac{1}{3}$ -inch crosswise slices)  
 $\frac{1}{4}$  C. finely chopped dates
- $\frac{1}{4}$  C. dark rum  
 2 T. pine nuts (lightly toasted)

Arrange orange slices on a serving dish and sprinkle with dates and rum. Cover and chill overnight or over 6 hours. At serving time and sprinkle with the pine nuts. Makes 4 to 6 servings.

*Amy Kaufmann*

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## Cranberry Steam Pudding

- 4 C. cranberries  
 1 C. molasses  
 4 tsp. soda
- 3 C. flour  
 1 C. water

### SAUCE:

- $\frac{1}{2}$  C. margarine  
 $\frac{1}{2}$  C. Half & Half
- 1 C. sugar

Stir together cranberries, molasses, soda, flour, and water. Use medium size fruit cocktail cans. Fill the can  $\frac{1}{2}$  to  $\frac{2}{3}$  full. Place the can in a pan of water and cover each can with foil. Steam the can for 1 to  $1\frac{1}{4}$  hours at  $325^\circ$  to  $350^\circ$ . Mix sauce ingredients and bring to a boil. Serve warm over pudding.

*Marcia Gregorac*

## Peach Bavarian

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 (16 oz.) can peaches (cut-up) | 2 C. boiling water        |
| 2 (3 oz.) pkg. peach Jello      | 8 ozs. Cool Whip (thawed) |
| 1/2 C. sugar                    |                           |

Drain peaches saving  $\frac{2}{3}$  C. juice. Dissolve Jello in boiling water. Add sugar and  $\frac{2}{3}$  C. peach juice. Chill until slightly thickened. Stir in Cool Whip and fold in peaches. Chill until set.

*Michelle Boswell*

## Bread Pudding

- |                               |                      |
|-------------------------------|----------------------|
| 4 C. broken bread slices      | Dash of nutmeg       |
| 2 C. sugar (1 white, 1 brown) | 1 T. vanilla         |
| 4 eggs                        | 1/2 tsp. salt        |
| 1 1/2 T. cinnamon             | 3/4 C. raisins       |
| 2 C. milk                     | 3/4 C. melted butter |

### LEMON RUM SAUCE:

- |                    |                         |
|--------------------|-------------------------|
| 1/2 C. butter      | 1 tsp. lemon rind       |
| 1 C. sugar         | 1 egg (beaten)          |
| 1/4 C. lemon juice | 3 to 6 T. rum, to taste |

Combine bread and sugar in large bowl. Combine eggs, milk, cinnamon, nutmeg, vanilla, and salt; beat until foamy. Pour over bread and sugar mixture; set aside for 2 hours. Add melted butter and raisins to bread; mix well. Pour into 13x9x2-inch baking pan and bake at 350° for 25 to 30 minutes until very firm. Serve with rum sauce over it.

For Sauce: Combine butter and sugar in pan over low heat. Stir until sugar is dissolved. Add lemon rind and juice. Stir in beaten egg using a whisk. Stir until thickens. Cool slightly and add rum. Yields: About 1 1/2 cups.

*Cindy Baas*

## Simple Rice Pudding

- |                   |                |
|-------------------|----------------|
| 1 C. rice         | 1 C. raisins   |
| 1 qt. cold water  | 2 eggs         |
| 1 stick margarine | 1 tsp. vanilla |
| 1½ C. sugar       | 3 C. milk      |

Cook rice in water until tender; add margarine, sugar, and raisins. Remove from heat and add well-beaten eggs, vanilla, and milk. Stir well. Cook in 325° oven for 50 to 60 minutes.

*Sharon Santi*

DESSERTS

## Pumpkin Pie Crunch

- |                                |                          |
|--------------------------------|--------------------------|
| 1 yellow cake mix              | 1 (16 oz.) can pumpkin   |
| 1 (12 oz.) can evaporated milk | 3 eggs                   |
| 1½ C. sugar                    | 4 tsp. pumpkin pie spice |
| ½ tsp. salt                    | 1 C. chopped pecans      |
| 1 C. melted butter             |                          |

Combine pumpkin, milk, eggs, sugar, and spices. Pour into greased 9x13-inch pan. Sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans and drizzle melted butter over top. Bake at 350° for 50 to 60 minutes. Cool and serve with Cool Whip.

*LeAnn Eggers*

*Home is where we care and share.*

## Raspberry Dessert

### CRUST:

- |                        |            |
|------------------------|------------|
| 2½ C. crushed pretzels | 3 T. sugar |
| ¾ C. melted butter     |            |

### 2ND LAYER:

- |   |                            |
|---|----------------------------|
| 1 (8 oz.) pkg. cream cheese<br>(softened) | 1 C. powdered sugar        |
| 1 egg (beaten slightly)                   | 1 tsp. vanilla             |
|   | 1 (8 oz.) carton Cool Whip |

### TOPPING:

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 family size pkg. raspberry Jello | 2 boxes frozen raspberries |
| 2 C. boiling water                 |                            |

Bake crust at 350° for 10 minutes. Mix and pour 2nd layer over crust and chill. Mix topping ingredients together, dissolve Jello in boiling water and then adding raspberries. Pour over second layer and refrigerate to set. Should always be made the day before.

*Rhonda Fiscus*

## Raspberry Refrigerator

- |                             |   |
|-----------------------------|---|
| 1¼ C. graham cracker crumbs | 1 pt. whipping cream                                |
| ¼ C. chopped pecans         | 1 (10 oz.) pkg. frozen raspberries<br>(not drained) |
| ¼ C. melted butter          | ½ C. sugar  |
| 1 C. milk                   | 5 T. cornstarch                                     |
| 1 C. water                  | 2 T. lemon juice                                    |
| 50 large marshmallows       |   |

Combine graham crackers, pecans, and melted butter. Press into a 9x13-inch pan. Melt marshmallows with milk and cool. Fold in whipping cream and spread over crust; refrigerate. Heat fruit, ½ C. sugar, and 1 C. water. Dissolve cornstarch in ¼ C. cold water and add to fruit mixture. Boil, stirring constantly until thick and clear. Remove from heat. Add lemon juice. Cool and pour over whipped cream, marshmallow layer.

*Marcia Gregorac*

## Rhubarb Crunch

6 C. cut-up rhubarb	1 C. sugar
1½ C. sugar	1½ tsp. baking powder
4 T. flour	½ tsp. salt
2 well-beaten eggs	2 beaten eggs
1½ C. sifted flour	

Mix rhubarb, flour, and sugar. Stir in 2 beaten eggs and pour into buttered 9x13-inch pan. Mix sifted flour, sugar, baking powder, and salt. Stir in 2 beaten eggs. Mixture should be crumbly, not sticky. Sprinkle topping over rhubarb mixture and bake for 1 hour or until lightly browned at 350°.

*Mary Lee Wheat*

## Rhubarb Refrigerator Squares

### CRUST:

1½ C. flour	¼ C. nuts
¾ C. butter or margarine	2 to 3 T. powdered sugar

### FILLING:

4 C. finely diced rhubarb	1 C. sugar
2 T. water	3 T. cornstarch

### TOPPING:

1 C. whipping cream (whipped & sweetened)	1 (4 oz.) pkg. instant vanilla pudding
1 C. miniature marshmallows	1½ C. milk

For Crust: Combine flour, butter, nuts, and powdered sugar; press into 9x9-inch greased pan. Bake at 300° for 15 minutes.

For Filling: Combine rhubarb, water, sugar, and cornstarch in saucepan. Bring to boil and simmer for 5 minutes or until thickened. Spread over crust.

For Topping: Sweeten whipped cream to taste and fold in marshmallows. Spread over cooled rhubarb. Mix pudding with milk and pour over whipped cream layer; refrigerate.

*Opal Wheatley*

## Rhubarb Torte

### CRUST:

2 C. flour

1 C. margarine

1 T. sugar

Pinch of salt

Mix like pie crust. Press into 9x13-inch pan and bake at 350° for 15 minutes.

### FILLING:

5 C. rhubarb (chopped)

1 C. Half & Half

4 rounded T. flour

6 eggs yolks (reserve whites)

2 C. sugar

Make crust first, then put rhubarb in mixing bowl and set aside. Beat egg yolks and add Half and Half; beat. Mix sugar and flour; add to the egg mixture. Pour over rhubarb and stir until rhubarb is covered. Pour over the crust and bake at 350° for 1 hour. Remove from the oven and cover with the meringue of 6 egg whites. Beat egg whites and add 12 T. sugar, 1 T. at a time. Return the mixture to the oven after covering the rhubarb mixture with whites and bake until it is golden, about 10 minutes.

*Marcia Gregorac*

# Meats

*My Favorite Recipes in this section are:*

RECIPE

PAGE #


## 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.

## Beef with Onions

½ lb. lean beef (round or sirloin)	1 T. Worcestershire sauce
1 large sweet onion	1 T. B-V sauce with concentrate (Beefeer Upper)
1 C. flour	2 T. cornstarch
Onion powder, to taste	½ C. water
Garlic powder, to taste	2 T. margarine
Salt & pepper, to taste	
1 (14½ oz.) can beef broth	

Cut onion in half from top to bottom, then thinly slice. Saute' onion in margarine until tender. Remove from skillet. Mix flour, onion powder, garlic powder, salt, and pepper in a plastic bag. Thinly slice beef. Add beef to flour mixture and shake. Remove beef from flour and brown in hot oil. When meat is brown, add onions, broth, Worcestershire sauce, and Beefeer Upper. Simmer for 15 minutes. Mix cornstarch in ½ C. cold water. Add enough to beef mixture to thicken. Serve over cooked noodles or rice.

*Lyn Wheatley*

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## Cheese Round Steak

1 round steak	½ tsp. garlic salt
¼ C. chopped onion	Flour
½ C. shredded cheddar cheese	1 C. water
3 T. oil	

Add garlic salt to flour. Dredge steak in flour. Pound steak to ¼-inch thickness. Cut in to 6 portions. Brown in oil. Add 1 C. hot water and onion. Simmer for 1 hour. Add cheese and cover until cheese is melted.

*Lyn Wheatley*

## No-Peek Casserole

- |  |  |
|--|--|
| 2 lbs. round steak or stewing beef<br>(cut in small cubes) | 1 pkg. Lipton's dried onion soup                     |
| 1 (8 oz.) can mushrooms<br>with liquid                     | 1 can Campbell's golden<br>mushroom soup (undiluted) |

Place all ingredients in 2½-quart casserole. Cover tightly and bake at 300° for 3 hours (don't peek). Serve over rice or noodles.

*Mary MacGillivray*

## Pepper Steak

- |  |                        |
|--|------------------------|
| 4 medium potatoes<br>(sliced ¼-inch thick) | 2 T. oil               |
| 1 lb. sirloin steak (sliced thin)          | 1 green bell pepper    |
| 1 T. garlic pepper                         | Italian salad dressing |

Marinate steak for 1 hour in Italian dressing. Cook sliced potatoes in microwave for 10 minutes, until tender. While potatoes cook, toss beef with garlic pepper and heat oil in large skillet over high heat. Add beef and toss for 3 minutes. Remove beef. Add green pepper to skillet and toss for 3 minutes. Add potatoes and saute' for 5 minutes. Add beef and toss until all ingredients are heated through. Season with salt. Makes 4 servings.

*Janelle Browning*

*Home is where we care and share.*

## Baked Pot Roast

- |   |                                   |
|---|-----------------------------------|
| 3 to 5 lbs. roast (beef chuck)                                    | 1 pkg. onion soup mix             |
| 1 (10 <sup>3</sup> / <sub>4</sub> oz.) can cream of mushroom soup | 1 (4 oz.) can mushrooms (drained) |

Place beef roast on heavy sheet of aluminum foil (long type), cut long enough to completely enclose the roast in a roasting pan. Empty contents of onion soup mix over meat. Add cream of mushroom soup and mushrooms. Close foil loosely around meat, sealing securely. Bake at 350° for 3 to 3½ hours. Makes its own gravy. Serve with mashed potatoes, baked potatoes or over rice. (The gravy can be thickened.) Instead of using aluminum foil, the roast and the other ingredients can be put in a crockpot and cooked on low all day. Supper will be almost ready when you get home!

*Irma H. Elliott*

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## Swiss Steak

- |                           |                                    |
|---------------------------|------------------------------------|
| 1 (14.5 oz.) can tomatoes | 1½ lbs. round steak (1-inch thick) |
| 2 T. flour                | 2 T. oil                           |
| 1 tsp. salt               | 1 tsp. dry mustard                 |
| 1/8 tsp. pepper           | ½ tsp. chili powder                |
| 2 C. sliced onion         | 2 tsp. Worcestershire sauce        |
| 1 bay leaf                |                                    |

Combine flour, salt, and pepper. Pound into meat. Brown meat in hot fat. Top with onion slices. Combine seasonings and tomatoes. Pour over steak. Cover and cook slowly over low heat for about 1½ hours or until tender.

*Gerri Littrel*

## Garlic-Wine Pot Roast

Non-stick spray coating	1/4 tsp. dried thyme (crushed)
1 (3-lb.) boneless beef roast	1/4 tsp. pepper
3/4 C. water	1 lb. carrots (cut in 2-inches long pieces)
1/2 C. dry red wine	1 lb. frozen cut green beans*
1 large onion (sliced)	2 T. cornstarch
4 cloves garlic (minced)	2 T. water
2 tsp. beef bouillon granules	

(\*Can also use snow peas.) Spray a cold Dutch oven with nonstick spray. Preheat over medium heat. Brown roast on both sides in the Dutch oven. Drain any fat. Add the 3/4 C. water, wine, onion, garlic, bouillon granules, thyme, and pepper. Cover and simmer for 1 hour. Add carrots and simmer for 40 minutes. Then add beans or snow peas and simmer for 10 minutes more. Transfer roast and vegetables to serving platter. Keep warm while making gravy.

For Gravy: Skim fat from pan juices. Stir together cornstarch and 2 T. water. Stir mixture into pan juices. Cook and stir until thickened and bubbly. Then cook and stir for 2 minutes more. To serve, spoon gravy over meat and vegetables. Makes 10 servings.

*Kris Grotheer*

## Pot Roast

1 can mushrooms & juice	1 can cream of chicken or cream of mushroom soup
1 C. water	
1 pkg. dry Lipton onion soup mix	1 pot roast

Put all on top of a frozen pot roast and bake at 300° for 4 hours.

*Norma Ninneman*

## Veal Parmesan

- |                                |                                 |
|--------------------------------|---------------------------------|
| 4 veal cutlets                 | 1 small jar spaghetti sauce     |
| 1 egg & milk                   | 6 ozs. sliced mozzarella cheese |
| Cracker crumbs or bread crumbs | Parmesan cheese                 |
| 2 T. vegetable oil             |                                 |

Mix egg and milk. Dip veal in it then roll in crumbs. Brown in skillet with oil. Put veal in glass baking dish and cover with mozzarella cheese. Pour spaghetti sauce over and sprinkle with Parmesan cheese. Bake for 20 to 30 minutes at 325° to 350° until golden brown.

*Janelle Browning*

## Applesauce Meat Loaf

- |   |                    |
|---|--------------------|
| 1 C. bread crumbs<br>(approx. 2 slices) | ¼ C. celery        |
| ½ C. applesauce                         | 2 T. chopped onion |
| 1 lb. ground beef                       | ½ tsp. salt        |
| 1 beaten egg                            | Dash of pepper     |

Mix all together and shape into loaf. Bake at 350° for 1 hour.

*Mary Lee Wheat*

## Jim Zabel's Meatloaf

- |                             |                          |
|-----------------------------|--------------------------|
| 2 lbs. ground beef          | ¼ C. minced green pepper |
| 1½ C. salted cracker crumbs | 2 T. horseradish         |
| ¼ C. milk                   | ¼ C. chili sauce         |
| 2 eggs                      | 1 T. dry mustard         |
| ¼ C. minced onions          |                          |

Mix all ingredients together. Spread additional ketchup or chili sauce on top. Bake at 400° for 45 minutes.

*Gretchen Zitterich*

## Favorite Meat Loaf

- |                    |                        |
|--------------------|------------------------|
| 2 lbs. ground beef | 1/4 C. onion (chopped) |
| 2 eggs             | 1 1/2 C. catsup        |
| 1 C. oatmeal       | 2/3 C. brown sugar     |
| 1/4 tsp. sage      | 1/2 tsp. dry mustard   |

Mix together above ingredients and put in loaf pan. On top spread mixture of:

- |                    |                      |
|--------------------|----------------------|
| 1 1/2 C. catsup    | 1/2 tsp. dry mustard |
| 2/3 C. brown sugar |                      |

Bake at 350° for 1 hour.

*Sharon Santi*

## Bar-B-Q Beef

- |                      |                          |
|----------------------|--------------------------|
| 4 lb. rump roast     | 1/4 C. brown sugar       |
| 1 C. meat juice      | 1/2 tsp. ground allspice |
| 1/2 to 3/4 C. catsup | 1 sliced onion           |
| 1/3 C. vinegar       |                          |

Roast, cool, and slice thin the rump roast. Place slices in casserole and pour over them a gravy made by heating together until well blended the remaining ingredients. Cover casserole with plastic wrap and let stand in refrigerator overnight. One hour before serving, remove plastic wrap and cover casserole with aluminum foil and heat to 350°. Serves 12.

*Thelma Voetberg*

## Barbecued Meatballs

- |                  |                          |
|------------------|--------------------------|
| 2 lbs. hamburger | 1 small can tomato sauce |
| 2 lb. sausage    | Minced onion             |
| 1 tsp. sage      | Bread crumbs             |
| 2 eggs           | Salt & pepper, to taste  |

### SAUCE:

- |                  |                     |
|------------------|---------------------|
| 1 C. grape jelly | 2 C. barbecue sauce |
|------------------|---------------------|

Combine all of the above with enough bread crumbs to make it hold together. Form into small meatballs. Lay on a cookie sheet and brown lightly in a 350°; drain fat. Mix the grape jelly and barbecue sauce with a mixer. Combine the sauce with the meatballs and heat in a 350° oven until bubbly.

*Barb Hamilton*

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## Barbecued Meatballs

- |  |             |
|--|-------------|
| 1 lb. ground pork or<br>ground beef, turkey or a mixture | ½ C. milk   |
| ½ C. bread crumbs  | 1 tsp. salt |

### SAUCE:

- |              |                           |
|--------------|---------------------------|
| 2 T. vinegar | ½ C. water                |
| 3 T. sugar   | 2 T. Worcestershire sauce |
| ½ C. catsup  | ½ C. onion (chopped)      |

Mix together meat, bread crumbs, milk, and salt. Form into balls (1 to 1½-inch diameter). Place in shallow baking pan. Combine sauce ingredients and pour over meatballs. Bake at 350° until desired doneness is reached, 35 to 45 minutes.

*Cheryl Langston*

## Sloppy Joes

- |                            |                       |
|----------------------------|-----------------------|
| 1 lb. ground beef          | 1 T. prepared mustard |
| 1/3 C. chopped onion       | 1/4 tsp. salt         |
| 1 (8 oz.) can tomato sauce | Dash of pepper        |

Brown beef and onion; drain off fat. Add rest of ingredients. Cook over low heat for 10 minutes, stirring now and then. Serve on buns. Top with cheese, if desired.

*Carolyn Lawson*

## Beef Burgers

- |  |                        |
|--|------------------------|
| 2 1/2 lbs. hamburger<br>(brown & drain off excess fat) | 1/2 C. ketchup         |
| 1 tsp. salt  | 1 T. water             |
| 1 T. brown sugar                                       | 1 T. flour             |
| 1 T. vinegar   | 1 tsp. chili           |
| 1 T. Worcestershire sauce                              | Handful of raw oatmeal |

Brown hamburger and salt. Crumble into small pieces. Then drain off excess fat and add 1 T. brown sugar. Then add the rest of the ingredients; heat and serve.

*Marcia Gregorac*

## Grilled Hamburgers

- |                           |                    |
|---------------------------|--------------------|
| 1 lb. hamburger           | 1 egg              |
| 1/4 C. bread crumbs       | 1 tsp. garlic salt |
| 1 T. A-1 sauce            | 1 tsp. salt        |
| 1 T. Worcestershire sauce | 1/2 tsp. pepper    |

Combine all ingredients, except meat, then add hamburger. Mix and make into patties. Cook on the grill, to taste.

*Bev Thomas*

## Chicken Breasts, Supreme

6 chicken breasts (halved, skinned, boned)	¾ C. slivered, blanched almonds
5 T. butter	2 boxes Uncle Ben wild rice (not seasoning mix)
½ C. minced onion	1 pt. sour cream or 1 C. yogurt
1 (4 oz.) can mushrooms	1 C. chicken broth
½ C. chopped pimento	1½ tsp. salt
1 can cream of mushroom soup	1 tsp. white pepper

Brown chicken breasts in butter. Remove from heat. Brown onion. Remove onion and brown almonds. Then mix rice, almonds, mushrooms, and pimento. Place in greased 9x13-inch pan and put chicken on top. Mix soup, sour cream, broth, salt, and pepper in saucepan. Heat until smooth, then pour over casserole. Bake at 325° for 1 hour.

*Marcia Gregorac*

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## Chicken Crunch

1 can cream of chicken soup	1½ C. seasoned stuffing (crushed)
½ C. milk	2 T. melted butter
4 skinless, boneless chicken breasts	1 T. parsley flakes
2 T. flour	½ tsp. lemon juice

In shallow dish, combine ⅓ C. soup and ¼ C. milk; set aside. On waxed paper, lightly coat chicken with flour and dip in soup mixture. On another piece of waxed paper coat chicken with crushed stuffing. In a 9x12-inch pan, arrange chicken. Drizzle with melted butter. Bake at 350° for 50 minutes.

Sauce for Topping: Combine remaining soup, ¼ C. milk, parsley, and lemon juice. Heat and stir occasionally. Use on top when serving. Serves 4.

*Irene Holthaus*

## Chicken Nuggets

Chicken breasts ( $\frac{1}{2}$  per person)  
(boned & cubed)       $\frac{1}{4}$  to  $\frac{1}{2}$  C. melted margarine  
Cracker crumbs (Club or similar)

Cut chicken breasts into chunks. Roll in melted margarine, then in cracker crumbs. Place on baking sheet in  $350^{\circ}$  until tender and brown.

*Margaret Johnson*

## Chicken Paprika

1 T. margarine       $\frac{1}{3}$  C. sour cream  
4 chicken breast halves      1 tsp. paprika  
1 can creamy chicken       $\frac{1}{2}$  tsp. pepper  
mushroom soup

Saute' chicken in margarine for 10 minutes, until brown. Combine other ingredients and heat to boiling. Cover chicken and bake at  $350^{\circ}$  for 45 minutes to 1 hour. Serve with noodles or on rice.

*Margaret Johnson*

## Rasam (Pepper Water)

*(Serve with Chicken Pulau)*

3 C. water      2 T. chopped coriander leaves  
 $\frac{1}{2}$  C. chopped tomatoes      (Cilantro)  
1 tsp. tamarind paste      2 tsp. chopped garlic  
2 T. cumin powder      1 tsp. turmeric powder  
1 red chili      1 tsp. salt

Simmer all ingredients together for 5 minutes. Strain and serve hot with Chicken Pulau or rice and curry.

*Juanita A. Lutz*

## Chicken Pulau

1 chicken or chicken breasts

### MARINADE:

1 tsp. chili powder	8 cloves
½ tsp. ground cinnamon	1 small piece stick cinnamon
1 tsp. black pepper	3 tsp. salt
½ tsp. ground cumin	1½ tsp. turmeric
½ tsp. cloves	1 T. curry powder
1 tsp. salt	1 to 2 T. chopped onion
1 C. plain yogurt or buttermilk	2 T. oil
3 C. rice	Coconut milk (optional)
3 T. oil	

Part I: Simmer 1 chicken in 2 C. water until tender. Remove chicken from pan and save liquid. Remove bones from chicken. Mix spices with yogurt or buttermilk. Coat the chicken pieces with the mixture and allow to marinate for half an hour.

Part II: Lightly fry the rice in oil. Put cloves and cinnamon stick into a small bag so that it can be removed when rice is cooked. Place rice in pan and add salt, turmeric, and water according to directions for the rice. This may include the chicken stock and coconut milk, if desired. Boil rice with spice bag, salt, turmeric, and liquid until rice is half done. Place rice into 9x13-inch casserole baking dish. Sprinkle with 1 T. curry powder and cover with 1 to 2 C. chopped fried onions and top with chicken pieces. Place dish in 350° oven for half an hour to finish cooking the rice.

### ACCOMPANIMENTS:

French fried onions	Tomato & onion chutney
Shoestring potatoes	Cucumbers & onions in yogurt
Raisins & cashews	Bananas & coconut
Rasam (see recipe)	Peas or some green vegetable
Yogurt or buttermilk	

*Juanita A. Lutz*

## Oven Barbecued Chicken

Chicken pieces  
¼ C. oleo or butter (melted)

Barbecue sauce (any flavor)

Put chicken pieces skin side down in a greased shallow baking pan. Brush the chicken pieces with ¼ C. oleo or butter. Bake in a 400° oven for 15 minutes. Then turn skin side up and bake for 10 minutes longer. Pour about 1¾ C. of barbecue sauce over the chicken pieces and continue baking until tender, about 30 to 60 minutes. Baste with barbecue sauce every 10 minutes. If you want a brown glaze, broil about 5 minutes. (I line a 9x13-inch pan with aluminum foil and spray with a non-stick cooking spray, makes clean-up a lot easier.)

*Sally Gleason*

## Parisian Baked Chicken

6 medium skinless chicken breasts  
1 can cream of mushroom soup  
1 C. sour cream  
(may use plain yogurt)

1 (4 oz.) can sliced mushrooms  
(drained)  
½ C. white wine  
Salt, pepper & paprika

Season chicken with salt and pepper. Put breasts in greased 9x13-inch pan. Combine soup, sour cream, wine, and mushrooms. Pour over the chicken. Sprinkle paprika over chicken. Cover with foil and bake at 350° for 1½ hours or until tender. Watch so it isn't too brown or dry, may have to lower heat.

*Marcia Gregorac*

## Scalloped Chicken

- |                            |                      |
|----------------------------|----------------------|
| 1 chicken (boned)          | 1 C. mushroom soup   |
| 1 C. chicken broth         | 1 C. celery soup     |
| 1 C. cream of chicken soup | ½ loaf bread (cubed) |

Mix ingredients together and bake in 9x13-inch dish at 350° for 1 hour.

*Margaret Johnson*

## Sweet and Sour Chicken

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 8 ozs. Wishbone Russian dressing | 1 (10 oz.) jar apricot preserves |
| 1 env. dry onion soup mix        | 4 whole chicken breasts (split)  |

Mix together dressing, soup mix, and apricot preserves. Grease baking dish and lay chicken in baking dish and pour mixture over it. Bake at 350° for about 1½ hour. Serve with rice and carrots.

*Ila Nerness*

*(From Wife of Illinois Senator Paul Simon)*

## State Fair Grilled Turkey Tenderloin

- |                             |                       |
|-----------------------------|-----------------------|
| 1 lb. turkey tenderloins    | 2 T. dehydrated onion |
| 2 T. lemon juice            | ¼ tsp. ginger         |
| ¼ C. soy sauce              | Dash of pepper        |
| ¼ C. vegetable oil          | Dash of garlic powder |
| ¼ C. dry sherry or red wine |                       |

Blend all ingredients together and marinate for several hours. Grill over hot coals for 6 to 8 minutes per side or until middle is no longer pink.

*Jan Ziebell*

## Easy Bake Pork Chops

- |   |                          |
|---|--------------------------|
| 4 (3 oz.) loin chops<br>(visible fat removed) | 2 cloves garlic (minced) |
| 1 green pepper (chopped)                      | 1 T. lemon juice         |
| ¼ C. onion (chopped)                          | ¼ tsp. dried basil       |
|   | 1½ C. stewed tomatoes    |

Arrange chops in 13x9-inch pan. Cover with remaining ingredients and cover pan with foil. Bake for 40 minutes. Serves 2 to 4.

*Amy Kaufmann*

## Mike's Iowa Chops

- |                          |                             |
|--------------------------|-----------------------------|
| ¾ C. soy sauce           | ½ medium onion (chopped)    |
| 2 T. olive oil           | 2 garlic cloves (minced)    |
| 1 T. ketchup             | 4 to 6 thick cut pork chops |
| 1 T. spicy brown mustard |                             |

Mix all ingredients. Pour marinade in glass pan. Add chops and cover. Stir and rotate chops occasionally. Marinate for 6 to 8 hours in the refrigerator. Brown over coals for 4 minutes per side. Stand chops up vertically on the bone, away from the direct heat. Cover for 18 to 20 minutes or until done.

*Mike Peterman*

## Southern Skillet BBQ Pork Chops

- |                                  |                       |
|----------------------------------|-----------------------|
| 4 to 5 pork chops (¾-inch thick) | ½ C. Italian dressing |
| ½ C. BBQ sauce                   | 1 T. chili powder     |

Combine all ingredients, except chops. Pour over chops and marinate for 30 minutes to overnight. Remove chops from marinade. Heat non-stick skillet and brown chops on both sides. Add remaining marinade. Cover pan and simmer over low-medium heat for 15 to 20 minutes.

*Janelle Browning*

## Pork Chops Supreme

- |  |                                     |
|--|-------------------------------------|
| 4 pork loin or rib chops<br>( $\frac{3}{4}$ -inch thick) | 4 thin lemon slices                 |
| Sprinkles of salt  | $\frac{1}{4}$ C. packed brown sugar |
| 4 thin onion slices                                      | $\frac{1}{4}$ C. catsup             |

Sprinkle both sides of pork chops with salt. Place pork chops in ungreased shallow baking pan or dish. Top each pork chop with onion slice, lemon slice, 1 T. brown sugar, and 1 T. catsup. Cover and cook at 350° for 30 minutes. Uncover and cook, spooning sauce onto pork chops occasionally until done, about 30 minutes longer. Makes 4 servings.

*Diane Wright*

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## Sunday Football Pork Roast

- |                                 |                         |
|---------------------------------|-------------------------|
| 2½ to 3 lbs. pork loin roast    | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ tsp. chili powder | 1 C. water              |
| $\frac{1}{2}$ tsp. garlic salt  | 1 onion (chopped)       |

Mix chili powder, garlic salt, and salt. Rub on meat. Place meat on a rack in roasting pan and add water and onions. Roast pork at 350° until thermometer reads 170°. Pour juices in saucepan and thicken with  $\frac{1}{2}$  C. water mixed with  $\frac{1}{4}$  C. flour. Boil until gravy thickens. Slice pork and serve with gravy.

*Jan Ziebell*

## Pickled Ham

- |                          |                         |
|--------------------------|-------------------------|
| 1 qt. ham (diced)        | 2 C. water              |
| $\frac{1}{2}$ C. vinegar | 1 large onion (chopped) |

Combine all ingredients and let stand overnight.

*Duane D. Faas*

## Elephant Stew

1 medium elephant	Salt, to taste
2 rabbits	Pepper, to taste

Cut elephant into small pieces. Add enough brown gravy to cover. Cook for about 4 weeks over kerosene fire. This will serve 3800 people. If more people are expected, 2 or more rabbits may be added, but do this only in case of emergency - most people don't like hare in their stew.

*Irma H. Elliott*

## Ham Balls

2½ lbs. ham loaf	1 can tomato soup
2 eggs	½ C. vinegar
1½ C. graham cracker crumbs	1½ C. brown sugar
1 C. milk	1 tsp. mustard

Mix ham loaf, eggs, graham cracker crumbs, and milk together and shape into balls (approximately 20) and place in 9x13-inch baking dish. Mix together soup, vinegar, brown sugar, and mustard. Pour over ham balls. Bake in covered baking dish at 350° for 1½ hours. Freezes well.

*Mary Lee Wheat*

## Oven Barbecued Wieners

1 lb. weiners	2 T. vinegar
½ C. catsup	2 T. water
¼ C. chopped onion	1 tsp. salt
1 T. flour	Sprinkle of pepper
1 T. brown sugar	½ tsp. paprika
1 T. Worcestershire sauce	½ tsp. chili powder

Pierce and place hot dogs in baking dish. Blend in bowl the remaining ingredients and spread over hot dogs. Bake at 350° until done.

*Sharon Santi*

## Cajun Shrimp

2 dozen large shrimp  
1/2 C. margarine

1 C. barbeque sauce

### SEASONING:

1 tsp. cayenne pepper  
1/2 tsp. salt  
1/2 tsp. dried thyme  
1/2 tsp. rosemary

1/8 tsp. dried oregano  
1 tsp. pepper  
1/2 tsp. crushed red pepper

Saute' shrimp, butter, and seasoning. Add barbeque sauce and heat thoroughly. Serve over cooked rice.

*Jean Kresse*

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## Pickled Fish

1/2 C. sugar  
2 tsp. pickling spices  
1 big sliced onion

2 T. salt (Kosher)  
3/4 qt. fish

Fill quart jar 3/4 full of fish; put sliced onion on top and add sugar, salt, and pickling spices. Fill jar with white vinegar. Must refrigerate.

*Duane D. Faas*



# Pies

*My Favorite Recipes in this section are:*

RECIPE

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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.

## Brownie Pie

3 egg whites	$\frac{3}{4}$ C. fine chocolate wafer crumbs
Pinch of salt	(Nabisco Famous Choc. Wafers)
$\frac{3}{4}$ C. sugar	1 C. chopped nuts
$\frac{1}{2}$ tsp. vanilla	

Beat egg whites and salt until soft peaks form. Gradually add sugar until stiff peaks form. Add crumbs, nuts, and vanilla. Spread in 9-inch buttered pie plate. Bake at 325° for 35 minutes. Cool and spread top with whipped cream and let stand for 4 hours.

*Olga Engler*

## Mom's Butterscotch Pie

1 unbaked pie shell	2 eggs or just the yolks
1 C. brown sugar	1 tsp. vanilla
1 T. flour	1 C. sour cream
Pinch of salt	

Mix brown sugar, flour, salt, and eggs well. Add vanilla and sour cream. Pour beaten mixture in pie shell and bake at 375° for 10 minutes, then reduce heat to 325° and bake until knife comes out clean when tested. When nearly done cover with meringue made of 2 egg whites and 4 T. sugar; brown. To give the old-fashioned taste of butterscotch, I use whipping cream soured with a little vinegar.

*Sharon Santi*

## Cherry Pizza Pie

### CRUST:

1 C. flour  
1/2 C. butter

1/4 C. powdered sugar

### FILLING:

1 (8 oz.) pkg. cream cheese  
8 ozs. Cool Whip

1 C. powdered sugar  
1 can cherry pie filling

For Crust: Prepare by blending flour with butter and sugar. Form into a ball, then press dough with hands into 13-inch pizza pan. Bake at 350° for 20 minutes until nicely browned. Remove from oven and cool.

For Filling: Blend cream cheese and powdered sugar with hand mixer until light. Fold in the Cool Whip until blended, then spread on baked crust. Spread cherry pie filling on top of the cheese mixture. Chill before serving.

*Geri Littrel*

## Short Cut Chocolate Cheese Pie

1 C. chocolate chips  
1 (3 oz.) pkg. cream cheese  
(softened)

1 (2 oz.) pkg. dessert topping mix  
1/4 C. brown sugar

Melt chocolate and stir in cheese until well blended. Stir in sugar. Prepare topping mix as directed on package. Blend 1/2 C. into chocolate mixture. Fold in remaining topping. Spread filling in graham cracker crust and chill overnight. Serves 6 to 8.

*Connie Lastine*

## Chocolate Meringue Pie

3/4 C. sugar	2 C. milk
5 T. baking cocoa	3 egg yolks (beaten)
3 T. cornstarch	1 tsp. vanilla extract
1/4 tsp. salt	1 pie shell (9-inch) (baked)

### MERINGUE:

3 egg whites	6 T. sugar
1/4 tsp. vanilla extract	

In a saucepan mix sugar, cocoa, cornstarch, and salt; gradually add milk. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat, cook and stir for 2 minutes more. Remove from heat. Stir about 1 C. of the hot filling into the egg yolks. Return to saucepan and bring to a gentle boil. Cook and stir for 2 minutes. Remove from the heat and stir in vanilla. Pour hot filling into pie crust. For meringue immediately beat egg whites with vanilla until soft peaks form. Gradually add sugar and continue to beat until stiff and glossy. Spread evenly over hot filling, sealing meringue to pie crust. Bake at 350° for 12 to 15 minutes or until golden.

*Rosemary Palmer*

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## Cocoa Pie

1 C. sugar	2 1/2 C. boiling water
4 T. (rounded) flour	Small lump of margarine
4 T. cocoa	(size of a walnut)
1/2 tsp. salt	2 tsp. vanilla

1 baked pie shell

Mix cocoa, sugar, flour, and salt together in saucepan. Add boiling water and stir well. Cook until thickened. Add margarine and vanilla. Cool a few minutes and pour into pie shell. Refrigerate and serve with whipped topping or whipped cream.

*Opal Wheatley*

## Mud Pie

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 C. sugar                          | 1/4 C. fudge sauce or        |
| 1/2 C. margarine or butter (melted) | fudge ice cream topping      |
| 1 tsp. vanilla                      | 1/3 C. flour                 |
| 1/4 tsp. salt                       | 1 C. chilled whipping cream  |
| 2 eggs                              | 2 T. powdered sugar          |
| 1/3 C. cocoa                        | 1 C. chopped nuts (optional) |

Heat oven to 325°. Mix sugar, margarine, vanilla, salt, eggs, flour, and cocoa in medium bowl with wooden spoon and stir in nuts. Pour into greased pie pan. Bake until wooden pick inserted halfway between center and edge comes out clean, about 25 minutes. Immediately prick holes in pie with a wooden pick and spread fudge sauce over top. Cool completely. Beat whipping cream and powdered sugar in a chilled small bowl until stiff and spread over fudge sauce. Drizzle with additional fudge sauce, if desired. Store in refrigerator.

*DeAnn Wright*

## Makes Its Own Crust Coconut Pie

- |                         |                  |
|-------------------------|------------------|
| 4 eggs                  | 2 C. milk        |
| 1 1/4 C. sugar          | 1 1/2 C. coconut |
| 1/2 C. flour            | 1 tsp. vanilla   |
| 1/4 C. melted margarine |                  |

Combine ingredients in order given. Mix well and pour into a greased 10-inch pie pan. Bake at 350° for 45 minutes or until golden brown. The middle will appear rather soft.

*Sharon Santi*

## Concord Grape Pie

1½ lbs. (4 C.) concord grapes	1 T. lemon juice
1 C. sugar	1½ T. butter (melted)
¼ C. flour	1 unbaked pie shell
¼ tsp. salt	

### CRUMB TOPPING:

½ C. flour	⅓ C. butter
¼ C. sugar	

Slip skins from grapes and set skins aside. Bring pulp to boiling point, then reduce heat and simmer for 5 minutes. Press through sieve and remove seeds. Add skins. Combine sugar, flour, and salt. Add lemon juice, butter, and grape pulp. Pour into pie shell. Sift flour with sugar and cut in butter until crumbly. Sprinkle over pie. Bake in hot oven (400°) for about 40 minutes.

*Lynne Baldwin*

## Goose Pimple Pie

Purchase a nice fat, plump goose (15 to 22 lbs.). After cleaning, place in your largest kettle and add 5 quarts of rain water. Boil for 3 hours and 87 minutes, basting every 13½ minutes with 3 T. of powdered lard. Remove from kettle and allow to cool for 10 minutes. Then with a sharp bladed knife or straight edge razor, scrape all the "pimples" from the flesh of the goose. A large sized goose will supply 3 to 4 C. of tender juicy goose pimples! Make sure you scrape the entire bird for the proper amount.

Prepare your regular pie crust and form into largest pie plate. Dump in the collected goose pimples and sprinkle with 2 C. cocoa and 1 C. parsnip juice. Bake at 319° for 1 hour and 87 minutes. Remove from oven and allow to cool; cover with 1-inch of sour cream and sprinkle top with 1 C. dry oatmeal and serve.

## Low Fat Lemon Pie

- |   |                                     |
|---|-------------------------------------|
| 2 boxes instant vanilla pudding<br>(fat & sugar free) | 1 1/3 C. skim milk                  |
| 1 small can frozen lemonade                           | 1 low-fat graham pie crust          |
|   | 1 (8 oz.) carton fat-free Cool Whip |

Beat vanilla pudding and skim milk together for 30 seconds. Add lemonade and pour into graham pie crust. Let set for several hours. Top with Cool Whip.

*Wilma Smith*

## Sour Cream Lemon Pie

- |                               |  |
|-------------------------------|--|
| 1 C. sugar                    | 1/4 C. butter                          |
| 3 1/2 T. cornstarch           | 1 C. sour cream                        |
| 1 T. lemon rind (grated)      | 1 baked 9-inch pie shell               |
| 1/2 C. fresh lemon juice      | 1 C. heavy whipping cream<br>(whipped) |
| 3 egg yolks (slightly beaten) | Lemon twists (for garnish)             |
| 1 C. milk                     |  |

Combine sugar, cornstarch, lemon rind, juice, egg yolks, and milk in heavy saucepan. Cook over medium heat until thick. Stir in butter and cool mixture to room temperature. Stir in sour cream and pour filling into pie shell. Cover with whipped cream and garnish with lemon twists. Store in refrigerator.

*Rosemary Palmer*

## French Peach Pie

- |              |                         |
|--------------|-------------------------|
| 1 C. sugar   | 1/3 C. margarine        |
| 1/2 C. flour | 4 to 6 peaches (sliced) |

Cream mixture of sugar, flour, and margarine. Put half in bottom of unbaked 9 or 10-inch pie shell. Add peaches and cover with rest of mixture. Cover with inverted pie tin and bake at 450° for 10 to 15 minutes, then at 300° for 30 to 40 minutes. Uncover pie to cool.

*Paula Barber*

## Mom's Peach Pie

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 egg white                     | ¼ C. chilled butter or margarine |
| 1 (9-inch) unbaked pastry shell | (cut into 6 pieces)              |
| ¼ C. all-purpose flour          | 6 C. sliced, peeled fresh        |
| ½ C. packed brown sugar         | peaches                          |
| ⅓ C. sugar                      |                                  |

Beat egg white until foamy; brush over bottom and sides of the pastry. In a small bowl combine flour and sugar; cut in butter until mixture resembles fine crumbs. Sprinkle  $\frac{2}{3}$  into the bottom of the pastry and top with peaches. Sprinkle with remaining crumb mixture. Bake at 375° for 40 to 45 minutes or until filling is bubbly and peaches are tender.

*Ila Nerness*

## Dear Abby's Pecan Pie

- |                          |                             |
|--------------------------|-----------------------------|
| 9-inch unbaked pie crust | ½ tsp. salt                 |
| 1 C. light corn syrup    | 1 tsp. vanilla              |
| 1 C. dark brown sugar    | 1 heaping C. chopped pecans |
| ⅓ C. melted butter       | Whipped cream               |

Heat oven to 350°. Combine syrup, sugar, eggs, butter, salt, and vanilla. Pour filling into crust and sprinkle with pecan halves. Bake for 45 to 50 minutes, until center is set. Top with whipped cream or serve plain.

*Margaret Johnson*

*Happiness is a homemade article.*

## Pecan Pie

- |                         |                         |
|-------------------------|-------------------------|
| 3 eggs (lightly beaten) | 1/4 tsp. salt           |
| 1/2 C. sugar            | 1/2 C. pecans           |
| 1 C. light white syrup  | 1/4 C. melted margarine |

Beat eggs lightly with a fork. Add sugar, syrup, salt, pecans, and margarine. Pour into an unbaked pie crust. Bake at 400° for 10 minutes, then reduce heat to 350°. Bake for 45 to 50 minutes. Put a knife (silver ware) into pie and if it comes out clean, filling is done.

*Marcia Gregorac*

## Pecan Pie

- |                       |                       |
|-----------------------|-----------------------|
| 3 eggs                | 1 tsp. vanilla        |
| 1 C. sugar            | 1/4 tsp. salt         |
| 1 C. white Karo syrup | 1/2 C. chopped pecans |
| 2 T. melted butter    | 1 (9-inch) pastry     |

Beat eggs. Add sugar, syrup, butter, vanilla, salt, and pecans. Bake at 400° for 15 minutes, then at 350° for 35 to 40 minutes or until slightly puffed. Do not overbake.

*Alice Buck  
Mary Padilla*

## Pecan-Pumpkin Pie

- |                        |                            |
|------------------------|----------------------------|
| 2 eggs (beaten)        | 2 C. milk (2% if you wish) |
| 1/2 C. brown sugar     | 1 tsp. pumpkin pie spice   |
| 1/2 C. white sugar     | 1/4 tsp. salt              |
| 1 T. flour             | 4 T. chopped pecans        |
| 1 (15 oz.) can pumpkin | 1 (9-inch) pastry shell    |

Mix sugars, flour, spice, and salt; add to beaten eggs and mix well. Add pumpkin and milk. Sprinkle top with nuts and pour into pie shell. Bake at 350° for 1 hour or until knife comes out clean.

*Alice Buck*

## Raisin Cream Pie

1½ C. milk	1 C. sugar
3 T. flour	3 egg yolks
½ C. butter or margarine	1 C. raisins

### MERINGUE:

3 egg whites	6 T. sugar
--------------	------------

Boil all ingredients for pie together until thick. Pour into baked pie shell. Beat egg whites and sugar together until stiff. Top pie and brown in oven at 400° for about 10 minutes (until tips of meringue brown).

*Barbara Folkmann*

## Old-Fashion Sour Cream Raisin Pie

1 unbaked pie shell	1 T. flour
1½ C. sour cream	½ tsp. cinnamon
1 C. sugar	½ tsp. nutmeg
2 eggs	1½ C. cooked raisins

Mix flour, spices, and sugar. Add lightly beaten eggs, sour cream, and raisins. Mix just until blended. Pour into pie shell and bake at 350° for 30 minutes. I use whipping cream soured with a little vinegar for the old-fashioned sour cream taste.

*Sharon Santi*

*We do not love by gazing at each other,  
but by looking in the same direction.*

## Sour Cream Pie

(Mrs. Louis Huseman)

½ C. seeded raisins	½ tsp. cinnamon
1 C. sour cream	¼ tsp. salt
1 C. sugar	3 egg yolks
¼ tsp. cloves (scant)	2 egg whites (beaten)

### MERINGUE:

2 egg whites	2 T. sugar
--------------	------------

Mix together raisins, sour cream, sugar, cloves, cinnamon, salt, and egg yolks. Cook in a double boiler. Stir and cook until thick and smooth. Fold in beaten egg whites and mix well. Pour into baked pastry shell and cover with meringue made of 2 egg whites and 2 T. sugar. Bake at 375° until brown (12 to 15 minutes). Raisins may be partly cooked in a small amount of water before adding to the other mixture.

*Marcia Gregorac*

## Raspberry Chiffon Pie

1½ C. raspberries (crushed)	3 egg whites
¼ C. sugar	⅓ C. sugar
1 env. Knox gelatin	¼ tsp. cream of tartar
1 small carton Cool Whip (8 ozs.)	1 (9-inch) baked pie shell

Stir fruit and ¼ C. sugar in saucepan. Add gelatin which has been dissolved in ¼ C. water. Bring to a boil, then let cool. Make meringue with egg whites, ⅓ C. sugar, and cream of tartar. Mix cooled fruit into meringue and carefully fold in Cool Whip. Spoon into cooled pie crust or graham cracker crust and refrigerate.

*Alice Buck*

## Homestead Rhubarb Pie

- |                           |                           |
|---------------------------|---------------------------|
| 1 C. sifted flour         | 1 C. granulated sugar     |
| 5 T. confectioner's sugar | 1 egg (slightly beaten)   |
| ½ C. butter               | 4 C. sliced rhubarb       |
| ¼ C. sifted flour         | (fresh or frozen, thawed) |

Sift together 1 C. flour and confectioner's sugar. In a small bowl cut butter into the flour and sugar mixture until cornmeal consistency. Reserve ½ C. of crust mixture for topping. Pack remaining crust mixture into an 8-inch glass pie pan and set aside. Sift together ¼ C. flour and granulated sugar. In a large bowl add egg to the flour and granulated sugar and mix well. Add rhubarb and stir to coat rhubarb with mixture. Turn into prepared crust and sprinkle reserved crust mixture over top. Bake at 325° for 40 to 50 minutes.

*Joyce Dobberke*

## Rhubarb Pie

- |                 |                      |
|-----------------|----------------------|
| 2 eggs (beaten) | 3 C. rhubarb (diced) |
| 1½ C. sugar     | 1 (9-inch) pastry    |
| 3 T. flour      |                      |

Mix sugar and flour. Add eggs and fold in rhubarb. Pour into pastry and bake at 350° for 1 hour.

*Alice Buck*

*Oh, to be only half as wonderful as my child thought I was.  
And only half as stupid as my teenager thinks I am.*

## Strawberry Pie

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 prepared 9-inch pie crust      | 1 (4-serving) pkg. sugar-free |
| 2 C. fresh strawberries (sliced) | strawberry Jello              |
| 1 (4-serving) pkg. sugar-free    | 1½ C. water                   |
| vanilla pudding (cook-n-serve)   | Cool Whip                     |

Place strawberries in pie shell. Combine dry pudding, dry Jello, and water. Cook over medium heat until mix is clear and comes to a boil, stirring constantly. Remove from heat and pour over strawberries. Chill until set. Serve with Cool Whip.

*Kathy Holmstrom*

## Strawberry Parfait Pie

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 (3 oz.) pkg. strawberry gelatin | 1 C. sliced strawberries      |
| 1 C. boiling water                | 1 (9-inch) baked pastry shell |
| ½ C. cold water                   | or graham cracker crust       |
| 1 pt. vanilla ice cream           |                               |

Dissolve gelatin in boiling water. Stir in cold water. Add ice cream by spoonfuls, stirring to blend. Chill to mound stage. Stir in strawberries and pour into pastry shell and chill for several hours.

Variation: Use low or non-fat and sugar-free products and serve in individual goblets for a very low calorie dessert.

*Louise Grotheer*

## Graham Cracker Crust

### 8-INCH CRUST:

1¼ C. graham cracker crumbs      ¼ C. margarine (melted)  
2 T. sugar

### 10-INCH CRUST:

1¾ C. graham cracker crumbs      ½ C. margarine (melted)  
¼ C. sugar

### 9-INCH CRUST:

1½ C. graham cracker crumbs      ⅓ C. margarine (melted)  
3 T. sugar

Combine all ingredients and press into pie pan. Bake at 350° for 10 minutes for 8 or 9-inch pans. Bake 15 minutes for 10-inch pan.

*Lyn Wheatley*

## Never Fail Pie Crust

3 C. flour	1 tsp. white vinegar
1½ C. shortening (Crisco)	5 T. water
1 egg	½ tsp. salt

Cut shortening into flour using a fork or mixer. Mix egg, vinegar, water, and salt into a small bowl. Combine with flour mixture until well mixed. Refrigerate before rolling out. This is a soft dough, a pastry cloth is helpful. What is leftover, trimmings, and pie dough can be frozen until another time. Can make three 9-inch double crust pies.

*Irma H. Elliott*



# Salads and Dressings

*My Favorite Recipes in this section are:*

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## Hints for Salads and Dressings

To prevent a vegetable salad from becoming soggy 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.

**Buttermilk Dressing**

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 3/4 C. mayonnaise or salad dressing | 1/2 C. buttermilk             |
| 1 T. chopped fresh parsley          | 2 tsp. finely chopped onion   |
| 1/2 tsp. salt                       | Dash of freshly ground pepper |
| 1 clove garlic (crushed)            |                               |

Put all ingredients in tightly covered container and shake until thoroughly mixed. Refrigerate at least 2 hours. Shake before serving also. This recipe makes about 1 1/4 C. dressing with 60 calories per tablespoon.

*Diane Wright*

**Cranberry Vinaigrette Dressing**

- |  |                                  |
|--|----------------------------------|
| 3/4 C. extra virgin olive oil                  | 1/2 C. rice wine vinegar         |
| 1/2 C. cranberry juice concentrate<br>(thawed) | (use the better quality product) |
|  | 2 T. Dijon mustard               |

Combine all ingredients in blender and refrigerate until serving time.

*Karen Belz*

**Creamy Pepper Dressing**

- |                              |                               |
|------------------------------|-------------------------------|
| 2 C. mayonnaise              | 1/2 C. milk                   |
| 1/4 C. water                 | 2 T. Parmesan grated cheese   |
| 1 T. pepper (freshly grated) | 1 T. cider vinegar            |
| 1 tsp. lemon juice           | 1 tsp. onion (finely chopped) |
| 1 tsp. garlic salt           |                               |

Whisk all ingredients until well combined and chill thoroughly before serving. Makes 3 cups of dressing.

*Diane Wright*

## **Classic French Dressing**

- |                             |                |
|-----------------------------|----------------|
| 1 C. olive or vegetable oil | ¼ C. vinegar   |
| ¼ C. lemon juice            | ½ tsp. salt    |
| ¼ tsp. dry mustard          | ½ tsp. paprika |

Combine all ingredients in tightly covered container and shake until well mixed. Shake before pouring on salad also. Makes about 1½ C. dressing with 80 calories per tablespoon.

*Diane Wright*

## **Homemade French Dressing**

- |                   |                  |
|-------------------|------------------|
| 1 can tomato soup | ¾ + C. sugar     |
| ⅔ C. vinegar      | ¾ + C. salad oil |
| 1⅓ tsp. salt      |                  |

Combine ingredients and shake well. Onion salt and garlic salt may be added for more flavor. If too thick, add more vinegar.

*Sharon Santi*

## **Fruit Dressing**

- |                           |                        |
|---------------------------|------------------------|
| 1 C. low-fat plain yogurt | 1 tsp. poppy seeds     |
| 2 T. orange juice         | Fresh pepper, to taste |
| 1 T. fresh lemon juice    |                        |

Combine all ingredients and shake or mix well. Put on fruit salad. Yield: 1¼ cup.

*Amy Kaufmann*

## Honey Mustard Dressing

- |                         |                            |
|-------------------------|----------------------------|
| 3 T. cider vinegar      | 3 T. honey                 |
| 6 T. mayonnaise         | Dash of salt               |
| 1 tsp. Dijon mustard    | 1 T. onion (minced finely) |
| 1½ T. parsley (chopped) | ¼ C. vegetable oil         |

Mix all ingredients together and refrigerate.

*Diane Wright*

## Hot and Spicy Salad Sizzler

- |                        |                         |
|------------------------|-------------------------|
| 4 slices bacon (diced) | ⅓ C. Pace Picante Sauce |
| ¼ C. red wine vinegar  | 2 tsp. sugar            |

Cook bacon in skillet until crisp. Add remaining ingredients and bring to a boil, stirring constantly. Drizzle hot dressing over spinach salad or sliced tomatoes just before serving. Makes about ½ cup.

*Diane Wright*

## L-Trio Dressing

- |                    |                      |
|--------------------|----------------------|
| 1 C. sugar         | ½ C. cider vinegar   |
| 1 C. oil           | 1 tsp. paprika       |
| ½ C. catsup        | 1 tsp. salt          |
| 1 tsp. celery salt | 1½ tsp. grated onion |
| 1 tsp. dry mustard |                      |

Mix all ingredients in blender. Stores indefinitely in refrigerator.

*Norma Pietsch*

## **Low-Cal Lemon-Pepper Dressing**

- |                              |                          |
|------------------------------|--------------------------|
| 1 C. non-fat plain yogurt    | 1 T. lemon juice         |
| 1 T. chopped fresh parsley   | 1 clove garlic (crushed) |
| 1 T. pepper (freshly ground) |                          |

Mix all ingredients together and refrigerate. This makes about 1 C. dressing and has 10 calories per tablespoon.

*Diane Wright*

## **Potato Salad Dressing**

### **SMALL AMOUNT:**

- 1 C. Carnation milk
- ½ C. sugar
- ¼ C. vinegar
- 1 (big) T. prepared mustard
- 1½ C. Miracle Whip

### **LARGE AMOUNT:**

- 1 can Carnation milk
- ¾ + C. sugar
- ⅓ + C. vinegar
- 1½ + T. (prepared) mustard
- 2½ C. Miracle Whip

Mix all together and put over boiled potatoes, onions, and hard-boiled eggs. Use enough dressing to moisten the mixture.

*Marcia Gregorac*

## **Cranberry Holiday Salad**

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 pkg. strawberry Jello         | Dash of salt               |
| 1 C. hot water                  | 1 C. whole cranberry sauce |
| 1 (9 oz.) can crushed pineapple | ½ C. broken walnuts        |
| 2 tsp. lemon juice              | 1 C. diced celery          |

Dissolve Jello in hot water. Drain pineapple syrup, reserving it. Add pineapple syrup, lemon juice, and salt to Jello. Chill until partially set. Fold in pineapple and cranberry sauce, walnuts, and celery. Chill until firm. Serves 8.

*Marcia Gregorac*

## Cranberry Salad

- |                     |                            |
|---------------------|----------------------------|
| 1 pkg. Knox gelatin | 2 C. sugar                 |
| ½ C. cold water     | 5 apples                   |
| 2 pkgs. lemon Jello | 1 C. celery (chopped fine) |
| 1 pt. hot water     | 1 C. nuts                  |
| 1 qt. cranberries   | 2 oranges (juiced)         |

Dissolve Knox gelatin in ½ C. cold water. Dissolve 2 pkgs. lemon Jello in 1 pt. hot water. Let cool. Grind cranberries and add 2 C. sugar. Cook on stove for 2 minutes to dissolve sugar. Coarse grind 5 medium apples, 1 C. celery, and 1 C. nuts. Juice 2 oranges and grate rind of one. Mix orange juice and the rind with all other ingredients. Chill for several hours and serve.

*Diane Wright*

*(In Memory of Pauline Wright)*

## Caramel Apple Salad

- |  |                       |
|--|-----------------------|
| 1 (8 oz.) carton Cool Whip                         | 3 C. diced apples     |
| 1 (3 oz.) pkg. dry instant<br>butterscotch pudding | 1 C. dry roasted nuts |
| 1 (8 oz.) can crushed pineapple<br>with juice      | 1 C. marshmallows     |

Mix Cool Whip, butterscotch pudding, and crushed pineapple with juice. Add apples, roasted nuts, and marshmallows. Keep in refrigerator.

*Diane Wright*

*Those who bring sunshine to the lives of others,  
cannot keep it from themselves.*

## **Super Salad**

- |                           |                 |
|---------------------------|-----------------|
| 3 medium carrots (grated) | ½ C. peanuts    |
| 1 large apple or 2 small  | ½ C. mayonnaise |
| ½ C. seedless raisins     |                 |

Chill fruit and vegetables. Peel carrots and grate. Core apples and cut in half. Slice thin and then cut slices in half. Mix ingredients together and serve in lettuce cups. Serves 4 to 6.

*Diane Wright*

## **Daquari Spring Salad**

- |                                |                                  |
|--------------------------------|----------------------------------|
| 8 ozs. cream cheese            | 1 (20 oz.) can crushed pineapple |
| 3 ozs. frozen lemonade mix     | 1 (8 oz.) carton Cool Whip       |
| 1 T. mayonnaise                | ½ C. chopped nuts                |
| 1 small pkg. Jello custard mix |                                  |

Drain pineapple. Mix together cream cheese, lemonade mix, mayonnaise, and custard mix. Stir in pineapple and fold in Cool Whip and nuts. Put in 9x13-inch pan and freeze.

*Kris Grotheer*

## **Fruit Salad (Diabetic)**

- |   |                           |
|---|---------------------------|
| 1 can no-sugar added pineapple chunks (reserve juice) | 1 apple (cut into chunks) |
| 1 can mandarin oranges (reserve juice)                | ½ C. grapes               |
|   | 2 C. strawberries         |
|   | 2 to 3 tsp. cornstarch    |

Combine fruit in a bowl. Heat juices in a pan with cornstarch until thickens. More water or cornstarch may be added depending on consistency. Cool and pour over fruit; chill.

*Cindy Baas*

**Jacque's Recipe**

- |   |                              |
|---|------------------------------|
| 3 ozs. Jello (any flavor)                         | 1 pkg. Dream Whip (prepared) |
| 8 ozs. cottage cheese                             | or 8 ozs. Cool Whip          |
| 1 (10¾ oz.) can mixed fruit<br>(or your favorite) |                              |

Pour dry ingredients into a medium bowl. Add cottage cheese and drained fruit. Add fruit and stir until Jello is dissolved. Fold in Cool Whip or Dream Whip.

*Diane Wright*

**Mandarin Salad**

- |                                  |   |
|----------------------------------|---|
| 1 C. celery (diced)              | 1 large can mandarin oranges<br>(drained) |
| 1 head lettuce and/or greens     |   |
| 2 green onions with tops (diced) | ¼ C. slivered almonds                     |

**DRESSING:**

- |             |                         |
|-------------|-------------------------|
| ½ tsp. salt | 2 T. white vinegar      |
| 2 T. sugar  | Few drops Tabasco sauce |
| ¼ C. oil    | Pepper, to taste        |

Caramelize almonds in 2 T. butter, melted with 1½ T. sugar. Stir over low heat until almonds take on a caramel color. Toss onto wax paper and separate. Put dressing ingredients in a small jar (8 oz.) and shake well. Mix all ingredients when ready to serve.

*Ann Pierce*

## **Mandarin Orange Salad**

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 (16 oz.) carton cottage cheese | 1 large carton Cool Whip     |
| 1 large box orange Jello         | 1 large can mandarin oranges |

Place cottage cheese in a bowl. Sprinkle orange Jello over cottage cheese and mix. Add Cool Whip. Drain mandarin oranges and fold into mixture and refrigerate.

*Rosemary Palmer*

## **Orange Jello Salad**

Dissolve 2 small packages of orange Jello in 1 C. boiling water. Add 1 C. sour cream or plain yogurt and 1 pint of orange sherbet. Beat with electric mixer until well blended. Add 1 can mandarin oranges and pour into mold or pan. (May add 1 C. orange juice with the mandarin oranges, if desired.)

*Barb Hamilton*

## **Orange Gelatin Ring**

- |   |                        |
|---|------------------------|
| 2 (3 oz.) pkgs. orange Jello            | 1 pt. orange sherbet   |
| 2 C. boiling liquid<br>(water or juice) | 1 can mandarin oranges |

Dissolve gelatin in boiling liquid. Immediately add orange sherbet and stir until melted. Add mandarin oranges (drained). Pour into 1½ quart ring mold or 7x11-inch pan. (Use three boxes of Jello and increase the other ingredients accordingly if you use a 9x13-inch pan.) Chill until firm.

*Tanny Latuska (WOSP Silly Supper)*

**Orange Salad**

- |                                 |                        |
|---------------------------------|------------------------|
| 2 (3 oz.) boxes orange Jello    | 1 can mandarin oranges |
| 2 (3 oz.) boxes tapioca pudding | 12 ozs. Cool Whip      |
| 2 (3 oz.) boxes vanilla pudding | 6 C. boiling water     |

Add boiling water to Jello and pudding mixes. Cook until thick. Add drained oranges and fold in Cool Whip. Put in 9x13-inch pan and chill until set.

*Karen Belz*

**Pear Salad**

- |                          |                             |
|--------------------------|-----------------------------|
| 1 pkg. Dream Whip        | 1 large can pears           |
| 1 small pkg. lemon Jello | 1 (8 oz.) pkg. cream cheese |

Drain pears well and boil juice. Add Jello powder. Stir well and set aside to cool. Cut cream cheese in cubes and soften. Beat Dream Whip by package directions. Add 1 tsp. vanilla and drop in cream cheese and keep beating until well mixed. Add cooled Jello and mix. Let cool to folding consistency. Layer  $\frac{1}{3}$  mix,  $\frac{1}{2}$  pears (sliced),  $\frac{1}{3}$  mix,  $\frac{1}{2}$  pears, and  $\frac{1}{3}$  mix; chill.

Variation: Mash pears and mix all together and chill.

*Kathy Holmstrom*

**Pink Frozen Salad**

- |  |  |
|--|--|
| 1 (8 oz.) pkgs. cream cheese<br>(softened)           | 1 (10 oz.) pkg. frozen strawberries<br>(juice & all) |
| $\frac{3}{4}$ C. sugar                               | 2 bananas (quartered & sliced)                       |
| 1 large can crushed pineapple<br>(drained) (15 ozs.) | 8 ozs. Cool Whip                                     |

Mix together cream cheese and sugar. Add pineapple, strawberries, bananas, and then add Cool Whip. Cover and freeze in a 9x13-inch pan.

*Ila Nerness*

## Delightful Salad

- |  |   |
|--|---|
| 1 (3 oz.) pkg. lemon Jello                 | 2 T. vinegar  |
| 1 (3 oz.) pkg. lime Jello                  | 1 (15 oz.) can crushed sweetened<br>pineapple (undrained) |
| 24 large marshmallows                      | 1 C. sunflower kernels                                    |
| 3 C. boiling water                         |   |
| 2 (3 oz.) pkgs. cream cheese<br>(softened) |   |

Pour boiling water over Jello and marshmallows. Stir until all is dissolved. Chill until syrupy. Mash cream cheese with vinegar until smooth; add the pineapple, blending well. Add sunflower kernels and combine the two mixtures. Pour into pan or mold. Chill until set.

*Kris Cavanaugh*

## Raspberry Delight Salad

- |  |                          |
|--|--------------------------|
| 1 pkg. raspberry flavored gelatin              | 1 C. hot water           |
| 1 C. vanilla ice cream                         | 3 T. orange juice        |
| 1 (9 oz.) can crushed pineapple<br>(undrained) | ½ C. chopped pecans      |
|  | 1 medium banana (sliced) |

Combine gelatin and hot water. Add ice cream to this mixture and stir until thoroughly dissolved. Add orange juice. Set aside until partially thick. Combine pineapple, nuts, and banana. Add to gelatin mixture. Pour into 1-quart mold or bowl and chill until firm. Makes 6 to 8 servings.

*Donna Schradle*

*Good friends bring out the smiles in each other.*

## Light and Lively Salad

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 can Eagle Brand milk            | 1 C. miniature marshmallows |
| 1 can crushed pineapple (drained) | 1 C. pecans                 |
| 1 can cherry pie filling          | 1 large carton Cool Whip    |
| 1 can coconut                     |                             |

Mix and chill.

Mary MacGillivray

## Raspberry Salad

- |                        |            |
|------------------------|------------|
| 1½ C. crushed pretzels | 2 T. sugar |
| ¾ C. melted butter     |            |

Mix together and pat in 9x13-inch pan. Bake at 350° for 10 minutes; cool.

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 C. sugar                  | 1 (12 oz.) carton Cool Whip |
| 1 (8 oz.) pkg. cream cheese |                             |

Mix together and spread over above mixture; refrigerate.

- |                                 |                         |
|---------------------------------|-------------------------|
| 2 (3 oz.) pkgs. raspberry Jello | 2 (10 oz.) pkgs. frozen |
| 2 C. hot water                  | raspberries             |

Dissolve Jello with hot water. Add raspberries and stir until well mixed. Pour over cooled mixture and top with Cool Whip; refrigerate.

Alice Buck

## Sunshine Salad

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 (20 oz.) can pineapple tidbits | 1 C. sliced bananas                  |
| 1 (11 oz.) can mandarin oranges  | 1 (3 oz.) pkg. instant lemon pudding |
| 1 C. quartered strawberries      |                                      |

Drain pineapple and oranges; reserve liquid. Prepare pudding, using liquid in place of milk. Combine first 3 fruits and add to pudding. Chill for 2 hours. Add bananas just before serving.

*Margaret Johnson*

## Strawberry Pretzel Salad

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 2½ C. crushed pretzels      | 1 C. sugar                          |
| ¾ C. melted oleo            | 1 large box strawberry Jello        |
| 3 T. brown sugar            | 2 C. boiling water                  |
| 1 (8 oz.) pkg. cream cheese | 1 (16 oz.) pkg. frozen strawberries |
| 1 (8 oz.) carton Cool Whip  |                                     |

For 1st Layer: Combine pretzels, oleo, and brown sugar. Pack into 9x13-inch pan. Bake at 350° for 10 minutes. Cool.

For 2nd Layer: Combine cream cheese, Cool Whip, and sugar. Spread on 1st layer.

For 3rd Layer: Combine Jello, boiling water, and strawberries. Stir until strawberries are thawed. When the Jello thickens a bit, spread on other layers and refrigerate.

*Karla Moore*

## 24 Hour Salad

- |                      |                               |
|----------------------|-------------------------------|
| 3 egg yolks          | 1 C. cream (whipped)          |
| 2 T. sugar           | 2 C. white cherries           |
| Dash of salt         | 2 C. marshmallows (quartered) |
| 2 T. vinegar         | 2 C. pineapple                |
| 2 T. pineapple syrup | 1 can mandarin oranges        |
| 1 T. butter          |                               |

Cook egg yolks, sugar, salt, vinegar, pineapple juice, and butter until thick. Cool and add the rest of the ingredients. (Can freeze this also, for a different taste.)

*Marcia Gregorac*

## Watergate Salad

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 (9 oz.) carton Cool Whip       | 1 C. miniature marshmallows |
| 1 small pkg. pistachio pudding   | ½ C. chopped pecans         |
| 1 (16 oz.) can crushed pineapple |                             |

Fold pudding mix into Cool Whip. Add pineapple with liquid, marshmallows, and nuts; refrigerate.

*Lyn Wheatley*

*Blessed is the person who is too busy to worry in the daytime, and too tired at night.*

## Macaroni Salad

- |                      |                          |
|----------------------|--------------------------|
| 1 lb. shell macaroni | 1 green pepper (chopped) |
| 4 carrots (shredded) | 1 onion (chopped)        |

### DRESSING:

- |                        |                 |
|------------------------|-----------------|
| 1 can Eagle Brand milk | 1 C. sugar      |
| ½ C. white vinegar     | 2 C. mayonnaise |
| 1 tsp. salt            |                 |

Cook macaroni according to package directions; drain and cool. Add vegetables. Mix dressing and toss into salad. Cool at least 3 hours.

*Mary Lee Wheat*

## Macaroni Salad

- |  |                          |
|--|--------------------------|
| 2 (8 oz.) pkgs. spiral noodles<br>(cooked) | 3 carrots (grated)       |
| 1 onion (chopped)                          | 1 green pepper (chopped) |

Mix above ingredients together and add the following dressing.

### DRESSING:

- |                  |                            |
|------------------|----------------------------|
| 1 pt. mayonnaise | 1 C. white vinegar         |
| 1 C. sugar       | 1 can sweetened cond. milk |

Mix together. Mix with salad. Make 1 day ahead of time and stir 1 to 2 times.

*Geri Littrel*

**Macaroni and Cheese Salad**

6 ozs. shell macaroni	¼ C. cooking oil
1 C. sliced celery	2 T. vinegar
1 C. shredded carrots	1 tsp. sugar
¼ C. chopped onion	1 tsp. prepared mustard
1 (10¾ oz.) can cheddar cheese soup	1 tsp. Worcestershire sauce
	½ tsp. salt & pepper

Cook macaroni according to package directions; drain and cool. Combine macaroni, celery, carrots, and onion. In small mixer bowl, combine soup, oil, vinegar, sugar, mustard, Worcestershire sauce, salt, and pepper. Beat until well blended. Spoon over macaroni mixture and stir well. Chill for several hours.

*Bev Thomas*

**Marinated Pasta Salad**

16 ozs. colored Rotini noodles (cooked)	1 tsp. garlic powder
1 C. sugar	1 tsp. pepper
1 C. vinegar	1 tsp. salt
2 T. prepared mustard	Black olives
2 tsp. Accent seasoning	Cucumbers
	Onion slices

Cook and drain noodles. Mix next 7 ingredients and pour over noodles. Marinate for 12 hours at least. Chill and add black olives, cucumbers, and onion slices.

*Gretchen Zitterich*

## Mediterranean Couscous Salad

- |  |  |
|--|--|
| 1 (13 <sup>3</sup> / <sub>4</sub> oz.) can vegetable broth | 1 (2 <sup>1</sup> / <sub>4</sub> oz.) can sliced black olives<br>(drained) |
| 1 C. packaged couscous                                     | <sup>2</sup> / <sub>3</sub> C. Italian dressing                            |
| 1 (10 oz.) pkg. garbanzo beans<br>(drained)                | Lettuce (Romaine)  |
| 1 C. (4 oz.) crumbled Feta cheese                          |  |
| 1 C. sliced green onions, including tops                   |  |

Bring broth to a boil. Stir in couscous. Remove from heat. Cover and stand for 5 minutes. Transfer couscous to a large bowl and fluff with a fork. Let stand for 5 minutes and then fluff again. Mix in rest of ingredients. Pour dressing over and toss. Serve on a bed of lettuce.

*Kathy Holmstrom*

## Spaghetti Salad

- |   |                                      |
|---|--------------------------------------|
| Bean sprouts                                | <sup>1</sup> / <sub>4</sub> C. onion |
| Mushrooms                                   | 1 C. frozen peas                     |
| <sup>1</sup> / <sub>2</sub> C. celery       | 7 ozs. cooked spaghetti              |
| <sup>1</sup> / <sub>3</sub> C. green pepper |                                      |

### DRESSING:

- |   |  |
|---|--|
| <sup>3</sup> / <sub>4</sub> C. mayonnaise | 1 tsp. prepared mustard                        |
| 1 T. soy sauce                            | <sup>1</sup> / <sub>4</sub> tsp. garlic powder |
| 1 tsp. salt                               | Dash of pepper                                 |

Combine salad ingredients, then dressing ingredients. Salad ingredients should be "chopped" or "diced" and spaghetti cut into 1 to 1<sup>1</sup>/<sub>2</sub>-inch pieces. Make ahead and refrigerate several hours.

*Cheryl Langston*

## Tortellini and Spinach Salad

Bacon  
Leaf spinach  
Red cabbage, to taste

¼ C. onion  
Cheese tortellini

### DRESSING:

1 tsp. salt  
1 tsp. Accent  
3 T. rice vinegar

2 T. sugar  
½ tsp. pepper  
½ C. salad oil

Fry and crumble bacon. Chop onion finely. Mix bacon, onion, shredded cabbage, and spinach. Cook, drain, and cool tortellini. Mix with above ingredients and toss with dressing.

*Kathy Holmstrom*

## Tuna Summer Salad

1 reg. size can tuna  
2 C. shredded raw carrots  
2 C. finely chopped celery

½ C. chopped onion  
1 C. low-fat mayonnaise  
1 medium can shoe string  
potatoes (7 ozs.)

Toss first 5 ingredients together. When ready to serve add the potatoes. Serve in lettuce cup. Each serving has 135 calories for ½ cup.

*Norma Pietsch*

*Mothers, as well as fools, sometimes  
walk where angels fear to tread.*

## **Salad on The Wild Side**

- |  |                                   |
|--|-----------------------------------|
| 1 C. wild rice   | 3/4 C. broccoli flowerets (small) |
| 2 T. salt-free instant chicken soup mix                          | 1 carrot (cut into thin rounds)   |
| 4 ozs. 96% fat-free ham or turkey ham (cut into julienne strips) | 3/4 C. red pepper strips          |
| 3/4 C. hot pepper cheese (cut into julienne strips)              | 4 green onions (thinly sliced)    |
|  | 3/4 C. walnut halves              |
|  | 4 green onions (thinly sliced)    |

### **DRESSING:**

- |                         |                       |
|-------------------------|-----------------------|
| 1/2 C. canola oil       | 1/2 tsp. dry mustard  |
| 2 T. lemon juice        | 1/2 tsp. curry powder |
| 2 T. white wine vinegar |                       |

Rinse wild rice with hot water and drain. In a saucepan combine the rice with 3 C. hot water and salt-free chicken soup mix. Simmer, covered for 35 to 45 minutes or until water is absorbed and rice is tender. Allow rice to cool. In a large mixing bowl, toss rice with ham, pepper cheese, broccoli, walnuts, carrots, red pepper, and onions. If desired add a few grains of black pepper. In a small bowl, beat dressing until ingredients emulsify. Pour over salad and toss to mix well. Serves 6 to 8.

*Thelma Voetberg*

## **Marinated Three Bean Salad**

- |                                 |                  |
|---------------------------------|------------------|
| 1 can cut wax beans (drained)   | 2/3 C. vinegar   |
| 1 can cut green beans (drained) | 1/3 C. salad oil |
| 1 can kidney beans (drained)    | 1 tsp. salt      |
| 1/2 C. chopped green pepper     | 1 tsp. pepper    |

Combine wax, green and kidney beans. Add green pepper. Mix vinegar and oil. Pour over beans. Toss with salt and pepper. Chill overnight before serving.

*Michelle Boswell*

## Garbanzo Beans with Spinach, Pine Nuts and Raisins

- |   |   |
|---|---|
| 1 to 2 T. olive oil                                       | ½ C. raisins                              |
| 1 large onion (chopped)                                   | ½ C. toasted pine nuts                    |
| 1 large clove garlic (crushed)                            | ½ tsp. nutmeg                             |
| 1 (10 oz.) pkg. frozen spinach<br>(thawed & squeezed dry) | Salt & cayenne pepper, to taste           |
|   | 1 (15 oz.) can garbanzo beans<br>(rinsed) |

Heat oil in a large skillet. Add onion and garlic; saute'. Add spinach and cook for 3 to 5 minutes. Add rest of the ingredients and saute' over medium heat for 5 minutes. Can garnish with onion rings and sliced tomatoes. Serve with breads and rice.

*Rama Sridhar*

## Three-Bean Salad

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 C. canned red kidney beans   | 1 small green pepper (chopped) |
| 1 C. canned white kidney beans | 1 tsp. salt                    |
| 1 C. canned garbanzo beans     | Fresh black pepper, to taste   |
| ¾ C. finely chopped onion      | 3 T. wine vinegar              |
| ½ tsp. finely chopped garlic   | ½ C. olive oil                 |
| 2 T. finely chopped parsley    |                                |

Drain and wash beans in a large bowl. Combine beans, onion, garlic, parsley, and green pepper. Add salt, pepper, and wine vinegar. Toss gently with a large spoon. Pour in olive oil and toss again. Chill for 1 hour before serving.

*Geri Littrel*

## **Broccoli Salad**

- |                          |                                  |
|--------------------------|----------------------------------|
| 4 C. chopped broccoli    | 1 C. sunflower seeds             |
| 1 medium onion (chopped) | 1/3 lb. bacon (crisp & crumbled) |
| 1 C. raisins             |                                  |

### **DRESSING:**

- |                 |              |
|-----------------|--------------|
| 1 C. mayonnaise | 2 T. vinegar |
| 1/3 C. sugar    |              |

Combine ingredients for 1 day before serving. Add dressing before serving.

*Geri Littrel*

## **Broccoli Salad**

- |                              |                                 |
|------------------------------|---------------------------------|
| 4 C. fresh chopped broccoli  | 8 strips bacon                  |
| 1 C. chopped celery          | (cooked & crumbled)             |
| 2/3 C. slivered almonds      | Sprinkle onion flakes, to taste |
| 1 C. each green & red grapes |                                 |

### **DRESSING:**

- |                 |              |
|-----------------|--------------|
| 1 C. mayonnaise | 1 T. vinegar |
| 1/3 C. sugar    |              |

Mix ingredients in bowl. Add dressing, onion, and almonds just before serving.

*Gretchen Zitterich*

## **Broccoli Salad**

- |                               |                            |
|-------------------------------|----------------------------|
| Bunch broccoli (cut fine)     | Celery (chopped)           |
| 1/2 C. green grapes (halved)  | 1 C. raisins               |
| 2 to 3 green onions (chopped) | 6 to 7 strips cooked bacon |
| 1 C. Miracle Whip             | (crumbled)                 |
| 2 T. sugar                    | 1 T. vinegar               |

Mix all ingredients. Chill and serve.

*Jean Kresse*

## Broccoli and Cauliflower Salad

- |                                   |   |
|-----------------------------------|---|
| 1 head cauliflower (cut-up small) | 6 to 7 radishes (sliced)                        |
| 1 bunch broccoli (cut-up small)   | 8 ozs. sour cream                               |
| 3 to 4 fresh mushrooms (sliced)   | 1 (8 oz.) jar Viva Italian dressing             |
| 1 bunch green onions (chopped)    | 1 pkg. Good Seasons cheese<br>& garlic dressing |

Mix all the vegetables together after chopping and slicing. Mix all of the sour cream and dressings together and pour over vegetables. Cool for ½ to 1 hour to allow flavors to mingle. Good picnic salad.

*Diane Wright*

## Cauliflower Broccoli Salad

- |  |                  |
|--|------------------|
| 1 head cauliflower                         | 1 bunch broccoli |
| 1 pkg. Hidden Valley salad<br>dressing mix | ½ C. mayonnaise  |

Separate cauliflower into flowerettes. Separate broccoli tops from stems. Divide tops into small flowerettes (4 cups). Blend sour cream and mayonnaise. Add Hidden Valley mix and pour over vegetables. Toss slightly until well coated with dressing. Cover and refrigerate a few hours before serving.

*Mary Padilla*

*The entire sum existence is the magic of  
being needed by just one person.*

## Cauliflower Salad

- 1 small head cauliflower  
2 C. white grapes
- 1 C. pecan halves

**DRESSING:**

- 1 C. mayonnaise  
½ C. sugar
- 2 T. mustard

Chop cauliflower, white grapes, and pecan halves into bite-size pieces. Mix dressing in order given and pour over first mixture of vegetables and nuts. Stir all together.

*Margaret Johnson*

## Broco-Slaw Salad

- 1 pkg. broco-slaw mix  
1 C. sunflower seeds  
1 pkg. sliced almonds
- 1 pkg. Ramen noodles  
(chicken flavor)

**DRESSING:**

- ½ C. oil  
¼ C. sugar
- ¼ C. vinegar  
Chicken flavor packet from noodles

Mix all ingredients together and toss with dressing. Serve immediately.

*Kathy Holmstrom*

*Housework is something you do that nobody notices unless you don't do it.*

**Ramen Noodle Salad**

- |  |                                       |
|--|---------------------------------------|
| 1 bag cole slaw or<br>broccoli cole slaw | 1 C. slivered almonds                 |
| 1 C. sunflower seeds<br>(meats only)     | 2 bunches of chopped<br>green onions  |
|  | 2 pkgs. Ramen noodles<br>(any flavor) |

**DRESSING:**

- |                                     |  |
|-------------------------------------|--|
| $\frac{2}{3}$ C. corn or canola oil | 2 packets of seasoning<br>from the Ramen noodles |
| $\frac{1}{2}$ C. vinegar            |  |
| $\frac{1}{2}$ C. sugar              |  |

Mix together cole slaw mix, sunflower seeds, slivered almonds, and chopped green onions. Crush the Ramen noodles and toss with mixture. In a jar mix together oil, vinegar, sugar, and seasoning mix from Ramen noodles. Refrigerate salad and dressing separately. Add dressing to salad shortly before serving.

*Olga Engler  
Karen Belz  
Julie Nelson*

**Celery Salad**

- |                               |                              |
|-------------------------------|------------------------------|
| 1 bunch celery (chopped fine) | 1 can green beans (drained)  |
| 1 small onion (chopped fine)  | 1 can yellow beans (drained) |
| 1 green pepper (chopped fine) | 4 tomatoes (cut in chunks)   |
| 1 can peas (drained)          |                              |

Soak celery, onion, and green pepper in salt water for 4 hours, then drain. Add peas, green beans, yellow beans, and tomatoes.

**DRESSING:**

- |                          |                                |
|--------------------------|--------------------------------|
| $1\frac{1}{2}$ C. sugar  | $\frac{1}{2}$ C. vegetable oil |
| $\frac{1}{2}$ C. vinegar |                                |

Mix together with salad.

*Marcia Gregorac*

## Cole Slaw

1 medium head cabbage (chopped)    ¼ C. pimento (may use  
⅔ C. green pepper (chopped)        red pepper)  
¼ C. onion (chopped)

### DRESSING:

1 C. or ¾ C. vinegar                    1 tsp. celery seed  
¾ C. sugar                                1 tsp. salt  
1 tsp. mustard seed

Toss vegetables together. Heat vinegar and sugar over low heat until sugar dissolves. Cool, then add seeds and salt. Pour over cabbage mixture; stir and refrigerate. Serves 8 to 10.

*Tanny Latuska (W.O.S.P. Silly Supper)*

## Cuke Salad

1 medium unpeeled cucumber        2 T. vinegar  
    (diced)                                ½ C. low calorie mayonnaise  
1 small onion (chopped)            1 lb. low-fat cottage cheese  
½ C. celery (chopped)                ½ C. chopped walnuts  
1 pkg. sugar-free Jello (lime)        1 small can unsweetened  
½ C. boiling water                      pineapple bits (do not drain)

Dissolve Jello in hot water. Add vinegar and remaining ingredients. Refrigerate until firm. Each ¾ C. serving has 180 calories. Yields 8 servings. Each exchange has 2 vegetables, 1 lean meat, 1½ fat, 11 fat grams, 9 protein, and 12 carbohydrates.

*Diane Wright  
(In Memory of Pauline Wright)*

## Wilted Lettuce Salad

- |                                   |   |
|-----------------------------------|---|
| 4 slices bacon (diced)            | 2 tsp. sugar                                    |
| ¼ C. vinegar                      | ¼ tsp. salt                                     |
| 2 bunches leaf lettuce (shredded) | 1/8 tsp. pepper                                 |
| 5 green onions                    | ½ tsp. dried dill weed (optional)               |
| (chopped, about ⅓ C.)             | ½ tsp. dried mustard into<br>vinegar (optional) |

Fry bacon in 12-inch skillet until crisp. Add vinegar and heat through. Remove from heat; add lettuce and onions. Sprinkle with sugar, salt, and pepper; toss until lettuce is wilted, 1 to 2 minutes. Makes 4 servings.

*Diane Wright*

## Oriental Vegetable Salad

- |   |   |
|---|---|
| 1 (8 oz.) can bamboo shoots               | 1 (8 oz.) can green peas                |
| 1 (8 oz.) can water chestnuts<br>(sliced) | 1 (1 lb.) can French cut<br>green beans |
| 1 (1 lb.) can bean sprouts                | 1 C. onion rings                        |
| 1 (1 lb.) can Chinese mixed<br>vegetables | 1 C. diced celery                       |

Drain vegetables very well. Cover with following dressing and place in refrigerator for 24 hours.

### DRESSING:

- |            |                       |
|------------|-----------------------|
| 1 C. sugar | 1 C. tarragon vinegar |
|------------|-----------------------|

Dissolve sugar in vinegar and heat. Let cool thoroughly before putting on vegetables.

*Bev Thomas*

## **Sauerkraut Salad**

- |                             |                           |
|-----------------------------|---------------------------|
| 2 pts. sauerkraut (drained) | 1 small onion (diced)     |
| 1½ C. sugar                 | 1 small jar pimentos      |
| ¼ C. vinegar                | Sprinkle with celery seed |
| 1 large carrot (shredded)   |                           |

Bring sugar and vinegar to boil until clear. Add all ingredients to sauerkraut and pour liquid over all and store in refrigerator. Let set overnight. Will keep as long as a month in refrigerator.

*Violet Frye*

## **Spinach Salad Supreme With Dressing**

- |  |  |
|--|--|
| 1 bag fresh spinach (cleaned)              | 2 hard-boiled eggs (sliced)                |
| 1 C. bean sprouts (drained)                | 8 slices bacon (fried-crisp & crumbled)    |
| 1 C. water chestnuts<br>(drained & sliced) | 1 small basket fresh mushrooms<br>(sliced) |

### **DRESSING:**

- |                           |                         |
|---------------------------|-------------------------|
| 1 C. salad oil            | 1 small grated onion    |
| ⅔ C. sugar                | ¼ C. vinegar            |
| ⅓ C. ketchup              | Salt & pepper, to taste |
| 1 T. Worcestershire sauce |                         |

Mix dressing in blender and pour over greens before serving. Toss to coat.

*Becky Paris*

## Vegetable Salad

- |                                |                          |
|--------------------------------|--------------------------|
| 1 can white whole kernel corn  | 1 green pepper (chopped) |
| 1 can small peas               | 1 C. sugar               |
| 1 can French cut green beans   | ½ C. oil                 |
| 1 small can pimento (chopped)  | ¾ C. vinegar             |
| 1 C. chopped celery            | 1 T. water               |
| 1 medium white onion (chopped) | 1 tsp. salt              |

Mix together corn, peas, beans, pimento, celery, onion, and pepper. Bring to a boil the sugar, oil, vinegar, water, and salt. Cool, then pour over vegetables and mix. Keeps a long time.

*Mary Lee Wheat*



# Soups

*My Favorite Recipes in this section are:*

RECIPE

PAGE #


## 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.

## Delicious 6 Hour Stew

2 lbs. raw stew beef	½ tsp. salt
3 cans golden mushroom soup	Raw vegetables (i.e.: potatoes,
3 T. Minute Tapioca	carrots, celery, green beans,
1 T. sugar	onions, tomatoes, etc.)

Place raw beef in large roast pan or Dutch Oven. Cover with soup. Sprinkle tapioca, sugar, and salt over soup. Next add raw vegetables, any kind you like. DO NOT STIR. Cover and bake at 275° for 6 hours. (DO NOT OPEN OVEN OR UNCOVER CASSEROLE OR IT WILL FLOP!)

*Karen Belz*

## Hamburger Soup

1 lb. lean ground beef	2 beef bouillon cubes
1 C. chopped onion	⅓ C. uncooked rice
½ C. chopped celery	1 tsp. salt
1 (16 oz.) can tomatoes	½ tsp. chili powder
2½ C. water	1 bay leaf

This takes some time to cook - great for a crock pot. Saute' celery and onions with ground beef until meat is no longer pink (a little brown adds flavor). Then drain (if necessary) and put in crock pot or in heavy saucepan. Add remaining ingredients, stir, and let simmer for a couple of hours or until rice is cooked. The longer it simmers the better the flavor. Great for camping if you have some place to plug in your crock pot.

*Norma Pietsch*

## **Hamburger Soup**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 lb. hamburger             | 1 C. onion (diced)              |
| 1 C. potatoes (sliced)      | 1 C. carrots (sliced)           |
| 1 C. celery (cut in pieces) | 2 cans tomato sauce             |
| ¼ C. uncooked rice          | 3 C. water                      |
| 2 tsp. salt                 | ¼ tsp. basil                    |
| 1 bay leaf                  | 1 beef bouillon cube (optional) |

Brown hamburger and onion together. Add all other ingredients and simmer for 1 hour. (Freezes very well for later use.)

*Barbara Folkmann*

## **Hamburger Soup**

- |                          |                             |
|--------------------------|-----------------------------|
| 1 lb. lean ground beef   | 1 lb. carrots (sliced)      |
| 1 medium onion (chopped) | Celery (sliced, any amount) |
| 1 can beef bouillon soup | ¼ C. barley (optional)      |
| 2 cans water             | 4 C. water                  |
| 4 beef bouillon cubes    | 1 can tomato soup           |

Brown ground beef with onion. Drain any fat. In a Dutch oven combine all ingredients and simmer until carrots and celery are tender.

*Lyn Wheatley*

## **Taco Soup**

- |                             |                       |
|-----------------------------|-----------------------|
| 1 lb. ground beef           | 1 can corn            |
| 1 can tomato sauce          | 1 pkg. taco seasoning |
| 1 (15 oz.) can kidney beans |                       |

Brown ground beef and drain. Add remaining ingredients and 3 cans of water. Simmer for 1 hour.

*Patti Hansen*

## Hamburger Stew for Crock Pot

1 lb. hamburger	8 potatoes (sliced)
1 onion (chopped)	1 can tomato soup
1 can peas	1 soup can of water
4 carrots (sliced)	

Brown hamburger and chopped onion. Place vegetables in crock pot. Put hamburger/onion on top of vegetables. Mix soup and water together and pour over mixture. Cook on low for 6 to 8 hours or on high for 4 hours.

*Mary Lee Wheat*

## Vegetable Soup Italian

1 lb. ground beef	5 tsp. beef bouillon granules
1 C. diced onion	1 T. dried parsley flakes
1 C. sliced celery	1 tsp. salt
1 C. sliced carrots	½ tsp. oregano
2 cloves minced garlic	½ tsp. sweet basil
1 qt. canned tomatoes	¼ tsp. pepper
1 (15 oz.) can red kidney beans (undrained)	2 C. shredded cabbage
5 C. water	1 C. frozen or fresh green beans
Parmesan cheese	½ C. small elbow macaroni

Brown beef in large heavy kettle and drain. Add all ingredients, except cheese. Simmer until all vegetables are tender. You can add additional water, broth, or tomato juice. Sprinkle with Parmesan cheese before serving. Makes 12 servings.

*Norma Ninneman*

## **Cheesy Brat Stew**

- |                                    |                              |
|------------------------------------|------------------------------|
| 6 brats (cut into 1/2-inch pieces) | 4 medium cubed potatoes      |
| 1 pt. green beans                  | 1 onion (chopped)            |
| 1 C. grated American cheese        | 1 can cream of mushroom soup |
| 1 C. water                         |                              |

Put brats, cubed potatoes, green beans, chopped onion, cheese, cream of mushroom soup, and water in a large skillet and cook for 30 minutes on low until potatoes and brats are done. Serves 4 to 6.

*Sheryl L. Faas*

## **Chicken Noodle Soup**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 chicken breasts               | 3 to 4 C. water             |
| 2 bouillon chicken cubes        | 2 pkgs. Knorr veg. soup mix |
| 1/2 C. chopped onion            | 3 to 4 carrots (sliced)     |
| 1/2 tsp. pepper                 | 1/2 tsp. poultry seasoning  |
| 3 to 4 celery stalks (sliced)   | 2 T. margarine              |
| 1 (8 oz.) pkg. wide egg noodles |                             |

Boil chicken breasts in water until done. Remove chicken and cut off meat. Return meat to liquid. Add all ingredients, but the noodles. Cook until carrots, onions, and celery are tender. Add noodles and cook according to package instructions. Additional water may need to be added. Add margarine and serve when melted.

*Jean Kresse*

## Chicken and Wild Rice Soup

- |                            |                                |
|----------------------------|--------------------------------|
| 1 (10 oz.) can chicken     | 1 box Uncle Ben's long grain & |
| 1 can cream of mushroom or | wild rice (reg., not quick)    |
| celery soup                | Milk                           |

Prepare rice as package directs. When rice is done add chicken (with liquid), soup, and enough milk to make it soup consistency. It will thicken more as it stands.

*Lyn Wheatley*

## Chicken Vegetable Soup

- |                              |                            |
|------------------------------|----------------------------|
| 3 C. boned cooked chicken    | ¼ C. uncooked barley       |
| ½ C. onion (chopped)         | 1 qt. tomatoes (undrained) |
| ½ C. celery (chopped)        | 1 qt. water                |
| Parsley (chopped)            | 1½ C. uncooked noodles     |
| 2 C. frozen mixed vegetables | Salt & pepper, to taste    |
| 2 T. dry chicken bouillon    |                            |

Put all ingredients, except barley and noodles in large pot. Bring to boil and simmer for 1 hour or longer if you have more time. Add barley, noodles, and additional water, if needed; simmer until noodles are tender. This is the basic method, other variations could be left over vegetables or canned mixed vegetables as well as additional herbs, to taste.

*Kris Cavanaugh*

*The real problem of your leisure is how  
to keep other people from using it.*

## **Harvest Soup**

- |                            |                            |
|----------------------------|----------------------------|
| 2 T. beef bouillon         | 1/3 C. lentils             |
| 1 1/2 T. dried onion       | 1/3 C. rice                |
| 2 tsp. parsley             | 1/2 small macaroni noodles |
| 1/2 to 1 tsp. chili powder | 1/2 lb. ground turkey      |
| 1/3 C. split peas          | 1 can chopped tomatoes     |

Brown turkey and drain. Add 8 C. water. Add 1 can tomatoes and rest of ingredients, except macaroni. Simmer for 30 minutes. Add macaroni and simmer for 15 minutes. For reheating add another can of tomatoes.

*Kathy Holmstrom*

## **Texas Rattlesnake Chili**

- |   |   |
|---|---|
| 2 T. vegetable oil                        | 2 tsp. salt                                     |
| 1/2 C. chopped onion                      | 1 tsp. ground cayenne pepper                    |
| 1/2 C. chopped green pepper               | 8 C. (32 oz.) tomatoes<br>(undrained)           |
| 1 clove garlic (minced)                   | 2/3 C. tomato juice (6 ozs.)                    |
| 1 lb. lean ground beef                    | 2 C. water                                      |
| 1 C. cubed rattlesnake or<br>chicken meat | 2 C. pasta (shells, macaroni or<br>other shape) |
| 2 T. chili powder                         |   |

In 5-quart saucepan heat oil and cook onion, green pepper, and garlic until tender. Add meat and cook until done, about 5 minutes. Stir in seasonings, tomatoes, and tomato paste. Heat to boiling; reduce heat and simmer for 2 hours. Before serving add water and return chili to boil. Stir in uncooked pasta and continue boiling, stirring frequently for 10 to 15 minutes or until pasta is tender. Makes 6 servings. This is a spicy chili.

*Kris Cavanaugh*

**Chili**

- |                          |                       |
|--------------------------|-----------------------|
| 1 lb. ground beef        | ½ C. red wine or beer |
| 1 onion (chopped finely) | ½ tsp. cumin          |
| 1 clove garlic           | ¼ tsp. cloves         |
| ½ can tomato paste       | ¼ tsp. salt           |
| 2 cans Rotel             | 2 cans kidney beans   |
| ½ C. orange juice        |                       |

Brown ground beef, onion, and garlic. Then add remaining ingredients. Simmer on stove for 1 hour or cook in crock pot on low for several hours.

*Shirley Huffman*

**White Chili**

- |  |   |
|--|---|
| 1 tsp. olive oil                           | 1 (15-19 oz.) can navy beans                                      |
| 1 medium onion (chopped)                   | 1 (12-15 oz.) can white corn                                      |
| 1 garlic clove (minced)                    | 2 (4 oz.) cans green chilies or<br>hot peppers (seeded & chopped) |
| 1 tsp. cumin                               | 1½ to 2 C. hot water  |
| 1 large chicken breast (cubed)             | 2 chicken bouillon cubes  |
| 1 (15 oz. or 19 oz.) can<br>garbonzo beans |   |

Heat oil and saute' onions, garlic, cumin, and chicken until browned. Dissolve bouillon cubes in the hot water. Drain the beans and corn. Mix all together. Bake at 350° for 1 hour or in crock pot for 1 hour on high, then on low for 4 to 6 hours or until ready to eat.

*Karen Belz*

## Carrot Soup with Dill Pesto

- |   |  |
|---|--|
| 2 T. (¼ stick) butter                           | 1 large onion (chopped)                    |
| 4 large carrots (thinly sliced)                 | 1¼ tsp. dill seeds                         |
| 4 C. (or more) canned low-salt<br>chicken broth | 1 C. packed coarsely chopped<br>fresh dill |
| 2 T. pine nuts                                  | 2 T. olive oil                             |

Melt butter in heavy large saucepan over medium heat. Add carrots, onion, and dill seeds, and saute' until onion is translucent and tender, about 10 minutes. Add 4 C. broth and bring to a boil. Reduce heat and simmer until carrots are tender, about 35 minutes. Transfer soup to blender in batches and puree'. Thin with more broth, if desired. Season, to taste with salt and pepper. Combine fresh dill and pine nuts in processor and chop finely using on/off turns. With processor slowly running add oil and process until well blended. Season, to taste with salt and pepper. Ladle soup into bowls and divide dill pesto among bowls. Let warm up a minute. Swirl pesto into soup, using knife.

*Jean Kresse*

## Clam Can-Can Chowder

- |  |  |
|--|--|
| 2 (7 oz.) cans minced clams<br>(undrained) | 1 small bay leaf                           |
| 2 (10½ oz.) cans cream of<br>potato soup   | 1/5 tsp. pepper                            |
| 3½ C. milk                                 | 1 (12 oz.) can corn & peppers              |
| 2 T. margarine                             | 1 C. shredded cheddar cheese<br>(optional) |
| 2 tsp. dehydrated minced onion             | 1 can mushrooms                            |

Combine soup, milk, margarine, onion, bay leaf, and pepper. Simmer until hot, stirring occasionally. Add corn, peppers, clams, cheese, and mushrooms (if desired). Heat until cheese is smooth and blended. Remove bay leaf before serving.

*Leo Runge*

## Iowa Corn Chowder

- |  |                                |
|--|--------------------------------|
| 2 T. butter or margarine                   | ½ tsp. ground (rubbed) sage    |
| 2 T. chopped celery                        | 1 (8 oz.) can cream-style corn |
| 2 T. chopped onion                         | ½ C. milk                      |
| 2 T. chopped green pepper                  | ½ C. light cream               |
| 1 (10¾ oz.) can cond. cream of potato soup | Shredded Swiss cheese          |

In 2-quart saucepan over medium heat cook celery, onion, green pepper with sage in butter until tender. Stir in soup. In blender or food processor blend soup mixture at medium speed until smooth. Return mixture to saucepan. Add corn and gradually stir in milk and cream. Heat thoroughly.

*Gretchen Zitterich*

## Veg-All Cheesy Chowder

- |                           |                          |
|---------------------------|--------------------------|
| ½ C. margarine            | 2 cans Veg-All (drained) |
| 2 medium onions (chopped) | 4 T. parsley (chopped)   |
| ⅔ C. flour                | 1 lb. Velveeta cheese    |
| 4 C. milk                 | ½ tsp. hot pepper sauce  |
| 2½ C. chicken broth       | ½ tsp. white pepper      |

Melt margarine in large pan. Add onion and cook until tender. Add flour and whisk. Cook for 1 minute on low heat, stirring. Add milk and chicken broth; cook on medium heat, stirring until thickened. Add cheese and seasonings, stirring until cheese has melted. Add Veg-All and parsley. Reduce heat and cook until heated (do not boil).

*Mary MacGillivray*

## **Cream Potato Soup**

- |                        |   |
|------------------------|---|
| 4 C. water             | 4 cans cream of chicken soup                        |
| 4 cans evaporated milk | 8 strips bacon (fried crisp & cut into little bits) |
| 2 C. ham (cubed)       | 4 bouillon cubes (chicken)                          |
| ¼ C. onion flakes      | 2 T. celery flakes*                                 |
| 2 tsp. celery seed*    | 1 (2 lb.) bag frozen hash browns                    |
| 1 stick oleo           | 6 T. bacon grease                                   |
| Garlic salt, to taste  |   |

(\*These spices can be replaced with the vegetable seasoning.) Boil hash browns in water with bouillon cubes, spices, and onion until tender. Mix soup and milk (stir over low heat until smooth, then add cooked potatoes, bacon, bacon grease, ham, oleo, and garlic salt. Heat on low heat. Makes a very large batch of soup and very rich.

*Geri Littrel*

## **Potato Soup**

- |                                |                                |
|--------------------------------|--------------------------------|
| 4 medium potatoes              | 1 (12 oz.) can evaporated milk |
| 1 medium onion                 | Milk                           |
| 3 (14½ oz.) cans chicken broth | Salt & pepper                  |
| Margarine                      |                                |

Peel and dice potatoes. Chop onion. Cook potatoes and onion in chicken broth until tender. Add evaporated milk and enough regular milk to desired amount. Add salt, pepper, and margarine, to taste. Heat but don't boil.

*Lyn Wheatley*

## Homemade Tomato Soup

- |                     |                 |
|---------------------|-----------------|
| 4 tomatoes          | 2 C. whole milk |
| ¼ tsp. baking soda  | Salt & pepper   |
| Margarine or butter | Sugar           |

Peel and cut-up tomatoes. Cook to a boil. Add baking soda and stir. Add tomatoes to hot (not boiling) milk. Add salt, pepper, butter, and a pinch of sugar, to taste.

*Marcia Gregorac*

## Lentil Minestrone

- |                            |                               |
|----------------------------|-------------------------------|
| 1 onion (chopped)          | ¾ C. dry lentils              |
| 1 clove of garlic (minced) | 4 C. water                    |
| 1 carrot (chopped)         | 4 tsp. beef bouillon granules |
| 1 stalk celery (chopped)   | 1 tsp. oregano                |
| ¼ tsp. thyme               | Few drops of Tabasco sauce    |
| 1 (8 oz.) can tomatoes     | ½ C. uncooked pasta           |
| 1 T. oil                   |                               |

Cook onion and garlic in oil until tender. In a Dutch oven add all ingredients but tomatoes and pasta. Simmer for 15 minutes. Add tomatoes and pasta. Simmer for 10 to 15 minutes longer.

*Lyn Wheatley*

*Be sure you are right, then go ahead,  
and be sure you are wrong before you quit.*

## Pappa Al Pomodoro

- |  |                       |
|--|-----------------------|
| ¾ C. sliced leeks (thinly sliced)          | ½ tsp. salt           |
| 4 lb. ripe tomatoes                        | ¼ tsp. pepper         |
| 2 T. olive oil (plus more)                 | 20 leaves fresh basil |
| 2 cloves chopped garlic                    | (torn into pieces)    |
| 2½ C. cubed Italian white bread (no crust) |                       |

Wash leeks and set aside. Scald tomatoes briefly in boiling water and let cool, then slip off skins. Cut tomatoes in half crosswise; seed by squeezing over a strainer set in a bowl to collect juice. Cut into chunks and set tomatoes and juice aside. In small stock pot, heat 2 T. olive oil over medium-low heat. Add garlic leeks and cook until translucent, 5 to 7 minutes. Increase heat to medium-high and add tomatoes and juice. Simmer until tomatoes are somewhat broken down, very juicy, 15 to 20 minutes. Add bread and cook until liquid is absorbed, 5 minutes. Stir in salt and pepper. Remove from heat and let stand until room temperature. Just before serving stir in basil. Drizzle each serving with extra-virgin oil, if desired. Serves 4.

*Amy Kaufmann*

## Tortellini-Basil Soup

- |  |                             |
|--|-----------------------------|
| 4 C. canned low-salt chicken broth             | ½ C. shredded basil         |
| 1 (9 oz.) pkg. tortellini or radiatori noodles | 2 T. balsamic vinegar       |
| 1 (15 oz.) can cannellini beans (drained)      | ¼ tsp. salt                 |
| 1 C. or 15 oz. can chopped tomatoes            | ⅓ C. Parmesan cheese        |
|  | 1½ tsp. fresh ground pepper |

Bring broth to boil in large Dutch oven. Add noodles and cook for 6 minutes or until tender. Stir in beans and tomatoes. Remove from heat and stir in basil, vinegar, and salt. Serve with cheese and pepper. Very easy to make and very low fat! Delicious!

*Karen Belz*

## Portuguese Soup

A little oil	1 (15 oz.) can tomato juice
½ tsp. salt	1 (6 oz.) can tomato paste
½ tsp. pepper	1 medium cabbage (chopped)
¼ tsp. garlic salt	2 potatoes (diced)
¼ tsp. garlic powder	1 (10 oz.) can bouillon
1 C. chopped onion	¼ C. white vinegar
2 links sausage (cut-up)	3 cans water
1 (15 oz.) can kidney beans	

SOUPS

Cover bottom of large soup pot with first 5 ingredients. Stir in onions and sausage; saute' for 5 minutes. Add remaining ingredients. Bring to boil and simmer for 3 to 5 hours, stirring often. This soup can also be cooked quickly in a pressure cooker or slowly in a crock pot.

*Juanita A. Lutz*

## "Just For Notes"

MAGAZINE

- 1 (2 oz.) can tomato paste
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Wash, trim, and chop the vegetables. In a large pot, sauté the onions and garlic in the oil until they are soft. Add the remaining vegetables and the tomato paste. Cook for 10 minutes. Add the broth and simmer for 30 minutes. Season with salt and pepper. Serve hot.

## Tortellini Soup

- 4 C. chicken stock
- 1 (2 oz.) pkg. tortellini
- 1 (2 oz.) pkg. tortellini
- 1 (2 oz.) pkg. tortellini
- 1 (2 oz.) pkg. tortellini
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- 1 (2 oz.) pkg. tortellini

- 1/2 C. sliced onion
- 2 T. balsamic vinegar
- 1/4 tsp. salt
- 1/2 C. shredded cheese
- 1/2 C. fresh ground pepper

Bring stock to boil in large Dutch oven. Add tortellini and cook for 10 minutes or until tender. Stir in onion and remaining ingredients. Simmer for 5 minutes. Season with salt and pepper. Serve hot.

Bring stock to boil in large Dutch oven. Add tortellini and cook for 10 minutes or until tender. Stir in onion and remaining ingredients. Simmer for 5 minutes. Season with salt and pepper. Serve hot.

# Vegetables and Side Dishes

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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_____	_____
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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.

## Baked Beans

- |                              |                           |
|------------------------------|---------------------------|
| 4 slices bacon               | 1 onion                   |
| 2 (16 oz.) cans Pork & beans | 2 T. brown sugar          |
| 2 T. catsup                  | 1 T. Worcestershire sauce |
| 1 T. prepared mustard        |                           |

Fry bacon until crisp, turning often with tongs so it browns on both sides. This will take about 6 minutes. Drain fat on paper towels. Return 3 T. of fat to skillet. Peel and chop onion and cook in fat until tender, stirring occasionally. Pour pork and beans into a 1½ C. casserole dish. Stir in brown sugar, catsup, Worcestershire sauce, and mustard until well mixed. Stir in cooked onions. Bake at 350° for about 1 hour. Remove and crumble the cooked bacon over the top of the beans. Let stand a few minutes before serving.

*Diane Wright*

## Calico Beans

- |                             |                  |
|-----------------------------|------------------|
| ½ lb. hamburger             | ½ C. catsup      |
| ½ lb. bacon (cut in pieces) | 1 tsp. mustard   |
| 1 C. chopped onions         | 1 tsp. salt      |
| 1 (16 oz.) can pork & beans | 2 tsp. vinegar   |
| 1 (16 oz.) can lima beans   | ¾ C. brown sugar |
| 1 (16 oz.) can kidney beans |                  |

Brown hamburger, onion, and bacon. Drain off excess fat and add remaining ingredients. Bake in greased casserole dish at 350° for 40 minutes.

*Marcia Gregorac*

## **Calico Beans**

1/2 lb. bacon (diced)	1/4 tsp. pepper
1 lb. ground beef	1 (No. 300) can lima beans
1/2 C. chopped onion	(15 oz. can butter beans)
1/2 C. brown sugar	1 (15 oz.) can red kidney beans
1/2 C. catsup	1 (20 oz.) or larger can
1 T. prepared mustard	pork & beans
1/2 tsp. salt	Dash of liquid smoke (optional)

Brown the first 3 ingredients. Remove some juice from the lima and kidney beans and save to add during baking if appears too dry. Stir all ingredients together in small roaster or 2 1/2-quart casserole. Bake, uncovered at 300° for 1 1/2 hours or longer.

*Gretchen Zitterich*

## **Calico Beans**

2 (15 oz.) cans pork & beans	1/2 C. mustard
2 (15 oz.) cans butter beans	1 1/2 lbs. hamburger
1 lb. bacon	1 C. catsup
1 T. vinegar	1/3 C. molasses (optional)
1 medium onion (chopped)	3/4 C. brown sugar
2 (15 oz.) cans kidney beans (drained)	1/2 C. BBQ sauce

Brown hamburger and onion. Fry bacon until crisp. Mix all ingredients together and bake at 325° for 60 minutes. Can also cook in crock pot for 4 to 6 hours on low. Serves 20.

*Jean Kresse*

## Lima Beans Supreme

- |   |                     |
|---|---------------------|
| 1 lb. large dry lima beans                              | Salt, to taste      |
| 3 to 4 strips bacon (optional)                          | ½ C. brown sugar    |
| 1 T. mineral oil (optional)<br>(to reduce gas in beans) | 1 C. whipping cream |

Boil beans, bacon, and oil until beans are barely tender (1½ to 2 hours). Drain and add sugar, salt, and whipping cream. Bake at 350° for 30 minutes.

*Mary Padilla*

## Mom's Lima Beans

- |                           |                    |
|---------------------------|--------------------|
| 1 lb. dry lima beans      | 1 tsp. dry mustard |
| 1 stick oleo              | 8 ozs. sour cream  |
| ¾ C. brown sugar (packed) |                    |

Wash lima beans. Place in 4-quart pan, cover with water, and boil until almost tender. Drain and add remaining ingredients. Mix and place in oven-proof casserole dish. Bake at 350° for 1½ hours.

*Lyn Wheatley*

## Broccoli Casserole

- |   |                                |
|---|--------------------------------|
| 1 can mushroom soup                     | 1 stick margarine (melted)     |
| 1 small jar Cheez Whiz                  | 1 small can mushrooms & liquid |
| 1 pkg. frozen broccoli<br>(4 C. cooked) | 1 can water chestnuts          |
| ½ C. onion (chopped)                    | 1½ C. uncooked Minute Rice     |

Cook broccoli and drain. Blend with other ingredients. Place in buttered casserole dish and bake at 350° for 40 minutes.

*Mary MacGillivray*

## **Brussel Sprout Casserole**

- |                           |  |
|---------------------------|--|
| 1½ t. butter or margarine | Pepper, to taste   |
| ½ C. chopped celery       | 1 C. cooked or canned tomatoes                           |
| ¼ C. chopped onion        | 1½ C. fresh cooked brussel sprouts                       |
| 1½ T. flour               | Fine bread or cracker crumbs<br>(in butter or margarine) |
| ½ tsp. salt               |  |

Heat butter or margarine in frying pan. Add celery and onion. Cook slowly until yellow. Blend in flour, salt, and pepper. Add tomatoes. Stir and cook until mixture is thick. Put brussel sprouts into greased baking dish and add tomato mixture. Sprinkle crumbs over the top. Bake in moderate (350°) oven for about 30 minutes. Serves 4.

*Kris Cavanaugh*

## **Carrots Au Gratin Casserole**

- |                         |   |
|-------------------------|---|
| 2 C. crushed cornflakes | 1½ C. milk                                |
| 4 T. butter             | 1 C. grated American or Velveeta cheese   |
| ⅓ C. chopped onion      | 4 C. sliced carrots<br>(cooked & drained) |
| 2 T. flour              | 1 T. parsley (fresh or dried)             |
| ½ tsp. salt             |   |
| 1/8 tsp. pepper         |   |

Brown crushed cornflakes in 2 T. butter and set aside for topping. Saute' onion in remaining butter until tender. Stir in flour, salt, and pepper. Remove from heat and add milk gradually. Stir until smooth. Return to medium heat. Cook until bubbling and thick, stirring constantly. Add cheese and stir until melted. Remove from heat. Stir in cooked and drained carrots and parsley. Carrots should be cooked to tender-crisp. Don't overcook. Spread into 10x6½x2-inch (1½-quart) baking dish. Sprinkle crumbs on top. Bake at 325° until cheese sauce bubbles. Let stand for 5 minutes before serving.

*Mary Padilla*

## Carrots Lyonnaise

- |                         |                         |
|-------------------------|-------------------------|
| 6 carrots               | 3 medium onions         |
| ½ C. boiling water      | 1 T. flour              |
| 1 chicken bouillon cube | ¾ C. water              |
| ¼ C. margarine          | ¼ tsp. salt, if desired |

Cut carrots into slender strips. Dissolve bouillon in boiling water in medium-sized pan. Add carrots, cover and simmer until just tender. Melt margarine in skillet. Slice onions and cook until soft, stirring often. Stir in flour. Add water and bring to a boil. Add cooked carrots and liquid. Simmer, uncovered for 10 minutes. Serves 6.

*Louise Grotheer*

## Corn Chowder

- |                            |                              |
|----------------------------|------------------------------|
| 1 stick margarine (melted) | 1 pkg. Jiffy corn muffin mix |
| 2 beaten eggs              | 1 can whole kernel corn      |
| 1 can cream-style corn     | (do not drain)               |
| Salt, to taste             | Pepper, to taste             |
| 1 C. sour cream            |                              |

Mix all ingredients together and mix until well blended. Pour into large casserole dish and bake at 350° for 45 minutes or until middle is set.

*Barbara Folkmann*

## Corn Pudding

- |                          |            |
|--------------------------|------------|
| 2 C. corn                | 2 T. flour |
| 3 eggs (slightly beaten) | 2 T. sugar |
| 1 tsp. salt              | 2 C. milk  |
| 2 T. butter or oleo      |            |

Mix altogether and pour into a 7x11-inch glass pan. Bake at 325° for 45 minutes to 1 hour.

*Phyllis Hauptmeier*

## **Corn Casserole**

- |                         |                           |
|-------------------------|---------------------------|
| 1 can cream-style corn  | ½ lb. box Velveeta cheese |
| 1 can whole kernel corn | (diced)                   |
| ¾ stick oleo (diced)    | 1 C. uncooked macaroni    |
| 1 medium onion (diced)  |                           |

Mix above ingredients and place in casserole dish, sprayed with non-stick coating. Bake at 325° for 45 minutes or until macaroni is tender.

*Karla Moore*

## **Escalloped Corn**

- |                                   |             |
|-----------------------------------|-------------|
| 1 pt. or 2 C. corn                | 2 T. sugar  |
| 2 eggs                            | ¼ C. flour  |
| 2 T. butter or margarine (melted) | 1 tsp. salt |
| 1 C. milk                         |             |

Mix all ingredients together, except milk. Add milk, stir and pour into 1-quart baking dish. Bake at 350° for 1 hour, uncovered.

*Donna Schradle*

## **Scalloped Corn**

- |                          |                              |
|--------------------------|------------------------------|
| 1 can whole kernel corn  | 1 C. milk                    |
| 1 can creamed corn       | 2 eggs                       |
| 1 stick melted margarine | 1 pkg. Jiffy corn muffin mix |

Mix all ingredients together and pour into greased baking dish. Bake at 350° for 1 hour or until golden brown on top.

*Margaret Johnson*

## Scalloped Corn

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 can whole kernel corn (drained) | 1 egg                   |
| 1 can cream-style corn            | 1 C. grated cheese      |
| 1 C. sour cream                   | 1 Jiffy corn muffin mix |
| 1 stick oleo                      |                         |

Mix all ingredients and pour into 1½-quart baking dish. Bake at 350° for 40 minutes or microwave on High for 10 minutes, then turn ¼ after stirring. Cook another 10 minutes and turn ¼ and cook for 3 to 5 minutes.

*Mary Lee Wheat*

## Green Bean Casserole

- |   |                                     |
|---|-------------------------------------|
| 2 (14½ oz.) cans French-style green beans | Velveeta cheese, to taste           |
| 1 can cream of mushroom soup              | Pepper, to taste                    |
| ¼ C. minced onion                         | 1 (2.8 oz.) can French fried onions |
| Wondra flour                              |                                     |

In a saucepan combine drained green beans, soup, pepper to taste, and minced onion. Add cubed Velveeta cheese and heat until cheese is melted. Bring to a gentle boil and add enough Wondra flour to thicken. Pour into a greased casserole dish and bake at 350° for 30 minutes. Top with onions and return to oven for 5 minutes. Serves 6.

*Lyn Wheatley*

*A stranger is just a friend you haven't met.*

## **Pineapple Casserole**

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 3/4 stick margarine or butter | 5 slices of bread                     |
| 1 C. sugar                    | 1 (20 oz.) can pineapple<br>(crushed) |
| 4 eggs                        |                                       |

Cream butter and sugar. Add 4 slightly beaten eggs. Stir in bread, cut into small pieces. Add crushed pineapple and juice. Pour into greased casserole and bake at 350° for 1 hour.

*Michelle Boswell*

## **Pineapple Casserole**

- |                                 |                          |
|---------------------------------|--------------------------|
| 2 (20 oz.) cans chunk pineapple | 2 C. grated cheese       |
| 1 C. sugar                      | 1 stack Ritz crackers    |
| 6 T. flour                      | 1 stick melted margarine |

Drain pineapple and layer in greased casserole. Mix together and sprinkle over pineapple, sugar, flour, and cheese. Sprinkle crackers over mixture and pour margarine over that. Bake at 350° for 20 to 30 minutes until bubbly and crackers are brown.

*Cindy Baas*

## **Cheesy Potatoes**

- |  |                            |
|--|----------------------------|
| 2 lbs. hash brown potatoes<br>(thawed) | 1 C. sour cream            |
| 1 tsp. salt                            | 1 C. milk                  |
| 1 tsp. pepper                          | 2 C. grated cheddar cheese |
| 1/2 C. oleo                            | 1 can cream of potato soup |

Combine ingredients and put into a greased 9x13-inch pan. Bake at 350° for 1 hour.

*Mary Lee Wheat*

## Cheesy Potato Bake

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 4 large unpeeled baking potatoes | 1/8 tsp. pepper                       |
| 1/4 C. butter or margarine       | 1 C. (4 ozs.) shredded cheddar cheese |
| 1 T. grated onion                | 1 T. chopped fresh parsley            |
| 1 tsp. salt                      |                                       |
| 1/2 tsp. dried thyme             |                                       |

Thinly slice the potatoes and place in a greased shallow 2-quart baking dish. In a small saucepan heat butter, onion, salt, thyme, and pepper until butter is melted. Drizzle over potatoes. Cover and bake at 425° for 45 minutes or until tender. Sprinkle with cheese and parsley. Bake, uncovered for 15 minutes longer or until cheese melts. Makes 6 to 8 servings.

*Sharron Martin*

## Potato Casserole

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 1 1/2 lbs. frozen hash browns | 2 C. grated sharp cheddar cheese     |
| 1/2 C. melted margarine       | 1 (10 oz.) can cream of chicken soup |
| 1/2 C. chopped onion          | 2 C. crushed cornflakes              |
| 1 tsp. salt                   | 1/4 C. melted oleo or margarine      |
| 1/4 tsp. pepper               |                                      |
| 1 pt. sour cream              |                                      |

Combine and mix all ingredients, except the cornflakes and 1/4 C. melted margarine. Place in 9x13-inch pan. Combine cornflakes and 1/4 C margarine. Spread on top of potato mixture. Bake at 350° for 45 minutes with lid on.

*Rita Dougan*

## **Potatoes Deluxe**

- |  |  |
|--|--|
| 1 large pkg. hash browns<br>(Ore Ida frozen) | 2 cans cream of potato soup              |
| Onion, to taste                              | 1 can cream of mushroom soup             |
| 1 C. dairy sour cream                        | Salt & pepper, to taste                  |
| 2 C. grated cheddar cheese                   | Milk (small amount if<br>mixture is dry) |

Mix all ingredients together, except cheddar cheese. Place in greased 9x13-inch pan. Top with cheese and bake at 300° for 1½ to 2 hours.

*Barbara Folkmann*

## **Potato Hot Dish**

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 2 lbs. hash browns or<br>french fries | 1 can cream of chicken soup |
| 1 tsp. salt                           | 1 C. sour cream             |
| ¼ tsp. pepper                         | 2 C. grated cheddar cheese  |
|                                       | ¼ C. onion                  |

Combine all ingredients and bake at 350° for about 1 hour. If using glass dish, reduce heat to by 25°.

*Carole Bunke*

## **Make Ahead Potatoes**

- |                             |                         |
|-----------------------------|-------------------------|
| 12 large potatoes           | ¼ C. margarine (melted) |
| 1 (8 oz.) pkg. cream cheese | Dash of paprika         |
| 1 (8 oz.) pkg. sour cream   | Milk                    |
| 1 tsp. onion salt           |                         |

Cook potatoes in salted water and mash. Add cheese, sour cream, salt, and enough milk to make them fluffy. Spread in 9x13-inch pan. Cover and refrigerate until ready to use. Drizzle margarine over the top. Sprinkle with paprika and bake at 350° for 1 hour.

*Margaret Johnson*

## Kristin's Potatoes

- |                                |   |
|--------------------------------|---|
| 1 env. powdered onion soup mix | 2 lbs. potatoes (cut into bite-size chunks) |
| ¼ C. vegetable oil             |   |

Preheat oven to 450°. In large plastic bag or bowl, add all ingredients. Close bag and shake or toss in bowl until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan. Bake, stirring occasionally, 40 minutes or until potatoes are tender. Makes 8 servings.

*Carla Peterman*

## Ratatouille

- |  |                          |
|--|--------------------------|
| 1½ C. peeled & sliced eggplant           | 1½ C. sliced zucchini    |
| ½ C. thinly sliced onion                 | 1 can stewed tomatoes    |
| 1 clove garlic (minced)                  | 1 tsp. salt              |
| 3 T. olive oil                           | ¼ tsp. Italian seasoning |
| 1 green pepper<br>(cut in ½-inch strips) | Dash of pepper           |

Place eggplant, onion, garlic, and oil in microwave for 5 minutes on High, stirring halfway through. Layer peppers and zucchini over eggplant mixture. Add seasonings to tomatoes. Pour over veggies. Cook in microwave, covered on Full Power for 8 to 10 minutes or until tender. Let stand for 5 minutes, covered before serving.

*Shirley Huffman*

## **Oven Potatoes**

4 large potatoes  
Pam (butter flavored spray)  
Onion flakes

Lawry's seasoned salt  
Grated Parmesan cheese

Spray 9x13-inch pan with Pam. Peel and slice potatoes. Put in pan and add enough water to keep potatoes moist. Sprinkle with onion flakes, Lawry's salt, and Parmesan. Spray top with Pam. Bake at 325°, covered for 1 hour.

*Alice Buck*

## **Herb-Rice**

1 C. rice  
2 C. water  
Salt, to taste  
1 to 2 T. butter  
1 to 2 tsp. cumin seed  
(coarsely ground)  
1 tsp. black pepper  
(coarsely chopped)

½ bunch green onion  
(finely chopped)  
½ bunch fresh cilantro  
(washed & finely chopped)  
½ bunch fresh mint/parsley  
(washed & finely chopped)

Cook rice with water and salt on stove top until done; set aside. Heat butter in a pan. Add cumin and pepper. Add rice and mix well. Add the herbs and mix well. Serve hot. Serve with chicken, meat or beans.

*Rama Sridhar*

*Try to fix the mistakes - never the blame.*

## Mexican Fried Rice

- |                             |   |
|-----------------------------|---|
| 3 small garlic cloves       | 1 tomato (diced)                                |
| 1 tsp. comino seeds (cumin) | ¼ tsp. salt                                     |
| 1½ C. uncooked rice         | 2 C. water                                      |
| 1 medium onion (chopped)    | 1 small can chopped green<br>chilies (optional) |
| 1/8 C. cooking oil          |   |

Crush garlic and comino seeds with a little water. Saute' onion and rice until golden then add tomato, salt, garlic mixture, and 2 C. of water. Cover and cook on low heat for about 20 minutes. Do not stir.

*Kris Grotheer*

## Rice Pilaf

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| ½ stick margarine                   | ½ C. slivered almonds            |
| Chopped onion                       | 1 (10½ oz.) can beef broth       |
| 1 C. uncooked rice                  | 1 can water (use beef broth can) |
| 1 (2 oz.) can mushrooms with liquid |                                  |

Melt margarine in a skillet and brown onion slightly. Add the rice and stir until margarine begins to brown. Add mushrooms, almonds, and the broth and water. Season with salt and pepper; stir well. Pour into an 8x10-inch pan and bake at 375° for 45 minutes.

*Barb Hamilton*

*The greatest remedy for anger is delay.*

## **Rice Stuffed Peppers**

4 medium green peppers	2 T. sunflower kernels
2 C. chopped tomato	2 T. butter
$\frac{2}{3}$ C. uncooked instant rice	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ C. chopped onion	$\frac{1}{2}$ tsp. curry powder
$\frac{1}{4}$ C. raisins	$\frac{1}{4}$ tsp. pepper
$\frac{1}{4}$ C. snipped parsley	$\frac{1}{2}$ C. water

Cut thin slice from stem of each pepper. Remove seeds and membrane; rinse. Arrange peppers in a circle in a 9 to 10-inch pie plate. Mix remaining ingredients, except water. Fill each pepper with  $\frac{2}{3}$  C. mixture. Spoon 2 T. water into each pepper. Cover loosely and microwave for 6 minutes. Rotate  $\frac{1}{2}$  turn. Cook until peppers are crisp-tender, 4 to 5 minutes longer.

*Kathy Holmstrom*

## **Wild Rice Bake**

3 C. chicken broth or consomme	Chopped mushrooms, onions
1 C. wild rice (washed)	celery, green pepper,
2 T. soy sauce	almonds, water chestnuts, etc.
Salt, to taste	(all sauted')

Put all ingredients together in casserole in the morning if rice is to be served at night. Bake, covered at 350° for 1½ hours. Check for doneness. Can add more broth if getting dry but not done.

*Carole Bunde*

*There is no right way to do the wrong thing.*

## Rice with Nuts and Fruits

1 tsp. butter	1/3 C. chopped dried apricots
1 piece cinnamon stick	1/3 C. currants
1 C. long grain rice	1/2 C. orange juice
2 T. wild rice	1/2 C. chopped pecans
2 C. water	Salt, to taste

Soak currants and apricots in orange juice. Heat pan and melt butter. Add cinnamon stick and both rices. Saute' for 3 to 4 minutes. Add water and salt. Cover and cook until rice is tender and water is absorbed. Add fruits and nuts. Keep on low heat for 3 to 4 minutes until juice is absorbed.

*Rama Sridhar*

## Wella Friedrich's Sauerkraut

4 (16 oz.) cans sauerkraut	Dash of salt
2/3 C. water	1 large & 1 small raw potato
1 C. brown sugar	(grated)
4 tsp. caraway seeds	A little white wine (optional)

Put all ingredients, except grated potato and wine in a pressure kettle. Cook for about 15 minutes at 15 lbs. pressure. When sauerkraut mixture is cooked, remove top of kettle and add grated raw potato and wine, if desired. Bring this to a boil again and boil until potato cooks and mixes with the kraut. This is better served after a day or two. It is really good on mashed potatoes and served with bratwurst (low-fat of course). We also like it as a condiment for brats in buns.

*Mureen Friedrich*

## **Scalloped Sauerkraut**

- |                           |                            |
|---------------------------|----------------------------|
| 1 (27 oz.) can sauerkraut | ½ lb. bacon (fried crisp)  |
| 3 large potatoes          | Bacon drippings as desired |

Put sauerkraut in 2-quart casserole (include juice). Grated potatoes and mix with sauerkraut. Crumble bacon and add to potato mixture. Bacon drippings as desired, for flavoring. Bake at 350° for 1 hour, covered.

*Alice Buck*

## **Sweet Potato Casserole**

- |                            |              |
|----------------------------|--------------|
| 3 C. mashed sweet potatoes | ½ C. milk    |
| 1 C. sugar                 | 1 T. vanilla |
| 2 eggs                     | ½ tsp. salt  |
| ½ C. butter                |              |

### **TOPPING:**

- |                       |                      |
|-----------------------|----------------------|
| 1 C. pecans (chopped) | ½ C. flour           |
| 1 C. brown sugar      | ½ C. butter (melted) |

Combine sweet potatoes, sugar, eggs, ½ C. butter, milk, vanilla, and salt. Place in a casserole dish. Combine topping ingredients and spread over sweet potatoes. Bake at 350° until brown.

*Nonnie Smith*

*You're grown up the day you have  
your first real laugh - at yourself.*

## Cranberry Sweet Potatoes

- |                              |                          |
|------------------------------|--------------------------|
| 3 large sweet potatoes       | 2 T. butter or margarine |
| ½ C. cranberry-orange relish | ¼ C. packed brown sugar  |
| ¼ C. raisins                 | ¼ C. broken walnuts      |

Cook sweet potatoes in boiling, salted water for 25 to 35 minutes or until tender. Cut in half lengthwise. Scoop out centers, leaving ¼-inch thick shells and set aside. Mash centers and add relish. Beat until fluffy and stir in raisins. Spoon into shells. Place in a 12x7½x2-inch baking dish. Cut butter into brown sugar and stir in nuts. Sprinkle over sweet potatoes and bake at 350° for 30 minutes. Makes 6 servings.

*Kris Grotheer*

## Sweet Potato Crisp

- |                                 |                  |
|---------------------------------|------------------|
| 5 large sweet potatoes or yams* | 2 eggs (beaten)  |
| 1 T. butter                     | 4 T. brown sugar |
| 1 T. mustard                    | 1 tsp. salt      |
| 1 T. flour                      | 1/8 tsp. pepper  |
- TOPPING:
- |                  |                            |
|------------------|----------------------------|
| 2 T. oleo        | 1 C. crushed cornflakes or |
| 1 T. brown sugar | crushed Special K          |

(\*Can substitute 2 (12 oz.) pkgs. of frozen squash, thawed.) Boil potatoes until done and peel. Beat with mixer. Add all ingredients, except topping. Mix and put in buttered casserole. Combine topping and sprinkle on top. Bake at 360° for 30 minutes. Serves 6 to 8.

*Marilyn Hagemoser*

## **Sara's Casserole**

- |  |                      |
|--|----------------------|
| 1 pkg. California blend vegetables<br>(frozen) | Butter               |
| Salt & pepper, to taste                        | 1 can mushroom soup  |
|  | ½ C. milk (optional) |

Parboil just until vegetables are soft. Season with salt, pepper, and butter, to taste. Heat mushroom soup; may add ¼ C. milk, if desired. Pour over vegetables that have been poured into a large baking dish. Bake at 350° for 30 minutes.

*Margaret Johnson*

## **Vegetable Casserole**

- |  |                             |
|--|-----------------------------|
| 16 ozs. frozen mixed vegetables<br>(broccoli, cauliflower & carrots) | 1 C. grated cheddar cheese  |
| 1 C. chopped onions  | 1 C. mayonnaise (Hellman's) |
| 1 C. chopped celery  | 18 crushed Ritz crackers    |

### TOPPING:

- |                       |                |
|-----------------------|----------------|
| 18 more Ritz crackers | ½ C. margarine |
|-----------------------|----------------|

Cook frozen vegetables for 5 minutes and then drain. Add other ingredients and place in a greased casserole. Crush the Ritz crackers and mix with ½ C. melted margarine. Put on top of vegetable mixture. Bake at 350° for 30 minutes. Note: Can also use a 20 oz. package of vegetables and leave all the other ingredients the same. Maybe use just a speck more mayonnaise.

*Olga Engler*

# Odds and Ends

*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.

## Caramel Corn

- |                    |                       |
|--------------------|-----------------------|
| 1 C. brown sugar   | ¼ C. white corn syrup |
| 1 stick butter     | ½ tsp. salt           |
| ½ tsp. baking soda | 16 C. popped popcorn  |

Heat sugar, butter, syrup, and salt in microwave (use large mixing bowl) for 2½ to 3 minutes. Stir after 2 minutes. Add ½ tsp. baking soda and heat 1 additional minute. Put popped popcorn in brown grocery sack. Pour mixture into bag over popcorn. Stir and heat in 200° oven for 10 minutes. Stir again and store in any container.

*Jean Kresse*

## Oven Caramel Corn

- |                                |                       |
|--------------------------------|-----------------------|
| 24 C. popped popcorn           | 1 tsp. salt           |
| 2 C. brown sugar               | ½ C. white Karo syrup |
| 2 sticks (1 C.) oleo or butter | ½ tsp. baking soda    |

Mix sugar, oleo, salt, and syrup in cooking pan and bring mixture to a boil (on top burner of stove). Boil for 5 minutes only. Take off heat. Add ½ tsp. soda and stir. Pour mixture over popcorn which is in a large oven-proof dish or pan. Stir and mix well. Place in a 250° oven for 1 hour, stirring every 15 minutes.

*Mary Padilla*

## Caramels

- |  |                  |
|--|------------------|
| 1 lb. brown sugar<br>(2¼ C. firmly packed) | 1 C. white syrup |
| 1 can Eagle Brand Milk<br>(sweetened)      | 1 T. vanilla     |
|  | ½ lb. butter     |
|  | Pinch of salt    |

Melt butter in heavy pan. Add milk and stir in brown sugar. Add syrup. Stir and boil hard over a slow flame for 15 minutes. Remove from the heat and add vanilla. Pour immediately into 9x12-inch buttered pan. Cool, then cut into squares and wrap in waxed paper.

*Marcia Gregorac*

## **Coffee Walnut Fudge**

- |                            |                                 |
|----------------------------|---------------------------------|
| 3 C. sugar                 | 2 tsp. hot water                |
| 1 C. Half & Half           | 4 T. butter or margarine        |
| 3 T. corn syrup            | ¼ tsp. vanilla                  |
| ¼ tsp. salt                | 1 C. walnuts (coarsely chopped) |
| 1 T. instant coffee powder |                                 |

In 5-quart glass or glass-ceramic casserole, combine first 4 ingredients. Cook in microwave on High for 5 to 7 minutes, until mixture comes to a full boil, stirring occasionally. Set microwave-safe candy thermometer in place. Continue to cook on High for 7 to 10 minutes or until temperature reaches 240° or softball stage (when a small amount of mixture dropped into a bowl of cold water forms a soft ball that flattens on removal from water). Dissolve coffee in hot water. Add coffee mixture, butter, and vanilla to hot candy mixture, **BUT DO NOT STIR**. Cool, without stirring, to 110° or until outside of casserole feels lukewarm. Meanwhile, lightly butter an 8-inch square baking pan. When mixture is cool, using a wooden spoon, beat until fudge becomes thick and begins to lose its gloss. Stir in nuts. Pour fudge into prepared pan. Chill. When firm, cut into 36 pieces. Makes about 2 pounds of fudge, 110 calories per piece. This is easily done in the stove-top method also.

*Kris Cavanaugh*

## **Five Minute Fudge - 2 lbs.**

- |                          |                              |
|--------------------------|------------------------------|
| 2 T. butter or margarine | 2 C. miniature marshmallows  |
| ⅔ C. evaporated milk     | 1½ C. chocolate chips        |
| 1⅔ C. sugar              | 1 tsp. vanilla               |
| ½ tsp. salt              | ½ C. chopped nuts (optional) |

Combine butter or margarine, evaporated milk, sugar, and salt. Heat in saucepan over medium heat, bringing to a boil. Cook 4 or 5 minutes, stirring constantly. Remove from heat and stir in miniature marshmallows, chocolate chips, vanilla, and nuts. Stir until blended. Pour into 8-inch square buttered pan, cool and cut.

*Margaret Johnson*

## Velveeta Fudge

- |                       |                       |
|-----------------------|-----------------------|
| 1 lb. Velveeta cheese | 1 T. vanilla          |
| 1 lb. margarine       | 4 lbs. powdered sugar |
| 1 C. cocoa            | 2 C. chopped pecans   |

Sift sugar and cocoa together. Melt cheese and margarine. Add this mixture to the sifted sugar and cocoa. Stir well adding the pecans and vanilla. Press into buttered three 9x13-inch pans and cool. This candy freezes nicely.

*Mary MacGillivray*

## Molded Mints

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1/3 C. butter                   | 1/3 C. white corn syrup               |
| 1 lb. (3 1/2 C.) powdered sugar | 1/3 tsp. vanilla or desired flavoring |
| Pinch of salt                   | Food coloring, as desired             |

Mix butter, powdered sugar, syrup, and salt. Add food coloring and flavoring. Roll in small balls and roll in granulated sugar. Press into molds.

*Alice Buck*

## Party Mints

- |                              |                    |
|------------------------------|--------------------|
| 2 1/2 C. powdered sugar      | 1/2 tsp. flavoring |
| 3 ozs. softened cream cheese | Food coloring      |

Mix well and shape into balls. Press in mold. Roll balls in white sugar, if desired.

*Mary Lee Wheat*

## **Peanut Brittle (No Mess Microwave)**

1 C. sugar	1 tsp. oleo
1 C. raw peanuts	1 tsp. vanilla
1/8 tsp. salt	1 tsp. baking soda
1/2 C. light corn syrup	

In 1-quart glass casserole dish or bowl combine sugar, peanuts, salt, and corn syrup. Microwave on Medium Power for 4 minutes. Remove and stir. Microwave on Medium for an additional 5 minutes. Add oleo and vanilla. Microwave on Medium for 1½ minutes. Remove and add baking soda. Stir quickly and pour onto buttered pan. Spread to about ¼-inch thick. Cool completely. Peel off and break into serving pieces.

*Sandy Townsend*

## **Peach Jam**

4 C. peaches (8 average)	4 C. sugar
2 T. lemon juice	

Peel peaches. Cut-up and mash. Measure 4 C. peaches. Add 2 T. lemon juice and boil. After peaches and lemon juice boils, add sugar. Add slowly and dissolve. Cook for about 20 minutes, stirring occasionally. Stir with a wooden spoon. Do not start timing until all sugar is dissolved and there is a rolling boil. Never stir the edges of pan. Add sugar in the center of the pan.

*Marcia Gregorac*

## Easy Rhubarb Jam

- |                             |                                 |
|-----------------------------|---------------------------------|
| 3 C. finely chopped rhubarb | 1 (3 oz.) pkg. strawberry Jello |
| 3 C. sugar                  | Red food coloring (optional)    |

Cook rhubarb in heavy saucepan, stirring constantly until tender. Stir in sugar and continue cooking until sugar is completely dissolved. Remove from heat and stir in Jello until well blended. Add a few drops of red food coloring (optional). Pour into containers. Makes 2 pints. Store in refrigerator.

*Norma Pietsch*

## Strawberry Rhubarb Jam

- |              |                              |
|--------------|------------------------------|
| 6 C. rhubarb | 1 small box strawberry Jello |
| 4 C. sugar   | 1 can strawberry pie filling |

Dice rhubarb in small pieces and combine with sugar. Allow mixture to set overnight. Cook this mixture for 10 minutes. Add Jello and pie filling and blend. Put in jars and seal. This jam is best frozen. This can also be made as cherry or blueberry.

*Mary MacGillivray*

## Cranberry Relish

- |                   |                    |
|-------------------|--------------------|
| 1 lb. cranberries | 1½ C. sugar        |
| 1 large orange    | 1 small pkg. Jello |
| 2 apples          |                    |

Grind cranberries, orange, apples, and sugar together. Let mixture stand overnight. Drain off juice and use as cool liquid when mixing with Jello (strawberry, raspberry or cherry) and 1 C. of hot water.

*Marcia Gregorac*

## **Chocolate Sauce**

¼ lb. butter  
1½ C. sugar

¾ C. evaporated milk  
2 sqs. unsweetened chocolate

Melt butter and chocolate over low heat or in microwave. Remove from heat and add sugar. Gradually add milk. Heat slowly to boiling point. Remove from heat and add a pinch of salt. Keeps well in refrigerator. Heat before serving.

*Donna Schradle*

## **Hot Fudge Sauce**

2 C. sugar  
4 rounded T. cocoa

4 T. butter  
1 (12 oz.) can evaporated milk

Mix 2 C. sugar and 4 T. of cocoa together until smooth. Stir on low flame for 2 minutes. Add 4 T. butter and 1 can evaporated milk. Cook until a rolling boil over low heat. Stir this while cooking. Store in the refrigerator and reheat amount needed.

*Marcia Gergorac*

## **Hot Fudge Topping**

2 sticks butter  
3 C. sugar  
3 sqs. unsweetened chocolate

1 (12 oz.) can evaporated milk  
Vanilla to flavor

Melt butter and chocolate in double boiler. Add sugar, 1 C. at a time. Add milk and flavoring; stir until thick. Keeps for a long time in a covered container in refrigerator.

*Alice Buck*

## Easy Homemade Syrup

- |                       |                  |
|-----------------------|------------------|
| 1 C. brown sugar      | 1 C. white sugar |
| 1 C. white Karo syrup | 1 C. butter      |
| Maple flavoring       |                  |

Boil for 2 minutes. Add 1 or 2 tsp. maple flavoring.

*Carole Bunde*

## Barbecue Sauce

- |               |                           |
|---------------|---------------------------|
| 1 small onion | 1 tsp. chili powder       |
| 1 C. ketchup  | ½ tsp. salt               |
| 1 C. water    | 1 T. Worcestershire sauce |
| 1 T. vinegar  | ½ tsp. pepper             |

Mix all ingredients together. Cook until well mixed and hot. Pour over cooked pork or beef roast and cook until flavor is through the meat.

*Diane Wright*

## Basic Marinade

- |                       |                         |
|-----------------------|-------------------------|
| ¼ C. red wine vinegar | ¼ tsp. onion salt       |
| 2 T. vegetable oil    | Garlic powder, to taste |
| 2 T. soy sauce        | Black pepper, to taste  |
| 2 T. catsup           |                         |

Combine ingredients and use with beef, pork, or chicken. Marinate for 3 to 4 hours, turning several times. Increase marinating time for more flavor. Marinate in refrigerator, unless recipe indicates otherwise. When broiling or grilling use remaining for basting.

*Sandy Townsend*

## **Easy Fresh Tomato Basil Sauce**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 2 large cloves garlic (minced)       | 2 tsp. olive oil              |
| 1 C. peeled, seeded & chopped tomato | ½ tsp. salt                   |
| 3 T. minced fresh basil              | Several dashes cayenne pepper |

Puree' garlic and tomato. Transfer to glass bowl. Stir in remaining ingredients. Serve at room temperature. Toss wit pasta. Makes 1 C. of sauce.

*Amy Kaufmann*

## **Lower Fat Pesto**

- |                              |                                |
|------------------------------|--------------------------------|
| 3 cloves of garlic (chopped) | 2 C. packed fresh basil leaves |
| ¼ tsp. salt                  | ¼ C. pine nuts                 |
| ¼ C. olive oil               | ½ C. grated Parmesan cheese    |

Add all ingredients, except Parmesan into food processor or blender, scraping down sides to redistribute ingredients, if necessary. Transfer to bowl and stir in Parmesan cheese. Toss with hot pasta. Freezes well. If you like a thinner pesto, add vegetable or chicken broth. Yield: 1¼ cups.

*Amy Kaufmann*

## **Mock Sour Cream**

- |                  |                     |
|------------------|---------------------|
| 2 T. skim milk   | 1 C. cottage cheese |
| 1 T. lemon juice |                     |

Place all ingredients in blender and blend until smooth and creamy. 1 T. = ½ milk exchange or 1 fat exchange.

*Lyn Wheatley*

## Freezing Corn

15 C. corn  
5 tsp. salt

$\frac{3}{4}$  C. sugar  
5 C. ice water

Mix all the ingredients and freeze; do not need to blanch corn.

*Duane D. Faas*

## Sunshine Dill Pickles

$\frac{1}{3}$  C. coarse salt (Kosher)  
1½ tsp. powdered alum  
2 C. cider (dark vinegar)  
6 C. water  
4 to 5 heads dill (or 2 T. dill seed)

2 slices white bread  
2 to 4 cloves of garlic  
Pickles  
Carrot strips  
Cauliflowerets

(\*Small canning pickles, strips or slices can be used.) Mix salt, alum, vinegar, and water together. Boil and partly cool. Place 1 slice of white bread in bottom of jar or gallon glass jug. Fill with dill, carrots, cauliflowerets, and pickles, arranging them for color. Fill jar with brine. Top with other white bread slice. Put on the lid. Set the jar in the sunshine for 3 days, then refrigerate. These are ready to eat in 3 days. Very good! Good for football tail gate party!!!

*Duane D. Faas*

## Easy Lime Pickles

1 qt. Kosher dill pickles  
 $\frac{2}{3}$  C. vinegar  
Green food coloring

2½ C. sugar  
Handful of pickling spices

Take 1 quart Kosher dill pickles, drain all liquid, and rinse well with cold water. Quarter pickles and put back into jar. Make brine with sugar, vinegar, and spices. Bring brine to a boil and pour over pickles (may add food coloring). Seal and set jars on head and will keep for a long time. Great taste!!!

*Duane D. Faas*

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## Okra Pickles

- |                                   |                   |
|-----------------------------------|-------------------|
| 3½ lbs. small okra pods           | 4 cloves garlic   |
| 2 small hot peppers (cut in half) | 3 C. water        |
| 3 C. 5% vinegar                   | ⅓ C. canning salt |
| 2 tsp. dill seed or 2 heads dill  |                   |

Pack okra firmly into hot jars, leaving ¼-inch head space; put a garlic clove and ½ a pepper in each jar. Combine water, vinegar, salt, and dill seed; bring to a boil and pour liquid over okra, leaving ¼-inch head space. Adjust caps and process 15 minutes in boiling water bath. Makes about 4 pints.

*Duane D. Faas*

## Pickled Beets

- |                 |                              |
|-----------------|------------------------------|
| ¼ C. water      | ¼ tsp. salt                  |
| ⅓ C. vinegar    | ¼ tsp. cloves                |
| ¼ C. sugar      | 2 C. beets (sliced & cooked) |
| ½ tsp. cinnamon |                              |

Combine water, vinegar, sugar, cinnamon, salt, and cloves. Heat to boiling. Add sliced, cooked beets. Cover and simmer for 5 minutes. Chill.

*Margaret Johnson*

*With every rising of the sun, think of your life as just begun.*

## Homemade Soap

- |                           |                 |
|---------------------------|-----------------|
| 1 qt. rain water          | ½ C. soft water |
| 1 can lye                 | ½ C. Boraxo     |
| ¼ C. ammonia              | 1 T. salt       |
| 5 lbs. lard or 10 C. lard | 1 T. sugar      |

Mix rain water and lye, let it get cold. Add ammonia, soft water, Boraxo, salt, and sugar. Mix together, then add 5 lbs. lard. Mix and let stand until cold; cut.

*Diane Wright*

## Cooked Play Dough

- |                |                           |
|----------------|---------------------------|
| 1½ C. water    | 2 T. alum                 |
| ½ C. salt      | Food coloring, if desired |
| 1 T. salad oil | 2 C. flour                |

Boil water and salt. Remove from heat and add salad oil, alum, and food coloring. Quickly mix in flour. Allow to cool until it can be handled. Knead until play dough consistency (10 to 15 minutes). Needs no refrigeration. Store in tightly covered container. If it begins to dry lay wrung out paper towel on play dough in container. Will last up to 3 months.

*Diane Wright*

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*If you don't scale the mountain, you can't see the view.*

# "Just For Notes"

## Cooked Play Dough

DOES NOT BURN

If you don't score for mountains, you can't see the view.

# Index

*My Favorite Recipes in this section are:*

RECIPE

PAGE #

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

## 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, BEVERAGES, AND DIPS

(Hints for Appetizers,  
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