



# *Decades of Great Recipes*

*Madison County Health Care System  
2001*

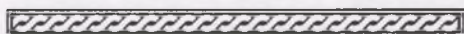
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# *Decades of Great Recipes*

*A Collection of Recipes by the Employees of  
Madison County Health Care System*

*Winterset, Iowa 50273*



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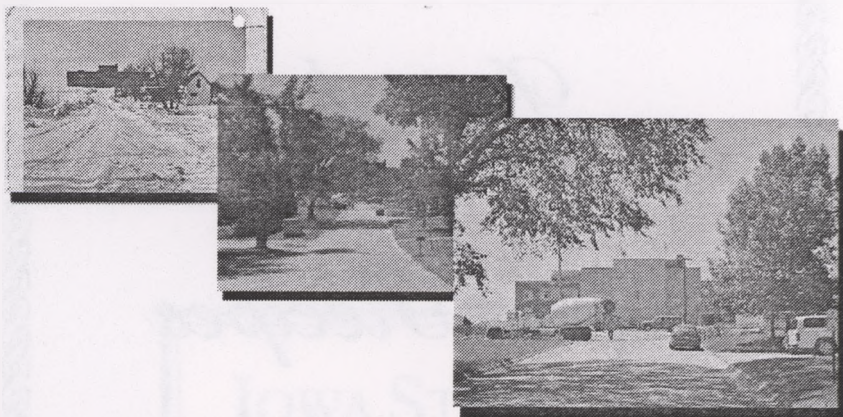
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## *Madison County's Recipe for Good Health*

Nurses in white uniforms with starched caps sitting on the railing of a Victorian wrap around porch, doctors young and old, women going door to door to raise money for a new hospital because all the men were at war—all these things have been the ingredients of the wonderful mix that has made medicine in Madison County.

While people have been the most important ingredient to health care in Madison County, not the brick and mortar of any building, in 1920 when Mack and Alice Robinson purchased the former residence of Dr. Sam Ruby, it was because they realized how desperately Madison County needed a hospital.

The Samuel Ruby residence served as the hospital under the ownership of the Robinson family until 1940. During that 20 year span, four of the Robinson daughters attended the Iowa Sanitarium and Hospital School of Nursing at Nevada, Iowa and worked at the Winterset hospital.

Over 15 doctors were attracted to Winterset because of the presence of the hospital. Some of the local doctors serving the county at the time were Dr. Frank Skinner, Dr. B.D. Little, Dr. Robert R. Davisson, Dr. Edward Embree, Dr. F.D. Davenport, Dr. Richards, Dr. C.B. Hickenlooper, Dr. John F. Veltman, Dr. Thompson, Dr. Merle Pindell, Dr. Wallace, Dr. Arnold Nelson, Dr. Ralph Wicks, Dr. Glen Anderson and his wife Evelyn Olson. Surgeons made the trip from Des Moines to perform surgeries.

In 1940, Alice Robinson, who had been widowed for ten years, sold the hospital and equipment to Bea Macumber. Mrs. Macumber continued to run the hospital until 1945 when a shortage of doctors and nurses, caused by World War II, forced her to shut the hospital doors. Though Mrs. Macumber continued to take care of O.B. patients in her home, the loss of the hospital was recognized as a disastrous event and within five months the county was "on the bandwagon" to raise





money and support for a new hospital.

The period between the passing of the bond issue for the hospital in 1945 and the opening of the new hospital doors in 1950 will forever be a reminder of how strongly Madison County believed in the crucial importance of this county hospital.

While most of the young men and many of the young women of Madison County were involved in the War effort, and those left behind raised a total of \$300,000 for war bonds, women and ladies clubs raised \$60,000 for a new hospital. Again in 1948, Madison County residents raised \$88,000 for the hospital, though shortages of workers and building materials delayed the hospital's construction.

In the annals of Madison County history, government, education and religion all involve people housed in buildings that allow them to do their job well. And the people who work at Madison County Memorial Hospital, past and present, have taken care of them all in the hospital built for the people, and by the people in an all-American demonstration of recognizing a need and meeting it.

On June 28, 1950, the first patient was admitted to Madison County Memorial Hospital to begin the 50 years of dedicated health care the hospital represents. Periodic expansion and modernization efforts have allowed the hospital to stay abreast of changes in medicine and in the needs of a growing community. In 1976 expansion and modernization took place to update the facility. On Nov. 1992 the new medical office building known as Health Trust Physicians Clinic was dedicated, providing clients with the convenience of a doctor's office with direct access to the hospital labs and facilities.

Madison County Memorial Hospital (MCMH) board members, administrators and physicians met at 6:00 on Aug. 5, 2000, for the ground breaking ceremony for the newest addition to the hospital.

After the groundbreaking, hospital board members Phil Clifton, Tom Leners, Eldon Cole (board chairman), Joan Acela, Deb Hillard, and Mary Berry, met with MCMH administrator Jill Kordick, her assistant Connie Manny, Brian Gibson the construction manager for the project and architect Gary Vandyke to make the decision on the bids for the first phase of the hospital addition construction. The new project will bring needed space to both the medical clinic and the emergency room area and is expected to be completed sometime in 2002.

Since 1920, the existence of the county hospital has been a 'main dish' in the feast that is life in Madison County. The recipe for success involves an array of dedicated people - doctors, surgeons, nurses, cooks, administrators, maintenance engineers, secretaries, hospice workers, therapists, dieticians, technicians - all of whom continually strive to bring the best in health care home to Madison County. This cookbook is a celebration of the first 50 years for Madison County Memorial Hospital, but more than that, it is a celebration of the wonderful combination of staff and facility, blended together and growing with you towards the future.

by LaVonne Hammans






## *Expression of Appreciation*

Thank you to all of the employees for their generosity in donating their treasured recipes for this book. We would also like to thank the committee for their hard work and dedication for making this a successful project. In addition, the committee would like to express their appreciation to LaVonne Hammans for her talents and her research on the history of health care in Madison County.

We apologize if your recipe did not make this book, but we had such an overwhelming response that we regret not all of the recipes could be used. Nevertheless, we appreciate your support.





# *Madison County Health Care System Employees*

## **Administration**

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Sheri Holliday  
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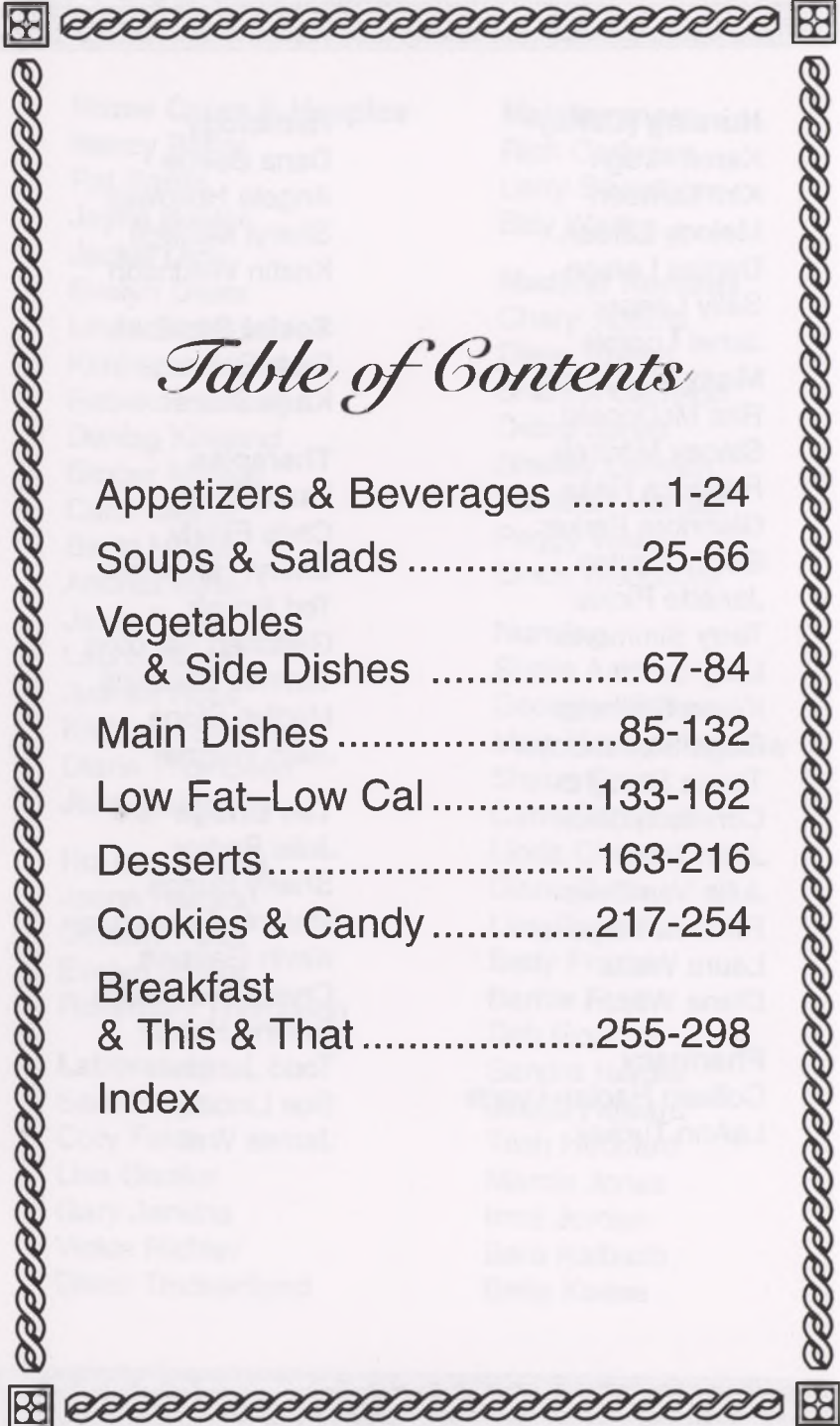
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Kevin Gabbert  
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Dianne Henke  
Todd Jenkins  
Sue Lincoln  
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# *Appetizers & Beverages*



# Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of 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.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about  $\frac{1}{4}$  cup juice; one orange yields about  $\frac{1}{3}$  cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

## FRESH PEACH COOLER

---

*Barb Goering*

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2 c. peeled, chopped peaches      | 1/4 tsp. almond extract, if |
| 3 T. honey                        | desired                     |
| 2 1/4 c. milk                     |                             |
| 1 pt. peach or vanilla ice cream, |                             |
| softened                          |                             |

Place peaches, honey and small amount of milk in blender. Purée until almost smooth. Add remaining ingredients. Blend well, about 1 minute. Serve immediately.

## ORANGE JULIUS

---

*Evelyn Ridout  
Rhonda Wagoner  
Deb Goerndt*

- |                               |                 |
|-------------------------------|-----------------|
| 6-oz. can frozen orange juice | 1 tsp. vanilla  |
| 1 c. milk                     | 1/2 c. sugar    |
| 1 c. water                    | 10-12 ice cubes |

Blend in blender. Yield: 2-to 3 (12-ounce) servings. 4 (8 ounce) servings.

## EGGNOG

---

*Sharon Shaul*

- |                                |                |
|--------------------------------|----------------|
| 1 pkg. instant vanilla pudding | 1 tsp. vanilla |
| 1/3 c. sugar                   | 6 c. milk      |
| 2 eggs                         |                |

Mix first 3 ingredients. Add milk and vanilla. Mix and chill well before serving. Serve. Sprinkle with nutmeg.

## CITRUS DRINK

---

*Rita McDonald*

- |                      |                               |
|----------------------|-------------------------------|
| 3/4 c. sugar         | 3/4 c. lemon juice            |
| 1 1/4 c. water       | 1 (33-oz.) bottle ginger ale, |
| 3 c. pineapple juice | chilled                       |
| 3 c. orange juice    | Assorted cut fruit (opt.)     |

Bring sugar and water to a boil in a medium pan, stirring until sugar dissolves. Pour into a 4 1/2-quart freezer container and stir in fruit juices; freeze until firm. Remove from freezer several hours before serving so

(continued)



mixture becomes slushy. Stir in ginger ale. Garnish with cut fruit. Makes 3 quarts.

## **FROZEN PUNCH**

---

*Loretta Paullin*

2 lg. pkgs. Jello	2 (46 oz.) pineapple juice
4 c. boiling water	1 lg. can frozen lemonade
4 c. sugar	9 c. cold water

Mix above ingredients and divide into 4 (1-gallon) jugs, then freeze. When ready to serve thaw (approximately 2 hours) and add 2 bottles of ginger ale to each gallon container.

## **BANANA-ORANGE JUICE POPSICLE**

---

*Deena McDonald*

1 c. orange juice	2 T. sugar
3 bananas	1 T. lemon juice

Cut bananas into chunks and mash combined mashed bananas with orange juice and beat with egg beater or blender. Pour into 5 paper drinking cups. Put the cups in the freezer. When they are partially frozen (after about 1 hour) put wooden sticks in the cup and freeze until firm.

## **YELLOW PUNCH**

---

*Marcia Jones*

1 gallon:

1 (6 oz.) frozen orange juice	1/2 bottle ginger ale (put in before serving)
1 (6 oz.) frozen lemonade	
1 lg. can pineapple juice	42 oz. water

6 gallons:

3 (12 oz.) orange juice	3 bottles ginger ale
3 (12 oz.) lemonade	2 gal. water
6 lg. cans pineapple juice	

(Ice rings, everything except ginger ale.)

## **SPICED TEA**

---

*Diana Wilson*

1/2 c. instant tea	2 c. sugar
2 c. Tang	1 tsp. cinnamon
2-qt. pkg. lemonade mix	1/4 tsp. ground cloves

(continued)

Mix together; add 2 teaspoons mix per cup hot water. Makes approximately 3 cups of mix.

## **HOT APPLE CIDER**

---

*Marcia Jones*

### **Wassail:**

**1 tsp. whole clove** **1 stick cinnamon**

Place this in a cloth bag that will be placed in the liquid.

### **Cider:**

**2 qt. apple cider** **2 c. orange juice**  
**½ of big can of pineapple juice** **2 T.-1 c. sugar**  
**1 c. lemon juice**

Boil for 10 minutes, then serve hot. Serves 50.

## **HOT MULLED CIDER**

---

*Loretta Paullin*

**½ c. brown sugar** **1 tsp. whole cloves**  
**¼ tsp. salt** **1-3 sticks cinnamon**  
**2 qt. apple cider** **Dash of nutmeg**  
**1 tsp. whole allspice**

Combine sugar, salt and cider and pour into a large coffee maker. Put the spices in the top of the coffee maker, brew until done, approximately 20 minutes.

## **RASPBERRY DRINK**

---

*Julia Foley*

**1½ c. fat-free skim milk** **2 T. frozen lemonade**  
**1 c. raspberry sherbet** **concentrate**  
**1 c. orange sherbet** **½ c. ice cubes**  
**¾ c. fresh or frozen raspberries** **Raspberries & kiwi fruit (opt.)**

Place fat-free milk, sherbets, ¾ cup raspberries, lemonade concentrate, and ice cubes into blender container. Cover and blend until smooth. Pour into 4 glasses. If desired, garnish with additional raspberries and kiwi fruit slices. Serve immediately. Makes 4 servings.

## **BRANDY SLUSH**

---

*Julia Foley*

1 sm. can orange juice (frozen,  
6 oz.)

1½ c. sugar

1 sm. can lemonade (frozen, 6  
oz.)

8 c. water

1 pt. apricot or peach brandy

Mix and put in freezer. Stir often until frozen. **To serve:** Spoon into glasses and add 7-Up to fill.

## **HOT COCOA MIX**

---

*Pat Barrie*

1 (8-qt.) box Carnation powered  
milk

2-lb. box Nestle Quik

2 c. powdered sugar

1 (10-or 12-oz.) jar Cremora

## **HOT CHOCOLATE MIX**

---

*Rhonda Wagoner*

1 (8-qt.) pkg. powdered milk  
1-lb. box Nestle Quik

3 oz. powdered coffee creamer

⅝ c. powdered sugar

Mix well. Store in airtight container. Use ⅓ of mix to 1 cup of hot water.

## **CAPPUCCINO**

---

*Andrea Miner*

1 c. instant coffee creamer

⅔ c. instant coffee

1 c. instant cocoa

½ c. sugar

Two tablespoons mix to 1 cup hot water.

## **ANY COLOR SLUSH PUNCH**

---

*Larry Silverthorn*

2 (3-oz.) pkgs. Jello, any flavor  
you want your punch color

2 c. sugar

2 c. boiling water

2 (46-oz.) cans unsweetened  
pineapple juice

4 c. cold water

3 qt. ginger ale

Dissolve in large bowl Jello and sugar with boiling water. Add cold water. In gallon-sized Ziploc, pour 21 ounces Jello mixture and 30 ounces pineapple juice. Freeze flat on a cookie sheet. Makes 3 bags of punch base. When ready to use, add 1 quart ginger ale to 1 bag of punch base.



## **IRISH CREAM**

*Charlotte Meyer*

1 (46-oz.) can sweetened  
condensed milk  
1 pt.  $\frac{1}{2}$  &  $\frac{1}{2}$   
3 eggs

1 tsp. vanilla  
1½ T. chocolate syrup  
1 c. whiskey  
⅓ c. rum

Blend 30 seconds. Refrigerate. Makes ½ gallon.

## **WHITE PUNCH**

*Charlotte Meyer*

2 c. sugar  
1 c. water  
1 (12-oz.) can evaporated milk  
1 T. almond extract

3 (½-gal.) ctns. vanilla ice  
cream  
6 (2-L.) bottles lemon lime soda

Combine sugar and water in pan. Cook until sugar dissolved. Stir continuously. Add evaporated milk and extract, let cool. Chill until ready to use. Combine milk and soft ice cream broken in pieces in punch bowl. Pour lemon lime over all of it. Makes 3½ gallons.

## **FRESH VEGGIE APPETIZER**

*Connie Tadlock*

2 (8-oz.) cans refrigerated  
crescent dinner rolls  
1 (8-oz.) pkg. Philadelphia Brand  
cream cheese, softened  
½ c. Miracle Whip or Miracle  
Whip light dressing  
¼ c. Knudsen or Breakstone's  
sour cream

1½ tsp. dill weed  
1 tsp. onion salt  
4 c. assorted cut up fresh  
vegetables  
1 c. (4 oz.) Kraft natural  
shredded mild cheddar cheese

Heat oven to 375°. Unroll dough into 4 rectangles. Press onto bottom and up sides of 15 x 10 x 1-inch baking pan to form crust. Bake 11 to 13 minutes or until golden brown; cool. Mix cream cheese, dressing, sour cream, dill and onion salt until well blended. Spread on crust. Top with remaining ingredients. Refrigerate. Cut into squares. Makes 24.

## **PICANTE CREAM CHEESE DIP**

*Sandy Thompson*

1 (8-oz.) pkg. cream cheese  
½ c. picante sauce

1 T. lemon juice  
Salt & pepper to taste

Combine cream cheese and picante sauce, mixing well. Add lemon juice, salt and pepper. Refrigerate. Eat with chips.

## **LIVERWURST SPREAD**

*Sheri Holliday*

1 tube Braunschweiger  
1 (8-oz.) pkg. cream cheese  
4 T. dill pickle juice

2-3 T. mayonnaise  
1 tsp. garlic powder or salt  
2 tsp. Worcestershire sauce

Mix together ingredients and serve on crackers.

## **MEXICAN BEAN DIP**

*Sally Leeper  
LeAnn Tucker*

1 med. onion, diced & sautéed  
1 lb. hamburger, browned &  
drained  
1 lb. pork sausage, browned &  
drained

1 can jalapeño bean dip  
1 can refried beans  
1¼ c. mild taco sauce

Cook the first three ingredients, drain, add the bean dip, refried beans and mild taco sauce. Mix the ingredients well and simmer 30 minutes. Before serving, add shredded cheddar cheese. Heat until cheese is melted. Use cheese-flavored tortilla chips to dip into the mixture.

## **HOT BEEF AND CHEESE DIP**

*Georgine Bellamy*

1 lb. ground beef  
1 sm. jar salsa (hot or mild)  
1 can refried beans

1 lb. Velveeta cheese  
Salt & pepper to taste  
Nacho chips

Brown ground beef in a large skillet. Add salsa, refried beans, cheese and salt and pepper. Heat through until cheese is completely melted. Serve immediately with chips or keep warm in a crockpot.

## **BEEFY NACHO DIP**

*Lila Dorrell*

Brown 1 pound ground beef with onions, drain. Add ½ package taco seasoning and 1 can refried beans. Spread this mixture in a 9 x 13-inch pan. Over this, spread 1 (8-ounce) package cream cheese softened and a few green chilies, chopped. Drizzle ½ bottle taco sauce over cream cheese, then sprinkle 1 cup mozzarella and 1 cup cheddar cheese over the taco sauce. Bake at 350° for 20 minutes. Serve with Doritos. Can be frozen.

## **DILL DIP**

---

*Melody Larsen*

1 c. mayonnaise dressing  
1 c. sour cream  
3 T. dill weed

2 T. Bon Appetit  
1 sm. onion (chopped)

Serve with fresh vegetables.

## **DILL DIP**

---

*Rose Thompson*

$\frac{2}{3}$  c. sour cream  
 $\frac{2}{3}$  c. mayonnaise  
1 T. onion flakes

1 T. dill weed  
3 T. parsley flakes

Mix and chill. Serve with raw vegetables.

## **HOT ARTICHOKE DIP**

---

*Judy James*

1 can artichokes (chopped)  
 $\frac{1}{2}$  c. shredded Swiss cheese  
 $\frac{1}{2}$  c. shredded Parmesan  
cheese

1 c. real mayonnaise  
Dash garlic salt

Mix together. Bake at 350° until cheese melts, 15 to 20 minutes.

## **DIP**

---

*Rhonda Lauer*

2 pkgs. Philadelphia cream  
cheese  
 $\frac{3}{4}$  (16-oz.) jar med. picante  
salsa  
 $1\frac{1}{2}$  c. chopped lettuce

1 diced tomato  
 $\frac{1}{4}$  c. diced onions  
2 c. bag shredded cheddar  
cheese

Place cream cheese in a medium-size microwavable bowl. Heat until softened. Pour in salsa and mix. Place mixture into serving tray and top with onion, cheese, tomato, and lettuce.

## **BREAD DIP**

---

*Janette Pickar*

2 c. sour cream  
 $1\frac{1}{2}$ -2 c. Hellmann's mayonnaise  
4 T. minced onion  
4 T. dill weed

3 tsp. Beau Monde seasoning  
2 bread rounds, rye or  
pumpernickel

(continued)



Combine first 5 ingredients. Dig out center of loaf and fill with dip. Break up bread pieces from center of loaf and from extra loaf for dipping.

## **VEGETABLE OR CHIP DIP**

---

*Barb McDonald*

**1 c. mayonnaise**

**1 1/3 tsp. parsley flakes**

**1 c. sour cream**

**1 1/3 tsp. dill weed**

**1 1/3 tsp. grated onion**

**1 1/3 tsp. Beau Monde seasoning**

Mix ingredients together.

## **SPICY CHEESE DIP**

---

*Jean Wagner*

**2 lbs. Velveeta**

**1 lb. Italian sausage**

**1 lb. hamburger**

**1 can Ro-Tel tomatoes**

**1 med. jar picante sauce**

**Tabasco sauce to add zest**

Cook and drain Italian sausage and hamburger. Combine all ingredients in crockpot, turn on low, stir frequently. Serve with nacho chips.

## **QUICK AND EASY CHEESE DIP**

---

*Jill Kordick*

**1 (8-oz.) pkg. shredded  
mozzarella cheese**

**2 c. mayonnaise (Hellmann's)**

**1 (8-oz.) pkg. shredded colby/  
Monterey Jack cheese**

**1 pkg. Hidden Valley dry  
dressing**

**1 (8-oz.) pkg. shredded cheddar  
cheese**

Mix all together and chill.

## **CHICKEN ENCHILADA DIP**

*Jill Kordick*

Combine the following:

1 c. sour cream  
1 can cream of chicken soup  
2 lg. cans chunk chicken (white meat & drain if much liquid)  
1 c. shredded cheddar cheese (can use Mexican shredded cheese)

Mrs. Renfroe's green sauce to taste (3 or 4 T., use more if you like spicy taste)  
Chopped green onion to taste  
Milk, enough to make mixture soupy  
1 can green chilies

Garnish with:

1/2 c. shredded cheddar cheese  
Green onion, chopped  
Sweet red pepper or tomatoes (opt.)

Tostitos

Cover the bottom of a 9 x 13-inch pan with crushed Tostitos. Pour the chicken mixture over it, last 10 minutes top with 1/2 cup cheddar cheese and chopped green onion (and red pepper or tomatoes, if using). Bake at 350° for 30 minutes.

## **TACO DIP**

*Loretta Paullin*

1-1 1/2 lbs. ground beef  
1 can refried beans  
1 sm. jar salsa  
8-oz. sour cream (Mexican chip dip works well also)

Chopped tomatoes  
Torn lettuce  
Black olives  
Shredded cheese

Brown hamburger. Add refried beans and salsa. Spread on a large plate, spread sour cream over bottom layer and garnish with lettuce, tomatoes, olives, and cheddar cheese. Serve with nacho chips or Fritos.

## **OLIVE GARDEN HOT ARTICHOKE & SPINACH DIP**

*Cheryl Hochstein*

1 pkg. light cream cheese  
1 (14-oz.) can Progresso artichoke hearts, drained, chopped  
1/2 c. spinach, frozen, chopped or fresh steamed  
1/4 c. mayonnaise (do not use Miracle Whip)

1/4 c. Parmesan cheese  
1/4 c. Romano cheese (you can use all Parmesan)  
1 clove garlic, finely minced  
1/2 tsp. basil (or 1 T. fresh chopped)  
1/4 tsp. garlic salt  
Salt/pepper

(continued)

Allow cream cheese to come to room temperature. Cream together mayonnaise, Romano cheese, garlic, basil, garlic salt. Mix well. Add artichoke hearts and spinach. (Careful to drain this well), mix till blended. Store in container in refrigerator till you are ready to use. Spray pie pan with Pam. Pour in dip and top with mozzarella cheese. Bake at 350° for 25 minutes or until top is browned. Serve with toasted bread, sliced baguettes or crackers.

## **REUBEN DIP AND COCKTAIL RYE**

---

*Dana Stonehocker*

- |   |   |
|---|---|
| <b>6 pkgs. corned beef, chopped or (3 oz. may use canned corned beef)</b> | <b>1 (27-oz.) can or 32-oz. bag sauerkraut, drained</b> |
| <b>24 oz. Swiss cheese, diced</b>   | <b>1 pt. Thousand Island dressing, pour over all</b>    |

Cook in slow cooker for 1 to 1½ hours or until cheese is melted. Stir and serve over cocktail ryes.

## **CHRISTMAS OPEN HOUSE DIP**

---

*Becki Messer*

- |                                    |                              |
|------------------------------------|------------------------------|
| <b>1 (8-oz.) pkg. cream cheese</b> | <b>1/8 tsp. green pepper</b> |
| <b>1 sm. can crushed pineapple</b> | <b>1 tsp. seasoned salt</b>  |
| <b>1 T. chopped onion</b>          |                              |

Mix together and serve on crackers.

## **CHEESE DIP AND PARTY VEGGIES**

---

*Deena McDonald*

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <b>¾ c. water</b>                  | <b>½ tsp. Worcestershire sauce</b> |
| <b>½ c. nonfat dry milk powder</b> | <b>½ lb. cheese, cubed (2 c.)</b>  |
| <b>2 T. chopped onion</b>          |                                    |

In a heavy saucepan over low heat combine water and milk powder. Stir until dissolved. Add onion to Worcestershire sauce. Heat until milk begins to simmer. Add cheese and stir until cheese melts. Serve with raw vegetables, bread cubes or corn chips.

## **LEAH'S CHIP BEEF DIP**

---

*Linda Eddleman*

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <b>16 oz. cream cheese (softened)</b> | <b>1 tsp. Lawry's seasoning salt</b> |
| <b>16 oz. sour cream</b>              | <b>½ c. chopped onion</b>            |
| <b>½ c. Miracle Whip</b>              | <b>¼ tsp. garlic powder</b>          |
| <b>5 oz. dried beef, shredded</b>     |                                      |

(continued)



Combine all ingredients, refrigerate, in a covered container, for 24 hours. Spread on assortment of snack crackers.

## **CREAMY RANCH DIP**

---

*Connie Tadlock*

**1/2 c. Breakstone's or Knudsen  
sour cream, any variety**  
**1/2 c. Kraft Ranch dressing**  
**1/2 c. Kraft mayonnaise real  
mayonnaise or Miracle Whip  
salad dressing**

**1/4 c. Kraft 100% grated  
Parmesan cheese**  
**1/4 c. Oscar Mayer real bacon  
bits**  
**2 T. sliced green onion**

Mix all ingredients. Refrigerate. Serve with assorted crackers or cut up vegetables. Makes about 1 1/2 cups.

## **VEGETABLE DIP**

---

*Cindy Woodcock*

**1 ctn. plain yogurt**  
**1 1/2 tsp. dry Hidden Valley salad  
dressing mix**

**1 tsp. dry onion flakes**  
**Dash Tabasco sauce (opt.)**

Mix together well and use on bake potato or raw vegetables.

## **SHRIMP DIP**

---

*Dr. David Smith*

**1 c. Spin Blend**  
**1 can shrimp bits (sm.)**  
**1 c. chopped green peppers**

**3 tsp. fresh lemon juice**  
**3 tsp. minced onion**  
**1 (8-oz.) pkg. cream cheese**

Make the day before.

## **APPETIZER-CRAB DIP**

---

*Laurie Allen*

**1/4 tsp. mustard**  
**1/4 c. chili sauce**  
**1 tsp. Worcestershire sauce**  
**Shake of garlic powder**  
**2 (8 oz.) cream cheese  
(softened)**

**1/2 c. tomato soup**  
**1/4 c. ketchup**  
**1/2 c. mayonnaise**

Mix well and add 1 pound of chopped crab meat. Serve with crackers.

## **BLUE CHEESE CRACKER DIP**

---

*Rebekah Mitchell*

**Big jar real mayonnaise**  
**1-2 cloves garlic, minced**  
**1 T. olive oil**

**Pepper**  
**Bigger pkg. crumbled blue cheese**

Mix all together and refrigerate at least 6 hours before serving. Use as a dip for crackers or veggies.

## **CRACKER DIP**

---

*Teresa Haarhues*

**1 (8-oz.) pkg. cream cheese, softened**  
**1 c. shredded cheddar**  
**1 c. shredded Swiss**  
**1 T. minced onion**

**½ c. Parmesan cheese**  
**1½-2 tsp. Worcestershire sauce**  
**Sm. can crushed pineapple, drained**  
**¼ tsp. garlic salt**

Blend well. Refrigerate.

## **SPINACH DIP**

---

*Loretta Paullin*

**1 c. mayonnaise**  
**1½ c. sour cream**  
**10-oz. pkg. frozen spinach**  
**1 pkg. Knorr vegetable soup mix**

**1 can water chestnuts, drained (opt., chopped)**  
**3 green onions, chopped (opt.)**

Mix and refrigerate overnight. Serve with cracker or vegetables.

## **CRANBERRY MEATBALLS**

---

*Chris Eyerly*

**2 eggs, beaten**  
**1 c. cornflakes crumbs**  
**⅓ c. ketchup**  
**2 T. soy sauce**  
**1 T. dried parsley flakes**

**2 T. dried minced onion**  
**½ tsp. salt**  
**¼ tsp. pepper**  
**2 lbs. ground pork**

**Sauce:**

**1 (16-oz.) can jellied cranberry sauce**  
**1 c. ketchup**

**3 T. brown sugar**  
**1 T. lemon juice**

In mixing bowl combine first 8 ingredients, add pork, mix well. Shape into 1-inch balls. Place in 15 x 10 x 1-inch baking pan. Bake at 350° for 20 to 25 minutes or until done. Remove from oven, drain on paper towels. In large saucepan combine sauce ingredients. Cook, stirring

(continued)

frequently until cranberry sauce is melted. Add to meatballs and heat through. Yield: 6 dozen.

## **PARTY MEATBALLS**

---

*Dr. David Smith*

- |                             |                        |
|-----------------------------|------------------------|
| <b>¾ lb. ground beef</b>    | <b>½ c. milk</b>       |
| <b>½ lb. sausage</b>        | <b>2 eggs, beaten</b>  |
| <b>1 c. bread crumbs</b>    | <b>1½ tsp. salt</b>    |
| <b>½ c. Parmesan cheese</b> | <b>⅛ tsp. pepper</b>   |
| <b>1 T. parsley</b>         | <b>Onions to taste</b> |
| <b>2 sm. garlic cloves</b>  |                        |

Shape into balls, bake at 350° until brown.

### **Sauce:**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <b>½ c. chili sauce</b>            | <b>1 tsp. chili powder</b>      |
| <b>1 (4-oz.) can tomato sauce</b>  | <b>1 can sliced ripe olives</b> |
| <b>1 tsp. dry mustard</b>          | <b>Dash Tabasco sauce</b>       |
| <b>1 tsp. prepared mustard</b>     | <b>½ c. chili sauce</b>         |
| <b>½ tsp. Worcestershire sauce</b> |                                 |

After meatballs are browned, simmer in sauce.

## **VEGGIE PIZZA**

---

*Stacey Mitchell  
Jean Walker*

- |  |  |
|--|--|
| <b>2 tubes Pillsbury crescent rolls</b>        | <b>Finely chopped veggies of your choice</b> |
| <b>1 (8-oz.) pkg. cream cheese</b>             | <b>Finely shredded Co-Jack cheese</b>        |
| <b>½ c. sour cream</b>                         |  |
| <b>2 heaping T. mayonnaise</b>                 |  |
| <b>1 pkg. Hidden Valley Ranch dressing mix</b> |  |

Spread the tubes of dough onto large cookie sheet with sides to form the crust. Bake per directions on tube. Let cool. Mix together the cream cheese, sour cream and mayonnaise. Add Hidden Valley Ranch dressing mix and stir well. Spread evenly over cooled crust. Sprinkle veggies (fresh broccoli, tomatoes, mushrooms, onions, and black olives work well) on top. Add cheese last. Chill until serving time. Cut into squares.

**Note:** Recipe can be cut in half and made in 9 x 13-inch pan.



## **TACO ROLL-UPS APPETIZER**

---

*Denise Larson*

8 oz. cream cheese  
8 oz. sour cream  
1 pkg. taco seasoning  
1 sm. can green chilies  
1 sm. can black olives

1 c. grated cheddar cheese  
Chopped green onion  
Chile seasoning  
Garlic powder

Mix together. Spread over flour tortillas. Put in refrigerator. Slice after cooled. Serve with salsa on top.

## **SWEET AND SOUR SAUSAGES**

---

*Dana Beebe*

3-5 pkgs. Little Sizzlers  
sausages  
1 (6-oz.) jar mustard

1 sm. jar jelly or preserves  
(apple, peach, orange, or etc.)

Brown Little Sizzlers sausages, drain and set aside. Mix together in small saucepan mustard and jelly. Heat until blended. Put sauce in crockpot and dilute with not more than 1 cup water. Add sausage and simmer for as long as you wish on low heat. Very good as an appetizer!

## **DEVILED HAM STUFFED CUCUMBERS**

---

*Colleen Haglan-Lynch*

2 med. cucumbers  
1 (4½ oz.) deviled ham  
1 hard-cooked egg, coarsely  
chopped

1 T. finely chopped onion  
1 T. finely chopped sour pickle  
1 tsp. prepared mustard

Cut cucumbers in half lengthwise and scoop out seeds. In a bowl, mix together deviled ham, chopped egg, onion, pickle and mustard. Spoon mixture into cucumber shells. Chill. When ready to serve, cut cucumber diagonally into 1-inch pieces. Makes about 2 dozen hors d' oeuvres.

## **BARBECUED FRANKS**

---

*Jill Kordick*

4 lbs. frankfurters, each cut into  
⅓  
1 c. finely chopped onion  
1 c. ketchup  
⅓ c. Worcestershire sauce

¼ c. sugar  
¼ c. cider vinegar  
4 tsp. prepared mustard  
1 tsp. pepper

In large bowl stir together all ingredients. Place in 2 (13 x 9 x 2-inch) pans with frankfurters in a single layer. Bake, uncovered, in 350° oven

(continued)

for 25 minutes or until frankfurters are hot and glazed. Serve warm with toothpicks. Makes 24 servings.

## **CLARE'S CHICKEN WINGS**

---

*Jim Weil*

**4 lbs. chicken wings**

**1½ c. brown sugar**

**5 oz. soy sauce**

Place wings in deep pan, mix brown sugar and soy sauce, pour over wings. Bake slowly 3 to 3½ hours at 300°. Baste occasionally.

## **STUFFED MUSHROOMS**

---

*Rebekah Mitchell*

**1 c. crushed Club Crackers**

**Salt & pepper**

**1 egg, beaten**

**Mushroom stems, chopped in**

**1 T. minced green onion**

**tiny pieces**

Remove stems from mushrooms and roll mushroom caps in ½ stick melted butter. Fill mushroom caps with filling listed above. Then pour ½ stick melted butter over top and sprinkle with fresh grated Parmesan cheese. Bake at 350° for 20 minutes and serve immediately.

## **FLEISCH KUECKLE**

---

*Rose Thompson*

**Dough:**

**2 c. flour**

**1 tsp. salt**

**2 eggs**

**Cream & water (equal amounts)**

Mix dough ingredients well to a soft dough. Roll dough into circles the size of a saucer.

**Mixture:**

**2 c. hamburger (about 1 lb.)**

**Chopped onion**

**Salt & pepper**

Fry all together. Spread meat mixture on half of circle of dough. Fold dough over seal edges. Fry in hot Crisco 12 to 15 minutes or until nicely browned.

## **BACON WRAPS**

---

*Trish Hubbard*

**Waverly or saltine crackers**

**1 lb. bacon, sliced in 2**

Wrap half a slice of bacon around a cracker. Place on rack in 200° oven for approximately 1 hour. Delicious!

## POTATO SKINS

---

*Dana Beebe*

**4 med. russet potatoes**  
**1/3 c. sour cream**  
**1 T. snipped fresh chives**

**1/4 c. (1/2 stick) butter, melted**  
**1 1/2 c. shredded cheddar cheese**  
**5 slices bacon, cooked**

Preheat oven to 400°. Bake the potatoes for 1 hour. Let the potatoes cool down enough so that you can touch them. As the potatoes are baking, make the sour cream dip by mixing the sour cream with the chives. Place the mixture in a covered container in your refrigerator. When the potatoes are cool enough to handle, make 2 lengthwise cuts through each potato, resulting in three (1/2-to 3/4-inch) slices. Discard the middle slices or save them for a separate dish of mashed potatoes. This will leave you with two potato skins per potato. With a spoon, scoop some of the potato out of the skin, being sure to leave about 1/4 inch of potato inside of the skin. Brush the entire surface of each potato skin, inside and outside, with the melted butter. Place the skins on a cookie sheet, cut side-up, and broil them for 6 to 8 minutes or until edges begin to turn dark brown. Sprinkle 2 to 3 tablespoons of cheddar cheese into each skin. Crumble the cooked bacon and sprinkle 1 to 2 teaspoons of the bacon pieces onto the cheese. Broil the skins for 2 more minutes or until the cheese is thoroughly melted. Serve hot, arranged on a plate surrounding a small bowl of sour cream. Serves 2 to 4 as an appetizer or snack.

## DEVILED OVEN FRIES

---

*Mary Kathryn Bigelow*

**2 (8-oz.) baking potatoes**  
**1 tsp. olive oil**  
**Vegetable cooking spray**  
**3/4 tsp. chili powder**

**1/2 tsp. garlic powder**  
**1/2 tsp. dry mustard**  
**1/4 tsp. salt**

Wash potatoes; cut each potato lengthwise into 8 wedges. Place wedges in a medium bowl; add cold water to cover. Let stand 30 minutes; drain. Pat dry with paper towels. Combine potato wedges and oil in a medium bowl; toss well. Place wedges skin side-down on a baking sheet coated with cooking spray. Combine chili powder and remaining ingredients; sprinkle evenly over potato wedges. Bake at 400° for 50 minutes or until potato wedges are lightly browned and tender.

## PARTY PIZZAS

---

*Barb McDonald*

**1 lb. mild pork sausage**  
**1 lb. Velveeta cheese**  
**2 T. ketchup**

**Dash garlic salt**  
**1/4 tsp. oregano**  
**1 loaf party rye**

(continued)

Fry sausage. Drain. Melt in cheese. Add ketchup, garlic salt and oregano. Spread on bread. Bake at 350° for 10 minutes.

## HANKY PANKIES

---

*Rebekah Mitchell*

**Brown:** One pound ground beef, 1 pound sausage. **Drain and add:** One teaspoon garlic powder, 1 teaspoon oregano, 1 pound Velveeta. When cheese is melted, spread on top of 2 loaves of party rye slices (small). Freeze. When needed bake frozen at 350° for 10 to 15 minutes.

## TORTILLA ROLL-UPS

---

*LeAnn Tucker*

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 (8 oz.) cream cheese, softened | 3 chopped green onions  |
| 1 c. sour cream                  | 4 lg. flour tortillas   |
| 1 c. grated cheddar cheese       | 4 sm. carrots (chopped) |

Mix together cream cheese, sour cream, grated cheese, onions and carrots. Spread on tortillas. Roll them up and store them overnight in refrigerator. Next day slice and serve with salsa.

## MEXICAN ROLL UPS

---

*Rhonda Wagoner*

- |                                |  |
|--------------------------------|--|
| 1 (16-oz.) ctn. sour cream     | 1/4 c. salsa                           |
| 1 (8-oz.) pkg. cream cheese    | 1 (8-oz.) pkg. shredded cheddar cheese |
| 1 sm. can chopped black olives | 1 pkg. lg. tortilla shells             |
| 1/2 c. chopped green onion     |  |

Mix 1st 6 ingredients. Spread on tortilla shells. Roll up each shell and cut in 1/2- to 3/4-inch slices and serve. Can be made ahead, rolled in waxed paper, frozen then, thawed and cut.

## TORTILLA PINWHEELS

---

*Vickie Richter*

- |   |                             |
|---|-----------------------------|
| 1 (8-oz.) ctn. sour cream                 | 1/2 c. green onion, chopped |
| 1 (8-oz.) pkg. cream cheese, softened     | Garlic powder               |
| 1 (4-oz.) can diced green chiles, drained | Seasoned salt               |
| 1 (4-oz.) can chopped black olives        | 1 c. cheddar cheese, grated |
|   | 5 (10-in.) flour tortillas  |
|   | Salsa                       |

Mix all ingredients except tortillas and salsa. Spread evenly over tortillas and roll. Wrap each with plastic wrap, twisting ends. Refrigerate. Unwrap, slice 1/2 inch thick using electric knife. Serve with salsa.



## **CHEESE PUFFS**

---

*Shirley Bittering*

**1/2-1 c. soft butter**  
**1/2 lb. Old English cheese**  
**1/4 tsp. salt**

**1/4 tsp. dry mustard**  
**1/2 tsp. paprika**  
**1 egg yolk**

Mix until smooth. Beat egg white and fold into mixture. Cut crust from large Pullman loaf of bread. An unsliced loaf of sandwich bread. Cut equally into 32 pieces. Spread mixture on 5 sides. Covering all the bread. Place on cookie sheet. Bake 15 minutes at 350°. This is better when spread a few hours before serving. I double this. The Old English also comes in glasses which is what I buy.

## **MEXICAN WON-TONS**

---

*LeAnn Tucker*

**1 lb. browned ground beef**  
**Taco seasoning**

**Cheddar cheese**  
**Won-ton skins**

Mix together and put in center of skin. Moisten edges with egg. Cook in oil until golden brown.

## **RANCH CRACKERS**

---

*Tassie Crase*

**1 pkg. Hidden Valley Original**  
**Ranch dressing mix**  
**1/2 tsp. dill weed**

**3/4 c. oil**  
**5 c. oyster crackers**

Mix oil, dill weed, and Ranch dressing mix in a bowl. Pour over crackers and put on a cookie sheet and bake at 350° approximately 7 minutes. Turn over to brown on the other side for another 7 minutes.

## **ICED ALMONDS**

---

*Kathleen Sanford*

**2 c. whole, blanched almonds**  
**1 c. white sugar**

**4 T. butter**  
**1 tsp. vanilla**

In a heavy skillet heat almonds, sugar and butter over medium heat. Stir constantly until the almonds are toasted and sugar is golden brown, about 15 minutes. Drop clusters of almonds onto greased baking sheet or waxed paper. Sprinkle with salt.

## **CEREAL SNACK MIX**

---

*Deena McDonald*

- |  |                                   |
|--|-----------------------------------|
| <b>2 T. margarine</b>                  | <b>1 c. bite-size rice cereal</b> |
| <b>2 tsp. Worcestershire sauce</b>     | <b>1 c. round oat cereal</b>      |
| <b>1/2 tsp. onion powder</b>           | <b>1 c. chow mein noodles</b>     |
| <b>1 1/2 c. bite-size wheat cereal</b> | <b>1 c. unsalted peanuts</b>      |

Preheat oven to 250°. Melt margarine in shallow baking pan. Stir in Worcestershire sauce and onion powder. Add cereals, noodles and peanuts; stir to coat pieces with margarine. Heat 45 minutes, stirring every 15 minutes. Spread on paper toweling to cool.

## **TRADITIONAL PARTY MIX**

---

*Marcia Jones*

- |                                   |  |
|-----------------------------------|--|
| <b>1 stick butter</b>             | <b>1 1/4 tsp. seasoned salt</b>        |
| <b>1/2 tsp. garlic powder</b>     | <b>4 1/2 tsp. Worcestershire sauce</b> |
| <b>2 2/3 c. Corn Chex cereal</b>  | <b>2 2/3 c. Rice Chex cereal</b>       |
| <b>1 1/3 c. Wheat Chex cereal</b> | <b>1 1/3 c. Honey Nut Cheerios</b>     |
| <b>1 c. mixed nuts</b>            | <b>1 c. pretzels</b>                   |

Melt butter in 15 x 10 x 2-inch pan. Add seasonings. Stir together, and then add in rest of the ingredients, stirring to coat all pieces evenly. Bake at 250° for 1 hour, stirring every 15 minutes. Spread on paper towel to cool.

## **SNICKER SNACK**

---

*Deena McDonald*

- |   |  |
|---|--|
| <b>4 c. toasted oat cereal</b>          | <b>1/2 c. butter or margarine</b>      |
| <b>1 (6 1/2-oz.) can salted peanuts</b> | <b>1 c. semi-sweet chocolate chips</b> |
| <b>1 c. golden raisins</b>              |  |

Mix 4 cups cereal, the peanuts and 1 cup raisins in bowl. Melt 1/4 cup butter in saucepan over low heat. Pour the melted butter over the cereal mixture. Toss lightly with fork. Sprinkle the chocolate chips over the mixture and toss again.

## **QUICK SNACK MIX**

---

*Dana Stonehocker*

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <b>1 (16-oz.) jar roasted peanuts</b> | <b>1 (16-oz.) bag candy corn</b> |
|---------------------------------------|----------------------------------|

Mix well.

## **HALLOWEEN PARTY MIX**

---

*Dana Stonehocker*

- |   |                                    |
|---|------------------------------------|
| <b>1 (11-oz.) pkg. pretzels</b>                                     | <b>½ c. light corn syrup</b>       |
| <b>1 (10½-oz.) pkg. mini Ritz<br/>peanut butter-filled crackers</b> | <b>2 T. vanilla</b>                |
| <b>1 c. dry roasted peanuts</b>                                     | <b>1 tsp. baking soda</b>          |
| <b>1 c. sugar</b>   | <b>1 (10-oz.) pkg. M &amp; M's</b> |
| <b>½ c. butter or margarine</b>                                     | <b>1 (18½-oz.) pkg. candy corn</b> |

In a large bowl, combine the pretzels, crackers and peanuts. In a large saucepan, combine sugar, butter and corn syrup. Bring to a boil over medium heat; boil for 5 minutes. Remove from the heat; stir in vanilla and baking soda (mixture will foam). Pour over pretzel mixture and stir until coated. Pour into a greased 15 x 10 x 1-inch baking pan. Bake at 250° for 45 minutes, stirring every 10 to 15 minutes. Break apart while warm. Toss with M & M's and candy corn. Cool completely. Store in airtight containers. Yield: 16 cups.

## **WHITE CHOCOLATE MIX**

---

*Launa Reed*

- |                          |                                    |
|--------------------------|------------------------------------|
| <b>3 c. Rice Chex</b>    | <b>1 (12-oz.) pkg. M &amp; M's</b> |
| <b>3 c. Corn Chex</b>    | <b>2 c. dry roasted peanuts</b>    |
| <b>3 c. Cheerios</b>     | <b>1 lb. white bark</b>            |
| <b>2 c. sm. pretzels</b> |                                    |

Mix cereal, pretzels and peanuts together. Melt bark and pour over cereal mix; stir to coat all well. Add M & M's. Stir to coat lightly. Stir every 10 minutes while setting up.

## **PUPPY CHOW**

---

*Shelley Weeks  
Trish Hubbard  
Billy Jo Akers*

- |                               |                                |
|-------------------------------|--------------------------------|
| <b>1 stick butter (½ c.)</b>  | <b>2 c. powdered sugar</b>     |
| <b>1 c. peanut butter</b>     | <b>Pretzels, if desired</b>    |
| <b>12 oz. chocolate chips</b> | <b>M &amp; M's, if desired</b> |
| <b>1 box Crispix cereal</b>   |                                |

Melt butter, peanut butter and chocolate chips. Mix all ingredients in paper bag, then pour out on cookie sheet to dry.

## PIZZA CRUST AND SAUCE

---

*Diana Wilson*

<b>1 pkg. yeast</b>	<b>1/2 tsp. salt</b>
<b>1/2 c. water, warm</b>	<b>1 1/4 c. flour</b>
<b>1/2 tsp. sugar</b>	<b>1 T. oil</b>

Soften yeast in warm water, add sugar, salt, flour and stir with fork. Knead dough 15 to 20 times, then spread on greased pizza pan. Bake at 450°.

### **Sauce:**

<b>1 (6-oz.) can tomato paste</b>	<b>1 tsp. sugar</b>
<b>1 (4-oz.) can tomato sauce</b>	<b>Other spices, opt. as desired</b>
<b>1 tsp. oregano</b>	

Mix and spread on crust.

## GREAT-GRANDMA LULL'S CHEESE BALL FOR CHRISTMAS

---

*LeAnn Tucker*

<b>1 (8-oz.) pkg. cream cheese</b>	<b>1 tsp. minced onion</b>
<b>1 can deviled ham</b>	<b>1 T. mayonnaise</b>
<b>1 tsp. Worcestershire sauce</b>	

Mix well and shape into ball.

## SAUSAGE CHEESE BALLS

---

*Joann Haines*

<b>2 lbs. Jimmy Dean sausage, uncooked</b>	<b>1/2 c. finely chopped onion</b>
<b>1 1/2 c. all-purpose baking biscuit mix</b>	<b>1/2 c. finely chopped celery</b>
<b>16 oz. sharp cheddar cheese (4 c.)</b>	<b>1/2 tsp. garlic powder</b>

Preheat oven to 375°. Shred cheese and mix all ingredients. Form into 1-inch balls. Bake 15 minutes on ungreased cookie sheet until golden brown. Makes 6 dozen. Sausage balls can be frozen, uncooked. **For firmer texture:** Add extra 3 cups baking/biscuit mix and an extra 2 cups shredded cheese to the ingredients listed above.



## SPINACH BALLS

---

*Trish Hubbard*

- |                         |                        |
|-------------------------|------------------------|
| 2 pkgs. frozen spinach  | 1/4 c. diced almonds   |
| 3/4 c. oleo             | 1 T. black pepper      |
| 4 eggs, beaten          | 1/2 tsp. garlic salt   |
| 1 c. Parmesan cheese    | 2 c. herb dressing mix |
| 1 onion, finely chopped | 1 tsp. thyme           |

Melt oleo and sauté onions. Add remaining ingredients, mixing well. Refrigerate 1 hour. Then roll into walnut-size balls. Place on ungreased baking sheet and bake at 325° for 20 minutes.

## CHEESE BALL

---

*Nancy Baker*

- |                           |                                |
|---------------------------|--------------------------------|
| 1 T. finely chopped onion | 2 (8 oz.) cream cheese         |
| 1 T. green pepper (opt.)  | (softened)                     |
| 1 T. Worcestershire sauce | 2 c. cheddar cheese (shredded) |
| 1 T. lemon juice          | 1 pkg. dried beef              |
| 1 T. pimento              |                                |

Chop veggies up, mix in bowl. Add Worcestershire sauce and lemon juice and cream cheese. Pour in cheddar cheese. Mix well. Roll into ball. Roll ball in cut up dried beef. Serve with crackers (Chicken in a Biscuit).

## CUCUMBER SPREAD

---

*Rita McDonald*

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 c. coarsely shredded cucumber | 2 tsp. lemon juice    |
| 3 oz. cream cheese              | 1/8 tsp. salt         |
| 1/4 c. minced onion             | 1/8 tsp. white pepper |
|                                 | 1/8 tsp. hot sauce    |

Press cucumber between paper towels to remove excess moisture. Beat cream cheese until fluffy. Stir all ingredients together. Makes 1 cup. Good on party rye bread, crackers, vegetables.

## CRAB ROLL HOAS D' OEUVRÉS

---

*Rich Corkrean*

- |                        |                              |
|------------------------|------------------------------|
| 1 lb. backfin crabmeat | 8 oz. cream cheese, softened |
|------------------------|------------------------------|

Season slightly with your choice of the following: Salt, cream, onion, sherry, pepper, Tabasco, mustard, Worcestershire. Remove all cartilage from crabmeat. Very gently mix crab with cream cheese, being careful not to break the pieces. Shape into a log, sprinkle with parsley, chill, and serve with crackers. Yield: 1 serving.

## **SALMON SPREAD**

---

*Rebekah Mitchell*

1 can drained & deboned  
salmon, broken up  
8 oz. cream cheese

1 tsp. horseradish  
1 T. onion  
1 T. lemon juice

Mix together and refrigerate 4 hours before using. Spread on crackers and serve.

## **PIMENTO CHEESE SPREAD**

---

*Diana Wilson*

1 lb. processed-type cheese  
(like Velveeta)  
1 c. mayonnaise

1/2 c. sweet pickle relish  
Sm. jar chopped pimentos

Spread on sandwich bread and serve.

## **PUMPKIN FACES**

---

*Deena McDonald*

You will need English muffins or round crackers, spreadable orange cheese product, olives, raisins, celery pieces. Toast muffin. Spread cheese and decorate with other food listed. You can make any kind of face.

## **Recipe Favorites**

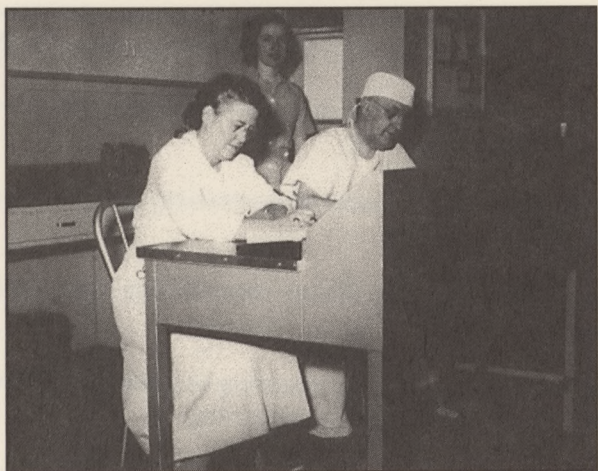
## Recipe Favorites

**Chicken and Rice**  
 1/2 cup oil  
 1/2 cup butter  
 1/2 cup milk  
 1/2 cup cream  
 1/2 cup sour cream  
 1/2 cup cheddar cheese  
 1/2 cup parmesan cheese  
 1/2 cup mozzarella cheese  
 1/2 cup ricotta cheese  
 1/2 cup mascarpone cheese  
 1/2 cup cream cheese  
 1/2 cup butter  
 1/2 cup oil  
 1/2 cup milk  
 1/2 cup cream  
 1/2 cup sour cream  
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 1/2 cup mascarpone cheese  
 1/2 cup cream cheese



# *Soups & Salads*



# Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

# SOUPS & SALADS

## OVEN STEW

---

*Dr. Thomas Bergstrom*

2 lbs. boneless meat, cut into  
1-in. pieces  
5 carrots, cut in 1-in. pieces  
4 med. potatoes, quartered  
2 cans stewed tomatoes  
½ c. Minute tapioca  
⅛ tsp. pepper

5 stalks celery, cut in 1-in.  
pieces  
2 onions, quartered  
1 can cut green beans & liquid  
1 c. water  
2 tsp. salt  
1 T. sugar (opt.)

Mix all ingredients. Put in a greased pan or Dutch oven. Cover. Stir occasionally to mix in tapioca so it doesn't lump. Bake at 275° for 6 hours.

## WILD RICE SOUP

---

*Susan Chickering*

¾ c. long-grain wild rice  
5 slices thick bacon  
1 med. diced onion  
2 cans cream of potato soup

2 cans cream of chicken soup  
2 pt. half & half  
1 lb. Velveeta cheese

**Rice:** Stir ¾ cup rice into 3 cups of boiling salted water. Boil 5 minutes. Remove from heat. Let stand 1 to 3 hours or overnight. Drain and wash. Cut up bacon and sauté. Add onion and stir on low until cooked. Drain well. Add to cooked rice. Add soups. No water. Add half & half slowly while stirring. Heat slowly and add cubed or shredded cheese and stir until cheese melts. Do not boil!

## CHEESE CHOWDER

---

*Becki Messer*

¼ c. minced onion  
2 T. margarine  
¼ c. flour  
2 c. milk  
1 (13¾ oz.) chicken broth  
¼ c. finely diced carrots

¼ c. finely diced celery  
Dash salt  
Dash paprika  
½ c. processed cheese (in sm.  
cubes)

In a saucepan cook onion in butter until tender. Remove from heat and blend in flour. Gradually add milk, stirring well with each addition, to avoid clumping. Add all remaining ingredients, except cheese, and return to heat. On medium heat, cook and stir until thick and bubbly. Reduce heat, add cheese and stir to melt.

## **TORTILLA SOUP**

*Stacey Mitchell*

6 c. chicken broth (fat-free)  
1 T. crushed garlic  
1 sm. diced onion  
2 T. vegetable oil  
2 T. Worcestershire sauce  
½ tsp. Tabasco sauce  
1 can diced tomatoes  
1 can tomato soup

1 can diced Ro-Tel tomatoes  
1 tsp. salt  
1 tsp. pepper  
1 tsp. cumin  
1 tsp. chili powder  
1 tsp. lemon pepper  
Fritos corn chips  
Shredded cheddar cheese

Sauté onion and garlic in oil until tender. Add remaining ingredients. Simmer 30 minutes. Serve over dirty rice if desired (4 cups cooked Minute Rice combined with 1 pound browned hamburger). Top with Fritos and shredded cheddar cheese.

## **TACO SOUP**

*Roxanne Bates*

2 lbs. ground beef  
1 lg. onion, chopped  
1 (16-oz.) can tomato sauce  
1 can whole kernel corn with juice  
1 can chili beans

1 (24-oz.) jar or can picante sauce  
Tortilla chips  
Grated cheese  
1 pkg. taco seasoning

Brown ground beef and onion. Add remaining ingredients and cook until heated through. Serve with crushed tortilla chips and grated cheese.

## **SOUTHWEST CHICKEN TORTILLA SOUP**

*Rebekah Mitchell*

1 T. oil  
½ c. chopped onion  
1 tsp. minced garlic  
½ tsp. chili powder  
⅓ tsp. cayenne pepper  
4 c. chicken broth  
1 c. canned Mexican-style tomatoes

1 tsp. salt  
1 lb. boneless, skinless chicken breast, cut into ½-in. pieces  
1 c. frozen corn  
2 T. fresh squeezed lime juice  
Corn tortilla chips  
Mexican shredded cheese

In a large stock pot over medium heat, add oil and onions and cook until softened. Add garlic, chili powder and cayenne pepper and cook 1 minute stirring constantly. Add broth, tomatoes with juice and salt. Stir to combine and break up tomatoes. Bring to a boil. Reduce heat, cover and simmer for 10 to 15 minutes stirring occasionally. Add chicken and corn and simmer 5 minutes or until chicken and corn are cooked.

(continued)

Add lime juice and cook 1 minute longer. Serve by topping each bowl with crunched corn tortilla chips and Mexican shredded cheese.

## **MALE CHAUVANIST CHILI**

---

*Tricia Hirsch*

<b>6 slices bacon</b>	<b>1 tsp. hot dry mustard</b>
<b>10 oz. hot Italian sausage</b>	<b>1 tsp. celery seeds</b>
<b>10 oz. lean ground beef</b>	<b>1½ tsp. chili powder</b>
<b>1 lg. onion, cut into chunks</b>	<b>½ tsp. salt</b>
<b>1 peppers, cut in lg. pieces</b>	<b>1½ tsp. pepper</b>
<b>2 cloves garlic, minced or ¼</b>	<b>6 c. tomatoes</b>
<b>tsp. powder</b>	<b>1 (15-oz.) can pinto beans</b>
<b>½ jalapeño chili pepper, diced</b>	<b>1 (15-oz.) can kidney beans</b>
<b>1 c. dark red cooking wine</b>	<b>1 (15½-oz.) can garbanzo beans</b>
<b>½ c. Worcestershire sauce</b>	

Brown bacon in chili pot, drain, crumble and set aside. Pour bacon fat from pot, leaving only a film. Fry ground beef and sausage and drain; add bacon and set aside. Pour excess fat from pot. Cook onion, pepper, garlic and chili pepper over low heat 2 to 3 minutes. Stir in wine and Worcestershire sauce and simmer, uncovered 10 minutes. Stir in mustard, celery seed, chili power, salt and pepper. Simmer 10 minutes. Mash tomatoes adding liquids to onion mixture, add meat, heat till boiling, reduce heat and simmer, covered 30 minutes. Stir occasionally. Stir in beans with liquid into chili. Heat to boiling. Reduce heat, cover, and simmer for 1 hour. Stir occasionally. Best made a day ahead and reheated so spices will meld.

## **CHEESEBURGER SOUP**

---

*Joann Haines*

Brown 1½ pounds hamburger. Stir into small pieces. Drain well. Sauté in 1 tablespoon butter about 10 minutes:

<b>¾ c. chopped onion</b>	<b>1 tsp. dried basil</b>
<b>¾ c. carrots</b>	<b>1 tsp. dried parsley flakes</b>
<b>¾ c. finely chopped celery</b>	

Put in 3 cups chicken broth, 4 cups diced potatoes and hamburger in pan. Bring to boil. Reduce heat and simmer till potatoes are done. In skillet put 3 tablespoons butter, ¼ cup flour. Add 1½ cups milk. Stir till bubbly. Add to soup. Bring to boil. Reduce heat and add 8 ounces Velveeta cheese, shredded, ¾ teaspoon salt, ½ teaspoon pepper. Heat slowly till piping hot. Can add sour cream.



## **CHEESEBURGER SOUP**

---

*Patty Bengt*

6 c. chicken stock  
2/3 c. chopped celery  
1 c. shredded carrots  
1 c. chopped onion  
1 1/2 lbs. ground beef

4 c. cooked rice  
2 cans cheddar cheese soup  
2 lbs. Velveeta cheese, cubed  
4 soup cans of milk

Cook first 4 ingredients until celery is tender. Add browned and drained beef and cooked rice. Add soup and milk. Add Velveeta cheese and simmer until melted. Salt and pepper to taste.

## **SAUSAGE CORN CHOWDER**

---

*Laurie Allen*

1 lb. sausage  
4 c. diced potatoes  
2 c. water  
1 can cream-style corn

1 can whole corn  
1 can evaporate milk  
Salt & pepper  
Sm. onion (chopped)

Brown sausage, drain grease. Add potatoes, salt, pepper and water. Simmer until potatoes are done. Add corn and milk. Heat and serve.

## **EASY CREAM OF BROCCOLI SOUP**

---

*Sheila Arnot*

Chop 1 onion and 1 clove garlic. Sauté in 1 teaspoon butter in large saucepan coated with nonstick cooking spray and cook until soft. Add broccoli stalks sliced into coins and enough reduced-sodium chicken broth to cover. Simmer until broccoli is very soft. Purée in a blender. Return mixture to saucepan. Stir in milk or half-and-half to desired consistency or for a low-fat version, omit milk products and stir in more chicken broth. Season with salt and pepper and drizzle with cream.

## **BROCCOLI CHEESE SOUP**

---

*Rhonda Wagoner*

1 c. chopped broccoli  
1 1/2 c. diced ham  
Salt & pepper to taste

2 plus c. water, enough to cover  
broccoli

Cook with lid off, bring to rapid boil, and boil till broccoli tender. Mix 2 cups milk and 6 tablespoons flour to make paste and blend till smooth. Pour over broccoli/ham mixture. Thicken to medium heat. Cut 3 inches of Velveeta into cubes and add to mixture. Stir till cheese is melted.

## **BROCCOLI SOUP**

---

*Billi Jo Akers*

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>1½ lbs. broccoli</b>           | <b>½ tsp. pepper</b>               |
| <b>2 T. butter</b>                | <b>1½ c. chicken broth or 2</b>    |
| <b>1 med. onion, chopped</b>      | <b>bouillon cubes dissolved in</b> |
| <b>2 T. flour</b>                 | <b>1¾ c. hot water</b>             |
| <b>½ tsp. salt (omit if using</b> | <b>1 c. milk</b>                   |
| <b>bouillon)</b>                  | <b>1 lg. can chicken, drained</b>  |

Rinse broccoli, cut up in pieces and steam for 10 to 15 minutes. Set aside. Reserve 1 cup florets. In large saucepan, melt butter over medium heat. Add onion and sauté until transparent. Blend in flour, salt and pepper stirring constantly for about 2 minutes. Gradually add broth and then broccoli, stirring frequently. Transfer mixture to blender or food processor in batches and purée. Return to saucepan. Add milk. Heat through. Garnish with florets. Sprinkle with cheese, if desired.

## **AUTUMN SOUP**

---

*Rose Thompson*

- |                              |                              |
|------------------------------|------------------------------|
| <b>1 lb. hamburger</b>       | <b>2 tsp. salt</b>           |
| <b>1 c. chopped onion</b>    | <b>1½ tsp. Banquet sauce</b> |
| <b>4 c. water</b>            | <b>¼ tsp. pepper</b>         |
| <b>1 c. carrots</b>          | <b>1 bay leaf</b>            |
| <b>1 c. diced celery</b>     | <b>½ tsp. basil</b>          |
| <b>2 c. cubed potatoes</b>   | <b>1 can tomatoes</b>        |
| <b>1½ c. chopped cabbage</b> |                              |

Brown meat and onions. Place in crockpot or large kettle and add all ingredients except potatoes. Add these about 1 hour before serving. Cook 4 to 5 hours. Makes 6 servings.

## **BUSY DAY SOUP**

---

*Roxanne Bates*

- |  |                                  |
|--|----------------------------------|
| <b>1½ lbs. ground beef</b>             | <b>1 env. dry onion soup mix</b> |
| <b>5 c. boiling water</b>              | <b>1 tsp. sugar</b>              |
| <b>1 qt. tomatoes</b>                  | <b>1 T. parsley, chopped</b>     |
| <b>1 (15-oz.) can mixed vegetables</b> | <b>½ c. barley</b>               |

Brown ground beef and drain. Mix all ingredients in 5-quart crockpot. Cook 6 to 8 hours on low.

## VEGETABLE BEEF SOUP

---

*Joann Haines*

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 3-lb. beef shank                 | 1 (1-lb.) can (2 c.) tomatoes       |
| 1 (1 pt. 2-oz.) can tomato juice | 1 c. diced celery                   |
| 1/3 c. chopped onion             | 1 (8 3/4-oz.) can whole kernel corn |
| 4 tsp. salt                      | 1 c. sliced carrots                 |
| 2 tsp. Worcestershire sauce      | 1 c. diced potatoes                 |
| 1/4 tsp. chili powder            | 1 (10-oz.) pkg. frozen limas        |
| 2 bay leaves                     |                                     |

Combine meat, tomato juice, onion, seasonings, and 6 cups water in soup kettle. Cover and simmer 2 hours. Cut meat from bones in large cubes; strain broth and skim off excess fat. Add meat and vegetables; cover and simmer 1 hour. Serves 8.

## HEARTY WINTER MINESTRONE

---

*Sara Braga*

- |  |   |
|--|---|
| 3/4 lb. Italian sausage, casing removed, made into balls | 1 can Campbell's beef broth                         |
| 1 tsp. vegetable oil                                     | 1 can Campbell's zesty tomato soup or tomato & herb |
| 1/2 c. sliced carrots                                    | 1 1/2 c. water                                      |
| 1/2 c. sliced celery                                     | 1 c. bow tie-shaped or shell pasta, uncooked        |
| 1/2 c. green pepper, cut                                 |   |

Brown meatballs in oil. Spoon off all but 1 tablespoon drippings. Add vegetables. Cook 5 minutes, stirring often. Add broth, soup, and water. Heat to boiling. Add pasta. Reduce to low, simmer 10 minutes or until pasta is done, stirring occasionally. Makes about 6 cups.

## GARBANZO BEAN SOUP

---

*Loretta Paullin*

- |                          |                           |
|--------------------------|---------------------------|
| 2 cans garbanzo beans    | 1 tsp. oregano            |
| 1 (16-oz.) can tomatoes  | 1 tsp. parsley            |
| 6-8 potatoes             | 1 tsp. sweet basil        |
| 1 green pepper           | 1 bay leaf                |
| 1 Bermuda onion, chopped | 1/2-3/4 tsp. chili powder |
| 1 lb. bacon, bite size   | Salt & pepper to taste    |
| 2 c. ham, bite-size      |                           |

Cut up bacon and cook for a short time to cook some of the grease out. Place all ingredients into a large pan. Add water or beef broth if needed. Cook until potatoes are done, then let simmer for several hours.

## OYSTER STEW

---

*Melody Larsen*

- |  |                                   |
|--|-----------------------------------|
| <b>1½ c. fresh oysters</b>                     | <b>4 oz. butter</b>               |
| <b>2 c. diced potatoes</b>                     | <b>4 T. flour</b>                 |
| <b>2 c. water</b>                              | <b>4 c. milk</b>                  |
| <b>1 T. chicken base or 3 chicken bouillon</b> | <b>1 T. chopped pimento</b>       |
| <b>½ c. chopped onion</b>                      | <b>1 T. chopped parsley</b>       |
|  | <b>Salt &amp; pepper to taste</b> |

Combine the potatoes and water with chicken base and cook over medium heat until potatoes are tender (10 minutes). Remove from heat. **Do not** drain liquid off! Melt butter in Teflon skillet and sauté the oysters and onions slowly until edges of oysters darken and start to curl. Remove oysters to the potato pan. Stir flour into butter and onion liquid, then add half of the milk and cook until mixture starts to thicken. Then combine all ingredients into potato pan and cook over low heat until thick. If it gets too thick add more milk.

## OYSTER STEW

---

*Charlotte Meyer*

- |   |  |
|---|--|
| <b>½ stick butter</b>                           | <b>3 c. half &amp; half</b>              |
| <b>1 lg. onion, chopped</b>                     | <b>1 can cream-style corn, undrained</b> |
| <b>2 stalks celery, chopped</b>                 | <b>½ tsp. sugar</b>                      |
| <b>2 potatoes, peeled, cut into ½-in. cubes</b> | <b>¼ tsp. freshly ground pepper</b>      |
| <b>2 med. carrots, ¼-in. slices</b>             | <b>1 tsp. salt to taste</b>              |
| <b>¼ c. fresh chopped parsley</b>               | <b>1 pt. oysters &amp; juice</b>         |

Melt butter, add onion, celery and cook until soft. Add potatoes and carrots, parsley and 2 cups half & half. Simmer uncovered 15 minutes or until potatoes are tender. Stir in corn and remaining half & half, sugar, salt and pepper. May be covered and refrigerated overnight at this point if desired. Add oysters and juice. Simmer 5 to 8 minutes until edges curl on oysters. Serves 8.

## GARDEN CHOWDER

---

*Vickie Richter*

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| <b>½ c. chopped green pepper</b> | <b>1 c. diced sweet potatoes</b>    |
| <b>½ c. chopped onion</b>        | <b>3 c. water</b>                   |
| <b>¼ c. butter</b>               | <b>3 chicken bouillon cubes</b>     |
| <b>1 c. diced potatoes</b>       | <b>1 tsp. salt/pepper</b>           |
| <b>1 c. diced celery</b>         | <b>½ c. flour</b>                   |
| <b>1 c. diced broccoli</b>       | <b>2 c. milk</b>                    |
| <b>1 c. diced carrots</b>        | <b>Parsley</b>                      |
| <b>1 c. diced red peppers</b>    | <b>3 c. shredded cheddar cheese</b> |

(continued)



Sauté peppers, onion in margarine till tender. Add vegetables, water, bouillon, salt and pepper. Bring to boil. Reduce heat. Cover, simmer 20 minutes. Combine flour, milk till smooth. Stir into pan. Bring to boil. Cook 2 minutes. Add parsley. Stir in cheese before serving.

## **EASY WILD RICE CHEESE SOUP**

---

*Karla Sears*

**1 c. uncooked wild rice**  
**4 c. water**  
**4 T. butter or margarine**  
**1 onion, minced**  
**2 qt. milk**

**2 cans cream of potato soup**  
**1 lb. Velveeta cheese or 2 cans cheese soup**  
**Crisp bacon to crumble on top, opt.**

**Cook rice:** Microwave method: One cup rice and 3 cups water. Cook 5 minutes on high, then 30 minutes on medium setting. Let stand 10 to 15 minutes and drain. **On top of stove:** Sauté onion in butter. Add water (remaining 1 cup), milk, and potato soup. When mixture is hot, add cheese in chunks or cheese soup and cooked wild rice. This does well in a crockpot, also. Serves 12 to 16.

## **WILD RICE SOUP**

---

*Shaun Cain*

**Diced chicken or canned chicken**  
**¼ c. wild rice**  
**1 pkg. Uncle Ben's wild rice mix**  
**1 med. onion**

**1 sm. pkg. sliced almonds**  
**4-5 c. chicken broth**  
**1 stick butter or margarine**  
**1 pt. half & half**  
**3 T. flour**

Cook wild rice 40 minutes until tender and puffy. Add Uncle Ben's mix and cook again as directed with the first wild rice. When done put lid on and set aside! Cook diced onion in butter until tender, add flour and add chicken broth. Make a thin white sauce. Add wild rice mixture, chicken and almonds and then heat. May have to add a little milk when warmed up, mixture tends to thicken.

## **WILD RICE SOUP-DR. JACKSON'S**

---

*Loretta Paullin*

**1 can cream of mushroom soup**  
**1 can cream of celery soup**  
**1 can cream of potato soup**  
**1 qt. milk**  
**4 slices bacon, fried & crumbled**

**1 med. onion**  
**½ lb. cheddar cheese, grated**  
**½-1 c. cooked wild/long-grain rice (cook by pkg. instructions)**

Mix in crockpot and cook on low for 6 hours, or on high for 2 to 3 hours. Stir often.

## POTATO CHICKEN SOUP

---

*Dana Stonehocker*

4 slices bacon, cut up  
1/2 c. onion, chopped  
3 c. potatoes, cubed

1 1/2 c. water  
2 cans cream of chicken soup  
2 c. milk

Place bacon in saucepan. Cook till crisp. Sauté onion in bacon grease until tender. Drain off grease. Add potatoes and water. Cook covered until tender. Add soup, milk and bacon. Makes 4 servings.

## VEGETABLE CHEESE SOUP

---

*Crystal Hemesath*

4 chicken bouillon cubes  
1 qt. water  
1 c. celery, chopped

1 lg. onion, chopped  
2 1/2 c. potatoes, cubed  
1 c. carrots, diced

Cook all of the above ingredients for 20 minutes. **Add:** Ten ounces of frozen broccoli or cauliflower. Cook a little **Add:** Two cans of cream of chicken soup mixed with 1/2 cup of water for each can. **Stir in:** One pound Velveeta cheese, diced. Heat thoroughly but do not boil. This makes a nice size portion. Also, I have used light Velveeta and it has worked well.

## POTATO-CHEESE SOUP

---

*Sara Braga*

6-8 potatoes, peeled & diced  
2-3 carrots, sliced  
1 stalk celery  
1 onion, chopped  
1 (8-oz.) pkg. cream cheese

1/4 c. butter or margarine  
1 can cream of chicken soup  
2 c. milk  
2 strips bacon, fried & crumbled  
Salt & pepper, to taste

Place potatoes, carrots, celery, and onion in large kettle. Cover with water and cook until tender. Combine cream cheese, butter, and soup; stir well. Add milk, bacon, salt, and pepper. Add to vegetables. **For thicker soup:** Drain vegetables before adding cream mixture. Yield: 10 to 12 servings.

## POTATO-CHEESE SOUP

*Rita McDonald*

10 potatoes, peeled & diced  
1 med. onion  
Chicken broth (can use  
bouillon)  
1 lb. processed cheese  
Instant potato flakes or hash  
browns

Garlic powder  
White pepper  
Dill weed  
Seasoned salt

Fill a large pan with water. Bring to a boil and add potatoes and onion. When potatoes are done they will begin to fall apart. Add chicken broth and cheese. When cheese has melted, add instant potato flakes to thicken. Season with dill, lots of garlic powder, salt and pepper to taste.

## CHEESE SOUP

*Rebekah Mitchell*

2 c. thawed hash brown  
potatoes  
Chopped onion (tiny pieces)

Chopped carrots (tiny pieces)  
Chopped celery (tiny pieces)  
4 T. butter

Sauté all in butter above until tender. Add 2 cans chicken broth and simmer 30 minutes. Blend together 1 cup whole milk, 1 cup half & half and 1/2 cup flour, then add to soup. Add 12 ounces Velveeta cheese, shredded and chopped ham. Cook on low heat for 20 minutes or so. Thicken with cornstarch and water if needed.

## "THE MACHINE SHED'S BAKED POTATO SOUP"

*Tammee Stebbins*

2 1/2 baby red potatoes  
(quartered)  
1/2 lb. raw bacon (diced)  
1 jumbo yellow onion (diced)  
1/4 bunch celery (diced)  
1 qt. water  
2 oz. chicken base  
1 qt. milk

1 tsp. salt  
1 tsp. pepper  
1 1/2 sticks margarine  
6 oz. flour  
1 c. whipping cream  
1/4 bunch chopped parsley (opt.)  
Colby cheese

Boil potatoes in water for 10 minutes, drain and set aside. In a large heavy pot, sauté bacon, onions and celery over medium-high heat until celery is tender. Drain bacon grease and return to pot. Add milk, water, chicken base, salt and pepper. Heat over medium-high heat until very hot (do not boil). In a heavy large saucepan melt margarine and add flour. Mix well and allow to bubble, stirring for 1 minute. While constantly stirring soup, add the flour, margarine mixture slowly. Continue stirring until thick and creamy. Stir in potatoes, parsley and cream. Serve while

(continued)

hot. Garnish with shredded colby cheese, fried bacon bits, chopped green onions or all three.

## **POTATO SOUP**

---

*Rose Thompson*

**Potatoes (1 for each family member)**

**1 med. onion**

**4-6 slices bacon**

**3-4 c. milk**

**Accent**

**Salt & pepper**

Pare potatoes. Slice in kettle with onion, cover with water and salt to taste and boil until done. While potatoes are boiling, cut up and fry bacon till crisp, add to potatoes along with milk and seasonings. Heat just to boiling.

## **CHEESEY POTATO CHOWDER**

---

*Laura Watts*

**1 c. chopped potatoes**

**1/2 c. chopped carrots**

**1/2 c. chopped celery**

**1/2 c. chopped onion**

**1/2 c. chopped green pepper**

**4 T. butter or margarine**

**3 c. chicken broth**

**Dash white pepper**

**2 c. milk**

**1/2 c. all-purpose flour**

**3 c. (12 oz.) shredded sharp processed American cheese**

**1 T. snipped parsley**

In a Dutch oven, cook potatoes, carrots, celery, onion and green pepper in butter until tender, but not brown. Add chicken broth and pepper. Cover and simmer 30 minutes. Blend milk into flour. Add to chowder with cheese and parsley. Cook and stir until thickened and bubbly. Makes 7 to 8 servings.

## **POTATO, SOUR CREAM SOUP**

---

*Lila Dorrell  
Dianne Henke*

**3 c. peeled, diced potatoes**

**1/2 c. diced onion**

**2 chicken bouillon cubes or 2 tsp. granules**

**2 c. milk**

**2 T. flour**

**1 T. chopped chives, scallions, or parsley**

**1/2 c. chopped celery**

**1 1/2 c. water**

**1/2 tsp. salt**

**1/4 tsp. pepper**

**1 c. sour cream**

**2 T. butter**

Combine potatoes, celery, onion, bouillon, salt, pepper and water. Cook until veggies are tender (about 20 minutes). Add butter and 1 cup of

(continued)



milk. In separate dish, mix flour, sour cream and remaining milk. Add to cooked veggies mixture. Heat until thick. Serve. Double or triple recipe for crockpot-size batch.

## **GOLDEN CREAM SOUP**

---

*Denise L. Kirkland*

**3 c. chopped potatoes**  
**1 c. water**  
**1/2 c. celery, sliced**  
**1/2 c. carrots, sliced**  
**1/2 tsp. salt**  
**Dash pepper**

**1/4 c. chopped onion**  
**1 tsp. parsley flakes**  
**1 chicken bouillon cube**  
**1/2 lb. Velveeta cheese**  
**Milk**

Combine all ingredients but milk and cheese. Simmer 15 to 20 minutes till vegetables are tender. Gradually add 1 1/2 cups milk to 2 tablespoons flour, mix till well blended. Add milk to vegetables. Cook till thickened. Then add 1/2 pound Velveeta cheese cubed. Stir till melted.

## **SPICY CHEESEBURGER SOUP**

---

*Chris Eyerly*

**1 1/2 c. water**  
**2 c. cubed, peeled potatoes**  
**2 sm. carrots, grated**  
**1 sm. onion, chopped**  
**1/4 c. chopped green pepper**  
**1 jalapeño pepper, seeded & chopped**  
**1 garlic clove**  
**1 T. beef bouillon granules**  
**1/2 tsp. salt**

**1 lb. ground beef, cooked & drained**  
**2 1/2 c. milk, divided**  
**3 T. flour**  
**8 oz. processed American cheese, cubed**  
**1/4-1 tsp. cayenne pepper, opt.**  
**1/2 lb. bacon, cooked & crumbled**

Combine first 9 ingredients, bring to boil. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender. Stir in beef and 2 cups milk, heat through. Combine flour and remaining milk until smooth, gradually stir into soup. Bring to a boil, cook and stir for 2 minutes or until thickened and bubbly. Reduce heat; stir in cheese until melted. Add cayenne if desired. Top with bacon just before serving.

## **SPICY TORTILLA SOUP**

---

*Charlotte Meyer*

**1 lg. onion, coarsely chopped**  
**(about 12 oz.)**  
**3 T. vegetable oil**  
**4 corn tortillas, coarsely**  
**chopped**  
**6 cloves garlic, minced**  
**1 T. chopped fresh cilantro**  
**2 (10<sup>3</sup>/<sub>4</sub>-oz.) cans tomato purée**  
**2 qt. chicken broth**  
**1 T. ground cumin**  
**2 tsp. chili powder**

**2 bay leaves**  
**1/8 tsp. ground red pepper**  
**3 corn tortillas**  
**Vegetable oil**  
**2 skinned & boned chicken**  
**breast halves, cut into strips**  
**1 avocado, peeled, seeded &**  
**cubed**  
**1 c. (4 oz.) shredded cheddar**  
**cheese**

Position knife blade in food processor bowl; add chopped onion, and process until smooth. Measure 1 cup onion purée, and set aside; reserve any remaining purée for other uses. Heat 3 tablespoons oil in a Dutch oven over medium heat; cook 4 chopped tortillas, garlic, and cilantro in hot oil until tortillas are soft. Add 1 cup onion purée, tomato purée, and next 5 ingredients. Bring to a boil; reduce heat, and simmer 30 minutes. Remove and discard bay leaves. Cut 3 tortillas into thin strips. Pour oil to depth of 1 inch into a large heavy skillet. Fry strips in hot oil over medium heat until browned. Remove tortillas, reserving 1/2 tablespoon oil in skillet; drain tortillas on paper towels, and set aside. Add chicken strips to skillet, and cook about 10 minutes or until done. Spoon soup into bowls; add chicken strips, avocado, and cheese. Top with tortilla strips. Serve immediately. Yield: 11 cups.

## **CREAM OF TOMATO SOUP**

---

*Dr. Thomas Bergstrom*

**2 c. canned or fresh tomatoes**  
**1/8 tsp. soda**  
**1 qt. milk**  
**1/3 c. flour**

**1/4-1/3 c. oleo or butter**  
**2 tsp. salt**  
**1/3 tsp. pepper**

Put tomatoes in saucepan cover and simmer for 15 minutes. Mix in soda. Make a white sauce omitting salt. Then combine tomatoes in sauce. Add salt and pepper. This is great with fresh tomatoes.

## WHITE CHILI

---

*Tricia Hirsch*

- |                                     |  |
|-------------------------------------|--|
| 2 med. onions, chopped              | 1 tsp. oregano                               |
| 1 T. oil (olive)                    | 2 cans chicken broth                         |
| 4-5 cloves garlic, minced           | 2 c. cooked chicken or turkey                |
| 1 (4-oz.) can chopped green chilies | 3 (15-oz.) cans drained great northern beans |
| 2 tsp. ground cumin                 | 2 c. pepper jack cheese                      |

Sauté onions in oil till tender. Add garlic, chilies, cumin, and oregano. Cook and stir 2 to 3 more minutes. Add broth, meat, and beans. Simmer, uncovered for 15 minutes. Add cheese and stir till thickened. May add spoonful of sour cream to each bowl.

## WHITE BEANS CHILI

---

*Annette Lebron*

- |                              |                                      |
|------------------------------|--------------------------------------|
| 2 lbs. cubed chicken or pork | 3 c. stock, vegetable or chicken     |
| 1 med. onion, chopped        | 1 (16-oz.) jar northern beans        |
| 1 T. garlic cloves, minced   | 1 (4-oz.) jar green chilies, chopped |
| 1 jalapeño, minced           | Dash of Tabasco                      |
| 1 T. chili powder            |                                      |
| ½ tsp. cumin                 |                                      |

Serve with brown rice and corn muffin or bread.

## CHILI CON KARLA

---

*Karla Sears*

- |  |                        |
|--|------------------------|
| 2 lg. (30-oz.) can Mrs. Grimes chili beans | 1 tsp. salt            |
| 1 lg. onion, chopped                       | 1 bay leaf             |
| 1 green pepper, chopped                    | Dash cayenne pepper    |
| 1 lb. ground beef                          | Dash paprika           |
| 1 (1-lb.) can tomatoes, chopped            | 1 clove garlic, minced |
| 2 (8-oz.) cans tomato sauce                | 1 T. sugar             |
| 1½ tsp. chili powder or more to taste      | 2 T. ketchup           |

Brown (sauté) onion, green pepper, garlic, and ground beef until beef is cooked through. Add spices (chili powder, salt, cayenne, sugar, ketchup, paprika, bay leaf) and stir in. Add tomato sauce and tomatoes. Add chili beans. Simmer 1½ hours. May add a little water if too thick or if you prefer a thinner chili.

## MULLIGAN STEW

---

*Dana Stonehocker*

1 lb. ground meat, beef or  
venison, browned & drained  
1 lg. sliced onion  
3-4 sliced potatoes

1 qt. whole tomatoes with juice,  
may need more juice  
Salt & pepper to taste

Combine all and simmer on stove until vegetables are tender, stirring occasionally or can bake at 300° to 350° until done.

## COOL RASPBERRY SOUP

---

*Karla Sears*

1 (20-oz.) bag frozen  
raspberries, thawed  
1<sup>1</sup>/<sub>4</sub> c. water  
1/4 c. white wine, opt.  
1 c. cran-raspberry juice  
1/2 c. sugar

1<sup>1</sup>/<sub>2</sub> tsp. ground cinnamon  
3 whole cloves  
1 T. lemon juice  
1 (8-oz.) ctn. raspberry-flavored  
yogurt  
1/2 c. sour cream

In a blender, purée raspberries, water, and wine if desired. Transfer to a large saucepan; add the cran-raspberry juice, sugar, cinnamon, and cloves. Bring just to a boil over medium heat. Remove from heat; strain and allow to cool. Whisk in lemon juice and yogurt. Refrigerate. **To serve:** Pour into small bowls and top with a dollop of sour cream. Makes 4 to 6 servings.

## BEAN SALAD

---

*Jean Teno*

1 can garbanzo beans, drained  
1 can drained green beans  
1 can drained yellow beans  
1 can drained red beans  
1/3 c. salad oil  
2/3 c. vinegar

3/4 c. sugar  
1/2 tsp. pepper  
1/4 tsp. garlic (opt.)  
Chopped onion to taste  
Chopped green pepper to taste

Mix together everything except beans. Stir until sugar is almost completely dissolved. Add beans and stir thoroughly to saturate beans with solution. Let stand at least 12 to 24 hours.

## BEAN SALAD

---

*Rhonda Wagoner*

1 can sliced green beans, liquid  
drained off  
1 can red kidney beans, liquid  
drained off

1 can white northern beans or  
navy beans, liquid drained off

(continued)



Cook together til sugar melts and cool, pour over beans:

$\frac{1}{4}$  c. sugar

$\frac{3}{4}$  c. apple cider vinegar

$\frac{1}{4}$  c. canola oil

You can use 2 cans of each without doubling liquid.

## **BROCCOLI SLAW**

*Denise L. Kirkland*

**1 (16 oz.) broccoli slaw**

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

**2 pkgs. chicken-flavor Ramen  
noodles (save flavor pkgs.)**

**$\frac{1}{4}$  c. oil**

**1 or 2 bunches green onion  
slices**

**$\frac{1}{3}$  c. cider vinegar**

Combine slaw, crushed noodles and onions, set aside. Mix sugar, oil, vinegar and flavors (from noodles). Heat in microwave 1 minute till sugar is dissolved. Stir in between 1 minute cooking times. Pour over slaw mixture and mix well. Refrigerate 3 hours. Just before serving add 1 cup peanuts and 1 cup sunflower seeds. This is an all time favorite for family dinners.

## **BROCCOLI DELIGHT SALAD**

*Sue Lincoln*

**1 lg. bunch broccoli, cut in  
pieces**

**10 strips bacon, fried &  
crumbled**

**1 c. grapes**

**1 c. cashews**

**$\frac{1}{4}$  c. diced red onion**

**Dressing:**

**4 T. sugar**

**1 T. white vinegar**

**1 c. mayonnaise**

Toss the first 5 ingredients together. Mix the dressing and pour over salad. Lightly toss to coat.

## **CAULIFLOWER SALAD**

*Betty Frazier*

**1 c. broccoli**

**$\frac{1}{2}$  c. salad oil**

**4 c. cauliflower**

**3 T. lemon juice**

**1 c. green olives, sliced**

**3 T. vinegar**

**$\frac{2}{3}$  c. green pepper, chopped**

**1 tsp. salt**

**$\frac{1}{2}$  c. chopped onion**

**1 tsp. sugar**

**$\frac{1}{2}$  c. chopped celery**

**Dash pepper**

**$\frac{1}{2}$  c. chopped carrots**

(continued)

Mix vegetables. Marinate overnight in mix of salad oil, lemon juice, vinegar and spices. The salad will make its own juice. The longer it stands the better it is.

## **BROCCOLI SALAD**

---

*Juanita Ross*

**1 bunch broccoli, washed,  
drained, broken into flowerets**  
**1/2 c. chopped red onion**  
**1/2 c. chopped celery**

**1/2 lb. bacon, fried crisp,  
drained & crumbled**  
**1/2 c. hulled sunflower seeds**  
**1/2 c. raisins**

### **Dressing:**

**3/4 c. mayonnaise**  
**1/4 c. sugar**

**2 T. vinegar**

Combine salad ingredients together in large bowl set aside. Combine dressing ingredients together thoroughly. Pour dressing over salad, stir to blend. Chill and serve.

## **CAULIFLOWER & BROCCOLI SALAD**

---

*Rose Thompson*

**1 head broccoli**  
**3 carrots**  
**2 green peppers**

**1 head cauliflower**  
**3 stalks celery**  
**Med. onion**

Cut up and pour this sauce over all:

**1 T. salt & pepper**  
**1 c. vinegar**  
**1 T. sugar**  
**1 T. garlic powder**

**1 c. oil**  
**1 T. Accent**  
**1 T. dill weed**

Mix and let stand at least 1 hour before serving.

## **TANGY BROCCOLI SALAD**

**(Kraft)**

---

*Sara Braga*

**1 c. Miracle Whip or Miracle  
Whip light dressing**  
**2 T. sugar**  
**2 T. vinegar**  
**1 med. bunch broccoli, cut into  
flowerets (about 6 c.)**  
**4 c. loosely-packed fresh  
spinach leaves**

**1 (8-oz.) pkg. Oscar Mayer  
bacon slices, crisply cooked,  
crumbled**  
**1/2 c. red onion, cut into strips**  
**1/4 c. raisins**

(continued)

Mix dressing, sugar, and vinegar in large bowl. Add remaining ingredients; mix lightly. Refrigerate. Makes 8 servings.

**Variation:** Use cauliflower for part of the broccoli or spinach.

## **BROCCOLI & CAULIFLOWER SALAD**

*Lila Dorrell*

- |   |                     |
|---|---------------------|
| 1 head cauliflower, broken in<br>bite-size pieces | 1/2 c. green onions |
| 1 bunch broccoli, broken in bite-<br>size pieces  | 1/2 c. crisp bacon  |

### **Dressing:**

- |                 |                            |
|-----------------|----------------------------|
| 1 c. mayonnaise | 1/2 grated Parmesan cheese |
| 1/2 c. sugar    |                            |

Combine all ingredients and chill for several hours before serving.

## **BROCCOLI, BACON & RAISINS SALAD**

*Hospital Dietary Dept.*

- |   |   |
|---|---|
| 1 bunch fresh broccoli, washed,<br>drained & broken into<br>flowerets | 1 lb. bacon, fried crisp,<br>drained & crumbled |
| 1 c. chopped celery   | 1/2 c. hulled sunflower seeds                   |
| 1/2 c. chopped red onion  | 1/2 c. raisins                                  |

### **Dressing:**

- |                    |              |
|--------------------|--------------|
| 3/4 c. mayonnaise  | 1/4 c. sugar |
| 2 T. cider vinegar |              |

Combine salad ingredients together in large mixing bowl. Combine dressing ingredients. Stir to blend. Serve chilled. Refrigerate leftover.

## **SPINACH SALAD**

*Charlotte Meyer*

### **Salad:**

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 bag fresh spinach           | Fresh mushrooms                  |
| 1/2 bag fresh sprouts         | 8 slices bacon, fried & crumbled |
| 1 (8-oz.) can water chestnuts | 4 hard-cooked eggs               |

### **Dressing:**

- |                         |                                |
|-------------------------|--------------------------------|
| 1 c. oil                | 3/4 c. sugar                   |
| 1/4 c. red wine vinegar | 1/2 tsp. salt                  |
| 2 T. Worcestershire     | 1/2 med. onion, finely chopped |
| 1/3 c. ketchup          |                                |

(continued)

Combine all of the ingredients of the salad, adding the bacon and eggs last. Add the dressing to the salad.

## **VILLAGE SALAD**

---

*Dana Stonehocker*

- |   |  |
|---|--|
| <b>2 (4-oz.) pkgs. Alhena crumbled feta cheese or 1 (8-oz.) pkg. feta cheese, cut into chunks</b> | <b>1 lg. cucumber, cut into chunks</b>   |
| <b>2 med. tomatoes, cut into chunks</b>   | <b>1 med. red onion, cut into chunks</b> |
|   | <b>1/2 c. Kraft Italian dressing</b>     |

Toss all ingredients. Makes 6 to 8 servings.

## **TANGY VEGETABLE SALAD**

---

*Dana Stonehocker*

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <b>2 lbs. carrots (sliced)</b>     | <b>1 c. sugar</b>                  |
| <b>1 sm. green pepper (sliced)</b> | <b>3/4 c. vinegar</b>              |
| <b>1 med. onion (sliced)</b>       | <b>1 tsp. mustard</b>              |
| <b>1 can tomato soup</b>           | <b>1 tsp. Worcestershire sauce</b> |
| <b>1/2 c. salad oil</b>            | <b>Salt &amp; pepper</b>           |

Cook carrots in salted water until medium done. Drain and rinse. Mix carrots, onions and peppers. Combine remaining ingredients in saucepan. Bring to boil, stirring until well blended. Pour over vegetables and refrigerate until cool. Overnight is best.

## **CREAMY GARDEN VEGETABLE SALAD**

---

*Connie Tadlock*

- |   |                                 |
|---|---------------------------------|
| <b>4 c. broccoli flowerets</b>                    | <b>1/4 c. Kraft 100% grated</b> |
| <b>4 c. cauliflowerets</b>                        | <b>Parmesan cheese</b>          |
| <b>1 pt. cherry tomatoes, halved</b>              |                                 |
| <b>1 c. Kraft Light Done Right Ranch dressing</b> |                                 |

Toss all ingredients. Makes 8 servings.

## **EASY PEA SALAD**

---

*Dana Stonehocker*

- |  |                              |
|--|------------------------------|
| <b>1 (17-oz.) can peas</b>                     | <b>2 T. chopped onion</b>    |
| <b>1/2 c. chopped celery</b>                   | <b>1/2 c. salad dressing</b> |
| <b>1/2 c. cubed or shredded cheddar cheese</b> | <b>1 tsp. salt</b>           |
| <b>3 T. sliced ripe olives</b>                 | <b>1/8 tsp. pepper</b>       |

(continued)



Combine peas, celery, cheese, olives, and onion. In small bowl blend remaining ingredients and until smooth, add to pea mixture gently tossing to coat. Chill. Makes 4 to 6 servings.

## PEA-CHEESE SALAD

*Hospital Dietary Dept.*

- |  |                               |
|--|-------------------------------|
| <b>1 (10-oz.) pkg. frozen peas, thawed</b> | <b>2 T. chopped pimiento</b>  |
| <b>1 c. cubed cheddar cheese</b>           | <b>1/2 tsp. salt</b>          |
| <b>2 hard-boiled eggs, chopped</b>         | <b>1/3 c. mayonnaise</b>      |
| <b>1/4 c. chopped celery</b>               | <b>1/4 c. sugar</b>           |
| <b>2 T. chopped red onion</b>              | <b>1/8 tsp. black pepper</b>  |
|  | <b>1/4 tsp. Tabasco sauce</b> |

In large bowl combine peas, cheese cubes, eggs, celery, onion, and pimiento. Combine mayonnaise, sugar, salt, pepper and hot sauce. Add to pea mixture. Toss to combine. Cover and refrigerate several hours. Makes 6 to 8 servings.

## EASY SALAD

*Shaun Cain*

- |                           |                                       |
|---------------------------|---------------------------------------|
| <b>1 head cauliflower</b> | <b>5 carrots, peeled &amp; sliced</b> |
| <b>1 bunch broccoli</b>   | <b>1 bottle coleslaw dressing</b>     |

Cut vegetables up in small pieces and pour dressing and stir!

## CAULIFLOWER SALAD

*Joann Haines*

- |  |   |
|--|---|
| <b>1 lg. head cauliflower (separate into sm. pieces)</b> | <b>1/2 c. snapped fresh parsley (less if dry is used)</b> |
| <b>1 c. thinly sliced radishes</b>                       | <b>1/4 c. green onion, chopped</b>                        |

**Dressing:**

- |  |                          |
|--|--------------------------|
| <b>1 c. real mayonnaise</b>                                  | <b>2 T. caraway seed</b> |
| <b>1 c. sour cream</b>                                       |                          |
| <b>1 pkg. Good Seasons cheese &amp; garlic dressing, dry</b> |                          |

Combine cauliflower, radishes, parsley and green onion. Mix dressing ingredients of mayonnaise, sour cream, Good Seasons dressing package, and caraway seed. Mix in vegetables.

**Note:** Leftovers get really potent. Best if you mix only what you will use.

## HIDDEN VALLEY RANCH CRUNCHY PEA SALAD

---

*Melody Larsen*

1 pkg. frozen baby peas  
(thawed)  
1 c. diced celery

1 c. chopped cauliflower  
1/4 c. diced green onion  
1 c. chopped cashews

Mix together:

1/2 c. sour cream  
1 c. Hidden Valley Original  
Ranch dressing

Add to above ingredients. Garnish with crisp crumbled bacon, chill.  
Serve.

## LAYERED LETTUCE SALAD

---

*Brenda Mitchell*

1 head lettuce, torn into bite-  
size pieces  
1 sm. onion, chopped finely  
1 (10-oz.) pkg. frozen peas  
5 hard-boiled eggs, chopped  
1/2 c. celery, finely chopped

2 c. mayonnaise  
2 T. sugar  
4 oz. shredded cheddar cheese  
4 slices cooked bacon,  
crumbled

In 9 x 13-inch pan layer above ingredients in order given. Cover tightly  
and refrigerate overnight.

## VEGGIE POTATO SALAD

---

*Dana Stonehocker*

1 lb. sm. red potatoes, cooked &  
cubed  
1 1/2 c. chopped fresh broccoli  
1/2 c. sliced celery  
1/2 c. chopped red onion  
1/4 c. sliced radishes

2 T. chopped green pepper  
1/3 c. fat-free Italian salad  
dressing  
1/2 tsp. salt-free seasoning  
1/4 tsp. dill weed

In a large salad bowl, toss the potatoes and veggies. In a small bowl,  
blend the salad dressing and seasonings; add to potato mixture and toss  
to coat. Cover and refrigerate 1 hour or until serving. Yield: 5 servings.

## **RICE, BLACK BEAN AND FETA SALAD**

---

*Dana Stonehocker*

- |   |  |
|---|--|
| <b>3/4-1 c. smoked, cooked turkey</b>                   | <b>1 (4-oz.) pkg. crumbled feta cheese</b> |
| <b>1 (15-oz.) can black beans, rinsed &amp; drained</b> | <b>1/2 c. chopped celery</b>               |
| <b>1 1/2 c. chopped tomatoes</b>                        | <b>1/2 c. green onion</b>                  |
| <b>1 1/2 c. cooked rice</b>                             | <b>1/2 c. Italian salad dressing</b>       |

Mix all ingredients and refrigerate.

## **SUMI SALAD**

---

*Dr. Sherri Broadbent  
Diane Truckenbrod  
Dana Stonehocker  
Laura Reed  
Rebekah Mitchell*

- |                               |  |
|-------------------------------|--|
| <b>1 lb. shredded cabbage</b> | <b>Salt &amp; pepper</b>                                 |
| <b>8-10 green onions</b>      | <b>Oriental-flavor Ramen noodles with seasoning pkt.</b> |
| <b>1/2 c. sugar</b>           | <b>1 c. sunflower seeds</b>                              |
| <b>1/2 c. oil</b>             |  |
| <b>6 T. vinegar</b>           |  |

Mix all ingredients except Ramen noodles and seeds. Let set at least 1 hour (overnight is ok). Add sunflower seeds and crushed noodles prior to eating.

## **CUCUMBER JELL**

---

*Barb McDonald*

- |                             |                                      |
|-----------------------------|--------------------------------------|
| <b>1 pkg. lemon Jello</b>   | <b>1/2 c. celery, finely chopped</b> |
| <b>1 c. hot water</b>       | <b>1 lg. cucumber, diced</b>         |
| <b>1 c. mayonnaise</b>      | <b>1 sm. onion, chopped</b>          |
| <b>1 pt. cottage cheese</b> | <b>1/2 c. walnuts</b>                |

Dilute Jello with water. Add vinegar and salt. When Jello starts to jell, add remaining ingredients.

## **GREEK SALAD**

*Evelyn Ridout*

**Cut into lg. pieces:**

2 peeled cucumbers  
2 or 3 tomatoes  
2 or 3 green peppers

1 or 2 sweet onions  
Salt to taste

**Combine:**

$\frac{1}{3}$  c. oil  
 $\frac{2}{3}$  c. vinegar

1 T. oregano

Shake well and pour over vegetables.

## **EGG-SPINACH SALAD**

*Diana Wilson*

1 lb. fresh spinach  
 $\frac{1}{2}$  c. salad oil  
 $\frac{1}{4}$  c. sugar  
2 T. vinegar  
1 tsp. finely grated onion

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. dry mustard  
6 slices bacon, cooked crisp &  
crumbled  
6 hard-boiled eggs, chopped

Combine salad oil, sugar, vinegar, onion, salt and dry mustard. Blend until thick and creamy and sugar is dissolved. Tear cleaned crisp spinach into bite-size pieces in a large salad bowl. Add bacon and eggs. Pour dressing over all. Let stand 30 minutes before serving.

## **OLD FASHIONED DANISH POTATO SALAD**

*Cheryl Hockstein*

$\frac{1}{4}$  c. vinegar  
 $\frac{1}{4}$  c. water  
 $\frac{1}{4}$  c. sugar  
1 tsp. prepared mustard  
 $\frac{1}{4}$  tsp. salt  
Dash pepper  
2 eggs, well beaten  
 $\frac{1}{2}$  c. Miracle Whip

$\frac{1}{2}$  c. mayonnaise  
4 c. red potatoes, cubed &  
cooked peeled  
2 hard-cooked eggs, chopped  
 $\frac{1}{2}$  c. cucumber, chopped  
 $\frac{1}{2}$  c. celery, chopped  
1 T. minced onion  
1 T. green pepper, chopped

In saucepan, combine vinegar, water, sugar, mustard, and pepper. Bring to boil. Reduce heat and gradually beat in eggs. Cook stirring constantly until slightly thickened, about 5 minutes. Beat in Miracle Whip and mayonnaise. Toss together remaining ingredients. Pour on dressing and toss gently. Adjust seasonings if necessary. Serves 6.

(continued)



**For larger quantity:**

1 c. vinegar	1/2 qt. mayonnaise
1 c. water	10 lbs. red potatoes, peeled, cubed & cooked
1 c. sugar	6 hard-cooked eggs, chopped
1 T. prepared mustard	2 c. cucumbers, chopped
1 tsp. salt	2 c. celery, chopped
1/2 tsp. pepper	1/2 c. minced onion
5 eggs, beaten	1/2 c. green pepper, chopped
1/2 qt. Miracle Whip	

Follow directions listed above. Makes 6 quarts.

## **WILTED LEAF LETTUCE**

*Juanita Ross*

1 bunch leaf lettuce	1 1/2 tsp. sugar
4-6 thinly sliced green onion	1 tsp. dry mustard
5 slices bacon, fried crisp, drained & crumbled	1/8 tsp. garlic salt
1/4 c. vinegar	Salt & pepper to taste

Place lettuce and onion in salad bowl, set aside, fry bacon in skillet until crisp, remove bacon and set aside. In skillet combine bacon drippings and all other ingredients. Bring to boil stirring constantly. Immediately pour over salad. Toss well and serve immediately.

## **MACARONI SALAD**

*Hospital Dietary Department*

2 c. dry macaroni	1 c. cubed or shredded cheese
1 box frozen peas	1 c. chopped or cubed ham
2 stalks chopped celery	2 c. salad dressing
1 shredded carrot	1/4 c. vinegar
1 med. chopped onion	1/4 c. sugar

Cook macaroni. Thaw peas under running water. Make a dressing up with salad dressing, vinegar and sugar. Mix all ingredients with dressing mixture and chill.

## **PASTA SALAD**

---

*Cheryl Adams*

1 pkg. pasta (your choice)  
2 T. oil  
1½ c. white vinegar  
1½ c. sugar  
1 tsp. salt  
1 tsp. pepper  
1 tsp. garlic powder

2 T. mustard  
Pinch salt, if desired  
1 med. chopped onion  
1 diced green pepper  
1 sliced/chopped cucumber  
1 lg. jar pimento

Stir pasta and oil together. Add all ingredients to pasta and refrigerate overnight.

## **PASTA SALAD**

---

*Deena McDonald*

½ box rotini pasta (has tomato, spinach & reg.)  
1 c. broccoli flowerettes  
1 c. cauliflowerettes  
2 med. tomatoes, diced  
1 onion (opt.)  
½ c. or so sliced black olives

½ brick Monterey Jack  
½ brick cheddar or colby (your taste)  
1 bottle Italian dressing (½-⅔ on now, then when serve put on more so it isn't dry)

## **MACARONI SALAD**

---

*Irma Jordan*

Cook 4 cups elbow macaroni. Drain and cool. Add 4 tablespoons vinegar, 1 large jar pimentos, salt and pepper to taste.

**Add:**

1 c. chopped celery  
2 c. grated cheddar cheese

½ c. grated carrots  
2 chopped tomatoes

Mix Miracle Whip to above. I guess at amount for mixture. Mix and chill. Serve.

## **SHIRLEY'S PASTA SALAD**

---

*Shirley Bittenger*

4 c. rotini vegetable pasta  
1 tsp. black pepper  
1½ c. sugar

1½ c. cider vinegar  
1 tsp. garlic powder

Cook pasta according to directions. Drain and rinse with cold water. Mix the next four ingredients till sugar dissolves. Pour over pasta in large bowl. Add 1 red onion and 1 cucumber, peeled and sliced. Stir well and let marinate at least 4 hours. Keeps in refrigerator for days.

## MACARONI SALAD

---

*Connie Manny*

1-lb. bag macaroni  
1 green pepper  
1 med. onion  
4 carrots  
1 can Eagle Brand milk

2½ c. salad dressing  
½ c. vinegar  
¾ c. vinegar  
Salt & pepper to taste

Cook macaroni and drain. Add green pepper and finely chopped onion. Add grated carrots, mix Eagle Brand with Miracle Whip, sugar, vinegar, salt and pepper. Add to macaroni, mix and chill. Makes a large salad. Keeps well for long time. Good for large crowds.

## MACARONI SALAD

---

*Loretta Paullin*

1 pkg. shell macaroni  
1-2 green peppers  
1 box cherry tomatoes  
1 onion, chopped

1-2 cucumbers  
6-8 oz. colby cheese  
Salt & pepper to taste

### **Dressing:**

1 c. Eagle Brand sweetened  
condensed milk

1 c. vinegar  
¼ c. sugar

Prepare macaroni, chop vegetables, and cube cheese. Dissolve the sugar in the vinegar, then add sweetened condensed milk and pour over macaroni, vegetables and cheese.

## CALIFORNIA PASTA SALAD

---

*Rose Thompson*

1 lb. spaghetti, broken into 1-in.  
pieces & cooked  
3 lg. tomatoes, diced  
2 med. zucchini, cubed  
1 lg. cucumber, diced  
1 med. green pepper  
1 sweet red pepper  
2 (2¼ oz.) black olives

1 (16-oz.) bottles Italian dressing  
¼ Parmesan cheese  
1 T. sesame seed  
2 tsp. poppy seed  
1 tsp. paprika  
½ tsp. celery seed  
¼ tsp. garlic powder

Combine all ingredients. Cover and refrigerate overnight. Makes 10 to 15 servings.

## TANGY PASTA SALAD

---

*Connie Tadlock*

6 slices Oscar Mayer bacon  
1¼ c. Miracle Whip or Miracle  
Whip light dressing  
2 T. sugar  
½ tsp. garlic salt  
1 (16-oz.) pkg. pasta (such as  
tube, macaroni or corkscrew),  
cooked, drained

3 carrots, shredded  
1 green pepper, chopped  
1 onion, chopped (red or white)

Cook bacon in skillet on medium heat to desired crispness, turning frequently. Drain bacon, reserving 2 tablespoons drippings. Crumble bacon; set aside. Mix reserved 2 tablespoons drippings, dressing, sugar and garlic in large bowl. Add remaining ingredients except bacon; mix lightly. Refrigerate. Sprinkle with crumbled bacon before serving. Makes 8 servings.

## MOSTACCIOLI SALAD

---

*Denise Kirkland  
Cory Fetch  
Rose Thompson*

1 lb. 3 (8-oz.) pkgs. mostaccioli  
noodles, cooked in water with  
1 T. oil

Rinse and cool.

### Chop:

1 med. onion  
1 med. cucumber

1 green pepper  
2 stalks celery

### Mix:

1 tsp. garlic powder  
1 tsp. parsley flakes

1 tsp. salt  
½ tsp. pepper

Add to noodles and mix well.

### Dressing (boil):

1½ c. vinegar  
1½ c. sugar

½ c. salad oil

Marinate at least 2 hours, stirring occasionally. Will keep well in the refrigerator for two weeks. Recipe also submitted by Rhonda Lauer.



## **SALAD**

---

*Jean Teno*

**1 pkg. California blend  
vegetables (this consists of  
cauliflower, carrots & broccoli)**

Put in bowl, and cover with plastic, put in microwave and microwave for 10 minutes. Cool. Cook spiral pasta for 20 minutes, cool. Mix these together, and add Italian dressing.

## **SUN-DRIED TOMATOES & ASPARAGUS PASTA SALAD**

---

*Kathleen Sanford*

<b>1 box bow-tie pasta</b>	<b>1 T.</b>
<b>1 pkg. sun-dried tomatoes (hydrate according to pkg.)</b>	<b>1/4-1/2 c. olive oil (to taste)</b>
<b>1 bunch asparagus</b>	<b>2-4 T. basil (to taste)</b>
<b>1 med. onion</b>	<b>1 tsp. black pepper</b>
<b>1 med. green pepper</b>	<b>2 cloves fresh garlic (chopped fine)</b>
<b>1 med. yellow pepper</b>	

Cook pasta according to package. Drain and run under warm water. Add olive oil and set aside. Chop the onion, green pepper, yellow pepper, and garlic. Cook the asparagus until done but still crispy, then cut into large bite-size pieces, set aside. In a large pan (coated with cooking spray), add all the raw vegetables, and garlic, cook until crisp-tender. Then add the pasta, basil, pepper, sun-dried tomatoes and asparagus, pepper and sugar. Lightly toss all the ingredients. This pasta may be served warm or cool. If refrigerated, remove from refrigerator one hour before serving.

## **DRIED BEEF AND MACARONI SALAD**

---

*Sally Leeper*

<b>7 c. cooked macaroni</b>	<b>1 c. sour cream</b>
<b>2 pkgs. dried beef</b>	<b>1/3 c. milk</b>
<b>2 c. chopped celery</b>	<b>1 tsp. pepper</b>
<b>1/2 c. chopped sweet pickles</b>	<b>1 c. salad dressing</b>
<b>1/4 c. chopped parsley</b>	<b>1/4 c. lemon juice</b>
<b>2 T. chopped onion</b>	<b>1 tsp. prepared mustard</b>
<b>4 hard-boiled eggs</b>	

Prepare about 3 cups uncooked macaroni as directed on the package. Rinse with cold water and drain well. Cut beef into narrow strips, combine macaroni, dried beef, celery, pickles, pastry, onion and eggs. Combine remaining ingredients to make dressing. Fold into macaroni mixture. Chill for about 4 to 6 hours.

## ANGEL HAIR PASTA

---

*Teresa Haarhues*

1 box angel hair spaghetti  
(broken into approx. 2-in.  
pieces)  
1 green pepper, chopped  
A little onion

A little celery  
2 c. cubed cheddar cheese  
 $\frac{3}{4}$  c. sugar  
1 bottle Seven Seas creamy  
Italian dressing

Cook spaghetti according to package directions. Drain and rinse in cold water. Mix dressing and sugar together, then pour over spaghetti. Add cheese and the rest. Cover and let stand overnight in refrigerator.

## SPAGHETTI SALAD

---

*Patty Bengt*

Boil 10-ounce package spaghetti according to package. Drain, rinse in cold water. Place in large bowl. **Add:** Diced tomatoes, cucumber chunks, diced onion, shredded cheese, radish slices, mushrooms, black olives, green olives. Pour small bottle of Italian dressing over spaghetti and toppings. Let set for one hour in refrigerator.

## PRETTY PINK SALAD

---

*Rose Thompson*

1 (13½-oz.) can crushed  
pineapple & juice  
1 (3-oz.) pkg. Jello any red  
flavor

16 lg. marshmallows  
1 (8 oz.) cream cheese  
 $\frac{1}{4}$  c. milk  
2 c. Cool Whip

Heat 1st 3 ingredients until marshmallows are melted, set aside to cool. In large bowl beat cream cheese and milk until smooth. Fold in Cool Whip. When the Jello mixture has cooled, combine the two and mix well and pour into dish. Refrigerate until set.

## RED GELATIN SALAD

---

*Carol Meints*

1 lg. box raspberry gelatin

1 lg. ctn. cottage cheese

Mix well.

1 can mandarin oranges  
1 lg. can crushed pineapple

2 handfuls marshmallows  
1 lg. Cool Whip

Mix all together. Refrigerate and serve.

## 7 LAYER JELLO SALAD

---

*Julia Foley*

**1st layer:** Black cherry Jello. Three-fourth cup boiling water. Dissolve Jello. Add  $\frac{3}{4}$  cup cold water. **2nd layer:** Cherry Jello. One-half cup hot water. Dissolve Jello. Add  $\frac{1}{2}$  cup evaporated milk and  $\frac{1}{2}$  cup cold water. **3rd layer:** Lime Jello. Mix like 1st layer. **4th layer:** Lime Jello: Mix like 2nd layer. **5th layer:** Orange Jello. Mix like 1st layer. **6th layer:** Orange pineapple Jello. Mix like 2nd layer. **7th layer:** Strawberry Jello. Mix like 1st layer. Put in 9 x 13-inch pan. Be sure each layer is set up good before adding next layer.

## FROZEN FRUIT SALAD

---

*Rebekah Mitchell*

6 oz. frozen lemonade	3 sliced bananas
6 oz. frozen orange juice	$\frac{1}{2}$ c. sugar
1 c. strawberries	1 c. seedless green grapes
1-lb. can crushed pineapple with juice	$2\frac{1}{2}$ c. water
10-oz. jar maraschino cherries	1-2 c. assorted fresh fruit

Mix and put in freezer. Serve in cups as a slush.

## CRANBERRY SALAD

---

*Deb Goerndt*

2 (2-oz.) cans crushed pineapple in jar	6 T. lemon juice
2 (6-oz.) pkgs. strawberry Jello	2 tsp. lemon peel
2 c. water	$\frac{1}{2}$ tsp. ground nutmeg
2 cans whole cranberry sauce (not jelly)	4 c. sour cream
	1 c. chopped pecans

Drain pineapple. Add juice to gelatin and water in saucepan. Heat to boiling and stir. Take off heat and blend in cranberry sauce, lemon juice, lemon peel, and nutmeg. Chill until it starts to thicken. Add pineapple, sour cream, and pecans. Pour into 9 x 13-inch pan. Chill until set.

## PINK CHAMPAGNE SALAD

---

*Sue Lincoln*

1 (8-oz.) pkg. cream cheese, softened	1 (10 oz.) frozen strawberries
$\frac{1}{2}$ c. sugar	1 (8-oz.) ctn. Cool Whip
1 (20-oz.) can crushed pineapple, drained	Chopped nuts

(continued)

Blend cream cheese with sugar. Add pineapple, strawberries with juice, and bananas that have been quartered lengthwise and then sliced. Fold in the Cool Whip and spread in 9 x 13-inch pan. Sprinkle with nuts. Freeze. Serves 15.

## **SURPRISE SALAD**

---

*Lila Dorrell*

- |   |   |
|---|---|
| <b>1 sm. box instant lemon pudding (prepared)</b> | <b>1 can mandarin oranges (drained)</b> |
| <b>1 sm. can crushed pineapple (drained)</b>      | <b>1½ c. miniature marshmallows</b>     |
|   | <b>2 lg. bananas, sliced</b>            |

Combine and serve.

## **RHONDA'S SALAD CONCOCTION**

---

*Rhonda Wagoner*

- |   |                                     |
|---|-------------------------------------|
| <b>1 lg. or 2 sm. cans fruit cocktail</b> | <b>Milk</b>                         |
| <b>½ ctn. whipped topping (Cool Whip)</b> | <b>1½ c. miniature marshmallows</b> |
| <b>1 sm. pkg. instant vanilla pudding</b> | <b>1 c. shredded coconut</b>        |

Drain canned fruit; add enough milk to juice to make 2 cups liquid. Stir with pudding mixture. Add whip topping and stir. Add fruit, marshmallows, and coconut. Serve over pound or angel food cake or eat plain.

## **DREAM FRUIT SALAD**

---

*Sandi Harper*

- |                                   |  |
|-----------------------------------|--|
| <b>1 lg. ctn. whipped topping</b> | <b>1 can crushed pineapple</b>                       |
| <b>1 pt. cottage cheese</b>       | <b>2 (3-oz.) pkgs. orange-flavored gelatin (dry)</b> |
| <b>1 can mandarin oranges</b>     |  |

Drain fruit and mix all ingredients together. Mold and chill before serving.

## **KALOANA TAPIOCA SALAD**

---

*Barb Kalbach*

- |                                 |                   |
|---------------------------------|-------------------|
| <b>1½ c. baby pearl tapioca</b> | <b>8 c. water</b> |
|---------------------------------|-------------------|

Simmer 40 minutes or until water turns clear. Dump in a big bowl and add:

- 1½ c. sugar**  
**½ c. Jello (your choice of flavor)**

(continued)



Stir until all dissolves. Refrigerate overnight. Add drained, crushed pineapple, mandarin oranges, strawberries or fruit of choice to go with Jello flavor. Add tiny marshmallows as desired. Fold in 1 tube of Cool Whip. Refrigerate.

## **CARAMEL APPLE SALAD**

---

*Becki Messer*

- |   |                              |
|---|------------------------------|
| 6 sm. apples, chopped                                 | 1 c. mini marshmallows       |
| 1 (8 oz.) unsweetened crushed pineapple (don't drain) | 1/4 c. chopped peanuts       |
| 1 (4-oz.) box sugar-free butterscotch pudding         | 1 (8 oz.) fat-free Cool Whip |

Mix all and chill. Makes 8 servings (1½ cups).

## **APPLE SNICKER SALAD**

---

*Launa Reed*

- |  |                              |
|--|------------------------------|
| 6 med. Granny Smith or Red Delicious apples, peeled, cubed | 12 oz. whipped topping       |
| 6 Snicker bars, cubed                                      | Red or green seedless grapes |
|  | 3 med. bananas, sliced       |

Combine apples and Snickers with whipped topping in bowl. Add grapes and bananas and mix well. Yield: 8 servings.

## **CHERRY SALAD**

---

*Rose Thompson*

- |                          |  |
|--------------------------|--|
| 1 can cherry pie filling | 1 (8 oz.) Cool Whip                    |
| 1 can condensed milk     | 1 (15 oz.) crushed pineapple (drained) |
| 1/2 c. nuts (opt.)       |  |

Mix all together and chill several hours.

## RASPBERRY SALAD

---

*Loretta Paullin*

### Pretzel base:

3 T. sugar 3/4 c. oleo  
2<sup>2</sup>/<sub>3</sub> c. crushed pretzels

### Topping:

2 sm. pkgs. raspberry gelatin 2 c. frozen raspberries  
2 c. boiling water

### Cream cheese layer:

8 oz. cream cheese 1 c. sugar  
8 oz. prepared whipped topping

Mix pretzel base and press into a 9 x 12-inch pan. Bake 10 minutes at 350° and cool. Mix cream cheese and sugar, then add prepared whipped topping. Spread on cooled pretzel base. Add boiling water to gelatin, then add frozen fruit, let set approximately 25 minutes, then spoon on top of cream cheese layer.

## RASPBERRY APPLESAUCE MOLD

---

*Annette Lebron*

2 (3-oz.) pkgs. raspberry Jello 2 c. applesauce  
2 c. boiling water  
2 (10-oz.) pkgs. frozen  
raspberries, thawed & drained\*

\*Save juice. Use drained juice from raspberries and enough water to make up the two cups of boiling water. Dissolve Jello in boiling water. Add raspberries and applesauce. Chill until firm.

## BLUEBERRY SALAD

---

*Vickie Richter*

6-oz. pkg. black raspberry  
gelatin 1 tsp. vanilla  
1 env. unflavored gelatin 8-oz. pkg. cream cheese  
1 c. half & half 1/2 c. chopped nuts  
1 c. sugar 2 c. blueberries

**First layer:** Mix 1 (3-ounce) package black raspberry Jello. Set in 8 x 10-inch glass pan. **Second layer:** Soften unflavored gelatin in 1/2 cup cold water. Heat half & half. Stir in gelatin, 1 cup sugar and vanilla. Cream 8 ounces cream cheese at room temperature. Add gelatin mixture slowly to cream cheese. Add 1/2 cup chopped nuts. Pour over first layer. Set. **Third layer:** Dissolve 3 ounces black raspberry gelatin in 1 cup hot water. Add blueberries, undrained. Pour over second layer. Set.

## **EASY CHEESE-PINEAPPLE SALAD**

---

*Dorothy Pettit  
Vickie Richter*

**1 jar cream cheese, with  
pimento**  
**1 sm. can crushed pineapple  
(drained)**

**1 c. Cool Whip**  
**1½ c. sm. marshmallows**

Mix together, cream cheese, drained pineapple, add marshmallows and Cool Whip and mix well, chill.

## **WALKING APPLE SALAD**

---

*Deena McDonald*

**1 lg. apple**  
**1 T. raisins**

**1½ T. peanut butter**

Core apple and remove seeds. Remove part of apple flesh and mix with peanut butter and raisins. Stuff mixture back into cored apples.

## **CARAMEL APPLE SALAD**

---

*Teresa Haarhues*

**5 Granny Smith apples, peeled/  
cubed**  
**2 boxes instant vanilla pudding  
mix**

**2 c. milk**  
**12 oz. frozen whipped topping**  
**6 Snicker bars, cubed**

Pour milk in a large bowl. Add pudding mix. Stir until well blended. Add whipped topping, apples and Snicker bars. Stir until well blended. Cool one hour, then serve.

## **STRAWBERRY SPINACH SALAD**

---

*Karla Sears*

**2 bunches or pkgs. fresh  
spinach**  
**1½ qt. fresh strawberries**  
**1½ tsp. minced onions**  
**½ c. sugar**  
**1 T. poppy seed**

**2 tsp. sesame seeds**  
**¼ c. oil (canola)**  
**¼ c. cider vinegar**  
**¼ tsp. Worcestershire sauce**  
**¼ tsp. paprika**

Wash and clean spinach. Dry in salad spinner. Tear into pieces and place in refrigerator to crisp. Clean strawberries, halve or quarter, depending on size. Refrigerate. Mix together the following: Onion, sugar, poppy seed, sesame seed, oil, vinegar, Worcestershire sauce, and paprika. Set aside, stirring occasionally. Just before serving, add straw-

(continued)

berries to spinach and toss lightly. Pour dressing mixture over strawberries and spinach. Toss lightly and serve.

## **CRANBERRY APPLE WALDORF**

---

*Colleen Haglan Lynch*

**3 c. env. unflavored gelatin**  
**1/3 c. sugar**  
**1 c. boiling sugar**  
**3 1/2 c. cranberry juice cocktail**

**1 c. chopped apple**  
**1/2 c. chopped celery**  
**1/3 c. chopped walnuts**

In large bowl, mix unflavored gelatin and sugar; add boiling water and stir until gelatin is completely dissolved. Add cranberry juice; chill until mixture is consistency of unbeaten egg whites. Fold in apple, celery and walnuts; pour into 8-or 9-inch square pan and chill until firm. **To serve:** Cut into squares, serve as a relish. Makes about 8 servings.

## **PEPE SALAD**

---

*Jill Kordick  
Georgine Bellamy*

**1 c. sugar**  
**4 T. flour**  
**1/2 tsp. salt**  
**1 3/4 c. pineapple juice**  
**3 egg yolks**  
**1 box acine de pepe**  
**2 cans mandarin orange**  
**sections, well drained**

**2 (16-oz.) cans pineapple**  
**chunks, well drained**  
**1 (16-oz.) bag miniature**  
**marshmallows**  
**1 lg. ctn. Cool Whip**  
**Nuts (opt.), chopped**  
**Maraschino cherries (opt.)**  
**halved**

Combine the sugar, flour and salt. Add pineapple juice and egg yolks. Cook over medium heat, stirring constantly until thick. Cool completely. Boil the acine de pepe in salt water for 8 to 10 minutes. Drain, rinse and cool completely. Add the acine de pepe to the pineapple sauce. Add the mandarin orange sections, pineapple chunks and marshmallows. Add nuts and maraschino cherries. When ready to serve, add the Cool Whip.

## **ORANGE JELLO SALAD**

---

*Brenda Mitchell*

**2 sm. boxes orange Jello**  
**2 1/2 c. boiling water**  
**1 pt. orange sherbet**

**2 c. Cool Whip**  
**1 can mandarin oranges**

Dissolve Jello in boiling water, let set until syrup. Whip till fluffy. Beat sherbet into mixture well. Fold in Cool Whip and oranges. Put in 9 x 13-inch glass dish. Chill.



## SUNSHINE SALAD

---

*Carol Meints*

2 sm. pkgs. orange/pineapple  
Jello  
2 c. boiling water  
2 c. cold water

1 (No. 2) can crushed pineapple  
2 bananas  
40 sm. marshmallows

### **Topping:**

2 T. flour  
½ c. sugar  
1 egg (beaten)  
2 T. butter

1 c. liquid (pineapple juice &  
water)  
1 c. Cool Whip

Dissolve Jello in boiling water and add cold water and chill until consistency of unbeaten egg white. Add drained crushed pineapple, bananas and marshmallows and chill until firm. Boil topping and cool, then fold in Cool Whip.

## ORANGE SALAD

---

*Teresa Moore  
Carol Meints*

1 sm. pkg. orange gelatin  
1 sm. pkg. instant vanilla  
pudding  
1 sm. pkg. instant tapioca  
pudding

1 sm. can crushed pineapple  
1 sm. can mandarin oranges  
8 oz. prepared whipped topping  
3 c. water

Bring water to a boil. Put in gelatin and 2 puddings. Stirring occasion return to boil, and boil for 1 minute. Cool completely. Mix in drained fruit and prepared whipped topping. Then refrigerate.

## ORANGE PINEAPPLE SALAD

---

*Deb Goerndt*

2 sm. boxes orange gelatin  
1½ c. hot water  
1 pt. orange sherbet  
1 can mandarin oranges

1 scoop vanilla ice cream  
2 bananas  
1 sm. can crushed pineapple

Mix all but bananas and pineapple. Let partially set up, then add fruit.

## **BLUEBERRY SALAD**

---

*Janet Loomis  
Karen McDonald*

### **First layer:**

- |  |                       |
|--|-----------------------|
| <b>1 (3-oz.) pkg. raspberry-flavored gelatin</b> | <b>2 c. hot water</b> |
|--|-----------------------|

Dissolve gelatin in hot water and pour into 9 x 13-inch pan. Allow to set.

**Note:** Allow each layer to set well before adding the next.

### **Second layer:**

- |                                       |  |
|---------------------------------------|--|
| <b>1 env. unflavored gelatin</b>      | <b>1 (8-oz.) pkg. cream cheese at room temp.</b> |
| <b>½ c. cold water</b>                | <b>½ c. chopped nuts</b>                         |
| <b>1 scant c. sugar</b>               | <b>1 tsp. vanilla</b>                            |
| <b>1 c. dairy half-and-half cream</b> |  |

Dissolve gelatin in cold water. Heat cream with sugar, do not boil. Stir in dissolved gelatin. Add vanilla and cream cheese. Stir till creamy. Let cool and add nuts. Pour onto first layer and allow to set.

### **Third layer:**

- |  |  |
|--|--|
| <b>1 (3-oz.) pkg. raspberry-flavored gelatin</b> | <b>1 (16-oz.) can blueberries (prepared pie filling)</b> |
| <b>1 c. boiling water</b>                        |  |

Dissolve gelatin in boiling water. Cool. Add blueberries, including juice. Refrigerate before serving.

## **CHERRY SALAD**

---

*Sharon Shaul*

- |  |                                     |
|--|-------------------------------------|
| <b>1 can sweetened condensed milk</b>                  | <b>1 lg. ctn. Cool Whip</b>         |
| <b>1 can cherry pie filling</b>                        | <b>½ bag miniature marshmallows</b> |
| <b>1 (20-oz.) can crushed pineapple (do not drain)</b> |                                     |

Mix in the same order; chill and serve.

## **CHICKEN SALAD**

---

*Dr. David Smith*

- |                            |                      |
|----------------------------|----------------------|
| <b>2 c. chicken</b>        | <b>½ tsp. salt</b>   |
| <b>2 c. celery</b>         | <b>Onion</b>         |
| <b>½ c. chopped pecans</b> | <b>2 boiled eggs</b> |
| <b>1 c. mayonnaise</b>     | <b>½ c. cheese</b>   |
| <b>2 T. lemon juice</b>    |                      |

## HOT CHICKEN SALAD

---

*Trish Hubbard*

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 3 whole chicken breasts (6 halves) | 1/2 tsp. Accent                 |
| 2 c. chopped celery                | 3 hard-boiled eggs, chopped     |
| 1/2 tsp. onion juice               | 1/2 c. mayonnaise               |
| 1/2 tsp. salt                      | 1/2 c. slivered almonds         |
| 2 T. chopped pimento               | 1 can cream of chicken soup     |
| 1 T. Worcestershire sauce          | 1 c. grated cheese              |
|                                    | 1 1/2 c. potato chips (crushed) |

Cook chicken tender and cut into hunks. Mix all ingredients except cheese and chips and place in casserole overnight. Top with cheese and potato chips before cooking at 350° for 30 minutes. Serve hot. Serves 10.

## PASTA CHICKEN SALAD

---

*Shanna Garrison*

- |   |  |
|---|--|
| 2 boneless chicken breasts, boil until done | 1 pkg. seedless green grapes, cut in 1/2 |
| 1 lb. pasta, cooked                         | Sprinkle onion salt for taste            |
| 1 or 2 stalks of celery, chopped            | 1 tsp. dill weed                         |

Pour 1 small bottle Hidden Valley Ranch dressing over, mix well.

## SPECIAL CHICKEN SALAD

---

*Shirley Bittinger*

- |   |                                    |
|---|------------------------------------|
| 2 c. diced chicken or turkey            | 2 T. pimentos (chopped)            |
| 1/2 c. chopped celery                   | 1 tsp. seasoned salt               |
| 1/2 c. chopped cashews                  | 2/3 c. Miracle Whip                |
| 1/4 c. thinly sliced quartered radishes | 1 T. lemon juice (fresh or frozen) |
| 2 T. chopped green onions               | 1 tsp. dill weed                   |

Mix all ingredients together well and chill at least 4 hours before serving.

## TACO SALAD

---

*Laurie Smith*

- |                             |                         |
|-----------------------------|-------------------------|
| 4 tomatoes, diced           | 1 head lettuce          |
| 1 sm. onion, diced          | 1 bag taco chips on top |
| 1 can kidney beans, drained | 1 jar taco sauce        |
| 1 lb. hamburger             | 3/4 c. mayonnaise       |
| 8 oz. sharp cheese          |                         |

Mix taco sauce and mayonnaise together and pour over taco salad. Crunch chips and sprinkle over top. Mix everything together and serve.

## **TACO SALAD**

---

*Rhonda Wagoner*

### **Mix:**

1 head lettuce, chopped  
1 bag taco chips, lightly  
crushed  
1 lb. ground beef, cooked &  
chilled

3-4 tomatoes, cut into chunks  
1 onion, chopped  
1 can kidney beans  
1 chunk colby or longhorn  
cheese, grated

### **Dressing (mix & stir into above):**

$\frac{3}{4}$  c. Miracle Whip  
 $\frac{1}{4}$  c. catsup

1 tsp. chili powder or 1 T. taco  
sauce &  $\frac{1}{4}$  tsp. chili powder

## **TACO SALAD**

---

*Rose Thompson*

1 lb. hamburger  
1 head lettuce  
1 onion, diced  
2 lg. tomatoes (cut up)

$\frac{1}{2}$  lb. grated cheese  
1 bag corn chips  
 $\frac{1}{2}$  c. taco sauce  
 $\frac{1}{2}$  c. Western dressing

Brown hamburger, drain and cool. Mix together lettuce, onion, tomato, cheese and hamburger. Just before serving add corn chips and top with taco sauce and Western dressing.

## **SOUTHWESTERN BURRITO SALAD**

---

*Betty Keese*

$\frac{1}{2}$  lb. lean ground beef  
1 (14-oz.) can diced tomatoes  
with green chilies (mild or hot)  
1 (16-oz.) can pinto beans,  
rinsed

1 $\frac{1}{2}$  tsp. chili powder  
8 (6 $\frac{1}{2}$ -in.) flour tortillas  
1 ripe avocado  
1 (12-oz.) bag salad blend  
 $\frac{1}{3}$  c. Ranch dressing

Place a large saucepan over medium heat; when hot add beef and cook breaking up clumps, cook until meat is no longer pink, about 4 minutes. Add canned tomatoes, rinsed beans, and chili powder, stir until blended. Bring to boil, reduce heat, and simmer 5 minutes uncovered stirring occasionally. Meanwhile heat tortillas in microwave as package directs. Cut avocado in chunks. Line four plates with salad greens. Spoon meat mixture crosswise in center of each tortilla and roll up. Place on salad greens, add avocado, and drizzle Ranch dressing over. Serve immediately.



## MEXICAN SALAD

---

*Annette Lebron*

1 head lettuce  
1 c. black olives, chopped  
1 med. green pepper  
1 med. tomato  
1 c. onion, chopped  
1 pkg. taco seasoning

1 (16-oz.) can chili beans,  
drained  
1 lg. bag taco chips, crushed  
1 (8 oz.) Catalina dressing  
1 c. cheddar cheese, shredded

Toss all the above ingredients except chips, cheese and dressing together. Add chips, cheese and dressing, stir and serve. It will begin to get soggy in hour or so.

## ITALIAN SALAD DRESSING

---

*Dana Beebe*

1/2 c. white vinegar  
1/3 c. water  
1/3 c. vegetable oil  
1/4 c. corn syrup  
2 1/2 T. grated Romano cheese  
2 T. dry pectin  
2 T. beaten egg or egg  
substitute

1 1/4 tsp. salt  
1 tsp. lemon juice  
1/2 tsp. minced garlic  
1/4 tsp. dried parsley flakes  
Pinch dried oregano  
Pinch crushed red pepper flakes

Combine all ingredients with a mixer on medium speed or in a blender on low speed for 30 seconds. Chill at least 1 hour. Serve over mixed greens or use as a marinade. Makes 1 1/2 cups.

## SWEET AND SOUR DRESSING

---

*Shirley Bittinger*

2 c. sugar  
3/4 c. cider vinegar  
1 1/2 tsp. celery seed  
1 1/2 tsp. pepper

1/2 c. salad dressing  
1/4 c. mustard  
1 1/2 c. salad oil

Mix well and put in blender for 2 minutes. Store in covered container in refrigerator. This is good in fruit salad. Use 1 tablespoon to each two cups of fruit.

## **BLUE CHEESE DRESSING**

---

*Glennore Parker  
Sally Leeper*

- |                                  |  |
|----------------------------------|--|
| <b>16 oz. blue cheese</b>        | <b>1 T. lemon juice</b>                |
| <b>1 qt. mayonnaise</b>          | <b>1½ parsley flakes</b>               |
| <b>1½ pt. sour cream</b>         | <b>1 tsp. garlic salt</b>              |
| <b>1 pt. buttermilk</b>          | <b>½ tsp. coarse black pepper</b>      |
| <b>1 T. Worcestershire sauce</b> | <b>¾ tsp. Accent (flavor enhanced)</b> |

Shred and crumble blue cheese into a large bowl. Add mayonnaise and sour cream and stir to combine. Add remaining ingredients and stir to combine. Yields 2½ quarts.

## **GREEK PASTA SALAD**

---

*Deb Goerndt*

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <b>1 lb. rotini noodles</b>           | <b>1 (4-oz.) pkg. feta cheese,</b>    |
| <b>1 lb. boneless chicken breasts</b> | <b>drained, crumbled</b>              |
| <b>3 stalks celery, chopped</b>       | <b>3 green onions, finely sliced</b>  |
| <b>1 sweet red pepper, chopped</b>    | <b>1 (6-oz.) bottle Italian salad</b> |
| <b>1 (2¼-oz.) can sliced black</b>    | <b>dressing</b>                       |
| <b>olives</b>                         |                                       |

Cook noodles and drain. Cook chicken and cut in bite-size pieces. Combine all ingredients. Serve with warm or cold.

## **TUNA CRUNCH SALAD**

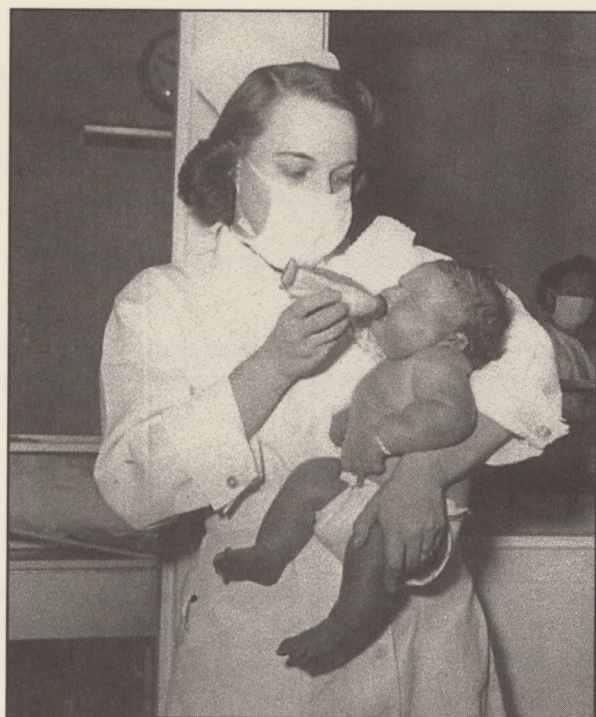
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*Barb McDonald*

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <b>1 (6 oz.) tuna, drained</b>    | <b>¾ c. salad dressing</b>        |
| <b>¼ c. chopped sweet pickles</b> | <b>1½ c. shredded cabbage</b>     |
| <b>1 T. minced onion</b>          | <b>1¼ c. crushed potato chips</b> |
| <b>1-2 tsp. lemon juice</b>       |                                   |

Combine first 5 ingredients. Cover and chill until ready to serve. Then add cabbage and toss. Heap in a bowl and sprinkle with remaining chips on top. Serves 5 to 6.

## Recipe Favorites



# *Vegetables & Side Dishes*

VEGETABLES & SIDE DISHES



# Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.

# VEGETABLES & SIDE DISHES

## BROCCOLI RICE CASSEROLE

---

*Jill Bowman*

- |   |                                   |
|---|-----------------------------------|
| <b>3/4 c. rice, cooked</b>                          | <b>1 can mushroom soup</b>        |
| <b>1 pkg. frozen broccoli, cooked &amp; drained</b> | <b>1/2 c. milk</b>                |
|   | <b>1 c. grated cheddar cheese</b> |

Mix together in 1 1/2-quart casserole dish. Bake at 350° for 25 minutes.

## BAKED BROCCOLI AND CHEESE CASSEROLE

---

*Barb McDonald*

- |  |  |
|--|--|
| <b>3 c. fresh broccoli florets</b>             | <b>1/2 c. milk</b>                       |
| <b>1 c. shredded Swiss cheese</b>              | <b>1 (6-oz.) can French-fried onions</b> |
| <b>3 hard-boiled eggs, chopped</b>             |  |
| <b>1 (10 3/4-oz.) can cream of celery soup</b> |  |

Arrange broccoli in 9 x 12-inch greased baking dish. Sprinkle with cheese, chopped eggs, 1/2 of onions over top. Mix soup and milk together and pour over broccoli. Bake in 350° oven for 40 minutes. Remove from oven and sprinkle remaining onions over dish. Bake 5 minutes longer.

## BROCCOLI & NOODLE SUPREME

---

*Laurie Smith*

- |   |                                      |
|---|--------------------------------------|
| <b>3 c. uncooked med. egg noodles</b>   | <b>1/2 c. sour cream</b>             |
| <b>2 c. fresh or frozen broccoli flowerets</b>                                      | <b>1/3 c. grated Parmesan cheese</b> |
| <b>1 (10 3/4-oz.) can Campbell's condensed cream of chicken &amp; broccoli soup</b> | <b>1/8 tsp. pepper</b>               |

In large saucepan prepare noodles according to package directions. Add broccoli for last 5 minutes of cooking time. Drain. In same pan mix soup, sour cream, cheese, pepper and noodle mixture. Over medium heat, heat through, stirring occasionally. Serves 5. Preparation time: 5 minutes. Cook time: 20 minutes.

## **BROCCOLI CASSEROLE**

---

*Tricia Hirsch*

- |   |                               |
|---|-------------------------------|
| 2 pkgs. chopped frozen broccoli<br>(cook & drain) | 1 T. onion, chopped           |
| 1 can cream mushroom soup                         | 1 c. mayonnaise               |
| 1 beaten egg                                      | 1 roll Ritz crackers, crushed |
| ½ c. grated cheddar cheese                        | ½ stick oleo, melted          |

Bake at 350° for 45 minutes. Mix first 6 ingredients. Mix crackers and butter together and put on top.

## **CARROT CASSEROLE**

---

*Denise L. Kirkland*

- |                               |                       |
|-------------------------------|-----------------------|
| 5 c. carrots (cut into coins) | Onion (cut in rings)  |
| ½ stick oleo                  | Buttered bread crumbs |
| Velveeta slices               |                       |

Cook carrots till slightly tender, drain. Put ½ of carrots in casserole, then slices of Velveeta, more carrots, more cheese till all used up. Sauté 1 onion in ½ stick oleo, pour over carrots. Cover with buttered bread crumbs. Bake at 350° for 45 minutes.

## **CARROT CASSEROLE**

---

*Teresa Haarhues*

- |                        |                     |
|------------------------|---------------------|
| 4 c. parboiled carrots | 1 sm. onion, grated |
| ½ lb. cheese, Velveeta | Salt                |
| ¼ lb. butter or oleo   |                     |

Place in a greased glass casserole dish. Bake for 30 minutes at 350°. Add ½ cup cornflakes the last 10 minutes.

## **FAVORITE CARROTS**

---

*Deena McDonald*

- |            |                  |
|------------|------------------|
| 6 carrots  | ½ c. sesame seed |
| 1 c. honey |                  |

Peel carrots. Cut in strips. Dip in honey. Roll in sesame seed.

## **SUNSHINE CARROTS**

---

*Sandi Harper*

- |  |                      |
|--|----------------------|
| 7-8 med. carrots, bias sliced ½<br>in. thick | ¼ tsp. ground ginger |
| 1 T. brown sugar                             | ¼ tsp. salt          |
| 1 tsp. cornstarch                            | ¼ c. orange juice    |
|  | 2 T. butter          |

(continued)

Cook carrots 10 to 15 minutes. Cook rest of ingredients, boil 1 minute. Add butter after boiling, toss with hot carrots.

## MARINATED CARROTS

---

*Jill Bowman  
Kim Lambert*

<b>2 lbs. carrots</b>	<b>½ c. oil</b>
<b>1 red onion, chopped fine</b>	<b>½ c. vinegar</b>
<b>1 green pepper, chopped</b>	<b>1 tsp. salt</b>
<b>1 c. sugar</b>	<b>1 tsp. pepper</b>
<b>1 can tomato soup</b>	<b>1 tsp. dry mustard</b>

Slice carrots and cook until tender. Drain carrots and add red onion and green pepper. In a separate pan mix remaining ingredients and bring to a boil, pour over vegetables. Let cool.

## SWISS VEGETABLE MEDLEY

---

*Teresa Moore*

<b>1 (16-oz.) bag mixed vegetables, thawed &amp; drained</b>	<b>¼ tsp. pepper</b>
<b>1 can cream of mushroom soup</b>	<b>1 (2.8-oz.) can French-fried onions</b>
<b>1 c. shredded cheddar or Swiss cheese</b>	<b>1 (4-oz.) jar chopped pimento, drained (opt.)</b>
<b>⅓ c. sour cream</b>	

Preheat oven to 350°. Combine vegetables, soup, cheese (save a little to sprinkle on top later), sour cream, pepper, pimento, onions (save a little of this also to sprinkle on with saved cheese). Pour into 1-quart casserole dish. Bake covered 30 minutes. Top with remaining cheese and onions. Bake uncovered for another 5 minutes. Serves 6.

## GLAZED SWEET POTATOES

---

*Annette Lebron*

<b>1 lb. sweet potatoes, peeled &amp; cut into ½-in. thick slices</b>	<b>1 T. brown sugar</b>
<b>Vegetable cooking spray</b>	<b>¾ c. orange juice</b>
<b>1 T. cornstarch</b>	<b>2 T. lemon juice</b>

Place potatoes in a 1-quart casserole coated with cooking spray. Combine cornstarch and brown sugar in a small bowl; add orange and lemon juice, stirring well. Pour over potatoes. Cover and bake at 425° for 40 minutes or just until potatoes are tender and glaze is thickened. Makes 4 servings.



## MEXICAN CORNBREAD CASSEROLE

*Rebekah Mitchell*

One and half pounds hamburger browned with onion and small can drained chopped green chiles, drain and set aside. Mix 2 Jiffy corn bread mixes, 6 eggs,  $\frac{1}{2}$  cup oil, 2 cans cream-style corn and pour half this mixture into a 9 x 13-inch greased pan. Pour hamburger mixture over batter and sprinkle with 2 cups Mexican cheese, then pour remainder of batter over top. Bake at 375° for close to an hour.

## IOWA CORN

*Juanita Ross*

- |   |                                |
|---|--------------------------------|
| 1 (16-oz.) can cream-style corn                   | 1 c. sharp cheddar cheese      |
| 1 (16-oz.) can whole kernel corn<br>(don't drain) | 1 (8 oz.) sour cream           |
| 2 beaten eggs                                     | $\frac{1}{2}$ c. melted butter |
|   | 1 pkg. Jiffy corn muffin mix   |

Mix all ingredients, except cheese. Bake 45 minutes at 350°. Sprinkle with cheese and bake 10 minutes more.

## CREAMY CORN CASSEROLE

*Kathy Raymond  
Connie Manny  
Shirley Bittering*

- |  |  |
|--|--|
| 1 (16-oz.) can whole kernel corn,<br>undrained | 1 (7-oz.) pkg. corn muffin mix                     |
| 1 (16-oz.) can cream-style corn                | 2 eggs   |
| $\frac{1}{2}$ c. oleo, softened                | $\frac{1}{2}$ c. sour cream (low fat) or<br>yogurt |
| 1 sm. onion, diced                             | 2 c. shredded cheddar (low fat)                    |

Mix corn and oleo. Sauté onion. Add to corn. Add muffin mix and eggs. Place in greased 9 x 13-inch pan. Top with sour cream. Sprinkle cheddar over the top. Bake at 350° for 40 to 50 minutes. Serves 12. Recipe also submitted by Rose Thompson, Joni Lawry, Kim Lambert and Lisa Gaulke.

## CORN MACARONI CASSEROLE

*Nancy Baker  
Loretta Paullin  
Rebekah Kinney*

- |  |               |
|--|---------------|
| 1 can cream-style corn                   | 1 stick oleo  |
| 1 c. cubed Velveeta cheese               | Salt & pepper |
| 1 c. uncooked macaroni                   |               |
| 1 can whole kernel corn (with<br>liquid) |               |

(continued)

Combine all ingredients in casserole dish. Bake at 350° for about 1 hour. Cover 1st 45 minutes.

## **CORN AND MACARONI CASSEROLE**

---

*Kristin Wilkinson  
Gary Jenkins  
Tassie Crase*

- |                          |                        |
|--------------------------|------------------------|
| 1 can cream-style corn   | 1/2 c. butter          |
| 1 can corn, do not drain | 1 c. macaroni noodles, |
| 1 c. Velveeta, chopped   | uncooked               |
| 1 T. minced onion        |                        |

Mix together in 2-quart casserole dish and bake at 350° for 30 minutes covered, then uncover and bake another 30 minutes. Servings: 6 to 8.

## **MACARONI AND CHEESE CORN CASSEROLE**

---

*Dana Stonehocker*

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 can cream-style corn      | 1/2 stick butter              |
| 1 can whole corn with juice | 1 c. macaroni                 |
| Onion to taste              | 1 lb. Mexican Velveeta cheese |

Mix and bake at 350° for 45 to 60 minutes. Stir a few times during cooking.

## **FROZEN SWEET CORN**

---

*Julia Foley*

- |              |            |
|--------------|------------|
| 8 c. corn    | 1 T. salt  |
| 1 c. water   | 1 T. sugar |
| 1 stick oleo |            |

Boil 1 minute, cool and freeze.

## **CLEVER CORN BAKE**

---

*Connie Tadlock*

- |  |  |
|--|--|
| 1 c. Miracle Whip or Miracle Whip light dressing                 | 1 c. (4 oz.) Kraft natural shredded sharp cheddar cheese |
| 3 eggs, separated  | 1/4 c. chopped green onions                              |
| 2 T. flour   |  |
| 2 T. sugar   |  |
| 1/4 tsp. pepper  |  |
| 2 (10-oz.) pkgs. frozen sweet corn, thawed, drained (about 3 c.) |  |

(continued)

Mix dressing, egg yolks, flour, sugar, and pepper until smooth. Stir in corn, cheese and onions. Beat egg whites until stiff peaks form; fold into corn mixture. Pour batter into greased 4-cup soufflé dish or 9-inch square baking dish. Bake in preheated 350° oven, 40 to 45 minutes or until knife inserted in center comes out clean. Makes 6 servings.

## **GREEN BEANS ALMONDINE**

---

*Georgine Bellamy*

**1 (9-oz.) pkg. frozen French-style green beans**  
**2 T. slivered almonds**

**1 T. butter**  
**1 tsp. lemon juice**  
**Salt & pepper to taste**

Cook green beans in a small amount of water, according to package instructions; drain. Cook and stir almond in butter over medium heat until golden. Remove from heat; stir in lemon juice. Stir almond mixture into beans. Serves 3 to 4. You can also use fresh or canned green beans. This recipe can be used for large crowds. Six large (96-ounce) cans will make about 150 servings; adjust butter and lemon.

## **SUGARED ASPARAGUS**

---

*Karla Sears*

**3 T. butter or margarine**  
**2 T. brown sugar**  
**2 lbs. fresh asparagus, cut into 2-in. pieces (about 4 c.)**

**1 c. chicken broth**

In a skillet over medium-high heat, heat butter and brown sugar until sugar is dissolved. Add asparagus. Sauté for 2 minutes. Stir in chicken broth; bring to a boil. Reduce heat; cover and simmer for 5 to 8 minutes or until asparagus is crisp-tender. Remove asparagus to a serving dish and keep warm. Cook sauce, uncovered, until reduced by half. Pour over asparagus and serve immediately. Makes 4 to 6 servings.

## **WILD RICE AND MUSHROOMS**

---

*Rita McDonald*

**1 can chicken broth**  
**1 sm. onion, chopped**  
**1/4 c. uncooked wild rice**

**1/2 c. uncooked long-grain rice**  
**1 c. sliced fresh mushrooms**

In medium saucepan, add enough water to broth to make 2 1/4 cups. Bring to a boil. Add wild rice. Cover, reduce heat, and simmer 20 minutes. Add regular rice and mushrooms. Bring to a boil, cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.

## **FRIED RICE**

---

*Melody Larsen*

**¼ c. margarine**

Melt in fry pan.

**Add:**

**1 c. chopped celery**

**¼ c. chopped onion**

**1 c. raw rice**

**½ c. slivered almonds**

Brown rice good.

**Add:**

**1 env. chicken noodle soup**

**2½ c. water**

**½ tsp. salt, pepper**

**½ tsp. sage**

**½ tsp. thyme**

Bring to boil. Simmer with cover on for 15 minutes. Serve.

## **CABBAGE AU GRATIN**

---

*Rose Thompson*

**4 T. butter**

**2 T. flour**

**2 c. milk**

**1 tsp. salt**

**1 T. Worcestershire sauce**

**4 c. cooked cabbage**

**2 c. soft bread crumbs**

**¼ lb. grated American cheese**

Melt butter. Add dry ingredients and mix well. Add milk gradually, add salt, stirring constantly. Boil 2 minutes. Add Worcestershire sauce and cooked cabbage. Turn into greased casserole pan. Sprinkle with bread crumbs and cheese. Bake 15 to 20 minutes at 350°.

## **POTATO PANCAKES**

---

*Rose Thompson*

**6 lg. potatoes**

**2 eggs**

**1 med. onion**

**¾ c. bread crumbs**

**1 T. salt**

Peel potatoes. Cover with cold water. Let stand. Beat eggs in separate dish. Grate onion and potatoes. Combine potato pulp, egg, onion, bread crumbs and salt. Fry in fat-like pancake, turning only once. Drain and serve.



## **GARLIC MASHED RED POTATOES**

---

*Sherry Tolley*

**2½ lbs. red potatoes (about 8 med.), quartered**  
**3 garlic cloves, peeled**  
**2 T. butter or stick margarine**

**½ c. fat-free milk, warmed**  
**½ tsp. salt**  
**¼ c. grated Parmesan cheese**

Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 20 to 25 minutes or until the potatoes are very tender. Drain well. Add the butter, milk and salt; mash. Stir in Parmesan cheese. Yield: 6 servings.

## **CREAMY MASHED POTATO BAKE**

---

*Deena McDonald*

**1⅓ c. French's French-fried onions**  
**3 c. hot mashed potatoes**  
**1 c. sour cream**

**¼ c. milk**  
**¼ tsp. garlic powder**  
**1 c. shredded cheddar cheese**

Preheat oven to 350°. Combine mashed potatoes, sour cream, milk and garlic powder in a large bowl; mix well. Spoon half the mixture into 2-quart baking dish. Sprinkle with ⅔ cup French-fried onions and ½ cup cheese. Top with remaining potato mixture. Bake 30 minutes until hot. Top with remaining onions and cheese. Bake 5 minutes until onions are golden. Preparation time: 5 minutes. Cook time: 35 minutes. Makes 6 servings.

## **LOADED MASHED POTATOES**

---

*Chris Eyerly*

**5 lbs. potatoes, peeled or cubed**  
**¾ c. sour cream**  
**½ c. milk**  
**3 T. butter or margarine**  
**Salt & pepper to taste**

**3 c. (12 oz.) shredded cheddar cheese blend (divided)**  
**½ lb. sliced bacon, cooked & crumbled**  
**3 green onions**

Place potatoes in pan, cover with water, and cook until tender. Drain and place in mixing bowl. Add sour cream, milk, butter, salt, and pepper. Beat on medium-low speed until light and fluffy. Stir in 2 cups cheese, bacon and onions. Transfer to a greased 3-quart baking dish. Top with remaining cheese. Bake uncovered at 350° for 30 minutes or until heated through and cheese is melted. Yield: 14 servings.

## **TWICE-BAKED POTATOES**

---

*Sherry Tolley*

6 lg. baking potatoes  
1/2 c. butter or stick margarine,  
softened  
1 c. milk or whipping cream  
1/2 lb. sliced bacon, cooked &  
crumbled

1 1/2 c. (6 oz.) shredded cheddar  
cheese, divided  
1 T. minced chives  
1/2 tsp. salt  
Dash pepper  
Paprika

Bake the potatoes at 375° for 1 hour or until tender. Cool. Cut a thin slice off the top of each potato and discard. Scoop out pulp, leaving a thin shell. In a bowl, mash the pulp with butter. Stir in milk, bacon, 1 cup of cheese, chives, salt and pepper. Spoon into the potato shells. Place on an ungreased baking sheet. Bake at 375° for 25 to 30 minutes or until heated through. Sprinkle with remaining cheese. Bake 2 minutes longer or until cheese is melted. Garnish with paprika. Yield: 6 servings.

## **CHEESED SPUDS**

---

*Marcia Jones*

Scrub medium baking potatoes. Cut into 1/4-inch lengthwise sticks. Place individual servings on pieces of foil. Sprinkle each with onion salt, celery salt, pepper, and 2 tablespoons grated Parmesan cheese, making sure all surfaces are seasoned. Dot each with 2 tablespoons butter. Bring edges of foil together and seal, leaving room for expansion of steam. Cook potatoes on grill over coals about 30 minutes or till tender, turning packages several times. Serve in foil.

## **AU GRATIN POTATOES**

---

*Patty Bengé*

1 1/2 c. hot milk  
1/2 med. onion  
4 oz. cheese  
1/4 c. flour

2 T. salt  
1/4 tsp. pepper  
4 med. potatoes

Mix all ingredients together and bake at 325° for 1 1/2 hours.

## **HASH BROWN CASSEROLE**

---

*Shanna Garrison*

2 lbs. hash browns  
2 c. Velveeta cheese  
1 pt. sour cream

2 T. minced onion  
1/4 c. butter  
2 c. cornflakes

Mix together top ingredients and top with cornflakes. Place in greased 9 x 13-inch baking dish. Bake at 350° for 45 minutes.

## HASH BROWN CASSEROLE

---

*Deena McDonald*

- |  |  |
|--|--|
| <b>1 (2-lb.) pkg. frozen hash brown potatoes</b> | <b>2 c. shredded cheddar cheese</b>        |
| <b>1/2 c. butter or margarine (melted)</b>       | <b>1 tsp. salt</b>                         |
| <b>1 pt. sour cream</b>                          | <b>1/4-1/2 tsp. pepper</b>                 |
| <b>1 can condensed cream of chicken soup</b>     | <b>2 c. cornflake crumbs</b>               |
|  | <b>1/2 c. butter or margarine (melted)</b> |
|  | <b>1/2 c. chopped onion</b>                |

Combine potatoes and 1/2 cup melted butter in large bowl. Stir in sour cream, soup, onion, cheese, salt, and pepper. Place in greased 13 x 9 x 2-inch baking dish. Combine cornflake crumbs and 1/2 cup melted butter. Sprinkle over top and cover with foil. Bake at 350° for 20 minutes. Uncover and continue baking for 20 minutes.

**Note:** This casserole can be made in advance and refrigerated. If so add 10 minutes to baking time.

## CHEESY TWICE-BAKED POTATO CASSEROLE

---

*Shelley Weeks*

- |  |                                      |
|--|--------------------------------------|
| <b>6 potatoes, peeled, cooked &amp; mashed</b> | <b>2 dashes garlic powder</b>        |
| <b>1 stick margarine</b>                       | <b>1/3 c. milk</b>                   |
| <b>1 (8-oz.) pkg. cream cheese</b>             | <b>1 1/2 tsp. dried onion flakes</b> |
| <b>4 (1/2-in.) slices Velveeta cheese</b>      | <b>Salt &amp; pepper to taste</b>    |

Beat all ingredients except Velveeta cheese until creamy. Pour 1/2 in casserole. Put Velveeta cheese layered in middle. Pour remaining potatoes on top and sprinkle with paprika. Bake uncovered at 350° for 30 minutes.

## OVEN BAKED FRENCH FRIES

---

*Linda Christy*

- |   |                     |
|---|---------------------|
| <b>3-4 lg. russet potatoes, unpeeled (about 2 lbs.)</b> | <b>Salt</b>         |
| <b>2 T. olive oil</b>                                   | <b>Black pepper</b> |

Preheat oven to 475°. Spray 3 or 4 baking sheets with non-stick spray. Create a flat surface on potatoes by slicing off a thin piece from one side. To slice planks, turn potato on its flat side and cut 1/4 inch thin planks. You want them as even as possible. Now, stack the planks together and cut into 1/4-inch sticks. Toss potatoes in a large bowl with oil, salt, and pepper. Arrange potatoes in single layers on baking sheets; bake 15 minutes. Flip with spatula and continue baking 20 to 30 minutes until golden. Serve right away.

## **FRIED GREEN TOMATOES**

---

*Linda Christy*

- |  |                           |
|--|---------------------------|
| <b>7 green tomatoes, cut into 1/2-in. thick slices</b> | <b>1/4 tsp. cayenne</b>   |
| <b>1/2 c. yellow cornmeal</b>                          | <b>1 T. vegetable oil</b> |
| <b>1/3 c. all-purpose flour</b>                        | <b>3/4 c. cold water</b>  |
| <b>1/4 c. cornstarch</b>                               | <b>2 egg yolks</b>        |
| <b>2 T. baking powder</b>                              | <b>2 T. olive oil</b>     |
| <b>1/2 tsp. pepper</b>                                 | <b>2 egg whites</b>       |

Sprinkle the green tomatoes with kosher salt. In a bowl combine the cornmeal, flour, cornstarch, baking powder, pepper, cayenne, and vegetable oil. In another bowl, stir in the cold water, egg yolks and olive oil. Beat the mixture until you can make stiff peaks and then fold into the cornmeal mixture. Fold in egg whites. Pour vegetable oil into a skillet to a 1/4 inch depth. Dip the tomatoes into the batter and fry the slices over medium-high heat until golden brown. It usually takes 2 to 3 minutes. Drain on rack over paper towels.

## **GOOD POTATO CASSEROLE**

---

*Carol Meints*

- |   |                                  |
|---|----------------------------------|
| <b>2 lbs. frozen hash browns, thawed</b>          | <b>16 oz. sour cream</b>         |
| <b>1 can cream of chicken soup</b>                | <b>1 stick margarine, melted</b> |
| <b>16 oz. shredded cheddar or Velveeta cheese</b> | <b>1/4 c. onion, chopped</b>     |
|   | <b>1 tsp. salt</b>               |
|   | <b>1/2 tsp. pepper</b>           |

Put in greased 9 x 13-inch pan at 350° for 45 minutes. Keep warm in crockpot. (Makes 2 quarts, 1/2 full.)

## **POTATO CASSEROLE**

---

*Brenda Mitchell*

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <b>1 (2-lb.) bag hash browns</b> | <b>1 can cream of chicken soup</b> |
| <b>1 c. sour cream</b>           | <b>2 c. cornflakes</b>             |
| <b>1 (16-oz.) jar Cheez Whiz</b> | <b>2 sticks margarine</b>          |

Let hash browns thaw in 9 x 13-inch pan. Melt 1 stick margarine; pour over margarine. Mix all but last stick margarine and cornflakes; pour over potatoes (do not stir). Mix cornflakes and melted stick margarine; put on top of casserole. Bake at 350° for 30 to 45 minutes.



## **COUNTRY POTATOES**

---

*Laurie Allen  
Sheila Arnot*

- |   |                                   |
|---|-----------------------------------|
| <b>2 lbs. country-style or Southern-style hash browns</b> | <b>1/2 c. chopped onions</b>      |
| <b>1/2 c. shredded cheddar cheese</b>                     | <b>1 stick melted butter</b>      |
| <b>1 c. sour cream</b>                                    | <b>1 1/2 c. cornflakes crumbs</b> |
| <b>1 can cream of chicken soup</b>                        | <b>4 T. melted butter</b>         |

Mix hash browns, sour cream, cheese, soup, onion and butter together. Put in 9 x 13-inch casserole. Mix crumbs and butter and pour over the top. Bake at 350° for an hour.

## **BUFFET POTATOES**

---

*Lila Dorrell  
Rose Thompson*

- |  |                                     |
|--|-------------------------------------|
| <b>1 (2-lb.) pkg. frozen hash browns</b> | <b>1/2 c. onion</b>                 |
| <b>1/2 c. butter, melted</b>             | <b>2 c. shredded cheddar cheese</b> |
| <b>1 pt. sour cream</b>                  | <b>1 tsp. salt</b>                  |
| <b>1 can cream of chicken soup</b>       | <b>1/2 tsp. pepper</b>              |

Combine potatoes and melted butter. Stir in sour cream, soup, onion, cheese, salt and pepper. Put in greased 9 x 13-inch pan. Cover with foil. Bake at 350° for 20 minutes. Uncover and bake 40 minutes. Makes 12 servings.

## **"MAKE AHEAD POTATOES"**

---

*Tammee Stebbins*

- |   |                                |
|---|--------------------------------|
| <b>12 lg. potatoes (peeled, boiled in salt water)</b> | <b>1 tsp. onion powder</b>     |
| <b>1 (8-oz.) pkg. cream cheese (softened)</b>         | <b>1 tsp. salt</b>             |
| <b>1 (8 oz.) sour cream</b>                           | <b>1 tsp. pepper</b>           |
|   | <b>1/4 c. melted margarine</b> |

Combine cooked potatoes, cream cheese, sour cream, onion powder, salt and pepper. Whip or mash until fluffy. Add small amount of milk if necessary. Spread in a buttered 9 x 13-inch pan and refrigerate or freeze until needed. When ready to use, drizzle melted margarine on top and sprinkle with paprika (optional). Bake at 350° for 1 hour.

## **CORN AND NOODLE CASSEROLE**

---

*Rhonda Wagoner*

- |                               |                             |
|-------------------------------|-----------------------------|
| <b>1 can cream-style corn</b> | <b>2 c. cooked noodles</b>  |
| <b>1 egg</b>                  | <b>3/4 c. grated cheese</b> |

(continued)

Combine corn, egg and noodles. Pour  $\frac{1}{2}$  cup butter over the top and bake in a slow oven at  $325^{\circ}$  oven for about 30 minutes or until lightly browned.

## **ZUCCHINI CASSEROLE**

---

*Lisa Donadio*

- |  |   |
|--|---|
| <b>16-oz. can cream-style corn</b>               | <b><math>1\frac{1}{4}</math> c. Velveeta cheese</b> |
| <b>1 c. cracker crumbs</b>                       | <b>2 eggs, beaten</b>                               |
| <b>3 c. chopped zucchini (partially drained)</b> | <b>1 T. melted butte</b>                            |
| <b><math>\frac{1}{2}</math> c. chopped onion</b> | <b>1 c. milk</b>                                    |

Combine ingredients and pour into a greased medium-sized casserole dish. Bake at  $350^{\circ}$  for 45 to 50 minutes.

## **ZUCCHINI CASSEROLE**

---

*Carla Campbell*

- |  |  |
|--|--|
| <b>2 c. grated zucchini</b>                        | <b><math>\frac{1}{2}</math> c. grated cheddar cheese</b> |
| <b><math>1\frac{1}{2}</math> tsp. grated onion</b> | <b><math>\frac{1}{2}</math> tsp. salt</b>                |
| <b>1 c. cracker crumbs</b>                         | <b>Dash pepper</b>                                       |
| <b>1 egg, slightly beaten</b>                      | <b>Dash garlic salt</b>                                  |

Combine all ingredients and place in buttered casserole dish. Top with  $\frac{1}{2}$  cup buttered bread crumbs. Bake at  $350^{\circ}$  for one hour.

## **ZUCCHINI CASSEROLE**

---

*Rose Thompson*

- |   |  |
|---|--|
| <b><math>\frac{1}{2}</math> stick margarine</b>   | <b>1 can cream of celery soup</b>        |
| <b>3 c. cubed unpeeled zucchini</b>               | <b><math>\frac{1}{4}</math> c. milk</b>  |
| <b><math>\frac{1}{2}</math> c. chopped onions</b> | <b><math>\frac{1}{8}</math> c. water</b> |
| <b>1 (8-oz.) jar Cheez Whiz</b>                   | <b>1 c. Minute Rice</b>                  |

Sauté onions in margarine. Mix rest of ingredients and put in pan, can be topped with onion rings or grated cheese. Bake at  $350^{\circ}$  for 40 minutes.

## **ZUCCHINI ZINGERS**

---

*Diana Wilson*

- |   |  |
|---|--|
| <b><math>1\frac{1}{2}</math> c. zucchini, unpeeled &amp; grated</b> | <b>2 eggs</b>                                |
| <b>2 T. onion</b>   | <b>2 T. mayonnaise</b>                       |
| <b><math>\frac{1}{4}</math> c. Parmesan cheese</b>                  | <b><math>\frac{1}{4}</math> tsp. oregano</b> |
| <b><math>\frac{1}{4}</math> c. flour</b>                            | <b>Salt &amp; pepper to taste</b>            |

(continued)

Mix all ingredients thoroughly. Melt 1 tablespoon butter in 8-inch skillet. Fry in patties. Serve with grated cheese or sour cream and chives.

## **DOUBLE CHEESE PIE**

---

*Cindy Woodcock*

**2 c. diced zucchini (arranged in ovenproof dish)**

**1 T. soy sauce**

**1 tsp. dry mustard**

**¼ tsp. cumin**

**⅓ tsp. garlic powder**

Mix and pour over zucchini:

**6 oz. pared potato, thinly sliced**

**1 c. sliced mushrooms**

**4-oz. onion, sliced & separate in rings**

**2 oz. cheddar cheese, shredded**

**2 oz. Swiss cheese, shredded**

**2 tsp. chopped fresh parsley**

Top zucchini with above in order listed. Bake at 375° for 40 to 45 minutes.

## **SAUERKRAUT-TOMATO CASSEROLE**

---

*Dana Stonehocker*

**4 slices bacon, cut up**

**1 onion**

**1 qt. drained tomatoes**

**2 cans drained sauerkraut**

**1 c. brown sugar**

Fry bacon and onion. Mix all and bake at 350° for 1 hour.

## **STUFFED GREEN PEPPERS**

---

*Kim Lambert*

**1 lg. head cabbage**

**2 bunches celery**

**2 red pimentos**

**4 tsp. salt**

**Syrup:**

**1 qt. vinegar**

**3 c. sugar**

Cut stems from large green peppers. Remove seeds and soak in salt water overnight. Shred a large head of cabbage. Add celery (cut fine) and chopped pimentos. Sprinkle with 4 tablespoons salt. Mix by hand and squeeze dry. Fill pepper and tie on the end. Make a syrup of vinegar and sugar. Pack peppers in jars and cover with hot syrup. Seal while hot.

## THREE BEAN-RANCH-STYLE BAKED BEANS

---

*Karen McDonald*

- |   |                          |
|---|--------------------------|
| $\frac{3}{4}$ c. brown sugar                              | 1 tsp. dry mustard       |
| $\frac{1}{4}$ c. sugar                                    | $\frac{1}{2}$ c. ketchup |
| 3 T. vinegar  | 1 onion, chopped         |
| $\frac{1}{2}$ lb. cooked hamburger                        |                          |
| 3 cans drained beans, kidney,<br>pork & beans, lima, etc. |                          |

Mix and bake in 350° oven for 1 hour.

## BAKED BEANS

---

*Jackie Howard*

- |                                |                       |
|--------------------------------|-----------------------|
| 1 gal. pork & beans            | 1 env. onion soup mix |
| 2 c. brown sugar               | 1 c. molasses         |
| 1 c. barbecue sauce            | Bacon or ham, opt.    |
| 1 med. onion, coarsely chopped |                       |

Mix and cook in uncovered crockpot on high overnight (6 to 8 hours). Stir frequently. Can cook in hot oven for 2 to 3 hours, covered.

## GOURMET DRESSING

---

*Tricia Hirsch*

- |   |  |
|---|--|
| 1 c. butter                             | 1 tsp. poultry season                            |
| 2 c. chopped onion                      | 2 well beaten eggs                               |
| 2 c. chopped celery                     | $1\frac{1}{2}$ tsp. salt                         |
| $\frac{1}{4}$ c. parsley                | $1\frac{1}{2}$ tsp. sage                         |
| 2 (8-oz.) cans drained<br>mushrooms     | $\frac{1}{2}$ tsp. pepper                        |
| 12-13 c. slightly dried bread<br>crumbs | 1 tsp. dried thyme                               |
|   | $\frac{1}{2}$ tsp. marjoram                      |
|   | $3\frac{1}{2}$ - $4\frac{1}{2}$ c. chicken broth |

Melt butter and sauté spices, pour over bread in large bowl, add rest of spices and toss together. Pour in enough broth to moisten and add beaten eggs and mix well. Cover in crock for 45 minutes, high and 4 to 8 hours low or 1 hour at 350°.

## PICKLED DILLED GREEN BEANS

---

*Deb Goerndt*

- |   |                                 |
|---|---------------------------------|
| 2 lbs. green beans, very sm.              | 2 tsp. mustard seed             |
| 4 red hot peppers                         | $2\frac{1}{2}$ c. white vinegar |
| 4 cloves garlic, peeled                   | $2\frac{1}{2}$ c. water         |
| 4 heads fresh dill or 2 tsp. dill<br>weed | $\frac{1}{4}$ c. pickling salt  |

(continued)



Wash beans and put lengthwise in pint canning jars. **To each jar add:** One red pepper, 1 clove garlic, 1 head dill, and 1/2 teaspoon mustard seed. Combine vinegar, water, and salt in saucepan and bring to boil. Pour at once over beans and seal. Process in boiling water bath for 10 minutes.

## **ONION AND CUCUMBER**

---

*Juanita Ross*

1/4 c. vegetable oil  
2 T. vinegar  
2 T. sugar  
1 T. water

1/2 c. sour cream  
Salt to taste  
1 lg. cucumber  
1 med. onion

## **SPANISH HASH**

---

*Dana Stonehocker*

3 tomatoes, may use canned  
chopped tomatoes & drain  
juice  
2 cucumbers  
1 green pepper

1-2 onions  
2 drops Tabasco sauce  
1 T. sugar  
Salt, pepper to taste  
Worcestershire sauce to taste

Chop vegetables and mix. Add seasonings and refrigerate overnight.

## **SPINACH SOUFFLÉ**

---

*Deb Goerndt*

2 c. cottage cheese  
3 eggs, beaten  
3 (10-oz.) pkgs. frozen spinach,  
thawed & drained

1 1/2 c. shredded cheddar cheese  
1/2 tsp. salt

Mix all ingredients, reserving 1/2 of the cheese. Place in greased baking pan. Bake at 350° until set, about 45 minutes. Remove from oven and sprinkle remaining cheese on top.

## **FROZEN FRESH MUSHROOMS**

---

*Julia Foley*

Soak in salt water, 1/2 hour. Clean and wash salt out. Then put mushrooms in this mixture and let stand 5 minutes: one teaspoon lemon juice and 2 cups cold water. Drain well and freeze.

## **SWEET & SOUR WATER CHESTNUTS**

*Dr. Sherri Broadbent*

**2 cans water chestnuts**

**Bacon, uncooked**

**½ c. catsup**

**½ c. brown sugar**

**1 T. water**

**1 T. mustard**

Cut bacon into smaller strips. Wrap bacon around water chestnuts and secure with a toothpick. Combine remaining ingredients in a bowl and pour over water chestnuts. Bake at 350° for 30 minutes.

### **Recipe Favorites**



*Main Dishes*

## Recipe Favorites

1/2 c. vegetable oil  
2 c. cottage  
2 T. eggs  
1 c. milk

1/2 c. sugar  
1/2 c. butter  
1 c. cinnamon  
1 c. nutmeg

### SPINACH SOUFFLE

One soufflé

2 tablespoons very hot butter  
1/2 cup spinach & cream  
1/2 cup  
2 eggs  
1/2 cup cream

1/2 cup  
2 eggs  
1/2 cup  
1/2 cup  
1/2 cup

One vegetable oil. Add sugar and nutmeg to the top.

### SPINACH SOUFFLE

One soufflé

2 c. cottage cheese  
2 eggs  
1/2 cup cream  
1/2 cup cream

1/2 c. cottage cheese  
1/2 cup cream

1/2 c. cottage cheese, heating 1/2 c. cottage cheese. Place in cream, heating  
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### SPINACH SOUFFLE

One soufflé

1/2 c. cottage cheese, heating 1/2 c. cottage cheese. Place in cream, heating  
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# Main Dishes



## Helpful Hints

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



# MAIN DISHES

## HOT CHICKEN BROCCOLI SANDWICH

---

*Kristin Wilkinson*

4 slices rye bread  
10 oz. broccoli spears,  
cooked & drained  
¾ c. mayonnaise  
2 T. prepared mustard

1 c. shredded cheddar cheese  
½ tsp. salt  
Pepper to taste  
12 oz. diced cooked chicken  
1 tsp. dill weed

Arrange bread on baking sheet, top with broccoli. In small bowl mix ½ cup mayonnaise, 2 tablespoons mustard, cheese, salt, and pepper, dill weed, fold in chicken. Spoon and spread over sandwiches covering most of broccoli. Mix ¼ cup mayonnaise and 1 tablespoon mustard, spread lightly over chicken mixture. Broil 6 inches from heat surface for 5 minutes until puffed and browned.

## TASTEE SANDWICH

---

*Jackie Howard*

2½ lbs. lean ground beef  
2 oz. catsup  
1½ heaping tsp. prepared  
mustard  
1½ heaping tsp. cream-style  
horseradish

1½ tsp. Worcestershire sauce  
2½ heaping tsp. salt  
½ c. finely ground onion  
½ heaping tsp. Accent  
⅛ tsp. black pepper

Place ground meat in large kettle. Mix other ingredients in 1-cup measurer, and stir into meat. Add 1 cup water and the onions, stir. Cook on low heat, stirring continuously for 15 minutes or until meat is in fine pieces. Increase heat until mixture boils, and boil 25 minutes stirring frequently. Serve on buns with pickles, mustard and onions as desired.

## BEEF BURGERS

---

*Julia Foley*

10 lbs. hamburger  
2 c. catsup  
1 c. mustard

1 c. oatmeal  
1 pkg. onion soup mix

This will make a large batch. Cook hamburgers and onion. Drain off fat and add rest of ingredients. Will freeze.

## **BEEF BURGERS**

---

*Billi Jo Akers*

**5 lbs. hamburger**  
**2 tsp. chopped onions**

**Salt & pepper**

Cook together, drain and add:

**$\frac{3}{4}$  c. ketchup**

**2 tsp. mustard**

Stir together. Then mix  $\frac{1}{2}$  cup cornstarch with  $\frac{1}{2}$  cup water. Then add to meat.

## **IRMA'S BURGERS**

---

*Irma Jordan*

**$1\frac{1}{2}$  lbs. ground chuck**

**$\frac{1}{2}$  med. onion, chopped fine**

**1 med. grated potato**

**Salt & pepper to taste**

**$\frac{1}{2}$  c. chopped fine green pepper**

Add all together and mix well. Make patties and grill.

## **PIZZA BURGERS**

---

*Melody Larsen*

**1 lb. lean hamburger**

**1 tsp. onion salt**

**2 c. grated mozzarella cheese**

**1 tsp. garlic powder**

**1 can tomato soup**

**$\frac{1}{8}$  tsp. pepper**

**$\frac{1}{4}$  tsp. ground oregano**

Mix ingredients together. Spread on hamburger bun halves. Bake in 350° oven for 30 minutes or until done. Serve.

## **SANDWICH FOR A CROWD**

---

*Becky Paxton*

**Worcestershire**

**$\frac{1}{4}$  c. mayonnaise/salad dressing**

**2 unsliced loaves Italian bread**

**1 T. Worcestershire sauce**

**8 oz. softened cream cheese**

**1 lb. thin sliced ham**

**1 c. shredded cheddar cheese**

**1 lb. thin sliced roast beef**

**$\frac{3}{4}$  c. sliced green onion**

**Dill pickles**

Cut the bread lengthwise in half. Scoop out bread leaving about 1 inch shell. Combine cheeses, onion, mayonnaise, Worcestershire sauce, and spread on cut sides of bread. Layer ham and beef on both bottom and top. Place dill pickles over bottom half. Gently put sandwiches together and wrap in Saran Wrap and refrigerate for 2 hours. Cut cross-wise into  $1\frac{1}{2}$ -inch slices.

*Dana Stonehocker*

Place hamburger patty, sliced potatoes, sliced carrots and sliced onion on aluminum foil. Salt and pepper. Wrap and bake at 350° for approximately 1 to 1½ hours or put on grill.

---

**CONEY ISLAND**

---

*Billi Jo Akers*

- |                             |                      |
|-----------------------------|----------------------|
| 1 lb. hamburger             | ½ c. minced onion    |
| 1 (16-oz.) can tomato sauce | ¼ tsp. garlic powder |
| 1 tsp. MSG                  | ½ c. water           |
| 1 tsp. chili powder         | 1 pkg. wieners       |
| 1 tsp. salt                 |                      |

Brown hamburger, add all ingredients. Simmer. Add wieners. Simmer.

---

**CORN DOGS**

---

*Joann Haines*

- |                      |            |
|----------------------|------------|
| 1 c. pancake mix     | 1 T. sugar |
| 2 T. yellow cornmeal | ⅔ c. water |

Combine ingredients and beat till smooth. Dip wiener in batter and let excess drain off. Fry in hot oil at 375° till golden brown. Cover 8 wieners.

---

**BARBECUE BEEF**

---

*Georgine Bellamy*

- |                        |  |
|------------------------|--|
| ⅓ c. Catalina dressing | 2 lbs. shredded beef (or 2 lbs.<br>lean ground beef) |
| ⅓ c. ketchup           | Salt & pepper to taste                               |
| ⅓ c. apple butter      |  |
| 1 tsp. liquid smoke    |  |

Mix first four ingredients together. Pour over beef and heat through. This is also good with pork and chicken.

---

**VENISON STROGANOFF OR BEEF**

---

*Rose Thompson*

- |                     |                          |
|---------------------|--------------------------|
| 1-lb. venison steak | ¾ c. chopped onions      |
| ¼ c. butter         | 3 cloves garlic, mince   |
| 8-oz. can mushrooms | 1 c. sour cream          |
| 1 can beef consomme | Salt and pepper to taste |
| 2½ T. flour         |                          |

(continued)

Cut venison into 1/4-inch pieces and brown in butter with onion and garlic. Add mushrooms. Heat beef consomme. Blend sour cream and flour and stir into beef consomme with wire whisk. Stir until thickened and mix well all together. Simmer for 2 hours and serve over noodles, rice or potatoes.

## **BARBECUE BEEF**

---

*Rose Thompson*

### **2-to 3-lb. chuck roast**

Mix and pour over roast:

**2 tsp. salt**

**1/2 tsp. pepper**

**2 chopped onions**

**1 tsp. paprika**

**2 c. water**

**2 T. vinegar**

**1 (8-oz.) bottle ketchup**

**2 T. Worcestershire**

Bake 6 to 7 hours at 300°. Add 3/4 cup brown sugar after baked and stir until mixed. Break meat apart and remove bones and fat.

## **SWISS OR MUSHROOM STEAK**

---

*Susan Chickering*

**Swiss:** Three- to four-pound round or sirloin steak (3/4 to 1 1/2 inches thick). Cut steak in serving size pieces. Sprinkle each side with meat tenderizer and let sit for 30 minutes. Roll each piece in flour and sear each side in frying pan till brown. Slice medium onion in bottom of 9 x 12-inch pan. Place 1 piece of browned steak on each onion slice. Pour over meat 1 to 2 cans stewed tomatoes, and 1/2 can water. Bake 3 to 4 hours at 325° till tender (depends on thickness of meat). **Mushroom:** Prepare meat in same way. Pour over meat: One can mushrooms, 2 cans mushroom soup, 1/2 can milk.

## **RIB EYE STEAKS**

---

*Vickie Richter*

**6 steaks**

**3 T. soy sauce**

**1 T. minced garlic**

**1 tsp. ground cumin**

**Pepper**

**1/4 c. butter**

**Mushroom sauce:**

**1 lb. mushrooms**

**1/4 c. butter**

**2 T. white wine**

**Dash cumin**

**Garlic**

**Salt, pepper**

Season steaks with spice. Sauté mushrooms in 1/4 cup butter. Add wine and sprinkle with seasoning. Sauté steaks in 1/4 cup butter or grill and top with mushroom sauce.

## **BEEF BOURUIGON**

---

*Colleen Haglan-Lynch*

- |   |                                  |
|---|----------------------------------|
| <b>1/2 lb. mushrooms, sliced</b>                | <b>1 1/4 c. red cooking wine</b> |
| <b>1/4 c. butter</b>                            | <b>2 beef bouillon cubes</b>     |
| <b>3 slices bacon, cut up</b>                   | <b>2 T. sugar</b>                |
| <b>2 lbs. boneless beef, cut in 2-in. cubes</b> | <b>1/4 tsp. salt</b>             |
| <b>2 T. flour</b>                               | <b>1/4 tsp. thyme</b>            |
| <b>2 cloves garlic, crushed</b>                 | <b>1 sm. bay leaf</b>            |
| <b>1 T. tomato paste</b>                        | <b>1 peppercorn</b>              |
|   | <b>1/2 lb. sm. white onions</b>  |

In large pot, sauté mushrooms in butter; remove mushrooms and set aside. Fry bacon until crisp; remove and set aside. Add meat to drippings and brown well. Blend in flour. Add garlic, tomato paste, wine and seasonings. Cover and simmer for 2 hours, stirring occasionally. Add onions, mushrooms and bacon; simmer 1 hour longer. Add additional wine if liquid has evaporated. Garnish with cherry tomatoes and serve over rice if desired.

## **BEEF TERIYAKI AND RICE**

---

*Rhonda Wagoner*

- |                                   |   |
|-----------------------------------|---|
| <b>3 T. soy sauce</b>             | <b>3 c. vegetables (broccoli, celery, water chestnuts, carrots)</b> |
| <b>1 T. dry sherry</b>            | <b>1 c. beef broth</b>  |
| <b>2 tsp. brown sugar</b>         | <b>4 tsp. cornstarch</b>  |
| <b>1 1/2 tsp. garlic powder</b>   | <b>1 1/2 c. Minute Rice</b>   |
| <b>3/4 lb. flank steak strips</b> |   |
| <b>1 T. oil</b>                   |   |

Mix soy sauce, sherry, brown sugar, and seasonings. Add beef, let stand 10 minutes to marinate. Stir fry beef in hot oil till browned. Add vegetables, stir fry until tender-crisp. Mix broth and cornstarch, add to skillet. Bring to a boil and boil 1 minute. Prepare rice as directed. Serve meat mixture over rice.

## **OUTSIDE BARBECUE SAUCE**

---

*Vickie Richter*

- |  |                                  |
|--|----------------------------------|
| <b>4-to 5-lb. roast or round steak</b> | <b>1/4 tsp. dry mustard</b>      |
| <b>2 cloves garlic, minced</b>         | <b>1/3 c. vinegar</b>            |
| <b>2 T. olive oil</b>                  | <b>1 T. Worcestershire sauce</b> |
| <b>1 T. soy sauce</b>                  | <b>1 T. steak sauce</b>          |
| <b>1/2 tsp. rosemary</b>               |                                  |

Marinate meat overnight. Barbecue for approximate 4 hours on low to medium heat.



## **GREEN PEPPER STEAK**

*Rose Thompson  
Rita McDonald*

**1 lb. trimmed beef chuck or round**  
**¼ c. soy sauce**  
**1 T. garlic powder or 1 clove garlic**  
**1½ tsp. grated fresh ginger or ½ ground**  
**¼ c. salad oil**

**1 c. green onion, thinly sliced**  
**1 c. green or red peppers, cut into 1-in. squares**  
**2 stalks celery, thinly sliced**  
**1 T. cornstarch**  
**1 c. water**  
**2 tomatoes, cut into wedges**

With a sharp knife cut beef across grain into thin strips ½ inch thick. Combine soy sauce, garlic, ginger, add beef, toss and set aside while doing vegetables. Heat oil in large frying pan or wok, add beef and toss over high heat until browned. Turn heat up and add vegetables. Toss until vegetables are tender-crisp about 10 minutes. Mix cornstarch with water. Add to pan, stir and cook until thickened. Add tomatoes and heat through. Good served with hot fluffy rice.

## **REUBEN SANDWICH CASSEROLE**

*Rebekah Mitchell*

**32-oz. jar sauerkraut, rinsed & squeezed to get as much juice out as possible**

**½ c. chopped onion**

**4 c. shredded Swiss cheese**

**1⅓ c. Thousand Island dressing**

**Beef brisket in pkg. ready to bake with seasonings for corned beef (bake per directions & coarsely chop)**

**½ c. butter**

**6 slices rye bread, cut into ½-in. cubes (5 c.)**

Combine sauerkraut and onion. Spoon into 9 x 13-inch pan. Layer with ½ Swiss cheese and ½ salad dressing, all corned beef, then ½ Swiss cheese and ½ salad dressing. Melt butter and add bread cubes and stir until coated. Sprinkle bread cubes over top and bake at 375° for 35 minutes or until cheese is melted and gooey.

## **STEAK AND VEGETABLES**

---

*Sherry Tolley*

- |   |  |
|---|--|
| <b>1 T. cornstarch</b>                              | <b>1 med. onion, halved &amp; sliced</b>             |
| <b>1 tsp. reduced-sodium beef bouillon granules</b> | <b>1 garlic clove, minced</b>                        |
| <b>1 c. water</b>                                   | <b>2 tsp. canola oil</b>                             |
| <b>¼ c. reduced-sodium soy sauce</b>                | <b>2 med. tomatoes, cut in eighths</b>               |
| <b>10 oz. boneless beef sirloin steak</b>           | <b>1 (8-oz.) can sliced water chestnuts, drained</b> |
| <b>1 med. green pepper, julienned</b>               | <b>⅓ tsp. pepper</b>                                 |
|   | <b>4 c. hot cooked rice</b>                          |

In a bowl, combine the cornstarch, bouillon, water and soy sauce; set aside. Cut steak thinly across the grain, then cut slices in half; set aside. In a nonstick skillet or wok, stir-fry green pepper, onion and garlic in oil for 4 minutes; remove and set aside. Add meat; stir-fry for 4 to 6 minutes. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir for 1 minute or until thickened. Add tomatoes, water chestnuts and green pepper mixture; cook and stir until heated through. Sprinkle with pepper. Serve over rice. Yield: 4 servings.

## **PORK STEAK-VEGETABLE BAKE**

---

*Dana Stonehocker*

- |                                |                              |
|--------------------------------|------------------------------|
| <b>4 med. potatoes, sliced</b> | <b>1 c. water</b>            |
| <b>1 lg. carrot, sliced</b>    | <b>1 env. onion soup mix</b> |
| <b>4 (½-in.) pork steaks</b>   | <b>4 T. soy sauce</b>        |

Place potatoes and carrots in 12 x 7½ x 2-inch baking dish. Trim fat from steaks and brown well on both sides. In small saucepan combine water, onion soup mix, and soy sauce, bring to boil. Spoon ½ mixture over potatoes and carrots, top with pork steaks, spoon remaining mixture over steaks. Cover and bake for 1 hour. Uncover and bake 10 minutes more. Makes 4 servings.

## **SPEEDY TEX-MEX STIR FRY**

---

*Sandy Thompson*

- |  |  |
|--|--|
| <b>⅔ c. picante sauce</b>  | <b>2 garlic cloves, minced</b>                       |
| <b>⅓ c. water</b>  | <b>1 sm. red pepper, cut into 1 x ¼-in. strips</b>   |
| <b>1 T. cornstarch</b>   | <b>1 sm. green pepper, cut into 1 x ¼-in. strips</b> |
| <b>1 tsp. ground cumin</b>                                       | <b>1 (8¾-oz.) can whole kernel corn, drained</b>     |
| <b>¼ tsp. salt</b>   | <b>Hot cooked rice or warmed tortillas (opt.)</b>    |
| <b>2 T. vegetable oil</b>  |  |
| <b>1 lb. lean boneless pork, cut into 1½ x ¼ x ¼-inch strips</b> |  |
| <b>1 sm. onion, chopped</b>                                      |  |

(continued)

Combine picante sauce, water, cornstarch, cumin and salt in small bowl, set aside. In large skillet or wok over high heat, heat oil until hot but not smoking. Add meat, onion and garlic, stir fry for 4 or 5 minutes or until meat is cooked. Add peppers, stir fry 2 minutes or until peppers are crisp-tender. Add corn, stir picante sauce mixture to blend ingredients. Add all at once to skillet. Cook and stir about 1 minute or until sauce thickens. Serve with rice or warmed tortillas, if desired and additional picante sauce. Makes 4 servings.

## **CABBAGE ROLLS**

*Rose Thompson*

<b>8 lg. cabbage leaves</b>	<b>2 c. hot water</b>
<b>1 lb. ground beef or ½ beef &amp; ½ pork</b>	<b>2 T. chili sauce</b>
<b>1½ tsp. salt</b>	<b>1 beaten egg</b>
<b>⅛ tsp. pepper</b>	<b>½ c. uncooked rice</b>
<b>¼ c. minced onion</b>	<b>1 bouillon cube</b>

Cook cabbage leaves 2 minutes. Drain, combine meat, salt, pepper, chili sauce, onion, egg, and rice; mix thoroughly. Spoon mixture into cabbage leaf and roll and fasten with toothpick. Place in greased baking dish. Dissolve bouillon cube in hot water. Pour over cabbage rolls. Cover tightly. Simmer 1 hour. Bake in moderate oven until liquid is boiled down, and rolls are brown. (Makes 8.) Serve with tomato sauce.

## **SWEET AND SOUR PORK**

*Trish Hubbard*

<b>2-3 lbs. pork meat (butt roast, pork chop, loin)</b>	<b>½ c. vinegar</b>
<b>1 med. bell pepper, cubed</b>	<b>¼ c. sugar</b>
<b>2 med. carrots, sliced</b>	<b>2 T. lemon juice</b>
<b>2 stalks celery, sliced</b>	<b>2 T. soy sauce</b>
<b>3-4 green onions, cut in 1-in. pieces (white part only)</b>	<b>1 clove garlic, smashed</b>
<b>1 med. onion, chopped or sliced</b>	<b>1 c. water</b>
<b>¼ c. soy sauce</b>	<b>Flour</b>
<b>1 big tomato, sliced into wedges</b>	<b>Oil</b>
	<b>1 tsp. Accent or MSG</b>

Cut meat into serving pieces. Marinate meat with 2 tablespoons lemon juice, 2 tablespoons soy sauce, 7 smashed garlic for 1 hour. While marinating meat, prepare vegetables and set aside. Coat meat with flour well; brown meat until golden. Drain on paper towel. Arrange fried meat in a 3-quart casserole dish and keep it warm. In the same pan, pour off some of the oil; leave about 3 tablespoons. Sauté onions until limp, then add all the vegetables and cook 5 minutes. Stir it once. Put all together the water, vinegar, soy sauce, and stir in 1 tablespoon flour and add to the liquid mixture. Pour the liquid mixture into the vegetables,

(continued)

stirring constantly. Cook until sauce thickens and is bubbly. Pour mixture on the meat. Makes 4 to 6 servings. Best served with fluffy white rice.

## **SWEET & SOUR CHICKEN**

*Connie Tadlock*

- |   |                                 |
|---|---------------------------------|
| <b>¾ lb. boneless, cubed chicken</b>          | <b>3 T. vinegar</b>             |
| <b>1 T. oil</b>                               | <b>3 T. brown sugar</b>         |
| <b>1 c. green &amp; red pepper strips</b>     | <b>½ tsp. ground ginger</b>     |
| <b>1 T. cornstarch</b>                        | <b>½ tsp. garlic powder</b>     |
| <b>¼ c. lite soy sauce</b>                    | <b>1½ c. instant brown rice</b> |
| <b>1 (8-oz.) can chunk pineapple in juice</b> |                                 |

Cook and stir chicken in hot oil in large skillet until well browned. Add peppers. Cook and stir 1 to 2 minutes. Mix cornstarch and soy sauce. Add to pan with pineapple and juice, vinegar, sugar, ginger and garlic powder. Bring to full boil. Meanwhile prepare rice as directed on package. Serve chicken over rice. Makes 4 servings.

## **SINFUL HAM CASSEROLE**

*Dr. David Smith  
Stacey Mitchell*

- |  |   |
|--|---|
| <b>1 (32-oz.) pkg. frozen Southern-style hash browns, thawed</b>     | <b>½ c. frozen chopped onions</b>             |
| <b>1 can cream of chicken soup</b>                                   | <b>½ tsp. salt</b>                            |
| <b>8 oz. sour cream</b>  | <b>½ tsp. pepper</b>                          |
| <b>1 c. milk</b>   | <b>1 ham slice, cut into bite-size chunks</b> |
| <b>8 oz. Velveeta cheese, cut in chunks or 2 c. shredded cheddar</b> |   |

### **Topping:**

- |                                |                           |
|--------------------------------|---------------------------|
| <b>2 c. crushed cornflakes</b> | <b>½ c. melted butter</b> |
|--------------------------------|---------------------------|

Place thawed hash browns in 9 x 13-inch pan. Sprinkle salt and pepper over them. Mix the onion, soup, milk, sour cream, ham and cheese in a bowl and pour over hash browns. Place in oven at 350° for 45 minutes. Remove and sprinkle the topping on. Place back in the oven for 15 more minutes until topping brown.

**Note:** Can leave out ham and serve as side dish.



## HAM STROGANOFF

*Deena McDonald*

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 2 T. butter                           | 1/2 c. milk                 |
| 1/2 c. chopped onion                  | 1/2 c. sour cream           |
| 1/3 c. sliced green pepper            | 1 tsp. Worcestershire sauce |
| 4-oz. can select mushrooms            | 2 c. chopped, cooked ham    |
| 10 1/2-oz. can cream of mushroom soup |                             |

Serve over rice, noodles or toast triangles. Melt butter in skillet, sauté onions and peppers and mushrooms. Add soup, milk, Worcestershire sauce and ham. Mix thoroughly. I add the sour cream last.

## HASH BROWN QUICHE

*Rebekah Mitchell*

- |  |                              |
|--|------------------------------|
| 3 c. loose-pack frozen hash brown potatoes, thawed | 6 oz. diced, cooked ham      |
| 1/3 c. butter, melted                              | 4 oz. Swiss cheese, shredded |
| 4 oz. hot pepper cheese, shredded                  | 1/2 half & half              |
|  | 2 eggs                       |
|  | 1/4 tsp. season salt         |

Press hash browns between paper towels to remove moisture. Press into the bottom and up sides of a greased 9-inch pie pan and make crust. Drizzle melted butter over crust. Bake at 425° for 25 minutes or longer until hash browns are browned. Reduce to 350°, then blend rest of ingredients and pour over crust. Bake uncovered 25 to 30 minutes. Let stand 15 minutes before serving.

## HERB-SEASONED PORK STEAKS

*Sharon Shaul*

- |                     |                                 |
|---------------------|---------------------------------|
| 4 pork steaks       | 1 1/4 c. herb-seasoned stuffing |
| Shortening to brown | 1/3 c. grated Parmesan cheese   |
| 1 egg               | 1 pkg. mushroom gravy           |
| 3 T. milk           |                                 |

Dip steaks in egg and milk mixture. Coat with stuffing. Brown and cover with mushroom gravy. Simmer 35 to 45 minutes.

## BAKED PARMESAN PORK CHOPS

*Betty Keese*

- |                           |                               |
|---------------------------|-------------------------------|
| 1/2 tsp. salt             | 1/3 c. all-purpose flour      |
| 1/4 tsp. pepper           | 1/3 c. grated Parmesan cheese |
| 4 (1-in.) pork loin chops | 1 tsp. fennel seeds           |
| 1 egg                     | Dry bread crumbs              |

(continued)



Heat oven to 400°. Coat shallow roasting pan with cooking spray. Sprinkle salt and pepper over both sides of pork chops. In a bowl lightly beat egg with 1 tablespoon water. On large sheet of waxed paper combine flour and cheese. Between fingers lightly crush fennel seeds over the flour mixture and stir in. On another sheet of waxed paper spread bread crumbs. Coat chops one at a time with flour mixture, shaking off excess, then egg mixture, then bread crumbs. Transfer chops to baking pan to bake 15 minutes. Turn chops, continue baking until golden brown, and no longer pink near bone, 8 to 10 minutes.

## **GLAZED PORK CHOPS**

---

*Jill Kordick*

<b>½ c. (4 oz.) sweet salsa</b>	<b>6-8 pork chops</b>
<b>1 env. dry onion soup mix</b>	
<b>1 c. fat-free Western salad dressing</b>	

Mix the first three ingredients together. Place the pork chops in a shallow baking pan and pour mixture over them. Refrigerate 1 hour or overnight. Bake at 350°, for 45 minutes. Serves 6 to 8.

## **SPICY PORK CHOPS AND CABBAGE**

---

*Kathleen Sanford*

<b>4 center-cut or American pork chops</b>	<b>1½ c. diced tart apples</b>
<b>2 T. water</b>	<b>1 sm. onion</b>
<b>½ tsp. salt</b>	<b>1¼ tsp. flour</b>
<b>2 whole cloves</b>	<b>2 tsp. sugar</b>
<b>1 bay leaf</b>	<b>2 tsp. vinegar</b>
<b>1 med. head cabbage (coarsely shredded approx. 8 c.)</b>	<b>2 T. water</b>
	<b>½ tsp. salt</b>

Brown pork chops. Add first 2 tablespoons of water and first ½ teaspoon salt, cloves, bay leaf and simmer for 30 minutes. Remove pork chops from pan and discard cloves and bay leaf. Place the cabbage, onion and apple in the same pan. In a bowl mix together sugar, flour, second ½ teaspoon of salt, then add the vinegar and remaining water, mix well and then pour over the cabbage. Cover and simmer for 5 minutes. Return the chops to pan and cook (covered) for additional 20 minutes. Serve with new, red potatoes and baby carrots.

## **MEXICAN PORK CHOPS**

---

*Launa Reed*

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 tsp. salt                        | 1/2 c. shredded cheddar cheese |
| 3/4 c. uncooked rice (not instant) | 1 med. green pepper (cut in    |
| 1/2 pkg. taco seasoning mix        | 1/2-in. rings)                 |
| 1 (8-oz.) can tomato sauce         | 6 pork chops                   |
| 1 1/2 c. water                     |                                |

Brown chops. Arrange in 9 x 13 x 2-inch baking pan and season with salt. Sprinkle rice around chops. Combine taco seasoning mix, tomato sauce and water. Pour over chips and rice. Cover tightly with lid or foil and bake in 350° oven for 1 1/4 hours. Before done, sprinkle cheese and pepper slices on top and return to oven until done. I have even used chicken breasts instead of pork chops, and that is also very good.

## **CHINESE BAKED PORK CHOPS**

---

*Annette Lebron*

- |                        |                        |
|------------------------|------------------------|
| 1 egg                  | 1/2 tsp. garlic powder |
| 3 T. soy sauce         | 4 T. bread crumbs      |
| 1 T. water             | 4 lean pork chops      |
| 1/8 tsp. ground ginger |                        |

Spray baking pan with Pam. Beat egg, soy sauce, water, ginger and garlic in a pie pan. Dip chops in mixture, then press in crumbs on both sides. Single layer in pan. Bake at 350° for 50 minutes.

## **CAJUN GREEN BEANS WITH ANDOUILLE SAUSAGE**

---

*Kathleen Sanford*

- |                           |                       |
|---------------------------|-----------------------|
| 1 pkg. frozen green beans | 1 tsp. red pepper     |
| 1 can red beans           | 1/2 tsp. black pepper |
| 1 lg. onion               | 1/2 tsp. chili powder |
| 1 link andouille sausage  | 2 T. water            |
| 1 tsp. sugar              |                       |

Precook sausage and drain any grease off. Cut the sausage into bite-size pieces and then add all remaining ingredients. Cover and simmer for 1 hour. Checking occasionally to make sure it doesn't stick to bottom of pan. If so lower heat and add a little water. Serve with or over rice.

## ZUCCHINI CASSEROLE

---

*Deb Goerndt*

- |   |   |
|---|---|
| 8 c. zucchini, cut up in cubes          | 1 c. water                                |
| 1/2 c. chopped onion                    | 1 (8 oz.) tomato paste                    |
| 1/2 c. chopped green pepper             | 1 (4-oz.) pkg. shredded mozzarella cheese |
| 4 T. margarine                          | 2 T. Parmesan cheese                      |
| 1 (3-oz.) can sliced mushrooms, drained | 1 lb. hot sausage, browned & drained      |
| 1 env. dry spaghetti sauce mix          |   |

Mix all ingredients together. Top with cheeses. Bake at 350° for 30 to 35 minutes.

## HAMBALLS

---

*Marcia Jones*

- |                 |                            |
|-----------------|----------------------------|
| 1 lb. hamburger | 1 lb. ground ham           |
| 2 eggs          | 1 c. graham cracker crumbs |
| 1/2-3/4 c. milk |                            |

Mix together and make into balls. Make the following sauce and pour over meatballs.

- |                      |                  |
|----------------------|------------------|
| 1/2 c. vinegar       | 1 T. dry mustard |
| 1 1/2 c. brown sugar | 1/2 c. water     |

Bake at 325° for 1 to 1 1/2 hours in 9 x 9-inch baking dish or 9 x 11-inch baking dish.

## IOWA HAM BALLS

---

*Linda Eddleman*

- |                            |  |
|----------------------------|--|
| 3 1/2 lbs. ground ham      | 2 (10 3/4-oz.) cans tomato soup, undiluted |
| 1 1/2 lbs. ground beef     | 3/4 c. vinegar                             |
| 3 eggs, beaten             | 2 1/2 c. packed brown sugar                |
| 2 c. milk                  | 1 tsp. prepared mustard                    |
| 3 c. graham cracker crumbs |  |

In a large bowl, combine the first 5 ingredients. Using a 1/3 cup measuring cup, shape mixture into 2-inch balls. Place in 2 large shallow roasting pans. Combine all remaining ingredients. Pour over the meatballs. Bake at 325° for 1 hour. Baste frequently. Yields: approximately 15 servings. (These freeze well cooked or uncooked.)

## HAM BALLS

---

*Kathy Raymond*

- |                                 |                  |
|---------------------------------|------------------|
| 2 lbs. Fareway ham loaf mixture | 1 egg            |
| 1 c. graham cracker crumbs      | Scant c. of milk |

(continued)

Mix all together, NO seasonings. Then make into balls. Bake at 250° for 1 hour. Drain off fat.

**Add (topping):**

1 can tomato soup  
¾ c. brown sugar

¼ c. vinegar  
1 tsp. dry mustard

Mix and pour over the ham balls. Bake for 1½ hours at 300°. Double recipe for topping.

## **HAM BALLS**

---

*Andrea Miner  
Deena McDonald  
Juanita Ross*

1 lb. ground ham  
1 lb. ground pork  
1 lb. ground beef

1 egg  
1½ c. graham cracker crumbs  
½ c. milk

Mix well and form into balls.

**Topping:**

1 can tomato soup  
¼ c. vinegar

1 c. brown sugar  
1 tsp. dry mustard

Put balls into pan, mix topping and pour over meat. Bake at 325° for 1½ hours. Recipe also submitted by Laura Watts.

## **SWEDISH HAM BALLS**

---

*Laurie Allen  
Mary Rew*

1 lb. ground ham  
1½ lbs. ground pork  
2 c. dry bread crumbs  
2 eggs (well beaten)  
1 c. milk

2 c. brown sugar  
2 tsp. dry mustard  
1 c. vinegar  
1 c. water

Combine meat, bread crumbs, eggs and mix. Add milk and mix. Form into small balls and place in baking pan. Combine remaining ingredients and stir until sugar dissolves. Pour over ham balls. Bake in slow oven at 325° for about an hour. Baste often.

## **HAM LOAF**

---

*Diana Wilson*

1 lb. ground beef  
1 lb. ground ham

1 lb. ground pork

(continued)

Mix together with 1 cup cornflakes, 1 cup milk, and 2 eggs. Bake 30 minutes, then put on 1/2 the glaze and bake another 15 minutes, then put on remainder of glaze and bake till well done.

**Glaze:**

**2 T. vinegar**

**1 tsp. prepared mustard**

**1/3 c. brown sugar**

Makes 6 to 8 servings. Bake at 350° in 10 x 13-inch pan.

## **CHEESY MEAT LOAF**

---

*Dr. Thomas Bergstrom*

**2 lbs. ground beef**

**1 beaten egg**

**1 lb. sausage**

**1/2 c. oatmeal**

**1/4 c. chopped green peppers  
(opt.)**

**1/2 c. tomato juice or catsup**

**1/4 c. chopped onion**

**1 tsp. salt & pepper**

**American cheese slices**

Combine all of the ingredients except cheese and mix well. Place 1/2 in 9 x 9-inch casserole. Add cheese and remaining mixture. Bake at 350°. I make mine in a loaf and bake in a roaster instead of the flatter pan. I put strips of bacon on top. I also put unpeeled little potatoes around the loaf. Add a little water and enjoy.

## **PIZZA MEAT LOAF**

---

*Joann Haines*

**2 lbs. ground beef**

**1 sm. onion, chopped**

**2 eggs**

**1 tsp. salt/pepper**

**1 can vegetable soup**

**8 oz. mozzarella cheese, cut into  
cubes**

**1 1/2 c. cracker crumbs**

Blend all ingredients, except can of pizza sauce. Form into loaf. Bake at 350° for 1 hour and 15 minutes. Put sauce on top the last 15 minutes of baking time.

## **NO WORK MEAT LOAF**

---

*Denise L. Kirkland*

**1 1/2 lbs. ground beef**

**1 egg**

**1 c. herb-seasoned stuffing mix**

**1 1/2 tsp. salt**

**1 (8-oz.) can tomato sauce**

**1/4 tsp. pepper**

Mix all together. Shape into loaf pan. Bake at 350° for 1 hour.



## SICILIAN MEAT ROLL

---

*Rebekah Mitchell*

2 eggs, beaten  
1 slice bread, broken up into  
sm. pieces  
½ c. tomato juice  
½ tsp. oregano  
Salt & pepper to taste

1 garlic clove, minced  
2 lbs. ground beef  
1½ c. mozzarella cheese,  
shredded  
8 thin slices ham

Combine eggs, bread pieces, tomato juice and seasonings. Stir in ground beef and mix well. On waxed paper pat meat to a 12 x 10-inch rectangle. Place ham slices over this and sprinkle with mozzarella cheese. Carefully roll up from short end and seal the edges. Bake at 350° for 1½ hours or until done (center will have pink appearance due to ham). Best to bake this on a rack over a pan.

## ITALIAN MEAT ROLL

---

*Charlotte Meyer*

1½ lbs. ground beef  
1 egg  
½ c. diced onion  
¾ c. cracker crumbs

½ (4-oz.) can tomato sauce  
1 tsp. salt  
½ tsp. oregano  
⅛ tsp. black pepper

Combine, pat out on foil to form rectangle. Fill with 2 cups cheese, mozzarella or 4 cheese mix. Roll up. Seal ends and seam. Put in dish or pan. Top with ½ can tomato sauce mixed with 2 tablespoons picante sauce. Bake at 350° 1 hour.

## MEATBALLS

---

*Charlotte Meyer*

1 lb. ground chuck  
1 lb. ground pork  
1¼ tsp. salt  
⅛ tsp. pepper  
¾ c. bread crumbs  
3 eggs

½ c. Romano or Parmesan  
cheese  
1 T. basil  
2 cloves garlic  
Oil

Heat oil. Fry balls until browned but not cooked. Add to sauce. Simmer 1½ hours.

## "MEATBALLS IN SWEET CLOVE SAUCE"

---

*Tammee Stebbins*

**4 slices dry bread, diced**

**1/4 c. lemon juice**

**1 egg**

**1 sm. onion, diced**

**1 tsp. seasoned salt**

**1 1/2 lbs. ground lean beef**

**Sauce:**

**1 c. tomato juice**

**1/2 c. chili sauce**

**1/2 c. packed brown sugar**

**1 tsp. ground mustard**

**1/4 tsp. ground cloves**

In a bowl, soak bread in lemon juice for 2 minutes. Add egg, onion and salt, stir in beef. Shape into 1/2-inch balls, place in greased 13 x 9 x 2-inch baking dish. Bake uncovered at 350° for 25 minutes. Drain excess grease. Combine sauce ingredients, pour over meatballs, bake 30 minutes longer or until hot and bubbly. Makes 6 servings.

## **PORCUPINE MEATBALLS**

---

*Patty Bengt*

**3/4 c. rice**

**1 onion**

**1 lb. hamburger**

Mix top ingredients and make into meatballs. Then mix 1 can tomato soup, 1/2 can water and 1 teaspoon Worcestershire sauce. Pour over meatballs and bake at 350° for 45 minutes to 1 hour.

## **PORCUPINE MEATBALLS**

---

*Betty Frazier*

**1 lb. hamburger**

**1/2 c. brown rice**

**1 sm. onion (chopped)**

**1/2 c. cracker crumbs**

**2 eggs**

**1/4 tsp. salt**

**1/2 c. milk**

**1 can cream of mushroom soup**

Mix all together and form into balls. Place in a baking dish and cover with 1 can of mushroom soup to which has been added 1/2 cup water. Bake for 1 hour at 350°. Pepper as desired.

## **BARBECUED MEATBALLS**

---

*Carol Meints*

**1½ lbs. ground beef**  
**3 tsp. chopped onion**  
**¾ c. oatmeal**

**1 tsp. salt**  
**¼ tsp. pepper**  
**1 c. milk**

### **Sauce:**

**⅔ c. catsup**  
**⅓ c. barbecue sauce**  
**½ T. Worcestershire sauce**  
**3 T. vinegar**

**1 sm. onion**  
**1 tsp. sugar**  
**Salt/pepper**

Mix meat mixture and form tennis balls. Mix sauce and cover meat. Bake at 350° for 45 minutes.

## **SPANISH MEATBALLS**

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*Betty Frazier*

**16 oz. tomato juice**  
**16 oz. water**  
**1½ lbs. hamburger**  
**¼ tsp. salt**

**¼ c. brown rice (uncooked)**  
**1 egg**  
**1 tsp. chili powder**  
**¼ tsp. pepper**

Combine tomato juice and water, bring to a boil, add one large onion. Cut in small pieces. Mix the hamburger, rice, egg, chili powder, salt and pepper. Form into balls and drop into the boiling tomato mixture. Reduce to low heat for 2 to 3 hours, or the hot mixture may be transferred to a crockpot for 3 hours.

## **VEGETABLE BEEF & BISCUIT CASSEROLE**

---

*Joann Haines*

**1½ lbs. ground beef**  
**1 (10¾-oz.) can condensed cream soup**  
**1 (10¾-oz.) can tomato soup**  
**¾ c. water**  
**1 (15-oz.) can mixed vegetables, drained**

**1 T. Worcestershire sauce**  
**1 (10-oz.) pkg. refrigerated biscuits**  
**½ c. shredded cheddar cheese**

Brown hamburger. Drain off grease. Stir in soups, water, vegetables, and Worcestershire sauce. Put into baking dish. Bake at 400° for 10 minutes till hot. Cut biscuits into quarters. Remove dish from oven. Stir. Arrange biscuits on beef mixture. Top with cheese. Bake 10 minutes or till biscuits are done.

## CASSEROLE

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*Dorothy Pettit*

**1 lb. ground beef**  
**1 can soup (chicken, celery or mushroom)**

**Layer of vegetables (peas or green beans)**  
**Tater Tots**

Pat ground beef in casserole. Cover with soup; add vegetables. Top with Tater Tots. Bake at 350° for 45 minutes.

## "DINNER-IN-ONE CASSEROLE"

---

*Linda Eddleman*

**8 potatoes, sliced thin**  
**2 lbs. ground beef**  
**1/2 onion, sliced**

**1 can green or waxed beans**  
**2 c. milk**  
**2 cans cream of chicken soup**

Grease bottom of casserole dish, put in a layer of potatoes with a few slices of onion. Season with salt and pepper. Layer the rest of the potatoes and onions and seasoning. Brown beef slightly in a skillet, then place over potatoes and add beans. Mix soup and milk until smooth and heat this mixture. Pour over the casserole and bake 1½ hours at 350° or until potatoes are tender.

## POTATO CASSEROLE

---

*Glennore Parker*

**4-5 potatoes**  
**2 cans cream of mushroom soup**

**1 lb. ground beef**  
**1 onion**

Slice potatoes, ¼ inch thick. Slice onion thin. Make hamburger patties or chopped up and fry it, then combine the potatoes, onions. Add soup and cook in oven or microwave till done.

## HAMBURGER PIE

---

*Kristin Wilkinson*

**1 lb. ground beef**  
**1/2 c. chopped onion**  
**1 (16-oz.) can cut green beans, drained**  
**1 (10¾-oz.) can tomato soup**  
**1/4 c. water**

**Salt & pepper to taste**  
**3 med. potatoes, peeled & quartered**  
**Milk**  
**1/2 c. shredded American cheese**

Cook and drain ground beef and onion. Stir in green beans, soup, water, salt and pepper. Put mixture into 1½-quart casserole dish. Cook potatoes and mash. Add enough milk to make potatoes fluffy, yet able

(continued)

to hold their shape. Drop onto meat mixture; sprinkle with cheese. Bake uncovered at 350° for 25 to 30 minutes. Servings: 6 to 8.

## **BEEF CASSEROLE**

*Joann Haines*

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <b>1 lb. hamburger</b>               | <b>2 T. brown sugar</b>             |
| <b>1 tsp. salt</b>                   | <b>1 T. minced onion</b>            |
| <b>1 (16-oz.) can pork and beans</b> | <b>1 can biscuits</b>               |
| <b>¼ c. Kraft barbecue sauce</b>     | <b>1 c. shredded cheddar cheese</b> |

Preheat oven to 375°. Brown hamburger and drain. Stir in next 5 ingredients, heat till bubbly and pour into 2-quart casserole. Cut biscuits in half and place on top, sprinkle with cheese and bake for 25 to 30 minutes till biscuits are golden brown.

## **AUNT MARIE'S HAMBURGER CASSEROLE**

*Joann Haines*

- |                          |                      |
|--------------------------|----------------------|
| <b>1 lb. ground beef</b> | <b>1 tsp. salt</b>   |
| <b>¼ c. minced onion</b> | <b>½ tsp. pepper</b> |
| <b>1 egg</b>             |                      |

Mix together, shape into balls, and roll in flour. Brown in 2 tablespoons hot fat in skillet.

- |  |   |
|--|---|
| <b>1 (No. 2) can kidney beans &amp; liquid</b> | <b>8-oz. can tomato sauce</b>               |
| <b>2 c. cooked, drained green beans</b>        | <b>1 c. thinly sliced onion, if desired</b> |
|  | <b>½ tsp. salt</b>                          |

Put in pan and mix well, bring to a boil. Place all ingredients in a 2-quart casserole dish or pan. Place pastry topping on top and make small slits in it. Bake at 425° for 30 to 35 minutes.

### **Pastry topping:**

- |                        |                       |
|------------------------|-----------------------|
| <b>1⅓ c. flour</b>     | <b>2 T. cold milk</b> |
| <b>1 tsp. salt</b>     | <b>1 eggs</b>         |
| <b>⅓ c. Wesson oil</b> |                       |

Mix flour and salt. Pour oil and milk into measuring cup (don't stir). Pour into flour and add eggs. Stir until mixed. Press into ball. Roll out gently between 2 sheets of waxed paper.



## **SKILLET SUPPER**

---

*LaDonna Speer*

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 strips bacon (or butter or frying) | 2 tsp. salt                     |
| 1 lb. hamburger                      | 2 lg. onions (sliced)           |
| 1/4 c. soy sauce (if desired)        | 2 or 3 potatoes (cut in chunks) |
| 1/2 c. water                         | 2 c. cabbage                    |
|                                      | 3 stalks celery                 |

Brown bacon, break it up. Add hamburger and brown. Add vegetables and other ingredients. Cook for 15 minutes or until vegetables are tender. May add more water.

## **FAST HAMBURGER SKILLET**

---

*Becky Paxton*

- |                                  |                           |
|----------------------------------|---------------------------|
| 2 lbs. lean hamburger            | 1 c. water                |
| 2 c. frozen sliced carrots       | 2 T. Worcestershire sauce |
| 2 cans golden mushroom soup      | Pepper                    |
| 4-6 potatoes, cut 1/4-in. slices |                           |

Brown and rinse ground beef. Add soup, carrots, water, Worcestershire sauce, pepper and potatoes and simmer 10 to 15 minutes. Makes 8 servings.

## **GROUND BEEF CASSEROLE**

---

*Deb Goerndt*

- |                              |                                   |
|------------------------------|-----------------------------------|
| 2 lbs. ground beef           | 1 green pepper, chopped           |
| 1 sm. onion, chopped         | 1 can pimentos, drained & chopped |
| 1 med. pkg. fine cut noodles | 1 can mushrooms, drained          |
| 1 can cream-style corn       | 8 oz. cheddar cheese, grated      |
| 1 can mushroom soup          |                                   |
| 1 can cream of chicken soup  |                                   |

Brown meat and onion. Cook noodles and drain. Combine all ingredients in casserole. Top with buttered bread crumbs and bake at 350° for 1 hour.

## **HAMBURGER SURPRISE**

---

*Diane Truckenbrod*

- |                              |                                |
|------------------------------|--------------------------------|
| 2 lbs. ground beef           | 3/4 c. milk                    |
| 1 sm. onion                  | 2 c. shredded cheese           |
| 1 green pepper (opt.)        | 1 jar green olives             |
| 16 oz. noodles               | 2 c. cashews                   |
| 1 can cream of mushroom soup | 1 can French-fried onion rings |

(continued)

Brown beef, drain and rinse. Prepare noodles, drain. Combine beef, noodles, onion, pepper, soup, milk and cheese in a large greased casserole. Top with sliced green olives and slightly chopped cashews. Bake, covered at 350° for 45 minutes. Remove covering and top with onion rings. Put back in oven till topping is lightly browned. May substitute Chinese noodles for onion rings.

## **STUFFED GREEN PEPPERS**

*Jill Kordick*

**1 lb. ground beef or turkey**  
**1/3 c. finely chopped onion**  
**1/2 c. diced celery**  
**1 (15-oz.) can tomato sauce,**  
**divided**  
**1/4 c. water**  
**3 T. grated Parmesan cheese,**  
**divided**

**1 tsp. salt**  
**1/8 tsp. pepper**  
**1/2 c. uncooked instant rice**  
**4 med. peppers**  
**1/2 c. grated cheddar cheese**

Brown meat, celery and onion. Drain. Stir in 1 1/2 cups tomato sauce, water, 1 tablespoon Parmesan cheese, salt and pepper. Cook over medium heat until heated through and blended. Stir in rice. Cover and let stand 5 minutes. Remove tops and seeds from peppers. Cut in half lengthwise. Place on plate and microwave 3 to 4 minutes. Fill each half with meat mixture. Place in baking dish. Spoon remaining tomato sauce over top of each pepper half. Then sprinkle remaining Parmesan cheese over sauce. Microwave 10 minutes until peppers are tender. About one minute before peppers are done, remove from microwave and sprinkle each pepper with grated cheddar cheese. Return to microwave until cheese melts. Let stand one minute before serving.

## **RICE KRISPIES HOT DISH**

*Dr. Danette Jackson*

**6 c. Rice Krispies**  
**2 cans chicken & rice soup**  
**2 cans cream of mushroom**  
**soup**

**1 onion, chopped fine**  
**2 lbs. ground beef (browned)**

Mix together and bake 1 hour at 350°. Serves 8.

## **SALISBURY STEAK**

*Jill Bowman*

**1 lb. ground beef**  
**1 c. bread, cracker crumbs or**  
**oatmeal**

**1 egg**  
**1 tsp. salt**  
**1 sm. onion, chopped**

(continued)

Combine and shape into oval patties. Brown on both sides. Combine 1 can mushroom soup and 1/2 can of water and pour over meat. Cook slowly in covered skillet for about 25 minutes.

## **PASTA BAKE**

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*Billi Jo Akers*

- |                              |   |
|------------------------------|---|
| <b>1 lb. ground beef</b>     | <b>1/2 c. grated cheese (Parmesan)</b>  |
| <b>5 c. cooked pasta</b>     | <b>1 (8-oz.) pkg. mozzarella cheese</b> |
| <b>1 jar spaghetti sauce</b> |   |

Cook meat, drain. Stir in pasta and spaghetti sauce and Parmesan cheese. Place in 13 x 9-inch baking dish. Top with mozzarella cheese. Bake at 375° for 20 minutes.

## **PEPPERONI PASTA BAKE**

---

*Teresa Moore*

- |   |  |
|---|--|
| <b>3 c. uncooked wagon wheel or spiral pasta</b>            | <b>1 med. sized onion, chopped</b>     |
| <b>1 (4-oz.) can mushroom stems &amp; pieces, undrained</b> | <b>1 (14-oz.) jar spaghetti sauce</b>  |
| <b>1 (3 1/2-oz.) pkg. sliced pepperoni, quartered</b>       | <b>1 (8-oz.) can tomato sauce</b>      |
| <b>3/4 c. chopped green pepper</b>                          | <b>1 (6-oz.) can tomato paste</b>      |
|   | <b>1 c. shredded cheddar cheese</b>    |
|   | <b>2 c. shredded mozzarella cheese</b> |

Cook pasta according to package directions; drain and place in a large bowl. Add mushrooms, pepperoni, green peppers, and onion. Stir in spaghetti sauce, tomato sauce, tomato paste and cheddar cheese; mix well. Transfer to greased 3-quart baking dish. Cover and bake at 350° for 50 minutes. Uncover; sprinkle with mozzarella cheese. Bake 10 minutes longer or until cheese is melted. Serves 6.

## **CASSEROLE**

---

*Rhonda Lauer*

- |                                       |                              |
|---------------------------------------|------------------------------|
| <b>1/2 lb. Italian sausage</b>        | <b>1 jar spaghetti sauce</b> |
| <b>1 bag mostaccioli or any pasta</b> | <b>Mozzarella cheese</b>     |
| <b>1/2 lb. ground beef</b>            |                              |

Brown meats and drain. Boil pasta. Add spaghetti sauce, salt, pepper, garlic and basil to taste. Layer into casserole dish, alternating sauce with noodles. Layer mozzarella cheese across the top, cover with foil. Bake for 45 minutes at 350°. Just before serving, remove foil and turn oven to broil just until cheese turns a golden brown.

## CHEESY MOSTACCIOLI

---

*Shanna Garrison*

1 pkg. mostaccioli (cooked)  
1 lb. ground beef (cooked)  
1 c. cheddar cheese

1 jar spaghetti sauce  
1 tsp. pepper  
3 c. mozzarella cheese

Brown meat and drain. Cook pasta and drain. Mix pasta, meat, spaghetti sauce, pepper and  $\frac{1}{2}$  of the cheese together, pour into baking dish and add remaining cheese to top. Bake for 25 minutes at 350°.

## GOULASH

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*Irma Jordan*

2 lbs. ground chuck  
 $\frac{1}{2}$  onion (chopped)

$\frac{1}{2}$  green pepper (chopped)

Cook in skillet. Salt and pepper to taste. Cook 4 cups elbow macaroni and add to above mix. Add 1 (15-ounce) and 1 (8-ounce) can tomato sauce, 2 cans Del Monte stewed tomatoes (original recipe). Cook for a few minutes in a large pan on stove and serve.

## HUNGARIAN GOULASH

---

*Vickie Richter*

$\frac{3}{4}$ -lb. boned beef tip sirloin  
 $\frac{1}{4}$  lb. thin sliced mushrooms  
1 onion, thinly sliced  
2 T. paprika  
8 oz. dried egg noodles

1 c. beef broth  
1 T. cornstarch  
1 c. sour cream  
Parsley

Trim fat from beef. Cut across the grain into  $\frac{1}{8}$ -inch slices. Heat nonstick frying pan. When hot, add beef, and stir fry till meat is lightly browned. Pour into bowl. Add mushrooms to pan and stir often till browned. Add beef. Add onion to pan and stir till lightly browned, about 2 minutes. Reduce heat to medium and stir paprika into onion. Meanwhile, cook noodles till barely tender. Drain and place on large platter; keep warm. Mix broth and cornstarch; add to onion mixture and stir till mixture boils. Return beef and mushrooms to pan and stir till hot. Spoon meat over noodles. Sprinkle with parsley.



## LASAGNA SUPREME

---

*Cindy Woodcock*

**3/4 c. tomato paste**  
**2 c. water**  
**1 tsp. garlic salt**  
**Pepper to taste**  
**1 T. onion flakes**  
**2 c. ricotta cheese**

**1/4 c. water**  
**4 c. cooked enriched lasagna noodles**  
**4 c. cooked & drained chopped spinach**  
**6 oz. grated mozzarella cheese**

Combine first 6 ingredients. Place over medium-low heat and simmer 10 minutes, set aside. In a bowl combine ricotta cheese and water. In a 8 x 13-inch glass baking dish, layer evenly half of noodles, spinach, ricotta cheese mixture, mozzarella cheese and sauce. Repeat layers ending with sauce. Let set 10 minutes and divide into 6 meals.

## MEXICAN LASAGNA

---

*Georgine Bellamy*

**1 1/2 lbs. ground beef**  
**1 (16-oz.) can chopped tomatoes**  
**1 pkg. taco seasoning mix**  
**Salt & pepper to taste**  
**10-12 corn tortillas**  
**2 c. sm. curd cottage cheese**  
**1 c. Monterey Jack cheese**

**1 egg**  
**1/2 c. shredded cheddar cheese**  
**1/2 c. chopped fresh tomatoes**  
**1/4 c. sliced black olives (opt.)**  
**2 c. shredded lettuce**  
**2 green onions**

Brown ground beef; drain thoroughly. Add taco seasoning mix and tomatoes. Heat through. Cover bottom and sides of a 9 x 13-inch pan with tortillas. Pour beef mixture over tortillas; place a layer of tortillas over meat mixture and set aside. Combine cottage cheese, Monterey Jack cheese and egg; pour over tortillas. Bake at 350° for 30 minutes. Remove from oven; sprinkle rows of cheddar cheese, lettuce, tomatoes, green onions and olives diagonally across the entire casserole. May serve with sour cream and salsa.

## LASAGNA

---

*Glennore Parker*

**1 1/2 lbs. ground beef**  
**1/2 tsp. garlic powder**  
**1/2 tsp. onion powder**

**1/4 tsp. salt**  
**1/4 tsp. pepper**

Brown above.

**16 oz. lasagna (I use mini lasagna)**

**16 oz. shredded cheese, mozzarella & cheddar**

Combine ground beef in large pan, cooked lasagna noodles, 1/2 cup shredded mozzarella cheese, 1 cup mild cheddar cheese, 1 small con-

(continued)



tainer cottage cheese,  $\frac{1}{2}$  cup sour cream, optional. Add 1 jar Prego sauce (any flavor). Pour into 10 x 12-inch baking dish. Cover top with remaining cheeses. Bake at 350° for 45 minutes, covered foil, then uncover for 10 minutes or until very lightly browned!

## BAKED LASAGNE

*Rose Thompson*

- |                                   |   |
|-----------------------------------|---|
| 1 lb. ground beef                 | 1 tsp. basil leaves                           |
| 1 c. chopped onion                | 1 T. parsley flakes                           |
| 1 ctn. chopped cheese             | 1 tsp. salt                                   |
| $\frac{1}{2}$ c. Parmesan cheese  | 1 clove crushed garlic                        |
| 1 (1-lb. 12-oz.) can tomatoes     | 8 oz. lasagne noodles (cooked & drained)      |
| 1 (15-oz.) can tomato sauce       | $\frac{3}{4}$ lb. mozzarella cheese, shredded |
| 1 $\frac{1}{2}$ T. parsley flakes | $\frac{1}{2}$ c. Parmesan grated cheese       |
| 1 $\frac{1}{2}$ tsp. sugar        |   |
| 1 tsp. salt                       |   |

Cook meat, onion, garlic until brown. Drain off fat, add tomatoes and break up with a fork. Stir in tomato sauce, 1 $\frac{1}{2}$  tablespoons parsley flakes, sugar, 1 teaspoon salt and basil, simmer uncooked 1 hour. Heat oven to 350°. Mix cottage cheese,  $\frac{1}{2}$  cup Parmesan cheese, 1 tablespoon parsley flakes, and 1 teaspoon salt. In 9 x 13-inch pan layer  $\frac{1}{2}$  each of noodles and sauce and cheese mixture. Repeat; reserve enough sauce for a thin top layer. Sprinkle with  $\frac{1}{2}$  cup Parmesan cheese, bake uncovered 45 to 55 minutes, let stand 15 minutes before serving. Serves 8 to 10 people.

## LASAGNA

*Karla Sears*

- |  |   |
|--|---|
| 8 oz. lasagna noodles ( $\frac{1}{2}$ pkg.)<br>can use oven-ready if desired | 1 tsp. salt   |
| 1 lb. ground beef  | $\frac{1}{4}$ tsp. garlic powder or 1 clove<br>garlic, minced |
| 1 med. onion, chopped  | $\frac{1}{4}$ tsp. pepper                                     |
| 1 T. Italian seasoning (Presti's<br>spicy-style)                             | 4 (8-oz.) cans tomato sauce                                   |
| 1 T. basil   | 4 c. mozzarella cheese, grated                                |

Brown ground beef and onion. Drain. Stir in seasonings and tomato sauce. Simmer for 20 minutes. Prepare  $\frac{1}{2}$  package lasagna according to package directions. Drain or use oven-ready. Arrange one layer of lasagna in parallel strips in bottom of greased 9 x 13-inch pan. Top with  $\frac{1}{3}$  of the meat mixture,  $\frac{1}{3}$  of the cheese. Repeat layers, ending with cheese. Bake in 350° oven for 30 minutes. Let stand 10 minutes before cutting.

## NO BOIL-EASY LASAGNE

*Cheryl Hochstein*

- |   |  |
|---|--|
| <b>2½ c. spaghetti sauce</b>                      | <b>3 c. (12 oz.) mozzarella cheese</b>           |
| <b>1 c. water</b>                                 | <b>¼ c. Parmesan cheese</b>                      |
| <b>8 oz. Skinner lasagne, uncooked (9 pieces)</b> | <b>2 T. chopped, fresh parsley</b>               |
| <b>16 oz. cottage cheese, drained</b>             | <b>½ lbs. cooked, drained ground beef (opt.)</b> |

In saucepan, heat spaghetti sauce and water. Combine cottage cheese, 2 cups mozzarella and Parmesan. Add chopped parsley and ground beef. Season to taste with garlic powder, salt and pepper. Pour ¾ cup hot sauce and water into greased 13 x 9-inch pan. Arrange 3 pieces uncooked pasta. Pour ½ cup sauce over that. Spread half cheese mixture, cover with another ½ cup sauce. Repeat layers. End on top with pasta; sauce and Parmesan cheese. Cover with foil. Bake 60 minutes. Uncover and sprinkle with remaining 1 cup mozzarella cheese. Let stand 10 minutes before cutting and serving. Use 9 x 13-inch pan. Bake at 375°.

## QUICK FIX LASAGNE

*Shelley Weeks*

- |  |                                      |
|--|--------------------------------------|
| <b>8 oz. (½ pkg.) ribbed lasagne</b>   | <b>15 oz. drained cottage cheese</b> |
| <b>32 oz. prepared spaghetti sauce</b> | <b>12 oz. mozzarella cheese</b>      |
| <b>1 lb. hamburger, cooked</b>         | <b>¼ c. Parmesan cheese</b>          |

Mix cooked hamburger and spaghetti sauce. In greased 9 x 13-inch pan, place small amount of spaghetti sauce mixture. Place 3 strips uncooked lasagne lengthwise, spread with ⅓ spaghetti sauce mixture, ⅓ cottage cheese and ⅓ mozzarella cheese. Repeat layering process twice. Sprinkle with Parmesan cheese across top. Cover and bake in 375° oven 30 minutes, remove cover and continue baking an additional 30 minutes. Let stand 10 minutes before cutting.

## CRAB MEAT LASAGNA

*Karla Sears*

- |   |  |
|---|--|
| <b>½ lb. lasagna noodles (can use oven-ready)</b> | <b>1 lg. onion, chopped</b>                                    |
| <b>1 tsp. olive oil</b>                           | <b>1 clove garlic, chopped or minced</b>                       |
| <b>8-oz. pkg. cream cheese, softened</b>          | <b>1 tsp. basil</b>  |
| <b>2 c. cottage cheese</b>                        | <b>1 tsp. salt</b>   |
| <b>2 cans cream of mushroom soup</b>              | <b>2 c. crab meat (may use imitation flake or chunk-style)</b> |
| <b>1 egg</b>                                      | <b>2 c. grated sharp cheddar cheese</b>                        |

(continued)

Cook lasagna in water and olive oil according to package directions. Drain. (Or use oven ready-style per directions.) Combine cream cheese, cottage cheese, mushroom soup, egg, onion, garlic, basil, and salt and mix well. Fold in crab meat. In a lightly greased 9 x 13-inch baking pan, layer  $\frac{1}{2}$  of the lasagna noodles,  $\frac{1}{2}$  of the crab meat mixture, and  $\frac{1}{2}$  of the cheddar cheese, ending with cheese on top. Bake at 350° for 1 hour. Let stand 15 minutes before serving. Serves 8 to 10.

## SHRIMP KABOBS

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*Kathleen Sanford*

<b>12 oz. fresh or frozen shelled jumbo shrimp</b>	<b><math>\frac{1}{4}</math> c. soy sauce</b>
<b>13½-oz. can pineapple chunks (reserve <math>\frac{1}{2}</math> c. syrup)</b>	<b><math>\frac{1}{3}</math> c. salad oil</b>
<b>6 oz. fresh or canned whole mushrooms</b>	<b>2 T. snipped parsley</b>
	<b><math>\frac{1}{2}</math> tsp. salt</b>
	<b><math>\frac{1}{8}</math> tsp. black pepper</b>

Thaw shrimp if you have used frozen. Drain pineapple, reserving  $\frac{1}{2}$  cup of the syrup. Drain whole mushrooms if using canned. Alternate shrimp, pineapple chunks and mushrooms on 4 each skewers.

**Combine:**

<b><math>\frac{1}{4}</math> c. soy sauce</b>	<b>2 T. parsley</b>
<b><math>\frac{1}{3}</math> salad oil</b>	<b><math>\frac{1}{2}</math> tsp. salt</b>
<b><math>\frac{1}{2}</math> c. reserved pineapple juice</b>	<b><math>\frac{1}{8}</math> tsp. pepper</b>

Generously brush the kabobs and then grill over medium-hot coals for 5 to 8 minutes. Continuously turning the kabobs and brushing with sauce each time you turn. Makes 4 servings.

## SCAMPI-STYLE SHRIMP

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*Karla Sears*

<b><math>\frac{3}{4}</math> lb. med. raw, fresh shrimp</b>	<b>2 tsp. lemon juice</b>
<b>6 T. butter</b>	<b><math>\frac{1}{4}</math> tsp. salt</b>
<b>1 T. olive oil</b>	<b>2 T. minced parsley</b>
<b>1 T. green onion</b>	<b><math>\frac{1}{4}</math> tsp. grated lemon peel</b>
<b>5, yes, 5 cloves garlic, minced</b>	<b>Dash Tabasco</b>

In a wide frying pan, melt butter over medium heat. Stir in onion, oil, garlic, lemon juice and salt; cook until bubbly. Add shrimp to pan and cook, stirring occasionally, until shrimp turn pink. Blend in remaining ingredients. Serve immediately.

## SHRIMP FETTUCCINE

---

*Marcia Harris*

<b>18 oz. shelled shrimp</b>	<b>4 tsp. chicken bouillon powder</b>
<b>4 oz. fettuccine</b>	<b>2 tsp. cornstarch</b>
<b>2 T. margarine</b>	<b>1½ c. stewed tomatoes</b>
<b>2 c. mushrooms, sliced</b>	<b>4 T. Parmesan cheese</b>
<b>3 slices white onion, diced</b>	

Cook fettuccine. Cut shrimp into quarters. Melt margarine in skillet, sauté mushrooms and onion until crisp-tender. Add 2 tablespoons white cooking wine, dry chicken bouillon powder, ¼ teaspoon basil, ¼ teaspoon oregano, 1 small minced garlic clove, ⅛ teaspoon pepper, and cornstarch. Mix well and continue stirring until mixture bubbles and thickens. Drain tomatoes and cut into small pieces. Add tomatoes and shrimp to skillet, lower heat to medium-low, cover skillet and simmer 2 minutes or until shrimp turns pink. Serve over fettuccine and sprinkle with Parmesan. Makes 4 servings.

## FETTUCCINI ALFREDO

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*Charlotte Meyer*

<b>4 T. butter</b>	<b>8 oz. fettuccini, cooked</b>
<b>1 pt. heavy cream</b>	<b>1 garlic clove, minced</b>
<b>1 egg, beaten</b>	<b>Fresh parsley, chopped</b>
<b>1 c. Parmesan cheese, grated</b>	

Melt butter with garlic over medium heat in large skillet. Stir cooked noodles into skillet with butter and garlic and cook for one minute. Stir in cream and cook 1 minute more. Add beaten egg and mix quickly. Add ¾ cup of cheese and mix well. Serve with remaining cheese and chopped parsley on top. Serves 6 to 8.

## FETTUCCINE ALFREDO

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*Dana Beebe*

<b>½ c. (1 stick) butter</b>	<b>1 (12-oz.) box fettuccini pasta</b>
<b>2 c. heavy cream</b>	<b>(or your choice of pasta)</b>
<b>⅓ tsp. garlic powder</b>	<b>¼ c. grated Parmesan cheese</b>
<b>⅓ tsp. ground black pepper</b>	

Melt butter in a medium saucepan over medium heat. Add the cream, garlic powder, and pepper and simmer 10 to 12 minutes or until thick. At the same time, bring 4 to 6 quarts of water to a boil and add the pasta. When the alfredo sauce has reached your desired consistency, stir in the Parmesan cheese. When the pasta is cooked, drain it. Serve with pasta on plates with alfredo sauce poured over the top. Serves 2 to 3 as an entree.



## **JAKE'S FAVORITE FETTUCCINI ALFREDO**

*Dr. David Smith*

**1/2 c. 1/2 & 1/2**

**1/2 c. butter**

**1 T. parsley**

**2 med. cloves garlic, pressed**

Mix together and melt. Add 1 cup Parmesan cheese. Keep warm. Don't boil. Stir in 8 ounces cooked fettuccini noodles.

## **BURGER-BEAN CASSEROLE**

*Pat Barrie*

**2 strips bacon, cut up**

**1 onion, chopped (opt.)**

**1 lb. ground hamburger**

**2 (1-lb.) cans pork & beans**

**1/2 c. molasses or dark Karo syrup**

**1/2 c. ketchup**

**1/2 tsp. dry mustard**

**1 T. Worcestershire sauce**

**1 T. salt**

Sauté bacon and onions. Add hamburger and brown. Add remaining ingredients and put in casserole. Cover with Tater Tots. Bake at 375° for 45 minutes.

## **CALICO BEANS**

*Sally Leeper  
Rebekah Kinney*

**1 lb. hamburger**

**1/2 lb. chopped bacon**

**1 lg. onion (chopped)**

**1/2 c. brown sugar**

**1/2 c. catsup**

**1 T. mustard**

**1 T. vinegar**

**1 (15-oz.) can kidney beans (drained)**

**1 (15-oz.) can lima beans**

**1 lg. can pork and beans (drained)**

Brown meat and onion. Add brown sugar, catsup, mustard and vinegar. Drain beans and add. Bake 1 hour. Serve hot or cold. Good in crockpot, also. Brown meat and add rest. Let cook on low all afternoon.

## **CROCKPOT BEANS**

*Jean Wagner*

**1 can kidney beans**

**1 can lima beans, drained**

**1 can pork & beans**

**3/4 lb. bacon**

**1 lb. little smoke sausages**

**1 lb. ground beef**

**1 onion, diced**

**1 pepper, chopped**

**2-3 sticks celery, chopped**

Cut bacon and little smokies in small pieces; fry in a large fry pan until bacon is crisp. Add ground beef, onion, celery and pepper. Cook until  
(continued)



beef is brown. Remove from heat; drain. Cook in a crockpot with sauce on low heat about 2 hours.

**Sauce:**

- |                      |               |
|----------------------|---------------|
| 1 c. brown sugar     | 1/4 c. catsup |
| 2 tsp. vinegar       | 1/2 tsp. salt |
| 1/2 tsp. dry mustard |               |

## **CALICO BEANS**

---

*Cheryl Hochstein*

- |                            |                           |
|----------------------------|---------------------------|
| 1 can red kidney beans     | 1/2 lb. browned hamburger |
| 1 can lg. white lima beans | 6 strips bacon (cooked)   |
| 1 can Bush's beans         |                           |

**Mixture in crockpot:**

- |                    |               |
|--------------------|---------------|
| 1 tsp. dry mustard | 1/2 c. catsup |
| 1/2 c. brown sugar | 2 T. molasses |
| 1/3 c. sugar       |               |

After the mixture is added to the crockpot let it cook on a low heat and become a sauce. The bacon needs to be crumbled into pieces and added along with the remaining ingredients. Serve hot.

## **CROCKPOT CALICO BEANS**

---

*Barb Kalbach*

- |                             |                    |
|-----------------------------|--------------------|
| 1 lb. ground beef           | 1 c. ketchup       |
| 1 lb. bacon, cut in pieces  | 1/4 c. brown sugar |
| 1 c. chopped onions, beans  | 1 T. liquid smoke  |
| 1 (16-oz.) can butter beans | 1 T. vinegar       |
| 1 can kidney beans          |                    |

Brown beef, bacon and onions in skillet. Drain grease and put in crock-pot. Add remaining ingredients. Stir well. Cover and cook 4 to 9 hours.

## **SPAGHETTI PIE**

---

*Vickie Richter*

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 6 oz. spaghetti               | 1 (6-oz.) can tomato paste        |
| 2 T. margarine                | 1 tsp. sugar                      |
| 1/3 c. grated Parmesan cheese | 1 tsp. dried oregano              |
| 2 beaten eggs                 | 1/2 tsp. garlic salt              |
| 1 lb. hamburger               | 1 c. cottage cheese               |
| 1/2 c. chopped onion          | 1/2 c. shredded mozzarella cheese |
| 1/4 c. pepper, chopped        |                                   |
| 1 (8-oz.) can tomatoes        |                                   |

(continued)

Cook spaghetti. Drain. Stir in margarine. Stir in Parmesan cheese and eggs. Form spaghetti mixture into crust in buttered 10-inch pie plate. Cook hamburger, onion, pepper till veggies are tender and hamburger is brown. Drain. Stir in undrained tomatoes and tomato paste, sugar and spices, heat through. Spread cottage cheese over spaghetti crust. Fill pie with tomato mixture. Bake uncovered 350° 20 minutes. Sprinkle with mozzarella cheese on top. Bake 5 minutes more.

## **SPAGHETTI PIZZA**

*Eva Belew*

### **Crust:**

<b>1 (16-oz.) pkg. spaghetti noodles</b>	<b>1 c. mozzarella cheese</b>
<b>2 eggs, beaten</b>	<b>¾ tsp. garlic powder</b>

Cook spaghetti noodles; drain and add 2 beaten eggs, 1 cup mozzarella cheese and garlic powder. Mix well and press into the bottom of a greased lasagna pan. Bake 15 minutes at 350°.

### **Then top with:**

<b>1 lg. jar spaghetti sauce</b>	<b>2-3 c. shredded mozzarella cheese</b>
<b>1 tsp. oregano</b>	
<b>Cooked meat of choice</b>	

Bake at 350° until cheese is melted.

## **BAKED SPAGHETTI**

*Charlotte Meyer  
Deb Goerndt*

<b>1 c. chopped onion</b>	<b>1 lb. ground beef, browned &amp; drained, opt.</b>
<b>1 c. chopped green pepper</b>	<b>12 oz. spaghetti, cooked &amp; drained</b>
<b>1 T. butter or margarine</b>	<b>2 c. (8 oz.) shredded cheddar cheese</b>
<b>1 (28-oz.) can tomatoes with liquid, cut up</b>	<b>1 (10¾-oz.) can condensed cream of mushroom soup</b>
<b>1 (4 oz.) can mushrooms, stems &amp; pieces, drained</b>	<b>¼ c. water</b>
<b>1 (2¼-oz.) can sliced ripe olives, drained</b>	<b>¼ c. grated Parmesan cheese</b>
<b>2 tsp. dried oregano</b>	

In a large skillet, sauté onion and green pepper in butter until tender. Add tomatoes, mushrooms, olives, and oregano. Add ground beef if desired. Simmer, uncovered, for 10 minutes. Place half of the spaghetti in a greased 13 x 9 x 2-inch baking dish. Top with half of the vegetable mixture. Sprinkle with 1 cup of cheddar cheese. Repeat layers. Mix the soup and water until smooth; pour over the casserole. Sprinkle with Parmesan cheese. Bake, uncovered at 350° for 30 to 35 minutes or until heated through.

## **SPAGHETTI & MEATBALLS**

---

*Karen Krogh*

- |                                    |                                |
|------------------------------------|--------------------------------|
| <b>¾ c. chopped onion</b>          | <b>1 T. sugar</b>              |
| <b>1 clove garlic</b>              | <b>1½ tsp. salt</b>            |
| <b>3 T. oil</b>                    | <b>½ tsp. pepper</b>           |
| <b>2 (1-lb.) cans tomatoes</b>     | <b>1½ tsp. crushed oregano</b> |
| <b>2 (6-oz.) cans tomato paste</b> | <b>1 bay leaf</b>              |
| <b>1 c. water</b>                  |                                |

Cook onion and garlic in oil until tender. Stir in next 8 ingredients. Simmer uncovered 30 minutes. Remove bay leaf. Add Italian meatballs and cook 30 minutes more.

### **Italian meatballs:**

- |                             |                               |
|-----------------------------|-------------------------------|
| <b>4 slices dry bread</b>   | <b>1 clove garlic, minced</b> |
| <b>1 lb. ground beef</b>    | <b>1 tsp. crushed oregano</b> |
| <b>½ c. Romano cheese</b>   | <b>1 tsp. salt</b>            |
| <b>2 T. chopped parsley</b> | <b>Dash pepper</b>            |

Soak bread in water 2 to 3 minutes, then squeeze out any moisture. Combine soaked bread with remaining ingredients. Mix well. Form into small balls. Brown in 2 tablespoons oil. Add to sauce, cook 30 minutes as directed in sauce recipe.

## **BROCCOLI TOPPED TUNA BAKE**

---

*Kristin Wilkinson*

- |                                    |                    |
|------------------------------------|--------------------|
| <b>2 c. uncooked macaroni</b>      | <b>½ c. milk</b>   |
| <b>1 (16 oz.) Cheez Whiz</b>       | <b>2 cans tuna</b> |
| <b>2 cans golden mushroom soup</b> | <b>Dash pepper</b> |
| <b>8 spears broccoli, steamed</b>  |                    |

Prepare macaroni, drain. Reserve ½ cup Cheez Whiz. In large bowl combine soup, milk, and remaining Cheez Whiz, stir in macaroni, tuna and pepper. Pour into 2-quart casserole dish (or 9 x 13-inch pan). Bake at 375° for 25 minutes, stir, top with broccoli in spoke-fashion, add remaining Cheez Whiz in middle. Servings: 6 to 8.

## **NOODLE CASSEROLE**

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*Kim Lambert*

- |                              |                             |
|------------------------------|-----------------------------|
| <b>6 c. noodles</b>          | <b>2 tsp. salt</b>          |
| <b>2 (6½-oz.) cans tuna</b>  | <b>2 cans mushroom soup</b> |
| <b>1 c. mayonnaise</b>       | <b>1 c. milk</b>            |
| <b>2 c. celery (chopped)</b> | <b>2 c. cheese</b>          |
| <b>⅓ c. onions</b>           |                             |

Cook noodles in salt water and drain. Combine noodles, tuna, mayonnaise, celery, and onions. Blend together soup and milk; heat. Add  
(continued)

cheese; heat and stir until cheese melts. Add to noodle mixture and put in ungreased 3-quart casserole dish. Bake at 425° until bubbly, 20 minutes.

## **TUNA NOODLE CASSEROLE**

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*Barb McDonald*

- |   |   |
|---|---|
| <b>6 oz. (3½ c.) med. noodles</b>         | <b>¼ c. chopped pimento</b>                 |
| <b>1 (6½-to 9½-oz.) can tuna, drained</b> | <b>1 tsp. salt</b>                          |
| <b>⅓ c. mayonnaise</b>                    | <b>1 can cream of celery soup</b>           |
| <b>1 c. diced celery</b>                  | <b>½ c. milk</b>                            |
| <b>⅓ c. chopped onion</b>                 | <b>1 c. shredded sharp processed cheese</b> |
| <b>¼ c. diced green pepper</b>            | <b>½ c. slivered almonds</b>                |

Cook noodles in boiling salt water. Drain. Combine noodles, tuna, mayonnaise, vegetables and salt. Blend in soup and milk. Heat through. Add cheese. Add to noodle mixture. Turn into 1½-quart casserole. Top with almonds. Bake at 425° for 20 minutes. Makes 6 servings.

## **TUNA CASSEROLE**

---

*Shanna Garrison*

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <b>1-lb. bag pasta of your choice</b> | <b>1 can cream of mushroom soup</b> |
| <b>1 can peas</b>                     | <b>½ c. milk</b>                    |
| <b>5-7 slices Velveeta cheese</b>     | <b>Ruffle chips, crushed</b>        |
| <b>1 sm. onion</b>                    |                                     |

Cook pasta until tender, rinse and place in greased casserole dish. Mix in soup, peas, onion, milk and cheese. Bake at 350° for 35 minutes. Then crush chips and place on top and bake 15 minutes more.

## **TUNA CASSEROLE**

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*Deb Goerndt*

- |  |                                    |
|--|------------------------------------|
| <b>2 c. uncooked macaroni</b>          | <b>3 hard-cooked eggs, chopped</b> |
| <b>2 cans chicken or mushroom soup</b> | <b>½ lb. cheese, shredded</b>      |
| <b>1 lg. can tuna</b>                  | <b>2 c. milk</b>                   |

Mix all together. Pour in 9 x 13-inch pan. Cover and refrigerate overnight. Bake at 350° for 1 hour and 15 minutes.

## **BAKED FISH**

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### **(Orange Roughy)**

*Charlotte Meyer*

<b>2 lbs. fish filets</b>	<b>1/4 tsp. salt</b>
<b>1/2 c. French dressing</b>	<b>1 (2.8-oz.) can fried onions</b>
<b>2 T. lemon juice</b>	<b>1/4 c. grated Parmesan cheese</b>

Thaw fish. Cut in serving pieces. Place in bottom of pan. Combine dressing, lemon juice and salt. Pour sauce over fish. Let stand 30 minutes. Turn once. Remove from sauce. Place in pan. Crush onions, add cheese and mix. Sprinkle over fish. Bake 30 minutes at 350°.

## **BAKED FISH FILLETS**

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*Teresa Haarhues*

Place fish in single layer in a buttered baking dish. Combine 1/2 cup melted butter, 2 tablespoons lemon juice, 1/4 cup diced onions, 1 1/2 teaspoons Worcestershire sauce, 1/4 teaspoon salt, 1/4 teaspoon parsley flakes. Pour over fish and bake in 350° oven for 20 to 25 minutes. Do not overcook.

## **BAKED FISH**

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*Cindy Woodcock*

<b>1 lb. haddock or white fish</b>	<b>2 celery stalks, diced</b>
<b>3/4 c. buttermilk or 1 c. skim milk</b>	<b>Pinch dry mustard</b>
<b>1 tsp. dill or 1 tsp. parsley flakes</b>	

Mix together and pour over fish. Bake at 325° for 25 minutes.

## **GLAZED SALMON**

---

*Vickie Richter*

<b>2/3 c. white wine vinegar</b>	<b>Ground pepper</b>
<b>1 c. mustard</b>	<b>3 T. soy sauce</b>
<b>1/2 c. packed brown sugar</b>	<b>1/4 c. dill, chopped</b>
<b>2 c. olive oil</b>	<b>2-to 3-lb. salmon filet</b>

Mix vinegar, mustard, sugar. Whisk in oil. Season. Preheat broiler. Arrange salmon, skin-down. Brush with glaze. Broil 3 to 4 inches salmon 8 minutes or till cooked.



## **SALMON LOAF**

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*Evelyn Ridout*

**2 egg yolks beaten thoroughly**      **1 can salmon**  
**White sauce or can of**  
**mushroom soup**

Mix this all together. Beat 2 egg whites real stiff and fold into mixture. Bake at 350° 45 minutes.

## **SKILLET TACO PIE**

---

*Betty Keese*

**1 lb. lean ground beef**      **1 (1¼-oz.) pkg. taco seasoning**  
**2 (14½-oz.) cans mild green**      **8 (5-in.) corn tortillas, cut into 4**  
**chilies & tomatoes**      **wedges**  
**1 (11-oz.) can vacuum packed**      **1 c. shredded cheddar cheese**  
**corn**

**Toppings:**

**Sour cream**  
**Shredded lettuce**

**Diced red onion**  
**Tomatoes**

Cook beef in a 10-inch skillet over medium heat, breaking up clumps of meat with spoon 3 minutes or until no longer pink. Stir in tomatoes, chilies, corn, and taco seasoning. Bring to boil, reduce heat, and simmer 3 minutes. Pour into bowl. Wipe skillet clean, coat with nonstick spray, and cover bottom with ⅓ of the tortilla wedges. Top with 1½ cups of beef mixture, then sprinkle with ⅓ cup cheese. Repeat layers twice. Cover and cook over medium-low heat 10 minutes or until layers can be pierced with tip of knife. Cut into wedges, serve with toppings. Serves 5 to 6.

## **MEXICAN CASSEROLE**

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*Trish Hubbard*

**1 lb. ground beef**      **1 can tomato sauce**  
**1 onion**      **1 pkg. frozen taco shells**  
**1 can green chili**      **1 lb. cheddar cheese, grated**  
**1 can tomatoes**      **1 T. chili powder**  
**1 can cream of chicken soup**      **Garlic salt to taste**

Brown ground beef and mix in remaining ingredients. Place one layer of taco shells in 8 x 8-inch pan. Pour ⅓ of the ingredients in and top with grated cheese. Place another layer of taco shells, ingredients and cheese and so on. Bake in 350° oven for one hour.

## **MEXICAN CASSEROLE**

---

*Tootie Hauschildt*

- |   |                                       |
|---|---------------------------------------|
| <b>1 lb. ground beef</b>                                  | <b>2 c. cooked rice (Minute Rice)</b> |
| <b>4-oz. can green chiles (drained)</b>                   | <b>2 c. chopped tomato</b>            |
| <b>1<sup>3</sup>/<sub>4</sub>-oz. pkg. taco seasoning</b> | <b>2 c. shredded cheddar cheese</b>   |
| <b>1 can tomato soup</b>                                  | <b>Nacho chips</b>                    |

In skillet, brown hamburger, drain. Add chiles, taco seasoning, soup and rice, stir. Spoon in 2-quart cooking dish. Cover with cheese, then add chips and chopped tomato. Bake at 350° for 40 minutes.

## **EASY MEXICAN SKILLET**

---

*Lila Dorrell*

- |  |                                      |
|--|--------------------------------------|
| <b>1 lb. pork sausage or hamburger</b> | <b>1 tsp. salt</b>                   |
| <b>½ c. chopped onion</b>              | <b>1 tsp. chili powder</b>           |
| <b>½ c. green pepper, chopped</b>      | <b>1 (1-lb.) can (2 c.) tomatoes</b> |
| <b>1 c. uncooked elbow macaroni</b>    | <b>1 (8-oz.) can tomato sauce</b>    |
| <b>2 T. sugar</b>                      | <b>½ c. dairy sour cream</b>         |

Lightly brown meat, strain off excess fat. Add onion and green peppers. Cook till tender. Stir in macaroni and next five ingredients. Cover and simmer 20 minutes. Stir in sour cream. Heat through, but do not boil. Serve with grated Parmesan cheese.

## **TOSTADA CASSEROLE**

---

*Dr. Danette Jackson*

- |                                |                                   |
|--------------------------------|-----------------------------------|
| <b>1 lb. ground beef</b>       | <b>2½ c. corn chips (crushed)</b> |
| <b>1 env. taco sauce</b>       | <b>1 can refried beans</b>        |
| <b>1 (15 oz.) tomato sauce</b> |                                   |

Brown ground beef and drain fat. Add 1½ cups tomato sauce and taco seasoning and mix well. Line bottom of 2-quart casserole dish with 2 cups corn chips. Spoon meat mixture over chips in casserole dish. Combine remaining tomato sauce and beans and spread over meat. Cover and bake at 375° for 25 minutes. Sprinkle with cheese and ½ cup crushed chips and bake another 5 minutes uncovered.

## ERIN'S RIGHT ON BLACK BEAN LADAS

---

Karla Sears

4 cans black beans (Progresso is my favorite)  
1 (10-ct.) pkg. flour tortillas (enchilada, gordita or burrito-size)  
4 cans El Paso enchilada sauce or 1 jar Parrot enchilada sauce

½ lb. cheddar cheese (don't skimp on this)  
All veggies you can stand (red & yellow peppers, red & green onions, lots fresh cilantro)

Heat some oil in a skillet and when it's hot add one tortilla at a time. Leave each tortilla in oil until they bubble (about a millisecond) and remove tortilla and add the next one. Do this until they are all barely brown, but not BURNT. Meanwhile, you should have a great big skillet cooking up your beans and cut up veggies on low heat (add the cilantro at the last minute or it will shrivel up). Grate the entire big ole block of cheese you bought. Dump 1 can of enchilada sauce in a rectangular glass baking dish. Dump 2 more cans into a big mixing bowl. **To assemble each lada you must:** Dip each tortilla into enchilada sauce. Spoon in bean and veggies mixture. Add cheese. Roll up and place in baking dish. **THIS IS MESSY, SO DON'T WEAR YOUR SUNDAY BEST.** When you're done with that dump the last can of enchilada sauce over the full baking dish, cover with cheese and bake at 375° for 20 to 25 minutes or to bubbliness. It can feed a lot of people but it is best for about 5 so everyone can have two each. Serves 4 to 8 if you do it right.

## ENCHILADAS

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Rebekah Mitchell

Brown 3 pounds hamburger with chopped onion and then drain. Add 1 package of enchilada seasoning and part of a can of enchilada sauce from a can. Simmer until all cooked/combined (may add tomato sauce if needs moisture). Spread refried beans on soft taco shell and add hamburger mixture to each shell and sprinkle with cheddar cheese. Roll taco shells and place in 2 greased (9 x 13-inch) pans. Pour can of enchilada sauce over top of enchiladas. **Sauce:** Melt ½ cup butter and ½ cup flour, 1 teaspoon salt and ½ teaspoon paprika. Cook a little bit until thick, then add 2 cups whole milk and 2 cups half & half. Cook and stir with a wire whisk until thick and bubbles. Blend in 12 ounces sharp cheddar cheese. Add six drops Tabasco sauce. Pour sauce over top of enchiladas and enchilada sauce. Bake 25 minutes or until sauce starts to turn light brown at 350°. Let stand 15 minutes before serving. Top with favorite toppings when serving.

## ENCHILADAS

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*Billi Jo Akers*

- |  |                                     |
|--|-------------------------------------|
| <b>1 can enchilada sauce</b>           | <b>1 c. milk</b>                    |
| <b>1 can fiesta nacho cheese sauce</b> | <b>1 pkg. flour shells</b>          |
| <b>1 can refried beans</b>             | <b>1 lb. hamburger (or chicken)</b> |

Brown meat; drain, then mix refried beans. In a different bowl mix enchilada sauce, cheese sauce and milk (add more milk if needed). Use a 9 x 13-inch casserole pan. Pour a little of the sauce in the bottom of the pan. Then put the shells in the sauce. Roll one shell at a time with the bean and meat mix. Pour the remaining sauce on top. Cook at 350° for 45 minutes or until boiling around edge.

## STACKED ENCHILADAS

---

*Denise L. Kirkland*

- |                                 |                              |
|---------------------------------|------------------------------|
| <b>1 lb. ground beef</b>        | <b>½ tsp. ground cumin</b>   |
| <b>1 onion, chopped</b>         | <b>1½ c. shredded cheese</b> |
| <b>1 garlic, minced</b>         | <b>12 flour tortillas</b>    |
| <b>1 (16 oz.) refried beans</b> | <b>Chopped tomatoes</b>      |
| <b>1½ c. picante sauce</b>      | <b>1 pkg. taco seasoning</b> |

Brown beef with garlic and onion, drain. Add taco seasoning. Stir in beans, 1 cup picante sauce and cumin. Simmer 5 minutes, stir frequently. Remove from heat. Stir in 1 cup cheese. Layer tortillas with beans, then meat mixture. Repeat till used up. Garnish with shredded lettuce and tomato. Cut into desired serving size with a pizza cutter.

## ENCHILADA CASSEROLE

---

*Barb McDonald*

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| <b>1½ lbs. hamburger</b>            | <b>1 can green chiles</b>         |
| <b>1 can cream of mushroom soup</b> | <b>1 c. grated cheddar cheese</b> |
| <b>1 onion, desired amount</b>      | <b>Salt &amp; pepper to taste</b> |
| <b>1 can enchilada sauce</b>        | <b>Flour tortilla shells</b>      |

Brown hamburger, add onion, soup, chiles and salt and pepper. Pour sauce at bottom of pan. Roll combined ingredients into tortilla shells. Sprinkle with grated cheese and put in oven at 350° until cheese is melted.



## CHICKEN ENCHILADAS

*Tassie Crase*

- |   |  |
|---|--|
| <b>1 pkg. tortillas</b>                           | <b>1/2 c. nonfat sour cream</b>        |
| <b>1 T. margarine</b>                             | <b>1 can cream of chicken soup</b>     |
| <b>1/2 c. onion, chopped</b>                      | <b>1 1/2 c. chicken breast, cooked</b> |
| <b>1 clove garlic, minced</b>                     | <b>1 c. shredded cheddar cheese</b>    |
| <b>1 (4-oz.) can diced green chilies, drained</b> | <b>1/2 c. milk</b>                     |

Heat oven to 350°. Bake 30 to 35 minutes. In a skillet melt margarine. Cook onion and garlic until tender. Stir in green chilies, sour cream and soup. Mix well. Reserve 3/4 cup sauce. Set aside. Stir in chicken and 1/2 cup cheese. Warm tortillas. Fill with chicken mixture, roll up. Grease 8 x 12-inch pan. In a small bowl combine sauce and milk. Spoon over tortillas. Top with sauce and cheese.

## GREEN ENCHILADAS

**(Very Spicy)**

*Gretchen L. Sandfort*

- |   |                                |
|---|--------------------------------|
| <b>10 flour tortillas</b>                       | <b>15 oz. green salsa</b>      |
| <b>3-4 chicken breasts</b>                      | <b>8 oz. sour cream</b>        |
| <b>2 cans pinto beans, cooked &amp; drained</b> | <b>Cheddar cheese (grated)</b> |

Cook chicken breasts with 2 cups water in crockpot on low 6 to 8 hours, then shred. Mix green salsa and sour cream in pie pan. Coat each side of flour tortillas in green salsa mixture. Fill with chicken, pinto beans, and cheddar cheese. Roll and place in 8 x 12-inch baking dish. Top with remaining cheese. Bake on 350° for 20 minutes or until cheese is melted.

## CHEESE AND CHICKEN ENCHILADAS

*Angie Holloway*

- |   |                                       |
|---|---------------------------------------|
| <b>2 c. cooked chicken meat</b>               | <b>1/4 tsp. salt</b>                  |
| <b>1 (8-oz.) pkg. shredded Mexican cheese</b> | <b>1/8 tsp. cumin</b>                 |
| <b>1 c. shredded cheddar cheese</b>           | <b>1 (6-in.) pkg. tortillas</b>       |
| <b>1 pkg. frozen pepper strips</b>            | <b>1 (19-oz.) can enchilada sauce</b> |
| <b>1/2 tsp. chili powder</b>                  | <b>3/4 c. half &amp; half</b>         |

Place shredded chicken in a bowl. Add half of the shredded Mexican cheese and all of the cheddar cheese, pepper strips, chili powder, salt and cumin to the chicken meat. Toss to combine. In a separate bowl, whisk the enchilada sauce and the half & half. Spread 1/2 of the sauce over the bottom of a 9 x 13-inch baking dish. Take each tortilla shell and dip one side of tortilla in the sauce mixture. Spoon 1/4 cup of the

(continued)



chicken mixture across the center of each tortilla shell. Roll up tortilla, seam side-down, in the baking dish. Pour the remaining enchilada sauce over the rolled up enchilada shells in the baking dish. Sprinkle the remaining Mexican cheese over the top of the enchiladas. Cover with aluminum foil and bake at 375° for 15 minutes. Remove the foil and bake for another 10 minutes or until the sauce and cheese is bubbly.

## **CHICKEN FAJITAS**

---

*Sheila Arnot*

**1½ lbs. boneless, skinless  
chicken breasts**  
**1 c. picante sauce**  
**¼ c. vegetable oil**  
**1 tsp. lemon juice**

**Dash of pepper**  
**Dash of garlic powder**  
**12 flour tortillas, heated**  
**Guacamole, if desired**

Pound chicken with meat mallet to even the thickness. Place in plastic bag. Combine picante sauce, oil, lemon juice, pepper and garlic. Press out air and fasten securely. Refrigerate at least 3 or up to 24 hours turning several times. Drain chicken, reserving marinade. Broil or grill 5 to 7 minutes basting occasionally with marinade. Cook until done. Slice into thin strips and place on warm tortillas. Top with guacamole and picante sauce. Roll up.

### **Guacamole:**

**1 diced avocado**  
**2 T. picante sauce**

**1 tsp. lemon juice**  
**¼ tsp. salt**

## **CHICKEN BROCCOLI CASSEROLE**

---

*Sally Leeper*

**6 oz. Uncle Ben's wild rice mix,  
cooked**  
**1 (16-oz.) pkg. frozen, chopped  
broccoli, thawed**  
**3 c. cooked chicken, diced**  
**1 c. shredded Velveeta cheese**  
**1 c. fresh mushrooms, sliced**  
**½ c. mayonnaise**

**1 can cream of mushroom soup**  
**¼ tsp. dry mustard**  
**¼ tsp. curry powder**  
**Parmesan cheese**  
**½ c. croutons, crumbled, or  
cracker crumbs**  
**1 T. butter**

In 9 x 13-inch pan, layer rice, broccoli, chicken, cheese and mushrooms. In a separate bowl, combine mayonnaise, soup and mustard and curry powder. Pour over chicken mixture. Sprinkle with Parmesan cheese. Sauté croutons on cracker crumbs in butter and sprinkle over cheese. Bake at 350° for 30 minutes or until bubbly. Serves 6.

## CHICKEN BROCCOLI CASSEROLE

---

*Barb McDonald*

- |  |  |
|--|--|
| <b>3 c. cooked rice</b>                                      | <b>1 lg. jar Cheez Whiz</b>                        |
| <b>2-3 chicken breasts, cooked &amp; cut in 1-in. pieces</b> | <b>2 T. horseradish</b>                            |
| <b>1 frozen pkg. broccoli, cooked</b>                        | <b><math>\frac{2}{3}</math> c. evaporated milk</b> |

Spray bottom of 9 x 13-inch pan with cooking spray. Sprinkle bottom of pan with cooked rice. Add chicken pieces. Add layer of cooked broccoli. Combine Cheez Whiz, horseradish and evaporated milk. Pour over broccoli. Bake at 350° for 20 to 30 minutes.

## GLORIA'S CHICKEN BREASTS

---

*Barb Kalbach*

Place 5 pieces of bacon on bottom of glass 9 x 13-inch pan. Rinse 1 box Uncle Ben's long-grain wild rice and sprinkle over bacon. Sprinkle with  $\frac{1}{2}$  spice packet. Lay on deboned chicken breasts and sprinkle with rest of spice. Blend 1 can mushroom soup with  $\frac{3}{4}$  can milk. Pour over casserole. Sprinkle 1 $\frac{1}{2}$  cups shredded cheddar cheese over all. Bake at 350°. Cover with foil 1st one hour. Uncover for last  $\frac{1}{2}$  hour of baking time.

## CHICKEN CASSEROLE

---

*Jill Bowman  
Lisa Donadio  
Becki Messer*

- |   |  |
|---|--|
| <b>4 chicken breasts</b>                          | <b>8-oz. pkg. herb-seasoned stuffing</b> |
| <b>10 oz. cream of mushroom soup</b>              | <b>1 stick melted butter</b>             |
| <b><math>\frac{1}{2}</math> soup can of water</b> |  |
| <b>8 oz. Swiss cheese slices</b>                  |  |

Arrange chicken breasts in 9 x 13-inch pan. Cover with cheese slices. Mix soup and water, pour over all. Sprinkle stuffing mix over top. Drizzle melted butter over stuffing. Bake uncovered at 350° for 45 to 60 minutes.

## CONFETTI CHICKEN CASSEROLE

---

*Jean Teno*

- |                                      |  |
|--------------------------------------|--|
| <b>2 c. uncooked macaroni</b>        | <b><math>\frac{1}{2}</math> c. milk</b>                  |
| <b>2 T. margarine</b>                | <b><math>\frac{1}{2}</math> c. shredded Swiss cheese</b> |
| <b>2 cans cream of mushroom soup</b> | <b>2 cans chunk chicken</b>                              |

Prepare macaroni according to package directions. Drain and set aside. Combine ingredients and mix with macaroni. Pour into greased casserole and bake at 350° for 30 minutes.

## **MAKE AHEAD CHICKEN CASSEROLE**

---

*Sandi Harper  
Nancy Baker*

- |  |   |
|--|---|
| 1 (4-to 5-lb.) chicken, cooked & diced | 2 c. milk                               |
| 1 can cream of mushroom soup           | 1 (8-oz.) pkg. cheddar cheese, shredded |
| 1 can cream of celery soup             | 1 sm. onion                             |
| 1½-2 c. macaroni, uncooked             |   |

Combine all ingredients, mix and let stand overnight (refrigerated and covered). Pour into a greased 9 x 13-inch pan. Sprinkle with paprika. Bake at 350° for 1 hour or combine all ingredients and bake at 350° 1 to 1¼ hours.

## **BROCCOLI MEAT CASSEROLE**

---

*Patty Bengé*

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1½ c. cubed meat (ham, chicken, tuna) | 1 (16-oz.) pkg. frozen broccoli |
| 1 can cream of mushroom soup          | 1 c. milk                       |
| 1 can cheddar cheese soup             | Onion flakes                    |

Mix together, put in 9 x 13-inch ungreased pan. Mix 2 cups Bisquick and 1½ cups milk, pour over mixture. Bake at 450° for 30 minutes.

## **CHICKEN POT PIE**

---

*Rhonda Lauer*

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1⅔ c. frozen mixed vegetables, thawed | 1 c. Bisquick baking mix |
| 1 c. cut up cooked chicken            | ½ c. milk                |
| 1 (10¾-oz.) can cream of chicken soup | 1 egg                    |

Heat oven to 400°. Mix vegetables, chicken and soup in ungreased 9-inch pie plate. Stir remaining ingredients with fork until blended. Pour into pie plate. Bake 30 minutes or until golden brown.

## **BAKED CHICKEN REUBEN**

---

*Denise L. Kirkland*

- |   |  |
|---|--|
| 4 chicken breasts (or what fits 9 x 13-in. pan) | Swiss cheese                           |
| Salt, pepper                                    | 15-oz. bottle Thousand Island dressing |
| 1 (15-oz.) can sauerkraut, drain, rinse         |  |

(continued)

Spray pan (9 x 13 inches). Put in chicken, salt and pepper. Put drained and rinsed sauerkraut on top of chicken. Place Swiss cheese on top of sauerkraut. Spread on Thousand Island dressing over cheese. Cover with foil. Bake at 325° for 1½ hours. Drain before serving.

## **CHICKEN CASSEROLE**

---

*Dr. Sherri Broadbent  
Jean Wagner*

**4 chicken breasts  
2 cans cream of chicken**

**1 c. milk or 13-oz. can  
evaporated milk**

Boil chicken for 45 minutes. Mix soup, milk and chicken in a 9 x 13-inch pan.

### **Topping:**

**Sm. bag dressing  
¾ c. water**

**Chicken broth  
1 stick oleo**

Melt oleo and water and mix with dressing. Bake at 350° for 1 hour uncovered.

## **CHICKEN MACARONI CASSEROLE**

---

*Joann Haines*

**1½ c. uncooked macaroni  
3 c. cubed chicken (cooked)  
1 c. bread crumbs  
1 c. cubed cheese  
1 c. milk  
2 c. chicken broth**

**½ c. melted oleo (1 stick)  
1 can mushroom soup  
½ tsp. salt  
3 eggs, slightly beaten  
Onion**

Mix ingredients and bake at 350° for 40 minutes.

## **CHICKEN CASSEROLE**

---

*Jill Kordick*

**3 chicken breast halves,  
cooked & cubed  
½ lb. thin spaghetti, cooked  
1 bunch green onions, chopped  
1 c. chicken broth  
1 can cream of mushroom soup  
1 can cream of chicken soup**

**1 jar pimento  
4 c. grated cheddar cheese,  
divided  
1 tsp. celery salt  
1 tsp. pepper  
Salt to taste**

Mix all ingredients well (using on 2 cups of the cheddar cheese) and put in a greased 9 x 13-inch pan. Top with remaining 2 cups of grated cheddar cheese. Cook 1 hour at 350°.



## CHICKEN CASSEROLE

---

*Shirley Bittinger*

3 c. cooked chicken (diced)  
2 cans cream of mushroom  
soup  
2 cans cream of chicken soup  
2 cans chicken with rice soup  
1 lg. can condensed milk

1 (4-oz.) can mushrooms  
14 oz. chow mein noodles  
1 green pepper (diced)  
2 stalks celery (diced)  
1/4 c. cooking sherry  
2 cans French-fried onion rings

Mix all ingredients together well. Place onion rings on top after 30 minutes. Bake in well greased pan, one (9 x 12 inch) and 1 (9-inch) square at 300° for 1 hour.

## CHICKEN CASSEROLE

---

*Tassie Crase*

3 c. chicken  
1 can evaporated milk  
2 stalks celery  
2 cans cream of chicken  
2 cans chicken with rice

2 cans cream of mushroom  
14 oz. chow mein noodles  
1 can French-fried onions (on  
top)

Mix everything together except French-fried onions. Put in a casserole and put in oven. The last 15 minutes put French-fried onions on casserole. Bake for 45 minutes at 350°.

## CHEESY CHICKEN CRESCENT SUPPER

---

*Laura Watts*

1 3/4 c. cubed cooked chicken or  
2 (15-oz.) cans drained boned  
chicken  
1/2 c. shredded American or  
cheddar cheese  
1 (8-oz.) can Pillsbury  
refrigerated quick crescent  
dinner rolls

10 1/2-oz. can (1 1/4 c.) condensed  
cream of chicken soup  
1 c. milk

Oven at 375°. Makes 4 to 5 servings. Preheat oven to 375°. In small bowl, combine chicken and 2 tablespoons cheese. Separate crescent dough into 8 triangles. Place about 3 tablespoons chicken mixture on wide end of each triangle. Roll up; start at shortest side of triangle and roll to opposite point. In medium saucepan, combine soup, milk and 1/4 cup cheese. Heat until cheese melts. Pour half of soup mixture into ungreased 8-or 9-inch square baking dish (reserve remaining soup mixture for sauce). Arrange filled crescents over hot soup mixture. Bake at 375° for 20 to 25 minutes until golden brown. Sprinkle with remaining

(continued)



2 tablespoons cheese. Return to oven for 5 to 10 minutes until cheese is melted. Serve with remaining sauce. Refrigerate leftovers.

## **HONEY-DIJON MUSTARD CHICKEN**

*Rich Corkrean*

**4 chicken breast halves,  
skinned & boned  
1/4 c. honey**

**1 tsp. Dijon mustard  
2 T. lemon juice  
2 T. light soy sauce**

Place chicken in an ungreased 11 x 7 x 2-inch baking dish. Combine remaining ingredients, pour over chicken. Bake uncovered, at 350° for 35 to 40 minutes or until juices run clear, turning and basting with pan juices every 15 minutes.

## **TARRAGON CHICKEN WITH DIJON MUSTARD**

*Rich Corkrean*

**2 T. butter  
1 T. vegetable oil  
4 chicken breast halves, 3/4 in.  
thick  
3/4 c. dry white wine or  
vermouth**

**2 tsp. Dijon mustard  
1 T. chopped fresh tarragon (or  
1 tsp. dried)  
1/2 tsp. salt  
Freshly ground pepper  
3/4 c. heavy cream**

In a large frying pan, melt butter in oil over medium-high heat. Add chicken and cook, turning once, until lightly browned, about 4 minutes a side. Remove and set aside. Add wine to the pan. Bring to a boil, scraping up brown bits from bottom of pan with a wooden spoon. Stir in mustard, tarragon, salt and pepper to taste. Whisk in cream and boil until mixture thickens slightly; about 3 minutes. Return chicken to pan; turn in sauce to coat, and simmer 5 to 10 minutes, until chicken is tender. Remove chicken to a serving platter; spoon sauce over all.

## **ELEGANT STUFFED CHICKEN**

*Sally Leeper*

**6 lg. chicken breasts, skinned &  
boned & cut in half (12 pieces)  
4-oz. can mild green chilies,  
chopped  
1/2 lb. sliced Monterey Jack  
cheese**

**1 c. fine dry bread crumbs  
1/4 c. grated Parmesan cheese  
1 tsp. chili powder  
1/2 tsp. salt  
1/4 tsp. ground cumin  
6 T. melted butter**

Pound chicken breasts until thin. Spread each breast with 1 teaspoon green chilies. Top with a slice of Monterey Jack. Roll up each bread, tucking ends under. Combine bread crumbs, Parmesan cheese, chili powder, salt and cumin in shallow dish. Dip each bread in melted butter,

(continued)

then roll in crumb mixture. Place breasts seam side-down in baking dish. Drizzle with remaining butter and crumbs. (Recipe, up to this point, can be prepared ahead of time.) Preheat oven to 400°. Bake 25 to 40 minutes, checking every 10 minutes. Garnish with sour cream, if desired. These can be frozen. Makes 6 servings.

## **OVEN-BAKED CHICKEN PARMESAN**

---

*Billi Jo Akers*

- |   |  |
|---|--|
| <b>4 boneless, skinless chicken breasts</b>   | <b>1 (26-to 28-oz.) jar Ragu pasta sauce</b> |
| <b>1 egg, slightly beaten</b>                 | <b>1 c. shredded mozzarella cheese</b>       |
| <b>¾ c. Italian seasoned dry bread crumbs</b> |  |

Preheat oven to 400°. Dip chicken in egg, then bread crumbs. In a 13 x 9-inch baking dish, arrange chicken. Bake uncovered 20 minutes. Pour Ragu pasta sauce over chicken, then top with cheese. Bake 10 minutes or until chicken is done.

## **HOLLYWOOD CHICKEN**

---

*Shelley Weeks*

- |   |                                 |
|---|---------------------------------|
| <b>2 lbs. boneless chicken breast, cooked</b> | <b>1 sm. ctn. sour cream</b>    |
| <b>1 can cream of chicken soup</b>            | <b>1 tube Ritz crackers</b>     |
|   | <b>½ c. butter or margarine</b> |

Crumble chicken in 8 x 12-inch pan. Mix cream of chicken soup and sour cream together. Dab mixture on top of chicken. Crumble one tube of crackers on top and pour ½ cup melted butter or margarine over. Bake uncovered for 30 minutes.

## **HERBED CHICKEN (OR BEEF) AND VEGETABLES**

---

*Vickie Richter*

- |  |                                       |
|--|---------------------------------------|
| <b>2 whole med. chicken breasts, skinned &amp; boned (or 1 lb. top sirloin or round steak)</b> | <b>¼ tsp. dried marjoram, crushed</b> |
| <b>½ lb. green beans, sliced in 1-in. pieces</b>   | <b>2 T. grater gingerroot</b>         |
| <b>¼ c. chicken broth (or beef broth)</b>  | <b>1 T. olive oil</b>                 |
| <b>3 T. dry white wine or sherry</b>   | <b>1 med. zucchini, thinly sliced</b> |
| <b>1½ tsp. cornstarch</b>  | <b>5 green onions</b>                 |
| <b>½ tsp. honey</b>  | <b>Green pepper, sliced</b>           |
|  | <b>Red pepper, sliced</b>             |
|  | <b>1 head broccoli flowerets</b>      |
|  | <b>2 carrots, sliced</b>              |
|  | <b>8 oz. fresh mushrooms</b>          |

Cut chicken (or can substitute and use beef) into 1-inch pieces. Cook beans, covered (if using fresh beans) for 4 minutes. **For sauce:** Stir

(continued)

together broth, wine, cornstarch, honey and spices and set aside. Pre-heat wok or large skillet over high heat. Add cooking oil. (Add more oil as necessary during cooking.) Stir fry vegetables in hot oil for 1 to 2 minutes or till vegetables are crisp-tender. Remove from wok. Add half meat to hot wok or skillet. Stir fry about 3 to 5 minutes. Remove. Stir fry remaining meat about 3 to 5 minutes. Return all meat to wok. Push meat from center of wok. Stir sauce; add to center of wok or skillet. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Return vegetables to wok, stir ingredients together to coat with sauce. Cook and stir 1 minute. Serve with hot brown rice.

## **MICROWAVE CHICKEN BREASTS WITH CREAMY MUSHROOM SAUCE**

---

*Terry Simmons*

**2 T. margarine**

**1/2 c. chopped onion**

**1 c. sliced fresh mushrooms**

In a glass dish, microwave margarine, mushrooms and onion 3 to 4 minutes on high. Stir half way through.

**Add:**

**1/2 c. milk**

**1 tsp. chicken bouillon crystals**

**8 oz. cream cheese**

Cook until smooth. Stir frequently. Salt and pepper to taste. Set aside. In a glass baking dish, microwave 8 to 10 minutes, or until the meat is no longer pink. Covering the dish with plastic wrap helps keep the meat moist and speeds cooking. Spoon mushroom sauce over chicken breasts and cook on high 2 to 3 minutes.

## **Recipe Favorites**



*Low Fat ~  
Low Cal*



LOW FAT - LOW CAL



# Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.



## BLUEBERRY MUFFINS

(Lowfat)

*Kim Hulbert*

- |                 |                           |
|-----------------|---------------------------|
| 1 egg           | 1½ tsp. baking powder     |
| ½ c. buttermilk | ½ tsp. baking soda        |
| 2 T. oil        | ½ tsp. salt               |
| 1½ c. flour     | 1 c. blueberries, drained |
| ½ c. sugar      |                           |

Heat oven to 400°. Grease 12 muffin cups or line with paper liners. Beat eggs, stir in buttermilk and oil, add remaining ingredients just until dry are moistened. Mixture will be lumpy. Fill cups  $\frac{2}{3}$  full. Bake for 20 to 25 minutes. Serves 12.

## PIZZA BREAD

*Jill Bowman*

- |   |  |
|---|--|
| 2 loaves Joseph Campione light garlic bread | 1 pkg. Hormel Canadian bacon pillow pack |
| 1 pkg. sausage-flavored recipe crumbles     | 1 sm. can sliced black olives            |
| ½ onion                                     | 1 (8-oz.) can tomato sauce               |
| 1 c. mushrooms                              | 1 (8-oz.) pkg. Healthy Choice mozzarella |

Follow directions on garlic bread EXCEPT only bake for 20 minutes. While baking bread, brown recipe crumbles with onions, mushrooms and black olives. You may have to spray skillet with non stick spray. When meat mixture is done, add the tomato sauce and mix well. Split garlic bread lengthwise, add  $\frac{1}{4}$  mixture to each half. Top with Canadian bacon and  $\frac{1}{4}$  of the cheese. Bake for another 10 minutes. Cut each in half.

## BLUEBERRY PANCAKES

*Laurie Smith*

- |                        |                              |
|------------------------|------------------------------|
| 1 c. all-purpose flour | 1⅓ c. low-fat buttermilk     |
| 2 tsp. baking powder   | ¼ c. fat-free egg substitute |
| ¼ tsp. baking soda     | 1 T. vegetable oil           |
| ¼ tsp. salt            | ½ c. frozen blueberries      |
| 1 T. sugar             | Cooking spray                |

Combine first 5 ingredients in a large bowl. Combine buttermilk, egg substitute and oil; add to dry ingredients, stirring just until dry ingredients are moistened. Stir in blueberries. For each pancake, pour  $\frac{1}{4}$  cup batter onto a hot griddle or skillet coated with cooking spray. Cook until tops

(continued)

are bubbly and edges look cooked; turn and cook other sides. Yield: 12 pancakes. (Two pancakes per serving.) Preparation time: 7 minutes. Cook time: 28 minutes.

## **BANANA BREAD**

*Laurie Smith  
Kim Hulbert*

- |  |                                     |
|--|-------------------------------------|
| <b>2 c. all-purpose flour</b>                      | <b>½ c. vanilla low-fat yogurt</b>  |
| <b>2 tsp. baking powder</b>                        | <b>3 T. vegetable oil</b>           |
| <b>½ tsp. baking soda</b>                          | <b>1 egg, lightly beaten</b>        |
| <b>¼ tsp. salt</b>                                 | <b>Cooking spray</b>                |
| <b>½ tsp. ground cinnamon</b>                      | <b>3 T. chopped pecans, toasted</b> |
| <b>½ c. firmly packed brown sugar</b>              |                                     |
| <b>1 c. mashed ripe bananas<br/>(about 2 med.)</b> |                                     |

Combine first 6 ingredients in a medium bowl; make a well in center of mixture. Combine bananas, yogurt, oil, and egg; add mixture to dry ingredients, stirring just until moistened. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray. Sprinkle pecans over batter. Bake at 350° for 45 to 55 minutes or until a wooden pick inserted in center comes out clean. Let cool in pan 10 minutes on a wire rack; remove from pan, and let cool on a wire rack. Yield: 12 slices (1 slice per serving). Preparation time: 17 minutes. Cook: 55 minutes.

## **LO-CAL RAISIN BROWN BREAD**

*Rose Thompson*

- |                               |                       |
|-------------------------------|-----------------------|
| <b>2 c. whole-wheat flour</b> | <b>1 tsp. soda</b>    |
| <b>1¼ c. raisins</b>          | <b>¼ tsp. salt</b>    |
| <b>½ c. molasses</b>          | <b>2 T. hot water</b> |
| <b>2 T. sugar</b>             |                       |

Stir all ingredients until well blended. Pour into greased loaf pan. Bake at 350° about 40 minutes. Makes about 16 slices.

## **LOW FAT BREAKFAST CASSEROLE**

*Kim Hulbert*

- |                                      |                           |
|--------------------------------------|---------------------------|
| <b>1 lb. ground turkey sausage</b>   | <b>¾ tsp. salt</b>        |
| <b>2½ c. cheddar cheese, low fat</b> | <b>¼ tsp. dry mustard</b> |
| <b>3 eggs</b>                        | <b>8 slices bread</b>     |
| <b>2½ c. skim milk</b>               | <b>¼ tsp. ground sage</b> |

Brown meat and drain, set aside. Cut bread in cubes. Can use older bread or let dry before cubing. Cube cheese and with meat and bread layer in 9 x 12-inch pan. Mix eggs, milk and seasonings. Pour over and

(continued)

bake. Can be placed in refrigerator overnight to bake in morning. Bake for 30 to 40 minutes. Light Velveeta cheese can be used instead of light cheddar. Serves 9.

## **OATMEAL-RAISIN COOKIES**

**(Diabetic)**

*Becky Paxton*

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>1½ c. quick oats</b>           | <b>2 T. plus 2 tsp. Promise</b>    |
| <b>½ c. plus 1 T. flour</b>       | <b>margarine</b>                   |
| <b>1 tsp. baking powder</b>       | <b>1 egg or egg substitute</b>     |
| <b>½ tsp. baking soda</b>         | <b>½ c. unsweetened applesauce</b> |
| <b>1 tsp. pumpkin pie spice</b>   | <b>¼ c. plain lowfat yogurt</b>    |
| <b>2 T. brown Sugar Twin</b>      | <b>6 T. raisins</b>                |
| <b>⅓ c. Sugar Twin or similar</b> |                                    |

Preheat oven to 350°. Spray 2 cookie sheets with butter-flavor cooking spray. Combine oats, flour, baking powder and soda, pumpkin pie spice, and sugar subs. Melt margarine and blend into mixture. Add egg, applesauce, yogurt and raisins. Mix gently. Drop by tablespoons to form 24 cookies. Bake 20 to 22 minutes, cool on cookie sheets on wire racks.

## **SUGAR COOKIES**

*Deena McDonald*

- |                                 |                             |
|---------------------------------|-----------------------------|
| <b>½ c. margarine, softened</b> | <b>1 egg</b>                |
| <b>1 tsp. vanilla extract</b>   | <b>2 tsp. baking powder</b> |
| <b>1 c. sugar</b>               | <b>2 T. skim milk</b>       |
| <b>2 c. all-purpose flour</b>   | <b>Granulated sugar</b>     |

Beat the margarine, sugar, egg, milk and vanilla together until light and fluffy. Stir in the flour and baking powder, mixing well. Chill dough thoroughly. Roll small portions of dough out on lightly floured board. Using a cookie cutter, cut out shapes, sprinkle with granulated sugar and place on a lightly greased cookie sheet. Bake at 375° for about eight minutes. Cool and store in tightly covered containers. Yield: one dozen.

## **"GUILT-FREE CHOCOLATE CAKE"**

**(Low fat/Low Cal)**

*Linda Eddleman*

- |                                |                                  |
|--------------------------------|----------------------------------|
| <b>1¾ c. all-purpose flour</b> | <b>1 c. fat-free milk</b>        |
| <b>1½ c. sugar</b>             | <b>1 T. white vinegar</b>        |
| <b>¾ c. unsweetened cocoa</b>  | <b>4 egg whites</b>              |
| <b>powder</b>                  | <b>¼ c. vegetable oil</b>        |
| <b>1½ tsp. baking powder</b>   | <b>2 tsp. vanilla flavoring</b>  |
| <b>1½ tsp. baking soda</b>     | <b>1 c. boiling water</b>        |
| <b>1 tsp. salt</b>             | <b>1 c. strawberries, halved</b> |

(continued)

Preheat oven to 350°. Coat a 9 x 13-inch baking dish with cooking spray. In a bowl mix flour, sugar, cocoa powder, baking powder, baking soda and salt. Combine milk and vinegar, let stand 5 minutes. In another bowl mix egg whites, oil and vanilla, add the milk and vinegar mixture. Add liquid ingredients to the dry ingredients. Whisk until blended, add the 1 cup of boiling water and stir well. Pour into the 9 x 13-inch pan (batter will be thin). Bake until knife inserted in center comes out clean. Cool, cut into squares, sprinkle with powdered sugar and top with a strawberry half, for decoration. Serves 12.

## **LO FAT: LIGHT DELIGHT**

---

*Tammee Stebbins*

- |  |                                      |
|--|--------------------------------------|
| <b>1 (8 oz.) Cool Whip</b>               | <b>1 low calorie pkg. any flavor</b> |
| <b>1 (12 oz.) low fat cottage cheese</b> | <b>Jello</b>                         |

Add fresh fruit. Mix together. Chill.

## **COCONUT FRUIT DIP**

---

*Chris Eyerly*

- |  |  |
|--|--|
| <b>1 (8-oz.) can crushed<br/>unsweetened pineapple<br/>(undrained)</b> | <b>1 (3.4-oz.) pkg. instant coconut<br/>cream pudding mix</b>        |
| <b><math>\frac{3}{4}</math> c. skim milk</b>                           | <b>Fresh pineapple, grapes &amp;<br/>strawberries or other fruit</b> |
| <b><math>\frac{1}{2}</math> c. (4 oz.) nonfat sour cream</b>           |  |

In a blender combine first 4 ingredients. Cover and process for 1 minute or until smooth. Serve with fruit. Store in refrigerator.

## **LO FAT MOUSSE**

---

*Joann Haines*

- |  |   |
|--|---|
| <b>1 (10½ oz.) dry vanilla pudding<br/>mix</b> | <b><math>\frac{1}{2}</math> lb. gelatin, strawberry (dry)</b> |
| <b>2 qt. milk</b>                              | <b>1 qt. Cool Whip</b>  |

Heat part of milk and dissolve Jello. Put in remaining milk in bowl. Add pudding mix, Jello mix and add whip topping. Refrigerate overnight. Serves 25.



## **LOWFAT CHOCOLATE BANANA SHAKE**

*Betty Frazier*

**2 T. unsweetened Dutch  
processed cocoa power**  
**1-2 tsp. sugar (or sugar  
substitute)**  
**½ c. boiling water**

**1 c. low-fat or skim milk**  
**1 frozen banana, cut into  
chunks**  
**½ tsp. vanilla extract**

Combine cocoa, sugar (or sugar substitute) and water in a blender jar, secure lid and blend until cocoa is dissolved. Add milk, vanilla, 2 ice cubes, frozen banana chunks. Secure lid and blend until thick and creamy. Pour into tall glass and enjoy!

## **DIABETIC APPLE PIE**

*Julia Foley*

**6-8 tart apples, pared & cored &  
thinly sliced**  
**20 pkgs. Equal (¾ c.)**  
**2 T. all-purpose flour**  
**½-1 tsp. ground cinnamon**

**Dash of ground nutmeg**  
**Dash salt**  
**2 T. butter**  
**½ c. apple juice, unsweetened**  
**Pastry for 2 crust (9-in.) pie**

In saucepan on low heat combine all ingredients except pastry and cook until thickened. Put in the 9-inch pie shell and cover with top. Cut slits for steam. Bake at 350° till done.

## **STRAWBERRY SMOOTHIE**

*Laurie Smith*

**1½ c. halved fresh strawberries**  
**1 (8-oz.) ctn. strawberry/banana  
reduced-fat yogurt**  
**½ c. peeled, cubed mango**

**⅓ c. pineapple juice**  
**2 T. honey**  
**Ice cubes**  
**4 whole strawberries**

Combine first 5 ingredients in container of an electric blender. Cover and process until smooth, stopping once to scrape down sides. Add enough ice cubes to bring mixture to 5-cup level; process until smooth. Pour into glasses to serve. Garnish with whole strawberries. Serve immediately. Yield: 4 (1¼-cup) servings. Preparation time: 5 minutes.

## CARAMEL CORN CRUNCH

*Laurie Smith*

1 (3-oz.) pkg. reduced-fat  
microwave popcorn (such as  
Orville Redenbacher's  
Smart Pop)  
 $\frac{2}{3}$  c. firmly packed brown sugar  
 $\frac{1}{4}$  c. plus 2 T. reduced-calorie  
margarine

$\frac{1}{4}$  c. plus 2 T. reduced-calorie  
maple-flavored syrup  
1 tsp. vanilla extract  
 $\frac{1}{4}$  tsp. baking soda  
Cooking spray

Cook popcorn according to package directions. Place popped corn in a large bowl; set aside. Combine sugar, margarine, and syrup in a 2-quart saucepan; place over medium heat. Bring to a boil, stirring constantly. Cook 5 minutes, without stirring, or until candy thermometer registers 250°. Remove from heat, and stir in vanilla and baking soda. Pour syrup mixture over popcorn; stir until evenly coated. Spread mixture onto 2 jelly-roll pans coated with cooking spray. Bake at 250° for 20 to 25 minutes or until mixture is crisp. Cool in pans on wire racks; break into small pieces. Store in airtight container. Yield: 14 (1-cup) servings.

## CHOCOLATE CHIP COOKIES

*Laurie Smith*

$2\frac{1}{3}$  c. all-purpose flour  
 $\frac{1}{2}$  tsp. baking soda  
1 c. firmly packed brown sugar  
 $\frac{3}{4}$  stick margarine, softened  
 $\frac{1}{2}$  c. sugar

$\frac{1}{2}$  c. fat-free egg substitute  
2 tsp. vanilla extract  
 $1\frac{1}{4}$  c. semi-sweet chocolate  
mini-morsels

Combine flour and soda in a large bowl; set aside. Beat brown sugar, margarine, and sugar at medium speed of an electric mixer until blended. Add egg substitute and vanilla, beating well. Gradually add dry ingredients, beating well. Stir in chocolate morsels. Drop dough by rounded tablespoonfuls onto ungreased baking sheets. Bake at 350° for 10 minutes or until golden. Remove cookies from baking sheets, and let cool completely on wire racks. Yield: 4 dozen (1 cookies per serving). Preparation time: 23 minutes. Cook: 10 minutes.

## APPLE BETTY

*Jill Bowman*

4 apples, peeled, cored & sliced  
4 slices reduced-calorie wheat  
bread, lightly toasted

2 T. packed brown sugar  
1 tsp. cinnamon  
2 tsp. reduced-calorie margarine

Preheat oven to 375°; spray an 8 x 8-inch baking dish with non-stick cooking spray. Place half of the apples in the baking dish. In a food

(continued)

processor or blender, process the toast to coarse crumbs. Transfer to a small bowl; add brown sugar and cinnamon. Mix well. Sprinkle half of the mixture over the apples, layer the remaining apples and crumb mixture. Dot with margarine; add  $\frac{1}{3}$  cup water. Bake until the top is crisp and fruit is bubbling, about 45 minutes.

## ANGEL DESSERT

---

*Jill Bowman*

- |  |                                  |
|--|----------------------------------|
| <b>1 lg. sugar-free Jello</b>                      | <b>1 (8 oz.) fat-free yogurt</b> |
| <b>1 (10-oz.) angel food cake, torn into cubes</b> |                                  |

Dissolve Jello in 2 cups boiling water. Add 1 cup cold water and chill until the consistency of egg whites (about 2 minutes). Beat with mixer until frothy. Fold in yogurt, then fold in the cake cubes. Pour into a 9 x 13-inch pan. Refrigerate.

## LEMON ANGEL FOOD CAKE

---

*Jill Bowman*

- |   |                       |
|---|-----------------------|
| <b>1 angel food cake mix (the one-step kind)</b>  | <b>1 tsp. vanilla</b> |
| <b>1 can lemon pie filling or 1 (20-oz.) can crushed pineapple (with juice) or 1 can cherry pie filling</b> | <b>Powdered sugar</b> |

Place dry cake mix in large metal or glass bowl. Add pie filling (or pineapple) and vanilla. Mix with mixer on medium until well blended. Pour into ungreased 9 x 13-inch cake pan and bake 20 minutes according to temperature on the box mix. When almost cool, sprinkle powdered sugar over the top. When completely cooled, cut into 18 pieces.

## PUMPKIN WHIP

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*Jill Bowman*

- |   |                                 |
|---|---------------------------------|
| <b>1 (1-oz.) pkg. fat-free butterscotch pudding mix</b> | <b>1 c. canned pumpkin</b>      |
| <b>1½ c. cold milk</b>                                  | <b>1 tsp. pumpkin pie spice</b> |
|   | <b>2 c. fat-free Cool Whip</b>  |

In a mixing bowl, beat pudding and milk until well blended (about 1 to 2 minutes). Blend in pumpkin and spice. Fold in Cool Whip and spoon into 4 dessert dishes. Chill. Garnish with 1 teaspoon Cool Whip if desired.

## **MAKEOVER PEANUT BUTTER PIE**

### **(Lo-Fat)**

*Sherry Tolley*

- |  |   |
|--|---|
| <b>3 oz. fat-free cream cheese,</b><br><b>softened</b> | <b>1/4 c. fat-free milk</b>   |
| <b>1/3 c. reduced-fat peanut butter</b>                | <b>1 (8-oz.) ctn. fat-free frozen</b><br><b>whipped topping, thawed</b> |
| <b>1/2 c. confectioners' sugar</b>                     | <b>1 (9-in.) chocolate crumb crust</b>                                  |

In a mixing bowl, beat cream cheese until fluffy. Mix in peanut butter and sugar. Gradually add milk; mix well. Gently fold in whipped topping. Spoon into the crust. Refrigerate overnight. Yield: 8 slices.

## **LO-FAT-LO-CAL IMPOSSIBLE PUMPKIN PIE**

*Connie Manny*

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>3/4 c. sugar</b>                | <b>1/2 EggBeaters</b>                 |
| <b>1/2 c. reduced-fat Bisquick</b> | <b>1 c. pumpkin</b>                   |
| <b>2 T. diet margarine, melted</b> | <b>2 1/4 tsp. pumpkin spice (pie)</b> |
| <b>1 c. evaporated skim milk</b>   | <b>2 tsp. vanilla</b>                 |

Spray 9-inch pie pan. Combine all ingredients, hold out 2 cups of batter until 9-inch pie pan has been filled, put in oven, then add the remaining batter. Pan will be very full. Bake at 350° for 55 minutes. Makes 8 servings.

## **CARAMEL APPLE SALAD**

*Jill Bowman*

- |  |  |
|--|--|
| <b>6 sm. apples, cored &amp; cut into</b><br><b>bite-size pieces</b>                   | <b>1 (1-oz.) box sugar-free</b><br><b>butterscotch pudding, prepared</b>   |
| <b>1 (8-oz.) can unsweetened</b><br><b>crushed pineapple, don't drain</b><br><b>it</b> | <b>4 c. miniature marshmallows</b><br><b>1/4 c. chopped peanuts (opt.)</b><br><b>1 (8-oz.) ctn. fat-free Cool Whip</b> |

In a very large bowl, mix first 5 ingredients together and stir well. Gently fold in Cool Whip, then transfer to another bowl and chill.

## **DIET STRAWBERRY PIE**

### **(Lo Fat/Lo Cal)**

*Evelyn Deets*

- |  |                              |
|--|------------------------------|
| <b>1 (8-in.) graham cracker pie</b><br><b>Fresh strawberries</b> | <b>Diet strawberry glaze</b> |
|--|------------------------------|

Slice the strawberries and put into graham cracker crust, pour strawberry glaze over the strawberries. Chill for 4 hours or overnight.



## GELATIN FRUIT SALAD

---

*Teresa Moore*

1 c. unsweetened applesauce  
1 (6-oz.) sugar-free cherry  
gelatin  
1 (12-oz.) can or 1½ c. diet  
ginger ale

1 (8-oz.) can unsweetened  
crushed pineapple, undrained

In saucepan, bring applesauce to a boil, remove from heat. Stir gelatin until dissolved. Slowly add ginger ale and pineapple. Pour into 2-quart serving bowl. Chill until set.

## CARAMEL APPLE SALAD

---

*Barb Kalbach*

6 sm. apples, cored & cut into  
bite-sized pieces  
1 (8-oz.) can unsweetened  
crushed pineapple, undrained  
1 (1-oz.) box sugar-free  
butterscotch pudding,  
unprepared

1 c. miniature marshmallows  
¼ c. chopped peanuts (opt.)  
1 (8-oz.) ctn. fat-free Cool Whip

In a very large bowl, mix first 5 ingredients together and stir well. Gently fold in the Cool Whip, then transfer to another bowl and chill. Makes 8 (1-cup) servings.

## SNICKERS DESSERT

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*Denise L. Kirkland*

1 pt. sugar-free chocolate ice  
cream  
1 c. Cool Whip

¼ c. crunchy peanut butter  
1 pkg. sugar-free chocolate or  
vanilla pudding (not instant)

Mix all with electric mixer. Pour into 8 x 8-inch pan. Freeze until ready to serve. Makes 6 to 8 servings.

## GRASSHOPPER BARS

**(Low Fat and Low Sugar)**

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*Becky Paxton*

1 (8 oz.) refrigerated crescent  
rolls  
2 (8 oz.) fat-free cream cheese  
¼ c. Sprinkle Sweet or similar  
1¼ tsp. mint extract  
8-10 drops green food coloring

2 (4-oz.) pkgs. sugar-free instant  
chocolate pudding mix  
1⅓ c. dry milk powder  
2¼ c. water  
1½ c. Cool Whip lite  
1 T. chocolate syrup

(continued)

Preheat oven to 425°. Press roll dough over bottom of 10 x 15-inch pan. Bake 5 to 7 minutes. Allow to cool. Mix cream cheese, sugar substitute,  $\frac{3}{4}$  teaspoon of the mint extract, and 4 to 5 drops green food color till soft. Spread over crust. Mix pudding mix and dry milk powder, add water, mix well with whisk. Spread over cream cheese mixture. Refrigerate at least 30 minutes. Combine Cool Whip,  $\frac{1}{2}$  teaspoon mint extract, and 4 to 5 drops food coloring. Spread over chocolate layer. Drizzle the syrup over top and refrigerate 1 hour. Cut into 12 servings. Store in refrigerator.

## **FRESH STRAWBERRY PIE**

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*Betty Frazier*

**6-oz. box strawberry Jello**                      **2½ c. water**  
**(sugar-free)**  
**6-oz. box cook n serve vanilla**  
**pudding (sugar-free)**

Cook the pudding using water instead of milk. Add the box of dry Jello when the pudding is done (while still hot). This makes the glaze to pour over the sliced strawberries in the prebaked pie shell. (I use graham cracker crust.) This recipe may be modified using other fresh fruits, that is peaches, or raspberries with like flavor of Jello. (Regular Jello and pudding mix may also be used instead of sugar-free.)

## **SUGAR-LESS APPLE PIE**

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*Barb McDonald*

**1 lg. can frozen apple juice**                      **1 tsp. cinnamon**  
**concentrate**                                      **Apples, desired amount**  
**2 T. cornstarch**                                      **Pie crust**

Heat juice and add cornstarch. Cook until thick. Stir in cinnamon. Stir in apples and place in crust. Bake 50 to 60 minutes at 350°.

## **SUGAR & SPICE POPCORN**

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*Denise L. Kirkland*

**3 qt. popped popcorn**                               **$\frac{3}{4}$  tsp. cinnamon**  
 **$\frac{1}{3}$  c. oleo**     **$\frac{1}{4}$  tsp. salt**  
 **$\frac{1}{4}$  c. sugar**

Place popped corn in large cake pan set aside. In small saucepan, using low heat, cook oleo, sugar, cinnamon and salt till oleo is melted and sugar dissolved. Remove from heat and pour over popcorn; toss lightly to mix. Bake at 300° for 15 minutes, till hot and crispy. Can store up to 2 weeks in covered container.

## **FUDGY PEANUT BUTTER BROWNIES**

*Sherry Tolley*

**2 c. sugar**  
**1½ c. all-purpose flour**  
**¾ c. baking cocoa**  
**½ tsp. salt**

**⅔ c. unsweetened applesauce**  
**¾ c. egg substitute**  
**2 tsp. vanilla extract**

### **Filling:**

**3 oz. reduced-fat cream cheese,**  
**softened**  
**⅓ c. reduced-fat peanut butter**

**¼ c. sugar**  
**¼ c. egg substitute**  
**1 tsp. vanilla extract**

### **Frosting:**

**1 c. confectioners' sugar**  
**3 T. baking cocoa**  
**2 T. 2% milk**

**1 tsp. vanilla extract**  
**1 tsp. water**

In a large bowl, combine the sugar, flour, cocoa and salt. Stir in the applesauce, egg substitute and vanilla; mix well. Pour about half of the batter into a 13 x 9 x 2-inch baking pan coated with nonstick cooking spray. In a mixing bowl, combine filling ingredients; beat until smooth. Drop by tablespoonfuls onto batter. Spoon remaining batter over top; cut through batter with a knife to swirl peanut butter mixture. Bake at 325° for 25 to 30 minutes or until edges are firm and center is almost set. Cool completely in pan on a wire rack. In a small bowl, combine frosting ingredients until smooth. Frost brownies. Yield: 20 brownies.

## **STRAWBERRY CHIFFON PIE**

*Sherry Tolley*

**2½ c. sliced unsweetened**  
**strawberries**  
**1 env. unflavored gelatin**  
**2 T. lemonade concentrate**  
**¼ c. sugar**  
**3 egg whites, lightly beaten**

**1 T. orange juice**  
**1½ c. reduced-fat whipped**  
**topping**  
**1 graham cracker crust or**  
**chocolate brownie crust**  
**4 lg. fresh strawberries, halved**

Place sliced strawberries in a food processor or blender; cover and process until smooth. Set aside 1½ cups for filling (discard remaining purée or save for another use). In a saucepan, soften gelatin in lemonade concentrate; let stand for 5 minutes. Stir in sugar and reserved strawberry purée. Cook and stir over medium heat until mixture comes to a boil and gelatin is dissolved. Remove from the heat. Stir in a small amount of filling into egg whites; return all to the pan, stirring constantly. Cook and stir over low heat for 3 minutes or until mixture is slightly thickened and a thermometer reaches 160° (do not boil). Remove from heat; stir in orange juice. Cover and refrigerate for 2 hours, stirring occasionally. Fold in whipped topping; spoon into crust. Cover and

(continued)

refrigerate for 2 hours or until set. Just before serving, garnish with halved strawberries. Yield: 8 servings.

## **RHUBARB CRUNCH**

*Colleen Haglan Lynch*

- |  |                           |
|--|---------------------------|
| <b>6 c. chopped rhubarb</b>                            | <b>2/3 c. flour</b>       |
| <b>1 pkg. reg. or sugar-free<br/>raspberry gelatin</b> | <b>1/3 c. oatmeal</b>     |
| <b>1/2 c. orange juice</b>                             | <b>1/2 c. brown sugar</b> |
| <b>2 tsp. vanilla</b>                                  | <b>1 tsp. cinnamon</b>    |
|  | <b>1/4 c. margarine</b>   |

Preheat oven to 350°. Combine rhubarb, gelatin, vanilla, and orange juice in a 9-inch square baking dish. Use a pastry blender in a small mixing bowl to combine all remaining ingredients until they are crumbly. Sprinkle crumbs over the rhubarb. Bake for 45 minutes uncovered, just until bubbly. Cool and serve. Use vanilla nonfat yogurt, vanilla ice milk, or vanilla frozen yogurt as a topping. Yield: 8 (1-cup) servings.

## **EASY BARBECUED CHICKEN**

*Laurie Smith*

- |                                    |   |
|------------------------------------|---|
| <b>1/2 c. ketchup</b>              | <b>1 1/2 tsp. chili powder</b>                              |
| <b>2 T. finely chopped onion</b>   | <b>1/8 tsp. garlic powder</b>                               |
| <b>2 T. peach or apricot jam</b>   | <b>Cooking spray</b>  |
| <b>2 T. white vinegar</b>          | <b>4 (6-oz.) skinned, bone-in<br/>chicken breast halves</b> |
| <b>1 tsp. Worcestershire sauce</b> |   |

Combine first 7 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Set aside 1/2 cup sauce; keep warm. Coat grill rack with cooking spray; place on grill over medium-hot coals (350° to 400°). Place chicken, bone side-up, on rack; grill, covered, 8 minutes on each side or until done, turning once and basting with remaining barbecuing sauce. Serve with reserved 1/2 cup barbecue sauce. Yield: 4 servings (1 chicken breasts and 2 tablespoons sauce per serving.) Preparation time: 8 minutes. Cook: 16 minutes.

## **LOW FAT CHICKEN PARMESAN**

*Deena McDonald*

- |   |   |
|---|---|
| <b>1 c. unseasoned bread crumbs</b>             | <b>3/4 c. Healthy Choice pasta<br/>sauce</b>          |
| <b>1/3 c. skim milk</b>                         | <b>2 egg whites</b>                                   |
| <b>1/2 c. nonfat Parmesan cheese</b>            | <b>2 oz. shredded skim milk<br/>mozzarella cheese</b> |
| <b>4 boneless, skinless chicken<br/>breasts</b> |   |
| <b>1 tsp. Italian seasoning</b>                 |   |

Preheat oven to 375°. Spray 9 x 13-inch baking pan with non stick cooking spray. Mix bread crumbs, Parmesan cheese, and Italian sea-

(continued)



soning in a flat-bottomed, shallow bowl. Beat egg whites and skim milk in another flat-bottomed, shallow bowl. Roll chicken breasts in crumb mixture, then in egg whites, and then again in the bread crumbs. Place in a single layer in the baking pan. Bake 20 to 25 minutes, then turn the chicken over and cook for another 10 to 15 minutes. Top each breast with  $\frac{1}{3}$  cup pasta sauce and  $\frac{1}{4}$  of the mozzarella cheese. Cook for an additional 5 minutes or until the cheese is melted.

## **CHICKEN PARMESAN**

### **(Lite)**

*Charlotte Meyer*

#### **4 chicken breast halves**

Cook till thick:

**2 cans Italian-style tomatoes**

**$\frac{1}{4}$  tsp. hot pepper sauce**

**2 T. cornstarch**

**$\frac{1}{4}$  c. grated Parmesan cheese**

**$\frac{1}{2}$  tsp. oregano or basil**

Bake chicken covered 15 minutes at 425°. Drain. Pour sauce over chicken. Top with cheese Bake 5 minutes.

## **CHICKEN CASSEROLE**

*Jill Bowman*

**8-oz. chicken breast, cut in bite-sized pieces**

**1 (1-lb.) pkg. California mix veggies, thawed**

**1 can Healthy Request cream of celery soup**

**1 c. macaroni (uncooked)**

**1 sm. (2 $\frac{1}{2}$ -oz.) can sliced black olives**

**3 oz. Velveeta light cheese, cubed**

**Salt & pepper to taste**

**$\frac{1}{2}$  c. skim milk**

Fry chicken with your choice of spices in a nonstick skillet until done. Cook macaroni according to package directions. Combine all ingredients in large bowl and mix thoroughly. Spread mixture in a sprayed 2-quart casserole dish. Bake 25 to 30 minutes at 350°.

## **CHICKEN & BROCCOLI ALFREDO**

*Laurie Smith*

- |   |                                       |
|---|---------------------------------------|
| <b>6 oz. uncooked fettuccine</b>  | <b>1/2 c. milk</b>                    |
| <b>1 c. fresh or frozen broccoli flowerets</b>  | <b>1/2 c. grated Parmesan cheese</b>  |
| <b>2 T. butter or margarine</b>   | <b>1/4 tsp. freshly ground pepper</b> |
| <b>1 lb. skinless, boneless chicken breasts, cubed</b>  |                                       |
| <b>1 (10<sup>3</sup>/<sub>4</sub>-oz.) can Campbell's condensed cream of mushroom soup or 98% fat-free cream of mushroom soup</b> |                                       |

Prepare fettuccine according to package directions. Add broccoli for last 4 minutes of cooking time. Drain. In medium skillet over medium-high heat, heat butter. Add chicken and cook until browned, stirring often. Add soup, milk, cheese, pepper and fettuccine mixture and cook through, stirring often. Serves 4. Preparation time: 10 minutes. Cook time: 15 minutes.

## **EASY CHICKEN/BROCCOLI PIE**

*Jill Bowman*

- |   |   |
|---|---|
| <b>1 pkg. frozen broccoli, thawed &amp; drained</b> | <b>1/2 c. Bisquick reduced-fat baking mix</b> |
| <b>1 1/2 c. 2% shredded cheddar cheese</b>          | <b>1 c. skim milk</b>                         |
| <b>4 oz. cut up cooked chicken</b>                  | <b>1/2 c. EggBeaters</b>                      |
| <b>1/3 c. chopped onion</b>                         | <b>Salt &amp; pepper</b>                      |

Heat oven to 400°. Spray 9-inch pie plate with fat-free cooking spray. Sprinkle broccoli, 1 cup of the cheese, the chicken and the onion in the pie plate. Stir baking mix, milk, Eggbeaters, salt and pepper until well blended. Pour into pie plate. Bake 32 to 37 minutes or until knife inserted in center comes out clean. Sprinkle with remaining cheese and bake 2 to 3 minutes longer.

## **CHICKEN CORDON BLEU**

*Cheryl Hochstein*

- |   |   |
|---|---|
| <b>4 chicken breasts (pounded thin)</b> | <b>1/2 c. Italian dressing (no fat)</b> |
| <b>4 slices lite ham</b>                | <b>1/2 c. bread crumbs</b>              |
| <b>4 slices lite Swiss cheese</b>       | <b>Ground sage</b>                      |

Sprinkle 1 side chicken with sage; fold chicken in half with ham and cheese inside; secure with toothpicks. Dip in Italian dressing, then bread

(continued)

crumbs. Spray baking pan and bake chicken for 20 to 30 minutes at 350°.

## **CHICKEN, RICE & VEGGIE CASSEROLE**

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*Jill Bowman*

- |  |  |
|--|--|
| <b>2 c. cooked rice</b>                      | <b>1 c. water</b>                          |
| <b>4 oz. diced, cooked chicken breast</b>    | <b>1/3 c. shredded reduced-fat cheddar</b> |
| <b>1 (1-lb.) pkg. California mix, cooked</b> | <b>1/8 tsp. black &amp; white pepper</b>   |
| <b>2/3 c. nonfat dry milk powder</b>         | <b>2 T. reduced-sodium soy sauce</b>       |

In medium bowl combine first three ingredients. In small bowl mix dry milk powder and water. Add cheese, pepper and soy sauce. Mix well. Pour milk mixture into rice mixture and stir to mix. Pour mixture into a sprayed 8 x 8-inch baking dish. Bake 40 minutes at 350° or until hot and cheese is melted.

## **CHICKEN STIR-FRY WITH PASTA**

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*Jill Bowman*

- |                               |  |
|-------------------------------|--|
| <b>1 c. carrots, sliced</b>   | <b>1 c. dry pasta, cooked</b>                  |
| <b>1 c. celery, chopped</b>   | <b>1 c. chicken breast, cooked &amp; diced</b> |
| <b>1 c. mushrooms, sliced</b> | <b>2 tsp. Parmesan cheese</b>                  |
| <b>1/2 c. onion, chopped</b>  |  |

Sauté vegetables in butter-flavored cooking spray until tender. Add pasta and chicken. Cook with vegetables until heated through. Spray generously with butter spray and sprinkle with Parmesan cheese. Toss together and serve.

## **LOW-FAT CHICKEN & PASTA SALAD**

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*Sheila Arnot*

- |                                    |                        |
|------------------------------------|------------------------|
| <b>1 bag rotini pasta (cooked)</b> | <b>1 stalk celery</b>  |
| <b>2 cooked chicken breasts</b>    | <b>Chopped parsley</b> |
| <b>5-6 water chestnuts</b>         |                        |

Mix together and let stand.

### **Dressing:**

- |                                      |                           |
|--------------------------------------|---------------------------|
| <b>3/4 c. yogurt</b>                 | <b>1 tsp. dry mustard</b> |
| <b>2 T. honey</b>                    | <b>Dash pepper</b>        |
| <b>1 T. orange juice concentrate</b> | <b>1-2 T. poppy seed</b>  |

Mix together well and pour over the top of pasta mixture. Stir well and serve.

## ORANGE-BALSAMIC CHICKEN

*Connie Tadlock*

- |   |  |
|---|--|
| <b>4 (4-oz.) skinned, boned chicken breast halves</b> | <b>1½ tsp. cornstarch</b>              |
| <b>¼ tsp. salt</b>                                    | <b>½ c. low-sugar orange marmalade</b> |
| <b>¼ tsp. pepper</b>                                  | <b>1½ T. balsamic vinegar</b>          |
| <b>¼ c. all-purpose flour</b>                         | <b>Orange slices (opt.)</b>            |
| <b>1 T. margarine</b>                                 |  |
| <b>⅔ c. canned no-salt added chicken broth</b>        |  |

Place chicken between two sheets of heavy-duty plastic wrap; flatten to ½ inch thickness, using a meat mallet or rolling pin. Sprinkle with salt and pepper; dredge in flour. Melt margarine in a large nonstick skillet over medium-high heat. Add chicken, and cook 8 to 10 minutes or until done, turning once. Remove chicken from skillet; keep warm. Meanwhile, combine broth and cornstarch; stir in marmalade. Stir broth mixture into skillet; cook, stirring constantly, until mixture is thickened. Stir in vinegar. Reduce heat to medium; add chicken, turning to coat. Cook 1 to 2 additional minutes or until thoroughly heated. Garnish with orange slices, if desired. Yield: 4 servings. Time: 19 minutes.

## CHICKEN AND ZUCCHINI CASSEROLE

*Colleen Haglan-Lynch*

- |                                  |                             |
|----------------------------------|-----------------------------|
| <b>1 lb. chicken pieces</b>      | <b>4 tomatoes</b>           |
| <b>1 c. chopped onion</b>        | <b>¼ tsp. salt, opt.</b>    |
| <b>¼ tsp. garlic powder</b>      | <b>¼ tsp. black pepper</b>  |
| <b>¾ c. chopped green pepper</b> | <b>¼ c. fresh parsley</b>   |
| <b>2 T. margarine</b>            | <b>¼ c. Parmesan cheese</b> |
| <b>2 lbs. zucchini, sliced</b>   |                             |

Melt margarine in a no-stick skillet and sauté raw chicken with onion, garlic powder, and green pepper until tender. Stir in zucchini, tomatoes, optional salt, pepper, and parsley. Cook 10 minutes or until zucchini is tender-crisp. Sprinkle with Parmesan and serve. This may be prepared and frozen for later use. Yield: 4 servings.

## 7-LAYER MEXICAN DIP

*Connie Tadlock*

- |   |   |
|---|---|
| <b>1 (8-oz.) pkg. Philadelphia fat-free cream cheese, softened</b>                  | <b>1 c. shredded lettuce</b>                                    |
| <b>1 T. Taco Bell Home Originals taco seasoning mix</b>                             | <b>1 c. Kraft free-fat-free shredded non-fat cheddar cheese</b> |
| <b>1 c. each Taco Bell Home Originals thick 'n chunky salsa, canned black beans</b> | <b>½ c. chopped green onions</b>                                |
|   | <b>2 T. sliced pitted ripe olives</b>                           |

(continued)



Mix cream cheese with electric mixer on medium speed until smooth. Add seasoning mix, mixing until well blended. Spread on bottom of 9-inch pie plate or quiche dish. Layer remaining ingredients over cream cheese mixture. Refrigerate. Serve with low fat tortilla chips. Makes 5 cups.

## **SWEET & SOUR CHICKEN-LOW-FAT RECIPE**

*Jean Walker*

Cook boned and skinned chicken breast 5 to 6 minutes each side in broiler. Set aside when done and keep warm.

<b>1½ c. brown sugar</b>	<b>4 T. soy sauce</b>
<b>½ c. vinegar</b>	<b>1½ tsp. garlic powder</b>
<b>½ c. water</b>	<b>1 tsp. ginger</b>
<b>½ c. ketchup</b>	<b>2 tsp. cornstarch</b>

Mix and heat over low flame until all ingredients are dissolved and blended. Cook rice (brown or white or wild) according to package. Place rice beside chicken on plate and pour sauce over to taste, or you can cut chicken into pieces, and mix with rice and then pour sauce over to taste.

## **STROGANOFF AND NOODLES**

*Becky Paxton*

<b>8 oz. 90% lean ground beef or turkey</b>	<b>½ c. (2.5-oz.) jar sliced mushrooms</b>
<b>½ c. chopped onion</b>	<b>1 tsp. dried parsley flakes</b>
<b>1 c. frozen cut carrots</b>	<b>Black pepper</b>
<b>1 c. frozen cut green beans</b>	<b>½ c. fat-free sour cream</b>
<b>1 (12-oz.) jar fat-free beef gravy</b>	<b>3 c. hot cooked noodles</b>

Brown meat with onion, drain and rinse. Add carrots, green beans, gravy, mushrooms, parsley and black pepper. Simmer about 10 to 15 minutes till vegetables are tender. Remove from heat and stir in sour cream. **For each serving:** Place ½ cup noodles on plate and spoon ¾ cup meat mixture over top. Makes 6 servings.

## **CHICKEN POT PIE**

*Becki Messer  
Jill Bowman*

<b>1 can 98% cream of chicken soup</b>	<b>4 cooked chicken breasts (chopped)</b>
<b>1 can 98% cream of celery soup;</b>	<b>8 reduced-fat crescent rolls</b>
<b>2 (15-oz.) cans Veg-All mixed vegetables (drained)</b>	

(continued)

Mix soups, chicken and Veg-All. Pour into sprayed 9 x 13-inch pan. Cover with crescent rolls. Bake at 350° 30 to 40 minutes and top is brown. Makes 6 servings.

## **SWEET AND SOUR PORK**

*Jill Bowman*

**1 (15-to 16-oz.) can pineapple tidbits (canned in juice)**  
**2 T. reduced-sodium soy sauce**  
**1 T. plus 1 tsp. cider vinegar**  
**2 tsp. cornstarch**  
**2 tsp. sesame or peanut oil**

**1½ lbs. boneless pork tenderloin, cut into 1-in. chunks**  
**2 c. fresh or frozen bell pepper strips**

Drain pineapple, reserving ½ cup juice; set pineapple aside. In small bowl or cup, combine reserved juice, the sauce, vinegar, and cornstarch, stirring until cornstarch is dissolved; set aside. In wok, heat oil over high heat. Add pork; stir-fry until well browned, 5 to 10 minutes. Stir in peppers and reserved pineapple. Add reserved juice mixture; bring to a boil. Reduce heat to low; simmer, stirring occasionally, until pork is cooked through, 5 to 10 minutes. Serve immediately.

## **GOULASH**

*Jill Bowman*

**1 pkg. sausage crumbles**  
**1 can diced tomato sauce for chili**  
**1 can diced tomatoes**

**½ c. onion**  
**¼ c. water**  
**1 c. mushrooms**  
**1½ c. macaroni**

Cook macaroni according to package directions, drain, place in cold water for 10 minutes. Place sausage crumbs, onion, water and mushrooms in a sprayed skillet. Cover and steam on medium heat for 15 minutes or until crumbles are soft. Drain macaroni and add all other ingredients. Simmer for 10 minutes or until hot!

## **SHEPHERD'S PIE**

*Jill Bowman*

**1 T. reduced-calorie margarine**  
**2 T. flour**  
**1 c. low-sodium chicken broth**  
**1 tsp. reduced-sodium soy sauce**  
**2 c. cubed chicken breast, cubed**  
**2 carrots, sliced**  
**1 c. chopped broccoli**

**¼ sm. onion, chopped**  
**½ c. frozen corn, thawed**  
**½ c. evaporated skim milk**  
**1 tsp. thyme**  
**½ tsp. marjoram**  
**1 pkg. Simply Potatoes, mashed**  
**1 T. grated Parmesan cheese**  
**¼ tsp. paprika**

(continued)

Melt the margarine and 1 tablespoon flour in a small saucepan. Whisk in the broth, soy sauce and  $\frac{1}{4}$  cup water; bring to a boil. Reduce heat and simmer, stir constantly until thickened. Preheat oven to 400°. Spray a 2-quart casserole dish. In a large bowl, combine the chicken and the remaining flour. Stir in carrots, broccoli, onion, corn, milk, spices and sauce. Pour into casserole dish. Top with mashed potatoes; sprinkle with Parmesan and paprika. Bake until bubbling; 30 to 35 minutes.

## **BEEF POT PIE**

*Jill Bowman*

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|--|----------------------------------|
| $\frac{1}{2}$ c. flour                   | $\frac{1}{2}$ tsp. garlic powder |
| $\frac{1}{4}$ c. nonfat dry milk         | $\frac{1}{2}$ tsp. pepper        |
| 1 tsp. dry mustard                       | $\frac{1}{4}$ tsp. dried thyme   |
| 1 c. water                               | 1 (16-oz.) pkg. frozen veggies,  |
| 1 T. Worcestershire sauce                | thawed                           |
| 1 (10 $\frac{1}{2}$ -oz.) can beef broth | 1 (6-oz.) jar sliced mushrooms,  |
| 1 lb. extra lean ground beef             | drained                          |
| 1 c. chopped onion                       | 1 (4.5-oz.) can buttermilk       |
| Cooking spray                            | biscuits                         |
| 1 T. dried parsley                       |                                  |

Combine first 3 ingredients in large bowl, stir well. Gradually add water, Worcestershire, and broth, stir with whisk until blended. Cook beef and onion in large saucepan coated with cooking spray until browned and crumbled. Drain well and return to pan. Add rest of the ingredients (except biscuits) and stir well. Add broth mixture, cook over medium heat 15 minutes or until thickened, stirring constantly. Spoon mixture into a sprayed 9 x 13-inch baking dish. Split uncooked biscuits in half horizontally; place biscuit halves over meat mixture. Bake at 400° for 10 minutes or until biscuits are lightly browned.

## **SPAGHETTI-TURKEY PIE**

*Jill Bowman*

- |  |                                      |
|--|--------------------------------------|
| 6 oz. spaghetti, broken in $\frac{1}{2}$ | 1 onion, chopped                     |
| 3 egg whites (or $\frac{1}{2}$ c. egg    | 2 garlic cloves, minced (1           |
| substitute)                              | omitted)                             |
| 2 T. grated Parmesan cheese              | 1 (8-oz.) can tomato sauce           |
| 1 tsp. olive oil (1 omitted)             | 1 tsp. dried oregano                 |
| 10 oz. ground turkey breast (1           | $\frac{1}{4}$ tsp. black pepper      |
| used sausage recipe crumbles)            | $\frac{1}{3}$ c. shredded mozzarella |
| 1 green pepper, seeded &                 | cheese                               |
| chopped                                  |                                      |

Cook spaghetti according to package directions. Rinse under cold water for 30 seconds and drain. Transfer to a medium bowl; stir in egg and Parmesan cheese. Spread on the bottom and up the sides of a sprayed 9-inch pie plate. In a large skillet sprayed with nonstick cooking spray,

(continued)

place meat and vegetables. Cook until veggies are softened and meat is done. Add tomato sauce and spices. Spread meat mixture over the spaghetti. Bake 25 minutes at 350°. Add mozzarella cheese and bake 5 more minutes. Let stand 5 minutes before serving.

## **MEAT LOAF**

*Jill Bowman*

- |   |                                    |
|---|------------------------------------|
| <b>1 lb. 4 oz. ground turkey</b>          | <b>2 T. unprocessed wheat bran</b> |
| <b>1 pkg. Recipe Crumbles</b>             | <b>2 T. sweet basil</b>            |
| <b>1/3 c. onion, diced</b>                | <b>2 T. garlic powder</b>          |
| <b>1/3 c. green or red peppers, diced</b> | <b>1 tsp. salt (opt.)</b>          |
| <b>1 c. oatmeal</b>                       | <b>1 tsp. pepper</b>               |
| <b>1/4 c. seasoned bread crumbs</b>       | <b>1/2 c. ketchup</b>              |
| <b>1 can tomato soup</b>                  | <b>1 1/4 c. tomato sauce</b>       |

Mix all ingredients (except ketchup and tomato sauce) together in large bowl. Form into loaf. Place in a 9 x 13-inch sprayed pan. Mix ketchup and tomato sauce. Pour over top of loaf. Bake at 375° for 1 to 1 1/2 hours.

## **TACO CASSEROLE**

*Jill Bowman*

- |   |   |
|---|---|
| <b>1 lb. lean ground beef (93% or more)</b>   | <b>1 T. taco seasoning mix</b>                      |
| <b>1/2 c. onion, chopped</b>                  | <b>4 oz. noodles, dry, cook, rinse, soak, drain</b> |
| <b>1/2 c. green pepper, chopped</b>           | <b>3/4 c. 2% shredded cheddar cheese</b>            |
| <b>1 (15 1/2-oz.) can chunky tomato sauce</b> |   |

Preheat oven to 350°. In a large pan, place ground beef, onion, green pepper with 1 cup water. Cook. Drain off water, rinse and return to pan. Add tomato sauce and taco seasoning. Simmer 5 to 10 minutes. Stir in cooked noodles. Pour mixture into an 8 x 8-inch baking dish that has been sprayed with cooking spray. Bake 15 to 20 minutes. Top with cheddar cheese and bake another 10 minutes or until cheese melts. Let set 5 minutes before serving.

## **STRAWBERRY SALAD**

*Jill Bowman*

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|--|--|
| <b>2 c. fat-free pretzels (crushed)</b>                      | <b>2 c. fat-free Cool Whip</b>                             |
| <b>1/4 c. Fleischmann's fat-free butter (squeeze bottle)</b> | <b>1 (10-oz.) pkg. frozen strawberries (or 2 c. fresh)</b> |
| <b>1/2 c. sugar plus 5 pkts. sweetener</b>                   | <b>2 (3-oz.) pkgs. sugar-free strawberry Jello</b>         |
| <b>1 (8 oz.) fat free cream cheese</b>                       |  |

(continued)



Mix  $1\frac{3}{4}$  cups boiling water with Jello and set aside. Mix pretzels with butter and spread in a 9 x 13-inch pan. Bake at 350° for 10 minutes. Put aside and cool. Beat cream cheese, sugar and sweetener until smooth; add Cool Whip. Spread over pretzel mixture (refrigerate until thickens slightly); then spread over the top of the cream cheese mixture.

**Note:** When using frozen berries, the Jello thickens quite quickly!

## **PINEAPPLE ORANGE SALAD**

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*Jill Bowman*

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|-------------------------------------|--|
| <b>1 c. mandarin oranges</b>        | <b>2 (3-oz. serv.) sugar-free orange Jello</b> |
| <b>2 c. crushed pineapple</b>       |  |
| <b>2 c. fat-free cottage cheese</b> | <b>1½ c. whipped topping</b>                   |

Drain oranges and pineapple. If cottage cheese needs to be drained, do that also. Mix fruit and cottage cheese together. Sprinkle dry Jello over the mixture and stir in thoroughly. Fold in the whipped topping. Chill.

## **APPLE COLESLAW**

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*Annette Lebron*

- |   |  |
|---|--|
| <b>2 c. cabbage, shredded</b>           | <b>1 (16-oz.) can crushed pineapple, drained</b> |
| <b>2 med. apples, cored &amp; diced</b> |  |
| <b>1 c. golden raisins</b>              | <b>¾ c. fat-free mayonnaise</b>                  |

Combine above ingredients, cover and refrigerate one hour or more before serving. Makes 8 servings.

## **FABULOUS COLESLAW**

### **(Light Side)**

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*Evelyn Ridout*

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| <b>1 c. plain yogurt</b>        | <b>½ tsp. Lawry's seasoning salt</b>  |
| <b>1 c. sugar</b>               | <b>2 lg. heads cabbage, shredded</b>  |
| <b>1 c. Miracle Whip light</b>  | <b>½ green pepper, chopped (opt.)</b> |
| <b>¼ c. onion, chopped fine</b> | <b>1 shredded carrot (opt.)</b>       |
| <b>1 tsp. celery seasoning</b>  |                                       |

Mix all ingredients for dressing and pour over shredded cabbage. Toss lightly until thoroughly mixed. Put in large Tupperware container and will keep up to 6 weeks.

## **TWICE-BAKED POTATOES**

*Deena McDonald*

**2 lg. baking potatoes**  
**2 T. chives**  
**1 sm. onion, minced**  
**1/8 tsp. pepper**

**1/2 c. fat-free yogurt**  
**1/8 tsp. paprika**  
**1/4 c. fat-free sour cream**  
**1/8 tsp. dried parsley**

Preheat oven to 400°. Bake the potatoes in the middle of the oven until tender, about 1 to 1½ hours. Remove from oven but don't turn oven off. Cut the potatoes in half lengthwise. Use a spoon to scoop out the potato flesh into a bowl, leaving a half inch potato shell. Mash the potato flesh with the remaining ingredients except the paprika and parsley flakes. Fill the shells with the potato mixture and sprinkle with paprika and parsley flakes. Return the stuffed potatoes to the oven for about 10 to 15 minutes to heat through till golden on top.

## **MAKEOVER TWICE-BAKED POTATOES**

*Sherry Tolley*

**6 lg. baking potatoes**  
**2 T. butter or stick margarine,**  
**softened**  
**1 c. 1% milk**  
**1/4 lb. turkey bacon (about 9**  
**slices), diced & cooked**

**1½ c. (6 oz.) shredded reduced-**  
**fat cheddar cheese, divided**  
**2 T. minced chives**  
**1/2 tsp. salt**  
**Dash pepper**

Bake the potatoes at 375° for 1 hour or until tender. Cool. Cut a thin slice off the top of each potato and discard. Scoop out pulp, leaving a thin shell. In a bowl, mash the pulp with butter. Stir in milk, bacon, 1 cup of cheese, chives, salt and pepper. Spoon into the potato shells. Place on an ungreased baking sheet. Bake at 375° for 25 to 30 minutes or until heated through. Sprinkle with remaining cheese. Bake 2 minute longer or until cheese is melted. Yield: 6 servings.

## **LOW POINT PARTY POTATOES**

*Jill Bowman*

**2 lbs. 6 oz. raw potatoes (leave**  
**skin on)**  
**1 (8-oz.) pkg. fat-free cream**  
**cheese**

**1/2 c. fat-free sour cream**  
**Salt & pepper to taste**

Boil potatoes in water until done. Put all ingredients in food processor and blend well. Place mashed potatoes in a sprayed rectangular baking dish. Bake at 300° for 15 to 20 minutes to reheat.

## **CREAMY POTATO-HAM BAKE**

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*Jill Bowman*

- |   |   |
|---|---|
| <b>16 oz. raw shredded potatoes or<br/>thawed hash browns</b> | <b>1/4 tsp. black pepper</b>                          |
| <b>1 full c. 97% fat-free lean ham</b>                        | <b>1 can Healthy Request cream<br/>celery soup</b>    |
| <b>1 can green beans</b>                                      | <b>3 oz. Velveeta light, cut up in<br/>sm. pieces</b> |
| <b>1/2 tsp. dried parsley flakes</b>                          |   |

Mix all ingredients together thoroughly. Place mixture in sprayed 8 x 8-inch baking dish. Bake at 350° for 45 minutes.

## **HASH BROWN CASSEROLE**

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*Jill Bowman*

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|---|--|
| <b>32 oz. hash browns, thawed</b>               | <b>1 (16 oz.) fat-free sour cream</b>  |
| <b>1 c. sliced green onions</b>                 | <b>1 (10<sup>3</sup>/<sub>4</sub> oz.) reduced-fat cream<br/>mushroom soup</b> |
| <b>1 c. shredded low-fat cheddar<br/>cheese</b> | <b>Cooking spray</b>   |
| <b>2 T. stick margarine, melted</b>             | <b>1/2 tsp. paprika</b>  |
| <b>1/4 tsp. pepper</b>                          |  |

Combine first seven ingredients in a large bowl and mix well. Spoon mixture into a sprayed 9 x 13-inch baking dish. Sprinkle paprika over casserole. Bake 1 hour at 350°.

## **ZUCCHINI CARBONARA**

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*Becky Paxton*

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|-----------------------|--------------------------|
| <b>3 sm. zucchini</b> | <b>1/2 med. onion</b>    |
| <b>2 strips bacon</b> | <b>3 T. tomato sauce</b> |

Fry bacon until crisp, drain off all but 1 tablespoon drippings. Slice zucchini and onion thin and fry in skillet with crumbled bacon. Add tomato sauce. Cover and simmer 10 to 15 minutes.

## **TEX-MEX RICE CASSEROLE**

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*Rebekah Mitchell*

- |   |  |
|---|--|
| <b>2 c. cooked brown rice</b>                   | <b>7-oz. can whole kernel corn<br/>(drained)</b> |
| <b>1 1/2 c. tomato salsa</b>                    |  |
| <b>1 tsp. chili powder</b>                      |  |
| <b>15-oz. can black beans (not<br/>drained)</b> |  |

Combine all ingredients and put in 6 x 6-inch baking dish. Top with 2 ounces reduced-fat cheddar cheese shredded and 2 tablespoons chopped black olives. Microwave on high for 12 minutes or bake in oven at 350° until cheese is melted.

## **TURKEY ENCHILADAS**

*Lila Dorrell*

- |  |                                 |
|--|---------------------------------|
| <b>1 c. milk</b>                                 | <b>½ c. drained mushrooms</b>   |
| <b>8 oz. ground turkey, cooked &amp; drained</b> | <b>¼ c. diced green chilies</b> |
| <b>1 c. tomato sauce</b>                         | <b>1 tsp. chili powder</b>      |
| <b>½ c. chopped onion</b>                        | <b>½ tsp. ground cumin</b>      |
|  | <b>½ tsp. garlic salt</b>       |

Mix above ingredients in a bowl. In a 8 x 8-inch square pan layer 4 (6-inch) corn tortillas cut in half in bottom of pan. Pour above mixture over tortillas. Layer 8-ounces of cheddar cheese over this, then top with 4 more (6-inch) corn tortillas cut in half. Pour ¼ cup chicken broth over top and bake 30 to 35 minutes in a 350° oven.

## **TURKEY BURGERS**

*Joann Haines*

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>1 lb. ground turkey</b>        | <b>1 tsp. soy sauce</b>            |
| <b>½ c. seasoned bread crumbs</b> | <b>1 tsp. Worcestershire sauce</b> |
| <b>⅓ c. onion, finely chopped</b> | <b>½ tsp. garlic powder</b>        |
| <b>2 egg whites, beaten</b>       | <b>¼ tsp. dry mustard</b>          |

Combine all ingredients. Form into burgers, grill over medium heat about 6 minutes per side or until no longer pink in the center.

## **LEMON PEPPER FISH**

*Jean Teno*

- |                     |                            |
|---------------------|----------------------------|
| <b>Cod fish</b>     | <b>Minced onion</b>        |
| <b>Paprika</b>      | <b>Sm. amount of water</b> |
| <b>Lemon pepper</b> |                            |

Put cod fish in pan, add rest of ingredients. Bake at 350° for 1 hour.

## **CREAMY MACARONI 'N' CHEESE**

*Sherry Tolley*

- |  |                                      |
|--|--------------------------------------|
| <b>⅓ c. finely chopped onion</b>                 | <b>½ c. fat-free evaporated milk</b> |
| <b>3½ c. cooked elbow macaroni</b>               | <b>1¾ c. 2% cottage cheese</b>       |
| <b>1¾ c. shredded reduced-fat cheddar cheese</b> | <b>1 tsp. Dijon mustard</b>          |
| <b>2 T. minced fresh parsley</b>                 | <b>½ tsp. salt</b>                   |
|  | <b>¼ tsp. pepper</b>                 |

In a microwave-safe bowl, cover and microwave onion on high for 2 minutes or until tender; drain. Add the macaroni, cheddar cheese and parsley. In a blender or food processor, combine the milk, cottage cheese, mustard, salt and pepper; cover and process until smooth. Stir

(continued)



into macaroni mixture. Pour into a 1½-quart baking dish coated with nonstick cooking spray. Bake, uncovered, at 350° for 20 to 25 minutes or until lightly browned. Yield: 8 servings.

## VEGGIE PIZZA

*Deena McDonald*

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|--|---|
| <b>1 pkg. refrigerator crescent dough (2 if you like thick crust)</b>                                    | <b>¼-½ c. low-calorie mayonnaise</b>    |
| <b>1 pkg. cream cheese (blenderized cottage cheese, ricotta or Neufchatel cheese can be substituted)</b> | <b>1 pkg. low-calorie Ranch dip mix</b> |
|  | <b>Various veggies</b>                  |

Pat refrigerator crescent dough into 9 x 13-inch pan. Bake at 350° for 10 minutes. Allow crust to cool. Soften cream cheese and blend with party dip and mayonnaise until easy to spread. Cover cooled crust with cream cheese mixture and top with veggies of your choice.

## SEVEN LAYER DIP

*Jill Bowman*

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|--|--|
| <b>1 (16-oz.) can fat-free refried beans</b>   | <b>1 c. salsa</b>                          |
| <b>Several drops hot sauce, to taste</b>       | <b>1 c. nonfat sour cream</b>              |
| <b>1 tomato, chopped</b>                       | <b>¾ c. shredded nonfat cheddar cheese</b> |
| <b>½ green bell pepper, seed &amp; chopped</b> | <b>4 scallions, thinly sliced</b>          |
|  | <b>10 pitted sm. black olives, sliced</b>  |

Add hot sauce to refried beans and spread in a thin layer on a platter. Leaving a 1 inch border, top the bean mixture evenly with the tomato, bell pepper and salsa. Leaving a 1 inch border, to the tomato layer evenly with the sour cream and cheese. Sprinkle with the scallions and olives.

## HEART HEALTHY MAGIC MEAT LOAF

*Deena McDonald*

- |  |   |
|--|---|
| <b>16 oz. ground 90% lean turkey or beef</b> | <b>1 tsp. prepared mustard</b>  |
| <b>1 c. (3 oz.) quick oats</b>               | <b>1 T. brown Sugar Twin</b>  |
| <b>¾ c. finely chopped onion</b>             | <b>1 (10 oz.) Healthy Request tomato soup (you can replace with 8-oz. can tomato sauce)</b> |
| <b>1 tsp. dried parsley flakes</b>           |   |
| <b>¼ tsp. black pepper</b>                   |   |

Preheat oven to 360°. Spray a 9 x 5-inch loaf pan with butter-flavored cooking spray. In a large bowl, combine meat, oats, onion, parsley

(continued)

flakes, black pepper, mustard, brown sugar and tomato soup (or tomato sauce). Mix well with hands to combine. Pat mixture into prepared loaf pan. Bake 1 hour. Place loaf pan on a wire rack and let set 5 minutes. Allows 6 servings.

### 13 BEAN SOUP

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*Jill Bowman*

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|--|-------------------------|
| <b>1 pkg. dry bean soup</b>                | <b>½ onion, chopped</b> |
| <b>4 potatoes, red &amp; russet, diced</b> | <b>Rosemary</b>         |
| <b>1 lb. turkey ham, diced</b>             | <b>Thyme</b>            |
| <b>3 carrots, diced</b>                    | <b>Salt, pepper</b>     |
| <b>3 ribs celery, diced</b>                | <b>Garlic</b>           |

Follow directions to soak beans. Put all ingredients in a large pot. Cover with water. Simmer till done. I left it on low (after the veggies cooked through) for a couple of hours.

### CHEESE SOUP

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*Jill Bowman*

In a large Dutch oven, combine the following:

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|---|--|
| <b>2 lg. bags frozen California mixed vegetables (broccoli, cauliflower, carrots)</b> | <b>8 chicken bouillon cubes</b>                |
| <b>1 c. chopped onion</b>   | <b>1 pkg. Butter Buds</b>                      |
| <b>1 c. chopped celery</b>  | <b>8-10 c. water (enough to cover veggies)</b> |
| <b>2 baking potatoes, diced (opt.)</b>  | <b>1 T. onion &amp; herb Mrs. Dash</b>         |

Bring to a boil and simmer for 1 to 1½ hours. (Vegetables should be mushy.) Add 1 pound Velveeta light, cubed. Stir over low heat just until cheese is melted. This warms up great in the microwave!

### LOADED POTATO SOUP

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*Laurie Smith*

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|---|--|
| <b>2 lg. baking potatoes, peeled &amp; cut into ¾-in. cubes (about 1½ lbs.)</b> | <b>⅓ c. chopped green onions, divided</b>                          |
| <b>2 tsp. reduced-calorie margarine</b>   | <b>3 slices lower-sodium bacon, cooked, crumbled &amp; divided</b> |
| <b>2 T. all-purpose flour</b>   | <b>½ tsp. salt</b>   |
| <b>2½ c. fat-free milk</b>  | <b>¼ tsp. pepper</b>   |
| <b>¾ c. (3 oz.) shredded reduced-fat cheddar cheese, divided</b>                | <b>½ (8-oz.) ctn. nonfat sour cream</b>                            |

Place potato in a large saucepan, and add water to cover. Bring to a boil; cover, reduce heat to medium, and cook 20 minutes or until potato

(continued)

is tender. Drain and mash. Set aside. Melt margarine in a Dutch oven over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in potato,  $\frac{1}{2}$  cup cheese, 2 tablespoons green onions, 2 tablespoons crumbled bacon, salt, and pepper; cook just until thoroughly heated (do not boil). Stir in sour cream. **To serve:** Ladle into individual serving bowls and top evenly with remaining cheese, green onions, and bacon. Yield: 5 (1-cup) servings. Preparation time: 16 minutes. Cook: 40 minutes.

## VEGETARIAN CHILI

*Deena McDonald*

2 tsp. oil  
1 c. onion, chopped  
1 med. green pepper, chopped  
3 c. canned tomatoes  
 $1\frac{1}{2}$  T. flour  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. pepper

2 (15-oz.) cans kidney beans,  
drained  
 $\frac{1}{8}$  tsp. oregano  
 $1\frac{3}{4}$  tsp. chili powder  
 $1\frac{3}{4}$  tsp. basil  
 $\frac{1}{4}$  tsp. garlic powder  
Dash of cayenne pepper

Sauté onion and green pepper in heavy pot. Add remaining ingredients and simmer for one hour or until mixture reaches desired consistency. Serve hot.

## CHICKEN NOODLE SOUP

*Laurie Smith  
Jill Bowman*

2 tsp. olive oil  
 $\frac{3}{4}$  lb. skinned, boned chicken  
breasts, cut into  $\frac{1}{2}$ -in. pieces  
1 c. chopped onion  
1 clove garlic, minced  
3 (14 $\frac{1}{2}$ -oz.) cans one-third-less  
salt chicken broth (such as  
Swanson's

Natural Goodness)  
 $\frac{2}{3}$  c. diced carrot (about 2 med.)  
 $\frac{1}{2}$  tsp. dried sage  
 $\frac{3}{4}$  c. frozen English peas  
4 oz. med. egg noodles,  
uncooked  
 $\frac{1}{2}$  tsp. freshly ground pepper

Heat olive oil in a 4-quart saucepan over medium-high heat 1 minute. Add chicken, onion, and garlic. Cook 5 minutes or until onion is golden, stirring often. Add broth, carrot, and sage. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until chicken and carrot are tender. Stir in peas, noodles, and pepper. Cook 5 minutes or until peas and noodles are done. Yield: 8 (1-cup) servings. Preparation time: 12 minutes. Cook: 35 minutes.

## **LOWFAT VEGETABLE SOUP**

---

*Lisa Donadio*

- |  |                                    |
|--|------------------------------------|
| 1 onion                                | 3 or 4 sm. cans beef broth         |
| 1 bunch celery                         | 1 pkg. Lipton soup mix             |
| 1 lg. head cabbage                     | 8 beef bouillon cubes              |
| 1 green pepper                         | Garlic powder (opt., to taste)     |
| 2 lbs. carrots                         | Italian seasoning (opt., to taste) |
| 3 cans Italian-seasoned diced tomatoes | Lots of water                      |

Cut vegetables in small to medium pieces and cover with water. Boil fast for ten minutes. Reduce to simmer and add diced tomatoes, beef broth, soup mix, bouillon cubes, and seasonings. Add 2 to 5 cups water until desired taste and consistency.

## **MOM'S HOME-CANNED TOMATO SOUP**

---

*Becky Paxton*

- |   |                   |
|---|-------------------|
| 24 c. tomato juice (you'll need about 1/2 bushel of tomatoes) | 1 lb. margarine   |
| 5-8 lg. onions, or to taste                                   | 1 lb. brown sugar |
| 4 lg. green peppers &/or 1 lg. bunch celery                   | 1/2 c. salt       |
|   | 2 c. flour        |

Process tomatoes into juice. Chop onions, peppers, and celery very fine in food processor. Bring to boil in large pot. Make a paste of margarine, brown sugar, salt and flour, and enough water to equal 2 cups. Add to tomato juice and simmer. Process in quart jars in pressure cooker at 5 pounds for 10 minutes. Add milk if desired when serving, garnish with shredded cheese if desired.

## **TACO SOUP**

---

*Kim Kernes  
Jill Bowman*

- |                      |                                |
|----------------------|--------------------------------|
| 1 lb. ground beef    | 1 can green chilies            |
| 1 lg. onion, chopped | 1 can water                    |
| 1 can pinto beans    | 1 can tomatoes, chopped        |
| 1 can chili beans    | 1 pkg. taco seasoning          |
| 1 can corn, drained  | 1 pkg. Hidden Valley seasoning |
| 1 can kidney beans   |                                |

Brown ground beef and drain off grease. Rinse cooked beef with water and drain. Sauté onion in heated skillet. Remove and pat dry on paper towel. In heavy saucepan place all ingredients and heat.



## **SALSA**

---

*Diane Thompson*

- |  |  |
|--|--|
| 20 c. chopped tomatoes                       | 3 T. chili powder                      |
| 8 c. chopped onions                          | 5 T. salt                              |
| 3 chopped green peppers                      | 3 T. cayenne pepper                    |
| 5 chopped yellow banana peppers              | 2½ c. white vinegar                    |
| 5 jalapeño peppers, stemmed & put in blender | ¼ c. sugar (I use less, suit yourself) |
| 5 garlic cloves                              | 1½ c. cornstarch                       |

Chop everything but tomatoes first. Peel tomatoes and quarter them over a bowl so you can save the juice. Set aside 2 cups juice, add cornstarch to it. Put everything else in a big pot and cook 20 minutes. Stir in cornstarch mixture and cook 20 minutes more. Fill jars ½ to ¾ of the top. Makes approximately 15 pints.

## **LOW CALORIE COCOA MIX**

---

*Rose Thompson*

- |                                    |                              |
|------------------------------------|------------------------------|
| 2½ c. non-fat dry milk powder      | ½ tsp. ground cinnamon, opt. |
| ⅓ c. cocoa powder                  | ½ tsp. ground nutmeg, opt.   |
| ¼ c. granulated sugar replacements |                              |

Combine all ingredients in a quart jar and shake well to mix. Use 2 heaping teaspoons of this mix to ¾ cup hot water. To a better blended drink, stir cold water into dry mix and heat.

## **LIGHTEN UP**

---

*Evelyn Ridout*

Desperate for a dessert? Here are some tips to try. Substitute egg whites for whole eggs to cut cholesterol. The rule of thumb for replacing egg whites with whole eggs: Use 2 whites for every yolk. Replace only about half of the yolks in a baked product because the yolks act as a tenderizer. Try juice for some of the oil. You can't replace all the oil, but more than half of it with juice. Toss in only a nibble of nuts. Finely chopped so they will go further. Substitute plain yogurt or fat-free sour cream instead of the original and try to use oils and margarine made out of canola and olive.

# Recipe Favorites

1 cup butter  
1/2 cup sugar  
1/2 cup brown sugar  
1/2 cup milk  
1/2 cup oil  
1/2 cup vanilla  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds

1 cup all-purpose flour  
1 cup whole wheat flour  
1 cup oat flour  
1 cup almond flour  
1 cup coconut flour  
1 cup rice flour  
1 cup sorghum flour  
1 cup buckwheat flour  
1 cup millet flour  
1 cup quinoa flour

1/2 cup baking powder  
1/2 cup baking soda  
1/2 cup cream of tartar  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds  
1/2 cup vanilla  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds

## More Baking Recipes

1 cup butter  
1/2 cup sugar  
1/2 cup brown sugar  
1/2 cup milk  
1/2 cup oil  
1/2 cup vanilla  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds

1 cup all-purpose flour  
1 cup whole wheat flour  
1 cup oat flour  
1 cup almond flour  
1 cup coconut flour  
1 cup rice flour  
1 cup sorghum flour  
1 cup buckwheat flour  
1 cup millet flour  
1 cup quinoa flour

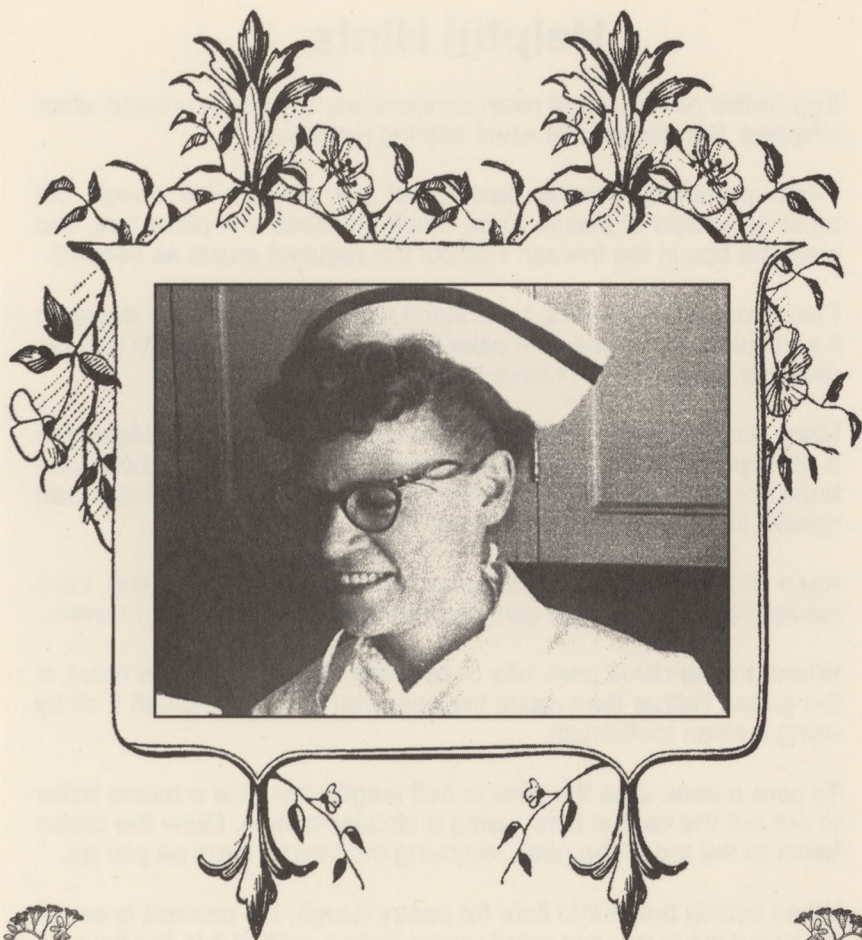
1/2 cup baking powder  
1/2 cup baking soda  
1/2 cup cream of tartar  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds  
1/2 cup vanilla  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds

## More Baking Recipes

1 cup butter  
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1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds

1 cup all-purpose flour  
1 cup whole wheat flour  
1 cup oat flour  
1 cup almond flour  
1 cup coconut flour  
1 cup rice flour  
1 cup sorghum flour  
1 cup buckwheat flour  
1 cup millet flour  
1 cup quinoa flour

1/2 cup baking powder  
1/2 cup baking soda  
1/2 cup cream of tartar  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds  
1/2 cup vanilla  
1/2 cup lemon juice  
1/2 cup lemon zest  
1/2 cup lemon seeds



# *Desserts*

DESSERTS

## Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.



# DESSERTS

## HOMEMADE ICE CREAM

---

*Joann Haines*

**4 eggs**

**2 c. sugar**

Beat eggs well.

**1 lg. pkg. vanilla instant  
pudding**

**2 qt. milk  
1 tsp. vanilla**

**1 pkg. Dream Whip**

Mix well together and freeze in ice cream freezer.

## EASIEST ICE CREAM

---

*Jill Kordick*

**1 (14-oz.) can fat-free sweetened  
condensed milk**

**1 T. vanilla extract  
2 c. heavy or whipping cream**

**3/4 c. low-fat (1%) milk**

In a large bowl, with wire whisk, mix condensed milk, low-fat milk, and vanilla until blended. In another bowl, with mixer at medium speed, beat cream until stiff peaks form. With rubber spatula, fold whipped cream into milk until blended. Spoon mixture into 9 x 9-inch metal baking pan or glass baking dish or 2½-quart metal or glass bowl; cover with foil and freeze 2 hours. After 2 hours, stir partially frozen ice cream mixture to evenly distribute frozen edges with not-yet-frozen center. Cover and return pan to freezer until ice cream is firm, about 3 hours longer or overnight. **To serve:** Let ice cream stand at room temperature 10 to 15 minutes for easier scooping.

## HOMEMADE VANILLA ICE CREAM

---

*Marcia Jones*

**1½ gallon:**

**6 eggs**

**3 c. sugar**

**4 c. whipping cream**

**4½ T. vanilla**

Beat with a mixer. Pour into 6-quart ice cream can. Fill the remainder of the can with homogenized milk.

**1 gallon:**

**4 eggs**

**2 c. sugar**

**3 c. whipping cream**

**3 T. vanilla**

Beat with mixer. Pour into 1 gallon ice cream can. Fill the remainder of the can with homogenized milk.

## **LEMON-ORANGE ICE CREAM**

---

*Janet Loomis*

**5 c. sugar**  
**2-3 pt. half & half**

**Juice from 6-7 lemons**  
**Juice from 6-7 oranges**

Mix half & half with sugar. Fill ice cream container up with milk. Beat until slushy in freezer. Then add juices. Finish freezing ice cream.

## **HOMEMADE ICE CREAM**

**(Machine Required)**

---

*Laurie Allen*

**4 eggs (well beaten)**  
**2½ c. sugar**  
**2 qt. half & half**  
**2 T. vanilla**  
**½ tsp. salt**

**1 pt. whipping cream**  
**1 c. milk (add last to fill line on canister)**  
**Rock salt**  
**5-lb. bag of ice**

Mix together in canister, place in ice cream maker and start. Add ice and rock salt as needed to bucket of maker until freezes and machine stops. Scoop and serve.

## **COUNTRY ICE CREAM**

---

*Earlham Medical Clinic*

**4 eggs**  
**2¼ c. sugar**  
**5 c. milk**

**4 c. heavy cream**  
**4½ tsp. vanilla**  
**½ tsp. salt**

Add sugar gradually to beaten eggs. Continue to beat until mixture stiff. Add remaining ingredients and mix thoroughly. Pour into can and freeze as directed.

## **ICE CREAM**

---

*Andrea Miner*

**2 c. sugar**  
**5 eggs**

**Scalding 2 c. whole milk**

Add slowly to egg mixture.

**1 pt. & 1 qt. half-and-half**  
**3 T. vanilla**

**1 tsp. salt**

Add enough milk to fill to freezer line.

## ICE CREAM SANDWICH DESSERT

---

*Barb Goering*

- |  |                     |
|--|---------------------|
| <b>12 oz. Cool Whip</b>  | <b>1 c. peanuts</b> |
| <b>1 (11<sup>3</sup>/<sub>4</sub>-oz.) jar hot fudge topping</b> |                     |

Arrange a layer of ice cream sandwiches in 9 x 13-inch pan, eight criss-crossed cutting 1 in half. Spread  $\frac{1}{2}$  of Cool Whip over that. Spread  $\frac{1}{2}$  of fudge topping next. Another layer of ice cream sandwiches, Cool Whip, fudge topping and sprinkle with nuts. Freeze (can store up to 2 months). Remove from freezer 20 minutes before serving.

## SNOW ICE CREAM

---

*Sharon Shaul*

- |                              |  |
|------------------------------|--|
| <b>3-4 eggs</b>              | <b><math>\frac{3}{4}</math> c. sugar</b> |
| <b>1 can evaporated milk</b> | <b>1 T. vanilla</b>                      |
| <b>4-5 c. milk</b>           |  |

Mix all ingredients in a blender. Pour over 1 gallon clean snow and mix together.

## OREO ICE CREAM

---

*Connie Manny*

**Base:** Crush 1 pound Oreo cookies and add 1 cup melted butter or margarine. Press into 9 x 13-inch pan, freeze 1 hour.

**Sauce:**

- |   |  |
|---|--|
| <b><math>\frac{2}{3}</math> c. milk chocolate chips, reg. chips can be used</b> | <b>1<math>\frac{1}{2}</math> c. (1 can) evaporated milk (has to be Carnation milk)</b> |
| <b>1 stick butter or margarine</b>  | <b>2 c. powdered sugar</b>   |

Melt chips and butter, add other ingredients and boil for 8 minutes. When totally cool, put  $\frac{1}{2}$  gallon of butter brickle or favorite ice cream on the Oreos and pour sauce over top of all. Freeze overnight if possible.

## CHOCOLATE-CHERRY SUNDAES

---

*Deena McDonald*

- |  |  |
|--|--|
| <b>1 (4-serv. size) pkg. Jello brand gelatin cherry flavor</b> | <b>Cool Whip whipped topping, thawed</b> |
| <b>1 c. boiling water</b>                                      | <b>Chocolate syrup</b>                   |
| <b><math>\frac{1}{2}</math> c. cold water</b>                  | <b>Maraschino cherries (opt.)</b>        |
| <b>1 c. chocolate ice cream, softened</b>                      |  |

(continued)

Dissolve gelatin in boiling water. Measure  $\frac{1}{2}$  cup of the gelatin into small bowl. Add cold water; set aside. Spoon ice cream into remaining gelatin, stirring until melted and smooth. Spoon into individual dessert dishes. Chill until set but not firm, about 10 minutes. Spoon reserved gelatin over creamy layer in dishes. Chill until set, about 1 hour. Top each dessert with dollop of whipped topping; drizzle with chocolate syrup. Garnish with cherry, if desired. Makes 6 servings.

## **FROZEN PUDDING SANDWICHES**

---

*Deena McDonald*

- |  |                                      |
|--|--------------------------------------|
| <b>2 c. water</b>                                  | <b>1 sm. pkg. instant vanilla or</b> |
| <b><math>\frac{2}{3}</math> c. nonfat dry milk</b> | <b>chocolate pudding</b>             |
| <b><math>1\frac{1}{2}</math> c. peanut butter</b>  | <b>24 (double) graham crackers</b>   |

Blend water, milk, and peanut butter until smooth. Add pudding and beat until well blended. Let stand 5 minutes. Spread on crackers. Top with remaining crackers. Freeze until firm, about 3 hours. Store in plastic bag or container. Makes 24 servings.

## **HEAVENLY ORANGE FLUFF**

---

*Sharon Shaul*

- |                                      |   |
|--------------------------------------|---|
| <b>2 sm. pkgs. orange Jello</b>      | <b>1 (20-oz.) can crushed pineapple</b> |
| <b>2 c. hot water</b>                | <b>(do not drain)</b>                   |
| <b>6-oz. can frozen orange juice</b> |   |
| <b>1 can mandarin oranges,</b>       |   |
| <b>drained</b>                       |   |

Mix Jello with hot water. Stir in undiluted orange juice; add mandarin oranges and pineapple. Pour into 9 x 13-inch dish to set. Top with 1 small package instant pudding (lemon, vanilla or coconut cream) mixed with 1 cup milk and 1 carton Cool Whip.

## **CHOCOLATE ECLAIRS**

---

*Barb McDonald*

- |                                       |                              |
|---------------------------------------|------------------------------|
| <b>1 can chocolate frosting</b>       | <b>1 (9-oz.) Cool Whip</b>   |
| <b>2 pkgs. French vanilla instant</b> | <b>1 box graham crackers</b> |
| <b>pudding</b>                        |                              |

Make pudding according to package. Fold in Cool Whip. Line 9 x 13-inch pan with whole graham crackers. Pour  $\frac{1}{2}$  pudding mixture on top. Make another layer of crackers. Pour rest of pudding. Add another layer of crackers. Frost with chocolate frosting.



## TRIFLE

*Karla Sears*

**2 pound cakes (Sara Lee)**  
**1 jar raspberry jam**  
**2 boxes frozen raspberries**  
**2 lg. boxes reg. vanilla pudding mix**

**$\frac{3}{4}$  c. sherry or to taste**  
**Whipped cream**  
**Fresh raspberries**

Cut pound cake into cubes. Spread jam on all sides. (This is messy.) Cook pudding according to directions on box. In large, straight-sided (trifle) bowl, arrange layers of pound cake sprinkled with sherry, thawed raspberries and pudding. Repeat layers. Cover trifle with whipped cream. Garnish with fresh raspberries. Chill until serving time. Makes 8 or more servings.

## FLAN

*Rebekah Mitchell*

**$\frac{3}{4}$  c. sugar**  
**4 eggs**  
 **$\frac{1}{2}$  c. whole milk**

**1 can sweetened condensed milk**  
**1 c. whipping cream**

Heat sugar in skillet on medium-high heat. When sugar begins to melt, reduce heat to medium. Cook and stir until browned and melted. Immediately spoon over bottom and sides of a shallow 1½-quart baking dish. Set aside and cool. Preheat oven to 325°. Combine rest of ingredients in a blender. Pour into dish. Put dish in pan with water half way up the dish. Bake 1 hour 50 minutes. Cover with foil if necessary to reduce browning towards the end. Remove dish from water. Cool and refrigerate 3 hours before removing from dish.

**Tip:** Dip dish in hot sink of water for a short period of time before inverting to remove flan.

## APPLE GRAHAMS

*Deena McDonald*

Spread graham crackers with apple butter and sprinkle with sunflower seeds.

## BAKED APPLES WITH ORANGE SAUCE

*Deena McDonald*

**4 apples suitable for baking**  
 **$\frac{1}{3}$ - $\frac{1}{2}$  c. raisins**  
**1 tsp. grated orange peel**

**2 tsp. butter**  
 **$\frac{1}{4}$  c. orange juice**

(continued)

Core apples; pare top  $\frac{1}{3}$  of apples. Place apples in 9-inch baking dish. Combine raisins and orange peel; divide among apples and spoon into centers. Top each with  $\frac{1}{2}$  teaspoon of butter. Pour orange juice around apples. Bake covered at 375° for 30 minutes. Uncover and bake 30 to 40 minutes longer.

## **LEMON COOLER**

---

*Tricia Hirsch*

### **Crust:**

**1½ sticks oleo**  
**1½ c. flour**

**½-1 c. finely chopped pecans**

Mix well (electric mixer and hands). Pat into 9 x 13-inch pan. Bake 15 minutes at 350°. Cool.

### **Filling:**

**1 c. powdered sugar**  
**8 oz. cream cheese**

**1 c. Cool Whip**

**Mix till smooth and spread over cooled crust.**

### **Topping:**

**2 sm. pkgs. instant lemon pudding, may use any flavor pudding**

**3⅓ c. cold milk**

Mix and pour over filling. Refrigerate and serve with rest of Cool Whip.

## **"ORANGE SAUCE"**

**(To Serve Over Plain Cake)**

---

*Linda Eddleman*

**1 c. sugar**  
**1 rounded T. flour**  
**Pinch of salt**  
**1 c. milk**  
**3 egg yolks, beaten**

**½ c. orange juice**  
**¼ tsp. butter flavoring**  
**¼ tsp. lemon flavoring**  
**½ tsp. orange flavoring**

Combine sugar, flour and salt in double boiler and then add milk and egg yolks, cook until thick. Remove from heat and add orange juice and flavorings, beat and cool before spooning over cake.

## APPLE TORTE

---

*Rita McDonald*

<b>1/2 c. margarine</b>	<b>1 egg</b>
<b>1/3 c. sugar</b>	<b>1/2 tsp. vanilla</b>
<b>1/4 tsp. vanilla</b>	<b>1/3 c. sugar</b>
<b>1 c. flour</b>	<b>1/2 tsp. cinnamon</b>
<b>8 oz. cream cheese</b>	<b>4 c. peeled thin apple slices</b>
<b>1/4 c. sugar</b>	<b>1/4 c. sliced almonds</b>

Cream margarine, sugar and vanilla. Blend in flour. Spread dough onto bottom and 2 inches high around sides of 9-inch springform pan. Combine softened cream cheese and sugar; mix well. Add egg and vanilla; mix well. Pour into pastry-lined pan. Combine sugar and cinnamon; toss apples into mixture. Spoon apples over cream cheese layer; sprinkle with nuts. Bake at 450°, 10 minutes. Reduce oven temperature to 400° and continue baking 25 minutes. Cool before removing rim of pan.

## BANANA DELIGHT

---

*Charlotte Meyer*

### **1st layer:**

<b>12-16 oz. chopped pecans</b>	<b>1/3 c. flour</b>
<b>1 stick butter, melted</b>	

Combine and spread in bottom of 9 x 13-inch dish. Bake 20 minutes at 350°.

### **2nd layer:**

<b>8 oz. cream cheese</b>	<b>1/2 ctn. Cool Whip, lg.</b>
<b>1 c. powdered sugar</b>	

Spread on 1st layer and refrigerate 1 hour.

### **3rd layer:**

<b>2 pkgs. banana instant pudding</b>	<b>1 pkg. vanilla instant pudding</b>
---------------------------------------	---------------------------------------

Mix as directed, add 4 bananas and spread on top of 2nd layer. Refrigerate.

### **4th layer:**

Top with Cool Whip and sprinkle with chopped pecans.

## 4 LAYER DESSERT

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*Nancy Baker*

<b>1 c. flour</b>	<b>8 oz. cream cheese (softened)</b>
<b>1 stick oleo</b>	<b>1 c. powdered sugar</b>
<b>1/2 c. chopped pecans</b>	<b>2 c. Cool Whip</b>
<b>2 pkgs. instant lemon pudding</b>	<b>3 c. milk</b>

(continued)

Mix flour, butter, and nuts. Put into 9 x 13-inch pan. Bake at 350° 10 to 20 minutes. Cool. Mix cream cheese and powdered sugar with mixer. Add 1 cup Cool Whip. Refrigerate 10 minutes. Mix lemon pudding and milk. Pour over crust. Spread 1 cup Cool Whip on top. Refrigerate.

## **PUMPKIN DESSERT**

---

*Juanita Ross  
Joann Haines*

<b>1 (15-oz.) can pumpkin</b>	<b>2 eggs</b>
<b>1 spice cake mix</b>	<b>1/3 c. water</b>
<b>1 tsp. baking soda</b>	

Mix and bake at 350° till toothpick comes out clean.

### **Topping:**

<b>8 oz. Cool Whip</b>	<b>1 tsp. vanilla</b>
<b>1/3 c. brown sugar</b>	

Top cake when it is cool.

## **PUMPKIN DESSERT**

---

*Irma Jordan*

<b>6 eggs</b>	<b>2 tsp. cinnamon</b>
<b>1 1/2 c. sugar</b>	<b>1/4 tsp. cloves</b>
<b>1/2 tsp. salt</b>	<b>1 tsp. ginger</b>
<b>3 c. pumpkin</b>	<b>2 c. evaporated milk</b>

Beat eggs well, add sugar, beat again. Add salt, pumpkin, cinnamon, cloves and sugar. Mix well, add milk, mix well. Pour into 9 x 13-inch pan.

<b>1 pkg. yellow cake mix</b>	<b>1 stick oleo (1/2 c.)</b>
-------------------------------	------------------------------

Cut stick oleo into cake mix and sprinkle on top of pumpkin mixture. Chopped nuts may be added. Bake at 350° for 45 minutes.

## **CHERRY-PINEAPPLE DESSERT**

---

*Irma Jordan*

<b>1 can cherry pie filling</b>	<b>1/2 c. nuts</b>
<b>1 tall can crushed pineapple</b>	<b>1/2 c. coconut</b>
<b>1 pkg. yellow cake mix</b>	<b>1 1/4 sticks margarine</b>

Place cherry pie filling in bottom of 9 x 13-inch dish. Then pineapple, sprinkle cake mix next. Then sprinkle cut up margarine over top. Add nuts and coconut. Bake at 350° for 40 minutes. Place Cool Whip on each serving and cherry on top.



## CHERRY DESSERT

---

*Jayne Beeler*

**16 oz. cream cheese**

**2 c. powdered sugar**

**16 oz. Cool Whip**

**2 cans cherry pie filling**

Whip together cream cheese, sugar. Then add Cool Whip. Spread over crust. Put on cherry pie filling, chill at least 2 hours. Then serve.

## CREAM PUFF DESSERT

---

*Joann Haines*

**Bottom layer pastry:**

**1 c. water**

**1 stick margarine**

Bring to boil in large saucepan. Remove pan from heat and add 1 cup flour. Mix well. Add 4 eggs (one at a time) mixing well after each egg. Pour into 9 x 13-inch pan. Bake at 350° 35 minutes. Let cool.

**Mix well:**

**2 sm. boxes diet instant vanilla  
pudding**

**3 c. skim milk**

**1 (8 oz.) fat-free cream cheese,  
softened**

Spread this pudding mixture on pastry, then top with 8-ounce carton low-fat Cool Whip. Drizzle top of Cool Whip layer with chocolate syrup for decoration. Refrigerate.

## VANILLA DESSERT

---

*Joann Haines*

**First layer:**

**1 c. flour**

**1/2 c. pecans, chopped fine**

**1/2 c. margarine**

Mix ingredients together and bake at 350° for 10 minutes, using 9 x 13-inch pan.

**Second layer:**

**1 c. powdered sugar**

**1 (8-oz.) pkg. cream cheese**

**1 c. Cool Whip**

Beat ingredients together and spread on cooled crust.

**Third layer:**

**2 sm. pkgs. vanilla instant  
pudding**

**3 c. cold milk**

Beat well with mixer and spread on second layer. **Fourth layer:** Cool Whip. Set and spread on top.

## **TURTLE CAKE DESSERT**

---

*Rose Thompson*

- |                                    |                               |
|------------------------------------|-------------------------------|
| <b>1 German chocolate cake mix</b> | <b>1 c. chocolate chips</b>   |
| <b>½ c. margarine</b>              | <b>½ c. evaporated milk</b>   |
| <b>1 (14-oz.) pkg. caramels</b>    | <b>1 c. pecans or walnuts</b> |

Prepare cake mix according to package. Pour ½ into greased and floured 9 x 13-inch pan. Bake at 350° 15 minutes. Meanwhile, unwrap caramels and melt with evaporated milk and margarine over low heat or in microwave. Pour over hot cake and spread evenly. Sprinkle on chocolate chips and nuts. Top with remaining batter. Bake 25 minutes.

## **GRASSHOPPER DESSERT**

---

*Angie Holloway*

- |   |                                   |
|---|-----------------------------------|
| <b>24 Oreo cookies, crushed (leave frosting on)</b> | <b>7 oz. marshmallow cream</b>    |
| <b>¼ c. melted butter</b>                           | <b>2 c. heavy whipping cream</b>  |
|   | <b>¼ c. creme de menthe syrup</b> |

Combine melted butter and crushed Oreos and place about ¾ of the crumbs on the bottom of a 9 x 9-inch pan. Press down. In a separate bowl, mix the marshmallow cream and the creme de menthe. Fold in the whipping cream. Pour the mixture over the Oreo cookie crust. Sprinkle the remaining ¼ cup cookie crumbs over the top of the dessert. Freeze.

## **SUMMER DESSERT**

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*Cheryl Adams*

- |   |   |
|---|---|
| <b>1 (8-oz.) pkg. Cool Whip</b>                     | <b>1 stick margarine (melted)</b>       |
| <b>1 qt. vanilla or chocolate ice cream</b>         | <b>4 T. sugar</b>                       |
| <b>2 c. milk</b>                                    | <b>68 Ritz crackers (2 sleeves)</b>     |
| <b>2 pkgs. vanilla or chocolate instant pudding</b> | <b>crushed into crumbs, very finely</b> |

Mix the above last 3 ingredients well and pat into 9 x 13-inch pan. Save ¼ cup crumbs to put on top.

**Mix well with mixer:**

- |                        |                        |
|------------------------|------------------------|
| <b>2 c. milk</b>       | <b>1 qt. ice cream</b> |
| <b>2 pkgs. pudding</b> |                        |

Mix ice cream and milk into pudding and pour over the well patted crumb mixture and set in refrigerator for ½ hour (or longer if needed). Add Cool Whip and the remaining crumbs on top.

## BUTTER PECAN TOFFEE DESSERT

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*Barb Goering*

24 graham crackers

24 soda crackers

Crush and mix with  $\frac{1}{2}$  cup melted butter. Mix 2 regular packages vanilla instant pudding mix and 2 cups milk. Add 1 quart of soft butter brickle or similar ice cream. Pour over cracker crust and let set up in refrigerator. Top with 8 ounces Cool Whip. Sprinkle with Heath bar chips.

## APPLE GOODIE

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*LeAnn Tucker*

**Mix 1:**

1 c. sugar

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

4 T. flour

8 c. apples, sliced

**Mix 2:**

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

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

1 c. oleo

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

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

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

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

Combine together mix 1 and place into a 9 x 9-inch pan that has been greased. Combine together mix 2 and pour over mix 1. Bake at 350° for 30 minutes or until brown.

## CHRISTMAS KIWI-POMEGRANATE DESSERT

---

*Karla Sears*

10-12 kiwi fruits

Toasted sliced almonds for  
garnish

1 lg. pomegranate

3 c. low-fat vanilla yogurt,  
frozen or reg.

$\frac{1}{2}$ -1 tsp. almond extract (opt.)

can use vanilla extract if you  
don't care for almond

Peel and slice kiwis. Cut pomegranate in fourths; turn fruit segments inside out and using fingers, lightly scrape red, edible seeds from membrane into bowl. **For frozen yogurt:** Layer kiwi slices in circular pattern atop half-cup portions of frozen vanilla yogurt in 6 serving bowls. Sprinkle with pomegranate seeds and toasted almonds if desired. **For regular yogurt:** Mix 3 cups regular vanilla yogurt with almond extract or vanilla. Put half cup of yogurt in each of 6 serving bowls. Layer kiwi slices in circular pattern atop or around yogurt. Sprinkle with pomegranate seeds and toasted sliced almonds if desired. Or put serving of yogurt in center of plate and surround with kiwi slices, pomegranates and almonds.

(continued)

The kiwi-pomegranate combination is also delicious all by itself. Makes 6 servings.

## PEPPERMINT STICK FROZEN DESSERT

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*Dana Beebe*

<b>8 oz. Cool Whip</b>	<b>½ gal. peppermint stick ice cream</b>
<b>1 pkg. Oreo cookies (crushed)</b>	<b>1 can fudge topping</b>
<b>1 stick margarine (softened)</b>	

Stir together crushed Oreos and margarine. Save  $\frac{3}{4}$  cup for topping and press rest in 9 x 13-inch pan. Spread softened ice cream on crumbs. Let this harden in freezer. Spread can of fudge topping next and top with Cool Whip. Put rest of Oreo crumbs on top. Freeze and enjoy.

## RASPBERRY JELLO DESSERT

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*Teresa Moore*

<b>2 sm. boxes raspberry Jello</b>	<b>1 sm. can crushed pineapple, drained</b>
<b>2 pkgs. frozen raspberries</b>	<b>2 c. hot water</b>
<b>2 c. applesauce</b>	

Dissolve Jello in hot water. Add raspberries. Stir until thawed. Add applesauce and pineapple. Pour into pan and chill until set up.

### **Topping:**

<b>1½ c. miniature marshmallows</b>	<b>2 sm. ctn. Cool Whip</b>
<b>1 (8-oz.) box cream cheese</b>	<b>2 T. sugar</b>

Mix together and top salad.

## PISTACHIO DESSERT

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*Annette Lebron*

### **Crust:**

<b>48 (2¼ c.) Hi-Ho or Ritz crackers</b>	<b>½ c. butter, melted</b>
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Crush crackers and mix with butter. Press into 9 x 13-inch cake pan. Bake at 350° for 10 to 15 minutes.

### **Filling:**

<b>½ c. milk</b>	<b>1 qt. vanilla ice cream, softened</b>
<b>2 sm. pkgs. pistachio pudding</b>	<b>8 oz. Cool Whip</b>

Mix together milk and pudding. Add ice cream and Cool Whip.

### **Topping:**

**3-4 crushed Heath candy bars**

Refrigerate four hours before serving.



## ECLAIR DESSERT

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*Karla Sears*

**1 c. water**  
**1 stick margarine or butter**

**4 eggs**  
**1 c. flour**

Bring water and butter to a boil. Remove from heat. Add flour. Stir it until it forms a ball. Add eggs one at a time, beating well after each. Spread in a 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes. Cool.

### **Filling:**

**3 c. milk**  
**11 oz. cream cheese**

**2 (3½-oz.) pkgs. instant vanilla  
pudding**

Blend milk and softened cream cheese. Mix in dry pudding until thick. Spread over cooled crust.

### **Topping:**

**12 oz. Cool Whip**

Drizzle with chocolate syrup.

## CHOCOLATE DREAM DESSERT

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*Peggy Webb*

### **Bottom crust:**

**1 c. flour**  
**½ c. soft butter**

**1 c. chopped pecans**

Mix. Press into a greased 9 x 13-inch pan, bake at 350° for 15 to 20 minutes.

### **Next layer:**

**1-oz. pkg. cream cheese,  
softened**

**½ ctn. Cool Whip**

**1 c. powdered sugar**

Beat cream cheese and sugar until smooth. Fold in ½ carton Cool Whip. Spread over cooled crust.

### **Top layer:**

**1 lg. instant vanilla pudding**  
**1 lg. instant chocolate pudding**

**3 c. cold milk**

Mix and spread over layer. Spread remaining Cool Whip on top. Top with shredded chocolate and pecans.

## 4 DAY MAKE AHEAD SOUR CREAM FUDGE TART

*Dana Stonehocker*

**1 pkg. devil's food cake mix**  
**3 eggs**

**1 c. water**  
**1/3 c. oil**

Bake in 2 pans. Split into 4 layers.

**Frosting:**

**2 c. sour cream**  
**1 c. sugar**

**3 c. coconut**

Fold in 3 cups whipped topping. Cover and refrigerate for 4 days to allow flavors to blend before serving.

## FRUIT PIZZA

*Dana Beebe*

**1 tube Pillsbury sugar cookie dough**  
**3-oz. pkg. cream cheese, softened**  
**1/2-3/4 c. powdered sugar**  
**Kiwi, peeled & sliced**

**Strawberries, sliced**  
**Blueberries, drained**  
**Pineapple chunks**  
**Red & green grapes**  
**Bananas, sliced & rinsed in lemon juice**

Spread cookie dough on cookie sheet. Follow dough cooking instructions. Cool. Soften cream cheese. Gradually stir in powdered sugar. Blend until of spreading consistency, then spread over baked cookie crust. Add fruit, cut, and serve.

## FRUIT PIZZA

*Charlotte Meyer*

**1 yellow cake mix**  
**1/4 c. water**  
**1/2 c. butter**

**1/4 c. brown sugar**  
**2 eggs**

Blend above ingredients and spread onto jelly-roll pan. Bake at 350° for 15 to 20 minutes, cool.

**Mix together and spread on cooled crust:**

**8 oz. cream cheese**  
**1 T. sugar**

**1 tsp. vanilla**

Then layer with fruit (strawberries, pineapple, bananas, etc.). Pour 1 jar strawberry glaze over fruit and top with Cool Whip.

## **FROZEN FRUIT CUPS**

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*Georgine Bellamy  
Tammee Stebbins*

6-oz. can frozen lemonade  
6-oz. can frozen orange juice  
1 lb. frozen strawberries  
1 can crushed pineapple with  
juice

1 sm. bottle maraschino  
cherries with juice  
3 or 4 sliced bananas  
2½ c. water  
½ sugar

Mix all together in large bowl. Place into individual fruit cups and freeze.

## **FROZEN FRUIT CUPS**

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*Cheryl Adams*

2 c. sugar  
1 c. water  
1 (16-oz.) pkg. strawberries  
20 oz. crushed pineapple,  
drained

1 (29 oz.) sliced peaches,  
drained & chopped  
3-4 bananas, sliced

Bring sugar and water to boil, remove and cool. Stir all fruit together and add to sugar mixture. Place in small plastic cups and freeze.

## **FRENCH BREAD PUDDING WITH ORANGE SAUCE**

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*Betty Keese*

6 c. French bread cubes  
¾ c. dark raisins  
2½ c. hot water  
3 eggs, lightly beaten

1 (14-oz.) can condensed milk  
2 tsp. vanilla  
1 tsp. ground cinnamon  
¼ tsp. salt

### **Orange sauce:**

½ c. sugar  
1 T. cornstarch

1 c. orange juice

Heat oven to 350°. Place bread cubes and half of raisins in buttered 9-inch square baking dish. Sprinkle remaining raisins on top. Combine water, eggs, condensed milk, butter, vanilla, cinnamon, and salt in a bowl. Pour over bread. Bake in 350° oven for 45 to 48 minutes or until knife inserted in center comes out clean. Meanwhile prepare orange sauce. Combine sugar and cornstarch in saucepan, stir in orange juice. Cook over medium heat 10 minutes or until thickened. Serve over warm bread pudding.

## **MAMA'S BANANA PUDDING**

*Trish Hubbard*

<b>¾ c. sugar</b>	<b>4 eggs</b>
<b>3 T. all-purpose flour</b>	<b>½ tsp. vanilla</b>
<b>Dash of salt</b>	<b>4-5 med. ripened bananas</b>
<b>2 c. milk</b>	<b>Vanilla wafers</b>

Combine ½ cup sugar, flour and salt in top of double boiler, stir in milk. Beat 2 egg yolks and 2 whole eggs, add to mixture. Cook uncovered over boiling water, stirring constantly, until thickened. Remove from heat, add vanilla. Line bowl with vanilla wafers and layer pudding mixture, sliced bananas and vanilla wafers. Beat remaining two egg whites until stiff (but not dry), gradually add remaining ¼ cup sugar and beat until stiff peaks form. Place on pudding and bake at 400° until medium brown.

## **RHUBARB PUDDING**

*Vickie Richter*

**Prepare batter:**

<b>1 c. sugar</b>	<b>2 tsp. baking powder</b>
<b>1 egg</b>	<b>½ c. cold milk</b>
<b>1 tsp. vanilla</b>	<b>1 c. flour</b>
<b>2 T. butter</b>	

Combine all ingredients as for a cake and pour into greased 8 x 10-inch baking dish. Pour 2 cups diced fresh rhubarb on top of batter and sprinkle 1 cup sugar and 1 tablespoon butter on top rhubarb. Cover with 2 cups boiling water and bake in 325° oven till done. The pudding is done when the batter rises to top and does not adhere to toothpick.

## **BANANA PUDDING**

*Deena McDonald*

<b>4 ripe bananas</b>	<b>4 T. peanut butter</b>
<b>1½ c. applesauce</b>	

Mash bananas with remaining ingredients. Chill. Sprinkle with cinnamon.

## **SIMPLE RICE PUDDING**

*Deena McDonald*

<b>1 c. nonfat dry milk powder</b>	<b>¼ tsp. cinnamon</b>
<b>3 c. water</b>	<b>1 T. margarine</b>
<b>½ c. uncooked rice</b>	<b>1 tsp. vanilla</b>
<b>⅓ c. sugar</b>	<b>¼ c. raisins</b>

(continued)



Mix nonfat dry milk and water in medium saucepan. Add rice and sugar. Heat until boiling. Cover and cook over low heat for about 45 minutes or until the milk is absorbed. Stir occasionally during first 15 minutes of cooking time. Pudding thickens as it cooks. Flavor with cinnamon, margarine, vanilla and raisins, if desired.

## **GRANDMA BELL'S BREAD PUDDING**

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*Diane K. McDonald*

**2½ c. dried bread crumbs  
(cubed)**

**3 c. milk**

**1 T. butter**

**¼ tsp. salt**

**1 c. brown sugar**

**4 eggs, slightly beaten**

**1 tsp. vanilla**

**1 c. raisins (opt.)**

**2 tsp. cinnamon (opt.)**

Soak bread in milk 5 minutes. Mix all other ingredients. Gently mix together in greased baking dish. Place baking dish in larger dish of water and bake in a 350° oven for approximately 50 minutes or until knife inserted between the edge and center comes out clean.

## **APPLE CRISP**

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*Patty Bengé*

**4 c. sliced apples**

**1 c. sugar**

**¾ c. flour**

**½ tsp. cinnamon**

**Dash salt**

**½ c. butter**

Put apples in well buttered dish. Combine sugar, flour, spices, salt. Cut butter gradually into mixture. Sprinkle mixture over the apples. Bake at 375° for 45 minutes.

## PUMPKIN COBBLER

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*Teresa Haarhues*

### Filling:

2 eggs, beaten  
1 c. evaporated milk  
3 c. cooked mashed pumpkin  
(or butternut squash)  
1 c. white sugar  
1/2 c. dark brown sugar

1 T. flour  
1 tsp. cinnamon  
1/4 tsp. ginger  
1/4 tsp. cloves  
1/4 tsp. nutmeg  
1/2 tsp. salt

### Crust:

1 stick butter (1/2 c.)  
1 c. flour  
1 c. white sugar  
4 tsp. baking powder

1/2 tsp. salt  
1 c. reg. or low-fat milk  
1 tsp. vanilla

### Topping:

1 T. butter

2 T. white sugar

Preheat oven to 350°. In a large bowl, combine eggs, milk and pumpkin; add the rest of the filling ingredients, mix well and set aside. **Then prepare the crust:** Melt the stick of butter in a 9 x 11-inch baking pan. In another bowl, mix the remaining crust ingredients until just combined and pour into baking pan on top of the melted butter. Spoon or slowly pour the filling evenly over the crust batter in the pan. Do not stir. Dot the top with the remaining 1 tablespoon butter and sprinkle with the 2 tablespoons of sugar. Bake 1 hour. Serves 8 to 10.

## PEACH COBBLER

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*Vickie Richter*

4 c. peaches, peeled & sliced  
1 c. flour  
1 tsp. baking powder

1 tsp. cinnamon  
3/4 c. sugar  
3 T. margarine

Slice peaches in 9 x 13-inch pan. Cream sugar and margarine. Add flour, baking powder, cinnamon. Pour over peaches.

### Add topping:

3/4 c. sugar

1 T. cornstarch

Then pour 1 cup boiling water over top. Bake at 375° 1 hour.

## APPLE CRISP

*LaDonna Spear*

<b>6-8 apples</b>	<b>1 tsp. baking powder</b>
<b>1 c. sugar</b>	<b>1 c. sugar</b>
<b>1 tsp. cinnamon</b>	<b>1 egg</b>
<b>1 c. flour</b>	<b>1 stick margarine (melted)</b>

Pare and core the apples and slice in 9 x 13-inch pan. Sprinkle 1 cup sugar and cinnamon over top of apples. Combine the flour, baking powder and the 1 cup of remaining sugar into a bowl, cut egg into this mixture and sprinkle over top of apple mixture. Melt the margarine and pour over the top. Bake at 350° for 45 minutes or until golden brown.

## PEACH KUCHEN

*Barb Goering*

<b>1 tube buttermilk biscuits</b>	<b>1 c. sour cream</b>
<b>2 or 3 peaches, sliced or a</b>	<b>1 T. cornstarch</b>
<b>16-oz. can sliced peaches,</b>	<b>1 tsp. vanilla</b>
<b>drained</b>	<b>1 tsp. sugar</b>
<b>2 eggs, beaten</b>	<b>1 tsp. cinnamon</b>
<b>1/2 c. sugar</b>	

Grease 9-inch pie tin. Pat in buttermilk biscuit dough. Cover with peaches. Mix eggs, sugar, sour cream, cornstarch and vanilla. Pour over fruit. Sprinkle with sugar and cinnamon. Bake until brown in 350° oven, about 35 minutes. Let cool. You may substitute other fruit for peaches.

## RASPBERRY COBLER

*Barb Goering*

<b>1 c. firmly packed dark brown sugar</b>	<b>1 c. unbleached or all-purpose flour</b>
<b>1/2 c. water</b>	<b>1/4 c. sugar</b>
<b>4 tsp. cornstarch</b>	<b>1 tsp. baking powder</b>
<b>2 tsp. vanilla extract</b>	<b>1/4 tsp. baking soda</b>
<b>1/2 tsp. ground cinnamon</b>	<b>1/4 tsp. salt</b>
<b>1/4 tsp. ground nutmeg</b>	<b>5 T. chilled unsalted butter, cut into sm. pieces</b>
<b>6 c. fresh raspberries</b>	<b>1/2 c. low-fat buttermilk</b>
<b>Cooking spray</b>	

Preheat oven to 400°. Combine the first 6 ingredients in a large bowl, and set mixture aside. Add raspberries, and toss gently to coat. Spoon raspberry mixture into a shallow 2-quart baking dish coated with cooking spray. Combine 1 cup flour, sugar, baking powder, baking soda, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add low-fat buttermilk, tossing with a fork just

(continued)

until mixture forms a soft dough. Spoon dough into 8 mounds on top of raspberry mixture. Bake at 400° for 30 minutes or until topping is lightly browned and filling is bubbly. Serve warm or at room temperature. Yield: 8 servings.

## **CHERRY COBBLER**

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*Diane Thompson*

Cream  $\frac{1}{4}$  cup soft butter and  $\frac{1}{2}$  cup sugar. Sift 1 cup flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt. Combine the above 2 mixtures alternately with  $\frac{1}{2}$  cup milk. Mix until smooth. Pour into greased 2-quart casserole or 10 x 5 x 3-inch pan. Drain (No. 2) can of cherries, or other fruit. Pour cherries on top of the mixture. Sprinkle  $\frac{1}{2}$  cup sugar on top of fruit. Pour juice plus  $\frac{1}{2}$  teaspoon almond extract over the cherries and bake 45 to 50 minutes or until done in oven at 325°.

## **RHUBARB CRUNCH**

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*Irma Jordan  
Jill Bowman  
Loretta Paullin  
Rose Thompson*

**1 c. flour**  
 **$\frac{3}{4}$  c. oatmeal**  
 **$\frac{1}{2}$  c. margarine**

**1 c. brown sugar (firmly packed)**  
**1 tsp. cinnamon**

Mix until crumbly, press  $\frac{1}{2}$  of mix in greased 9-inch pan. Top with 4 cups diced rhubarb.

**1 c. white sugar**  
**2 T. cornstarch**

**1 c. water**  
**1 tsp. vanilla**

Cook until thick and clear, pour over rhubarb. Top with remaining crunch. Bake at 350° for 1 hour. Top with ice cream and serve.



## **RHUBARB TORTE**

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*Shaun Cain*

### **Crust:**

**1 c. flour**  
**2 T. sugar**

**1/4 c. butter or margarine**

### **Filling:**

**3 egg yolks**  
**1/2 c. cream**  
**2 T. flour**

**1 1/2 c. sugar**  
**3 c. diced rhubarb**

### **Meringue:**

**3 egg whites**  
**2 T. sugar**

**1/4 tsp. salt**

Mix ingredients for crust and pat into 9-inch square pan. Bake at 350° for 15 minutes. Beat egg yolks and add cream, flour and sugar for filling. Pour boiling water over rhubarb; let stand 5 minutes and drain. Place rhubarb on crust and pour filling mixture over it. Bake for 35 minutes. Make meringue by beating egg whites, adding sugar and salt gradually. Spread on top of baked torte and return to oven until browned.

## **RHUBARB COBBER**

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*Sheri Holliday*  
*Rebekah Mitchell*  
*Marcia Harris*

**1 c. sugar**  
**1 c. flour**  
**2 tsp. baking powder**  
**2 T. butter**

**3/4 c. milk**  
**Dash salt**  
**1 tsp. vanilla**  
**2-3 c. cubed rhubarb**

Combine all but rhubarb in a bowl and pour into a 9 x 9-inch greased baking dish. Sprinkle rhubarb over batter. Combine 1 cup sugar, 1 cup water and bring to a boil. Pour this over all and bake at 400° for 35 minutes.

## **CHOCOLATE SURPRISE CUPCAKES**

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*Dr. Sherri Broadbent*

**1 pkg. chocolate cake mix -**  
**make as directed**

### **Filling:**

**8 oz. cream cheese**  
**1/3 c. sugar**  
**6 oz. chocolate chips**

**1 egg**  
**Pinch of salt**  
**Cream cheese, soften**

(continued)

Cream cream cheese with sugar, mix in egg and salt, beat. Add chocolate chips. Put in 1 tablespoon cake mix in cupcake paper, then 1 tablespoon cheese mixture. Then add 1 teaspoon cake mix. Bake at 350° until done (time on box). Cool. Frost as desired.

## **CARROT CAKE**

*Angie Holloway  
Rose Thompson*

**4 eggs, beaten**  
**2 c. sugar**  
**1½ c. oil**  
**2 c. flour**  
**Nuts (opt.)**

**2 tsp. soda**  
**1 tsp. salt**  
**3 sm. jars or 2 junior-size baby  
food carrots**

Mix all and bake 15 to 20 minutes at 325° in a sheet pan or 2 (9 x 13-inch) pans.

### **Topping:**

**3½ c. powdered sugar**  
**½ c. margarine**

**6 oz. cream cheese**  
**½ tsp. vanilla**

Mix and spread on cake. Freezes well.

## **"WHITE CHOCOLATE RASPBERRY SWIRL CHEESE CAKE"**

*Tammee Stebbins*

**28 vanilla wafers**  
**1¼ c. sliced almonds (toasted  
slightly at 300°)**

**3 tsp. margarine (melted)**  
**2 tsp. sugar**

Mix cookie crumbs in blender, add sugar and almonds. Pour into bowl, add melted margarine. Place in springform pan. One (12-ounce) package of thawed raspberries (and juice), blend in blender, run through sieve or panty hose to get seeds out. Mix 4 teaspoons cornstarch with raspberry pulp, light sugar. Cook or microwave, stirring constantly, boil 1 minute or until thick, stir every 30 seconds, 1 (6 ounce) white baking chocolate, melt, cool slightly. Four (8-ounce) packages cream cheese, soften. Mix on low speed, cream cheese, ¾ cup sugar until smooth, add melted chocolate, add 4 eggs, ½ teaspoon almond extract, beat until blended. Preheat oven to 450°. Set aside 2 teaspoons of raspberry mixture. Take 1 cup of cream cheese, mix with raspberry mixture (add 1 teaspoon raspberry flavoring). Pour ½ cream cheese mixture on top of crust in pan. Add ½ of raspberry cream cheese mixture and use knife to swirl through cream cheese. Add remaining cream cheese, then raspberry mixture. Again slice through with a knife. Bake 10 minutes, reduce heat to 250°, bake 30 to 35 minutes more until center is just starting to firm. Cool 3 to 4 hours, take out of pan, add almonds to side, drizzle with raspberry sauce that you set aside earlier.

## CHOCOLATE CAKE & CINNAMON FILLING

*Kathleen Sanford*

<b>2 c. flour</b>	<b>½ c. cocoa</b>
<b>2 c. sugar</b>	<b>1 c. water</b>
<b>1 tsp. soda</b>	<b>2 med. eggs</b>
<b>½ tsp. salt</b>	<b>½ c. buttermilk or sour milk</b>
<b>1 c. butter</b>	<b>1½ tsp. vanilla</b>

Sift flour, sugar, soda and salt together. Bring to a boil butter, cocoa and water. Mix hot liquid with dry ingredients. Mix in eggs one at a time. Add buttermilk and vanilla. Bake in two layer cake pans that have been greased and floured at 350° for 30 to 35 minutes.

### **Cinnamon filling:**

<b>8 T. sugar</b>	<b>2 T. cocoa</b>
<b>1 egg, beaten</b>	<b>1 c. milk</b>
<b>¼ tsp. cinnamon</b>	<b>2 egg whites &amp; yolk</b>
<b>1 T. cornstarch</b>	

Mix together in a saucepan the sugar, egg yolks, cinnamon, cocoa, and cornstarch. Add milk gradually and cook until thick. Beat egg whites until stiff and fold into cooled filling. Fill in-between the layers of cake and then frost with chocolate frosting.

## CHEESECAKE

*Trish Hubbard*

<b>Graham cracker crumbs</b>	<b>1½ c. sugar</b>
<b>1 lb. sm. curd cream-style cottage cheese (use as dry a cream-style variety as possible)</b>	<b>4 eggs, slightly beaten</b>
<b>2 (8-oz.) pkgs. cream cheese, softened</b>	<b>⅓ c. Argo cornstarch</b>
	<b>2 T. lemon juice</b>
	<b>1 tsp. vanilla</b>
	<b>½ c. Mazola margarine, melted</b>
	<b>1 pt. dairy sour cream</b>

Grease a 9-inch springform pan; dust with graham cracker crumbs. Sieve cottage cheese into large mixing bowl. Add cream cheese. Beat with high speed of electric mixer till well blended and creamy. Beating at high speed, blend in sugar, then eggs. Reduce speed to low. Add cornstarch, lemon juice and vanilla. Beat until blended. Add melted margarine and sour cream. Blend with low speed. Pour into prepared pan and bake in 325° (SLOW) oven about 1 hour 10 minutes or until firm around edges. Turn off oven. Let cake stand in oven 2 hours. Remove and cool completely on wire rack. Chill. Remove sides of pan. Makes about 12 servings.

**Note:** Cheesecake may be frozen.

## MOM'S PUMPKIN CAKE ROLL

*Launa Reed*

**3 eggs, beaten on high speed  
for 5 min.**

**1 c. sugar**

**$\frac{2}{3}$  c. pumpkin**

**1 tsp. lemon juice**

**$\frac{3}{4}$  c. flour**

**1 tsp. baking powder**

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

**2 tsp. cinnamon**

**$\frac{1}{2}$  tsp. nutmeg**

**1 tsp. ginger (opt.)**

**1 c. chopped nuts**

**Filling:**

**1 c. powdered sugar**

**4 T. butter or oleo**

**2 (3-oz.) pkgs. cream cheese**

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

Beat eggs on high speed for five minutes. Gradually beat in at slow speed, sugar. Stir in pumpkin and lemon juice. Sift dry ingredients together. Fold dry ingredients into pumpkin. Spread in greased and floured 15 x 10 x 1-inch sheet cake pan. Top with chopped nuts. Bake at 375° for 15 minutes. Turn out on tea towel and sprinkle well with powdered sugar. Roll towel and cake together as for jellyroll. Cool, then unroll. Spread with filling. **Filling:** Combine powdered sugar, oleo, cream cheese and vanilla, beat until smooth. Roll back up again without towel. Wrap in foil or plastic bag. Chill or freeze. Slice to serve.

## CHOCOLATE MAYONNAISE CAKE

*Colleen Haglan-Lynch*

**2 c. flour**

**$\frac{2}{3}$  c. unsweetened cocoa**

**1 $\frac{1}{4}$  tsp. baking soda**

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

**1 $\frac{2}{3}$  c. sugar**

**3 eggs**

**1 tsp. vanilla**

**1 c. mayonnaise**

**1 $\frac{1}{3}$  c. water**

Grease and flour bottoms of two (9 x 1 $\frac{1}{2}$ -inch) round baking pans. In medium bowl stir together flour, cocoa, baking soda and baking powder; set aside. In a large bowl with mixer at high speed beat sugar, eggs and vanilla, occasionally scraping bowl 3 minutes or until light and fluffy. Reduce speed to low; beat in mayonnaise. Add flour mixture in 4 additions alternately with water, beginning and ending with flour. Pour into prepared pans. Bake in 350° oven for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool in pans for 10 minutes. Remove; cool on wire racks. Frost as desired. Garnish with sliced almonds. Makes two (9-inch) layers.



## **TEXAS CAKE**

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*Georgine Bellamy*

<b>2 c. flour</b>	<b>1/2 c. buttermilk</b>
<b>2 c. sugar</b>	<b>2 eggs</b>
<b>2 sticks margarine</b>	<b>1 tsp. soda</b>
<b>3 T. cocoa</b>	<b>1 tsp. vanilla</b>
<b>1 c. water</b>	

Mix together flour and sugar. Boil margarine, cocoa, and water. Pour over dry ingredients and beat well. Add buttermilk, eggs, soda, and vanilla. Pour into greased 11 x 16½-inch pan. Bake at 100° for 20 minutes.

### **Frosting:**

<b>1 stick margarine</b>	<b>1 lb. powdered sugar</b>
<b>4 T. cocoa</b>	<b>1 tsp. vanilla</b>
<b>6 T. milk</b>	<b>1 c. chopped nuts</b>

Boil margarine, cocoa and milk. Add powdered sugar, vanilla, and nuts. Pour over cake while cake is still hot.

## **NANNY'S QUICK CHOCOLATE CAKE**

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*Brenda Mitchell*

<b>1 stick margarine</b>	<b>1/2 c. buttermilk</b>
<b>1/2 c. oil</b>	<b>3 T. cocoa</b>
<b>1 c. water</b>	

Bring this to boil over medium heat; remove from fire and add:

<b>2 c. sugar</b>	<b>2 c. flour</b>
<b>1 tsp. baking soda</b>	<b>1 tsp. salt</b>
<b>1 tsp. vanilla</b>	<b>2 eggs</b>

Beat together until all ingredients mixed well. Bake 20 minutes at 400° in greased jellyroll pan. While baking, mix frosting:

<b>1 stick margarine</b>	<b>4 T. milk</b>
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Bring this to boil over medium heat; remove from fire and add:

<b>3 T. cocoa</b>	<b>1-lb. box powdered sugar</b>
<b>1 tsp. vanilla</b>	

Mix well. Frost cake while hot.

## NANO'S CHOCOLATE CHERRY CAKE

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Marcia Harris

1 fudge cake mix (Betty Crocker)

2 eggs

2 T. oil & fill on up to 1/2 c. with water

2 tsp. almond extract

1 can cherry pie filling (Wilderness)

Bake in greased jelly-roll pan at 350° for 25 to 30 minutes.

**Frosting:**

1 c. sugar

1/3 c. milk

5 T. margarine

Mix and boil 1 minute. Add 2/3 cup chocolate chips. Beat until creamy and put on warm cake.

## DIRT CAKE

---

Loretta Paullin

**Cream together:**

8 oz. cream cheese

1 c. powdered sugar

1 stick margarine

Fold in 12 ounces Cool Whip. Mix together 2 (3-ounce) packages of instant vanilla pudding with 3 cups of milk and fold into above mixture. Crush a 20-ounce package of regular Oreos. Use a **NEW** flower pot, sand pail or whatever. Layer Oreos, then pudding mix, then Oreos, pudding mix and top with Oreos. Decorate with flowers, worms, or whatever.

## RED VELVET CAKE

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Rita McDonald  
Billi Jo Akers  
Kim Lambert

1 1/2 c. Crisco oil

1 1/2 c. sugar

1 c. buttermilk

1 oz. red food coloring

2 eggs

2 1/2 c. self-rising flour

**Icing:**

8 oz. cream cheese

1 box confectioners' sugar

1 1/2 tsp. vanilla

1 stick butter or oleo

1/2 c. chopped nuts

Mix well. Bake in 2 (9-inch) round cake pans at 350° for 30 to 35 minutes or until top springs back when touched lightly. Let cake cool in pans 10 minutes. Remove cake and cool completely. **Icing:** Mix well and spread between layers, top and sides of cake.

## DEVIL'S FOOD FLOAT

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*Carla Campbell*

### Part 1:

1 c. flour  
1 tsp. soda  
1/4 tsp. salt  
3/4 c. sugar  
1 1/2 T. cocoa

1/2 c. sour milk (tsp. vinegar in  
milk)  
2 T. oleo (melted)  
1 tsp. vanilla  
1/2 c. nuts (opt.)

### Part 2:

1/2 c. sugar  
1/2 c. syrup

2 T. cocoa  
1 c. hot water

Mix part one and pour into 8 x 8-inch baking dish. Mix part 2 and pour over part one. Bake at 350°. Test as you would a cake. About 30 to 35 minutes. Serve hot or cold with or without ice cream.

## WHACKY CAKE

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*Rhonda Lauer  
Joann Haines  
Lisa Donadio*

3 c. flour  
1/2 c. cocoa

2 c. sugar  
2 T. soda

Add to above:

2 T. vinegar  
2 c. cold water

3/4 c. oil  
2 T. vanilla

Mix well by hand, not mixer. Pour into ungreased cake pan. Bake at 350° for 30 minutes or until done.

### Icing:

6 T. oleo  
1 1/2 c. sugar

6 T. milk

Bring to a boil for 30 seconds. Add 1 cup of chocolate chips. Blend until smooth. Pour over cooled cake.

## DANISH COFFEE CAKE

---

*Vickie Richter*

1/2 c. butter  
1 c. flour

2 T. cold water

Work together like pie crust. Press into 2 long strips in ungreased pan. Set aside.

1/2 c. butter  
1 c. boiling water

1 tsp. vanilla or almond  
flavoring

(continued)

Boil on stove, take off heat, add 1 cup flour. Stir real well. Add 3 eggs (one at a time). Beat well. Spread on top of first set of ingredients. Bake at 350° oven for 1 hour. Frost while warm.

## **CRUMB CAKE**

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*Marcia Jones*

**2½ c. flour**  
**1 tsp. salt**

**1 c. shortening**  
**1 c. sugar**

Mix as pie crust and save 1 cup for topping.

**Add:**

**½ c. molasses**  
**1 egg**  
**1 tsp. ginger**

**1 tsp. cinnamon**  
**1 tsp. baking soda**

Mix all together above ingredients. Add 1 cup boiling water. Mix. Pour in 9 x 13-inch pan. Sprinkle 1 cup saved ingredients on top of batter. Bake at 350° oven for 45 minutes.

## **STREUSEL COFFEE CAKE**

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*Denise Larson*

**¾ c. sugar**  
**¼ c. soft shortening**  
**1 egg**  
**½ c. milk**

**1½ c. flour**  
**2 tsp. baking powder**  
**½ tsp. salt**

**Streusel:**

**½ c. brown sugar**  
**2 T. flour**  
**2 tsp. cinnamon**

**2 T. melted butter**  
**½ c. nuts**

Spread ½ batter in greased and floured 9-inch pan. Sprinkle with ½ streusel. Add remaining batter and streusel at 375°, 25 minutes.



## **OVERNIGHT COFFEE CAKE**

**(Handy for Company)**

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*LaDonna Speer*

*Carol Meints*

**1 c. granulated sugar**

**1/4 c. brown sugar**

**2/3 c. margarine**

**2 eggs**

**2 c. flour**

**1/2 tsp. salt**

**1 tsp. cinnamon**

**1 tsp. baking powder**

**1 tsp. soda**

**1 c. buttermilk**

### **Topping:**

**1/2 c. brown sugar**

**1 tsp. cinnamon**

**1/2 c. nuts (chopped)**

Cream the granulated sugar, 1/4 cup brown sugar and margarine. Add the eggs and cream. Add the sifted dry ingredients alternately with the buttermilk. Spread in a greased 9 x 13-inch pan. In a small bowl mix the topping ingredients and spread over the pan mixture. Chill overnight in refrigerator. Bake the next morning at 350° for 30 minutes. Serves 12.

## **COFFEE CAKE**

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*Shanna Garrison*

*Jill Kordick*

*Rebekah Mitchell*

**2/3 c. oleo**

**1 c. sugar**

**1/2 c. brown sugar**

**2 beaten eggs**

**2 c. flour**

**1 tsp. baking soda**

**1 tsp. baking powder**

**1/2 tsp. cinnamon**

**1 c. buttermilk**

Cream oleo and sugar, add eggs. Alternate adding dry ingredients and buttermilk. Spread in a greased and floured 9 x 13-inch pan.

### **Topping:**

**1/2 c. brown sugar**

**1/2 c. chopped pecans**

**1/2 tsp. cinnamon**

Sprinkle on top of batter. Bake at 350° for 35 minutes.

## OPAL'S COFFEE CAKE

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*Laura Watts*

### Mix:

1 $\frac{1}{4}$  c. sugar

2 beaten eggs

$\frac{3}{4}$  c. oil

### Add:

2 c. flour

1 tsp. vanilla

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

### Add:

1 c. sour milk or buttermilk

1 tsp. baking powder

### Mix:

4 tsp. sugar

1 tsp. cinnamon

Spread half of batter in greased 9 x 13-inch pan. Sprinkle with half of cinnamon/sugar mixture. Spread rest of batter on top and top with rest of cinnamon/sugar mixture. Bake 20 minutes at 350°. DO NOT OVERBAKE! When done, poke holes in cake and pour icing on while hot.

### Icing:

1 c. powdered sugar

Hot water to make thin icing

1 tsp. vanilla

## DELICIOUS COFFEE CAKE

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*Marcia Jones*

1 c. sugar

3 c. flour

1 c. margarine

3 tsp. baking powder

2 eggs

1 c. milk

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

2 tsp. cinnamon

$\frac{1}{2}$ -1 c. nuts

$\frac{1}{2}$  c. melted margarine

Cream sugar and margarine, add eggs. Sift flour and baking powder, add alternately to creamed mixture with milk, begin and end with dry ingredients. Mix brown sugar, cinnamon and nuts. Spread  $\frac{1}{2}$  batter in a greased 9 x 13-inch pan. Spread  $\frac{1}{2}$  crunch mixture over the batter. Add the rest of the batter and sprinkle over the rest of the top. Drizzle melted margarine over the top. Bake in oven at 375° for 30 to 40 minutes. Pour frosting over when slightly cooled.

### Frosting:

1 T. butter

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

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

Mix sugar and cornstarch. Make a well in the center and drop in butter. Add 1 to 3 teaspoons hot water. Stir. Makes a thin glaze.

## GRANDMA'S RASPBERRY CAKE

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*Annette Lebron*

- |                            |                            |
|----------------------------|----------------------------|
| 1 white cake mix           | 1 (16-oz.) pkg. frozen     |
| 4 eggs                     | raspberries, partly thawed |
| $\frac{2}{3}$ c. salad oil | 2 tsp. raspberry flavoring |
| 1 pkg. raspberry Jello     |                            |

Combine above ingredients in mixer bowl. Bake 50 minutes at 325° in a 9 x 13 x 2-inch pan.

## RHUBARB CAKE

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*Jean Wagner  
Laura Reed  
Julia Foley*

**Cream together:**

- |                         |                         |
|-------------------------|-------------------------|
| $\frac{1}{2}$ c. Crisco | $1\frac{1}{2}$ c. sugar |
| 2 c. flour              | 1 egg                   |
| 1 c. sour milk          | 1 tsp. vanilla          |
| 1 tsp. soda             |                         |

Add to cream mixture. Mix well. Add rhubarb. Top with topping and bake till done.

**Rhubarb,  $1\frac{1}{4}$  c. diced when fresh**

**Sour milk:**

**1 T. lemon juice and fill rest with milk to make 1 cup**

**Topping:**

- |                              |                 |
|------------------------------|-----------------|
| $\frac{1}{3}$ c. brown sugar | 1 tsp. cinnamon |
|------------------------------|-----------------|

## RHUBARB COFFEE CAKE

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*Sally Leeper  
Carol Meints*

- |  |                |
|--|----------------|
| $1\frac{1}{2}$ c. sugar                            | 2 c. flour     |
| $\frac{1}{2}$ c. shortening                        | 1 tsp. vanilla |
| 1 egg  | 1 tsp. soda    |
| $\frac{1}{8}$ tsp. salt                            |                |
| 1 c. sour milk or (1 c. sweet milk & 2 T. vinegar) |                |

(continued)

Mix well and fold in 2 cups rhubarb (cut in small pieces).

**Topping:**

**1/2 c. brown sugar**

**1 tsp. cinnamon**

**1 T. butter**

Mix together and sprinkle on top. Bake at 325° 1 hour.

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## **CREME DE MENTHE CAKE**

*Becki Messer*

**1 white cake mix**

**1 1/2 pkgs. Dream Whip**

**5 T. creme de menthe**

**1 1/2 cans Hershey's fudge**

**Green food coloring**

**topping**

Mix white cake according to directions on box. Add 2 tablespoons creme de menthe and green food coloring. Bake at 375° in greased and floured 10 x 15-inch pan. Pour and spread fudge topping on warm cake. When cool, mix Dream Whip with 3 tablespoons creme de menthe and green food coloring. Spread on cake.

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## **MANDARIN ORANGE CAKE**

*Deb Goerndt  
Denise L. Kirkland*

**2 c. sugar**

**2 tsp. baking soda**

**2 c. flour**

**1 tsp. salt**

**2 eggs**

**2 tsp. vanilla**

**2 sm. cans mandarin oranges  
(drain)**

Mix all together with mixer. Pour in 9 x 13-inch pan. Bake at 350° for 35 minutes.

**Topping:**

**3/4 c. brown sugar**

**3 T. milk**

**3 T. butter**

**1/2 c. nuts**

Bring brown sugar, butter, milk to a boil. Remove from heat, add nuts. Pour over cake as soon as it is removed from oven. Also good with Cool Whip. Also freezes well.

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## **BANANA LOAF CAKES**

*Chris Eyerly*

**1/2 c. mashed banana**

**4 eggs**

**1 (2-layer) pkg. yellow cake mix**

**1 c. water**

**1 (4-serv. size) pkg. Jello instant  
pudding (banana cream or  
vanilla flavor)**

**1/4 c. oil**

**1/2 c. finely chopped nuts (opt.)**

(continued)



Combine all ingredients in mixer bowl. Blend, then beat at medium speed for 4 minutes. Pour into greased and floured 8 x 4-inch loaf pans. Bake at 350° for 50 to 55 minutes or until cake tester inserted in center comes out clean and cake begins to pull away from sides of pans. **Do not underbake.** Cool in pans 15 minutes. Remove from pans and finish cooling on rack.

## **GRANDMA KOEHLER'S SPONGE CAKE WITH FILLING**

*Sheri Holliday*

<b>1½ c. flour</b>	<b>½ tsp. salt</b>
<b>1½ c. sugar</b>	<b>1 tsp. cream of tartar</b>
<b>1 tsp. baking powder</b>	<b>¾ c. egg whites (6 med.)</b>
<b>½ c. egg yolks (6 med.)</b>	<b>¼ c. cold water</b>
<b>2 tsp. vanilla</b>	

**Cake:** Sift together flour, 1 cup sugar and baking powder into small bowl. Beat egg white, salt, cream of tartar in large bowl at high speed till very soft mounds form. Beat ½ cup sugar into egg whites adding 1 tablespoon at a time. Continue beating until very stiff. Do not underbeat. Combine egg yolks, cold water, vanilla. Blend into dry ingredients. Continue to beat 1 minute. Fold egg yolk mixture ¼ cup at a time into stiffly beaten egg whites with a wire whip or spatula. Fold gently until egg whites are completely blended. Do not stir. Cut through batter to remove pockets. Pour in ungreased tube (angel food) pan and bake. Let cool in an 1 hour.

<b>2½ c. milk</b>	<b>½ flour</b>
<b>¾ c. sugar</b>	<b>Speck salt</b>
<b>1½ c. butter</b>	<b>2 tsp. vanilla</b>
<b>4 oz. sweet chocolate</b>	

**Filling:** Scald 2½ cups milk in a double boiler. Mix ½ cup flour, and ¾ cup sugar thoroughly, then mix well with ½ cup cold milk. Add to hot milk, add speck of salt, cook 15 minutes, stirring constantly. Set aside to cool. Next take 1½ cups unsalted butter (at room temperature) cream till light, beat in cooled custard, add 2 teaspoons vanilla. Take 4 ounces sweet chocolate and melt adding to ⅔ of the custard mixture. Split cake into 4 slices. Put vanilla filling between the top and bottom layers. Put chocolate filling between the center layers and over the top and sides. Cover top with chopped nuts or coconut.

## **HUMMINGBIRD CAKE**

*Trish Hubbard*

<b>3 c. plain flour, sifted</b>	<b>1 tsp. salt</b>
<b>1 tsp. cinnamon</b>	<b>½ tsp. baking powder</b>
<b>2 c. sugar</b>	<b>½ tsp. baking soda</b>

Mix together.

(continued)

**Then add:**

<b>1 c. drained, crushed pineapple</b>	<b>1½ c. vegetable oil</b>
<b>3 eggs</b>	<b>1½ tsp. vanilla</b>

**FOLD IN** with fork or spoon, **DO NOT BEAT:**

<b>2 c. coarsely chopped nuts</b>	<b>2 c. bananas, cut up</b>
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Pour in greased and floured tube pan. Bake at 325° for approximately 1 hour 20 minutes. Remove cake from pan. When cake has cooled some, top with:

**Topping:**

<b>1 (8-oz.) pkg. cream cheese, softened</b>	<b>1¾ c. confectioners' sugar</b>
<b>1 tsp. vanilla</b>	<b>¾ stick oleo</b>

## **HAWAIIAN NUT CAKE**

*Barb McDonald*

<b>½ lb. butter</b>	<b>1 tsp. baking powder</b>
<b>2 c. sugar</b>	<b>1 c. sweet milk</b>
<b>6 eggs</b>	<b>1 c. coconut</b>
<b>1 tsp. soda</b>	<b>1 c. walnuts &amp; pecans mix</b>
<b>1-lb. box graham cracker crumbs</b>	

Combine all ingredients except eggs. Add 1 egg at a time to mixture, beating well after each one. Pour into 3 round cake pans or sheet pan. Bake at 350° for 20 to 30 minutes.

**Icing:**

<b>1 med.-size can crushed pineapple (drained)</b>	<b>½ lb. butter</b>
	<b>1 box confectioners' sugar</b>

Beat well and spread on cake between layers and on top.

## **CHEESE CAKE**

*Kathy Raymond*

Prepare graham cracker crumbs. Press in bottom of 13 x 9 x 2-inch pan. Save 1 cup. Dissolve 1 package lemon Jello in 1 cup boiling water. Cream 8-ounce package and 3-ounce package of cream cheese, 1 cup sugar, 2 teaspoons vanilla, add lemon Jello mix. Fold in 2 cups of whipping cream. Pour in the crust and sprinkle the rest of the crumbs on top. Refrigerate.

## **EASY NO-FROST APPLE CAKE**

*Jackie Howard*

<b>1/2 c. shortening</b>	<b>3 tsp. baking powder</b>
<b>2 eggs</b>	<b>2 1/2 c. flour</b>
<b>1 tsp. salt</b>	<b>1 tsp. vanilla</b>
<b>1/2 c. milk</b>	<b>1 can pie apples</b>
<b>1 1/2 c. sugar</b>	

Cream sugar, shortening and eggs. Beat until light and fluffy. Sift baking powder, salt and flour. Add to creamed mixture, alternating with milk and vanilla. Beat 3 minutes. Fold in apples to distribute evenly. Bake in 9 x 13-inch pan at 350° for 40 minutes. Before baking, top with sugar and cinnamon.

## **SOUR CREAM CAKE**

*Rose Thompson*

<b>1 1/2 c. sour cream</b>	<b>1 1/2 c. flour</b>
<b>1 c. All-Bran cereal</b>	<b>2/3 c. butter or margarine</b>
<b>2 eggs (mix in 1 tsp. soda)</b>	<b>1 tsp. vanilla</b>
<b>1 1/2 c. sugar</b>	

Mix all. Put in 9 x 13-inch cake pan. Bake at 350° approximately 40 minutes or till done.

## **LEMON CAKE**

*Diana Wilson*

**Put in bowl:**

<b>1 pkg. lemon cake mix</b>	<b>4 eggs</b>
<b>1 pkg. lemon instant pudding</b>	<b>3/4 c. water</b>

Mix until smooth. Bake in greased 9 x 11-inch pan. Remove when done. Prick with fork and pour over the following:

<b>1/2 c. orange juice</b>	<b>2 T. salad oil</b>
<b>2 1/2 c. powdered sugar</b>	

Work over cake so it won't run to sides.

## **PINK AND PRETTY ANGEL FOOD CAKE**

*Betty Frazier*

<b>1 c. cake flour</b>	<b>1/4 tsp. salt</b>
<b>1/2 c. powdered sugar</b>	<b>1 1/2 tsp. cream of tartar</b>
<b>1 1/3 c. superfine sugar</b>	<b>1 tsp. vanilla</b>
<b>2 c. egg whites (room temp.)</b>	

(continued)

Measure sifted flour, add 1/2 cup powdered sugar, sift together four times. Combine egg whites, salt, cream of tartar and vanilla in large bowl. Beat until soft peaks form. Add remaining sugar in four additions. Sift in flour and fold (with a spatula) into beaten egg whites. Turn all but 2 cups of the mixture into a angel food tube pan. To the remaining batter, add a few drops of red food coloring and 1/4 teaspoon peppermint flavor. With a spatula tune the pink peppermint batter on the top of batter already in the pan. Drag a knife through the cake batter to remove air pocket and to marbleize. Bake 35 minutes in preheated oven at 375°. When done invert pan until cool.

**Peppermint fluff topping:**

**2 c. chilled whipping cream**

**1/4 tsp. salt**

**3/4 c. powdered sugar**

**Few drops red food coloring**

**1/4 tsp. peppermint flavor**

Mix cream, sugar, peppermint flavoring and salt in chilled bowl. Beat until stiff. Frost cake with the peppermint fluff.

## **PEACH GLOW ANGEL CAKE**

*Janette Pickar*

**1 (10-in.) angel food cake**

**2 c. milk**

**1 (4.6-oz.) pkg. vanilla pudding  
(not instant)**

**1 c. whipping cream (1/2 pt.)**

**2 tsp. sugar**

**1 can peach filling**

Slice entire top from cake an inch down. Set this aside. Hollow out center of cake leaving a substantial base and sides. Prepare pudding mix according to package directions, using 2 cups of milk. Cool; mix 1/2 pudding with the peach pie filling and spoon into cavity of cake. Replace top of cake and chill. Fold remaining pudding into whipped cream and frost top and sides of cake. Chill until time to serve. Serves 12 to 16.

## **DELUXE BLACK WALNUT YELLOW ANGEL FOOD CAKE**

*Betty Frazier*

**1 3/4 c. cake flour**

**1 c. sugar**

**2 tsp. baking powder**

**1/4 tsp. salt**

**1 c. egg yolks**

**1 T. black walnut flavoring**

**3/4 c. boiling water**

**1/2 c. black nuts, chopped fine**

Measure flour and set aside 2 teaspoons flour to dredge nuts. Sift remaining flour and baking powder 4 times. Beat egg yolks in large bowl until thick. Add salt, continue beating approximately a minute longer, then slowly add the hot water, beating constantly until the yolk mixture stands in peaks. Gradually add flavoring and sugar continuing to beat mixture. Fold in flour gently until the flour disappears. Dredge

(continued)



nuts in the 2 tablespoons flour until well coated. Fold nuts into batter mixture. Push batter into ungreased tube pan. Bake in moderate oven at 350° about 45 minutes or until done. The test for doneness is when no imprint remains when finger lightly touches the top of the cake. Remove from oven and invert. Let hang until cold. You can split cake into 3 layers and frost with whipped cream icing flavored with black walnut or vanilla or liqueur.

## **CHAMPAGNE CAKE**

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*Joann Haines*

Use a Jiffy yellow cake mix in 9 x 13-inch pan or a cookie sheet. Bake 15 minutes at 350°. Let cool. Blend 1 cup milk, gradually with 1 (8 ounce) creamed cheese, softened. Blend in 1 cup milk and a box instant vanilla pudding. Use a mixer. Spoon this mixture over the top of cake. Drain 1 can crushed pineapple. Spoon over pudding ingredients. Top with a large carton of Cool Whip. Cover with coconut.

## **BETH'S SHORT CAKE**

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*Evelyn Ridout*

**1/2 c. oleo**  
**2 eggs**  
**3 tsp. baking powder**  
**1 tsp. vanilla**  
**Lemon**

**1 1/3 c. sugar**  
**2 c. flour**  
**1 c. milk**  
**Dash of salt**

Cream sugar and oleo, add eggs and alternately add mixed dry ingredients and milk mixed with flavorings. Bake at 350° 30 minutes.

## **COOKIES AND CREAM CAKE**

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*Dr. Thomas Bergstrom*

**Cake:**

**1 pkg. white cake mix**  
**1 c. crushed crème filled**  
**chocolate sandwich cookies**

Make cake according to specifications on box. Add to it 1 cup coarsely crushed crème filled chocolate sandwich cookies. Mix well, do not overbeat. Bake at 350° for 25 to 30 minutes. When completely cool frost with the following:

**3 c. powdered sugar**  
**1 tsp. vanilla**

**3/4 c. shortening**  
**2 egg whites**

Beat until smooth and creamy. Frost. (If you use fresh unblemished eggs you don't have a problem.) Refrigerate leftovers.

## **APPLE POUND CAKE**

*Dr. Thomas Bergstrom*

**2 c. sugar**  
**1½ c. vegetable oil**  
**3 eggs**  
**2 tsp. vanilla**  
**2 c. apples, chopped**

**3 c. flour**  
**1 tsp. baking soda**  
**1 tsp. cinnamon**  
**1 tsp. salt**  
**1 c. chopped nuts**

Heat oven to 350°. Grease and flour 12-cup bundt pan. Beat sugar, oil, eggs, and vanilla in large bowl with electric mixer, until light and fluffy. Stir in remaining stuff. Pour into pan. Bake 1 hour to 1 hour 20 minutes or until toothpick comes out clean. Cool 20 minutes and remove from pan, spoon caramel glaze over cake. In the summer it should be kept cold.

### **Caramel glaze:**

**½ c. butter**  
**2 tsp. milk**

**½ c. brown sugar**

Heat ingredients to boiling in 2-quart pan stirring occasionally. Boil 2 minutes. Stirring constantly, remove from heat.

## **MAMA'S SOUR CREAM POUND CAKE**

*Trish Hubbard*

**½ lb. butter**  
**3 c. sugar**  
**6 egg yolks**  
**¼ tsp. soda**

**¼ tsp. soda**  
**1 tsp. vanilla**  
**½ pt. sour cream**  
**3 c. plain flour**

Cream butter and sugar and add 6 egg yolks and beat until lemon yellow. Add sour cream and flour into which soda has been sifted. Beat well and add vanilla. Beat the six egg whites until stiff and fold into batter. Bake one hour at 300°. (May take a little longer, depending on oven.)

## **GOOD GIRL CAKE**

*Eve Harris Reed*

**1 yellow cake mix**  
**1 egg**  
**1 pkg. butter brickle pieces**

**1 stick butter or margarine**  
**1 can sweetened condensed milk**

Cut in 1 stick of butter or margarine with a pastry blender. Mix in 1 egg. Press in bottom of 9 x 13-inch cake pan. Pour 1 can sweetened condensed milk (or low fat variety of same). Then sprinkle with 1 bag of butter brickle pieces and bake at 350° until done.

## BANANA CAKE

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*Billy Weltha*

- |   |                            |
|---|----------------------------|
| <b>1 pkg. plain yellow cake mix</b>       | <b>1 c. water</b>          |
| <b>½ c. light brown sugar</b>             | <b>½ c. vegetable oil</b>  |
| <b>1 tsp. cinnamon</b>                    | <b>3 lg. eggs</b>          |
| <b>2 med. bananas, mashed equals 1 c.</b> | <b>1 c. chopped pecans</b> |

Lightly grease and dust with flour 2 round cake pans. Preheat oven to 350°. Mix cake mix, brown sugar and cinnamon in a large mixing bowl. Add mashed bananas, water, oil and eggs. Blend with electric mixer one minute. Scrape bowl and then mix for two more minutes. Batter should look well blended. Divide batter into two pans. Bake at 350° for 30 to 32 minutes. Toothpick should come out clean. Cool, place on plate, frost with Caramel frosting and sprinkle with pecans.

### **Caramel frosting:**

- |                               |                                    |
|-------------------------------|------------------------------------|
| <b>1 stick butter</b>         | <b>¼ c. whole milk</b>             |
| <b>½ c. light brown sugar</b> | <b>2 c. powdered sugar, sifted</b> |
| <b>½ c. dark brown sugar</b>  | <b>1 tsp. vanilla</b>              |

Place butter and brown sugars in medium-size heavy saucepan over medium heat. Cook until mixture comes to a boil, about 2 minutes. Add milk, stir, bring to a boil, remove from heat. Add powdered sugar and vanilla, beat with spoon until smooth. Use immediately or it will harden.

## \$100.00 CHOCOLATE CAKE

---

*Nancy Baker*

- |   |                           |
|---|---------------------------|
| <b>2 c. flour</b>                       | <b>¼ tsp. salt</b>        |
| <b>2 c. cool water</b>                  | <b>2 tsp. baking soda</b> |
| <b>1 c. sugar</b>                       | <b>5 T. cocoa</b>         |
| <b>1 c. Miracle Whip salad dressing</b> | <b>1 tsp. vanilla</b>     |

Sift together dry ingredients. Add remaining ingredients and beat well at least 2 minutes. Pour into greased 9 x 13-inch pan and bake at 350° for 30 minutes or until done.

## MINNESOTA CHOCOLATE CAKE

---

*Mary Rew*

- |                         |                               |
|-------------------------|-------------------------------|
| <b>2 c. flour</b>       | <b>1 c. buttermilk</b>        |
| <b>½ c. cocoa</b>       | <b>⅔ c. oil</b>               |
| <b>1¾ c. sugar</b>      | <b>1 egg</b>                  |
| <b>1 tsp. salt</b>      | <b>1 c. hot strong coffee</b> |
| <b>1 T. baking soda</b> | <b>1 tsp. vanilla</b>         |

Mix dry ingredients. Add liquid ingredients. Bake in large pan at 350° for 30 to 40 minutes.

(continued)

### **Frosting:**

- |                    |               |
|--------------------|---------------|
| 1 c. sugar         | 1/2 c. cocoa  |
| 1 c. boiling water | 1/2 tsp. salt |

Combine, cook until thick, then remove from heat and add 3 tablespoons butter, 1 teaspoon vanilla. Frost immediately.

## **ITALIAN CREAM CAKE**

---

*Rita McDonald*

- |                   |                       |
|-------------------|-----------------------|
| 1 c. buttermilk   | 5 eggs, separated     |
| 1 tsp. soda       | 2 c. sifted flour     |
| 2 c. sugar        | 1 tsp. vanilla        |
| 1/2 c. oleo       | 1 c. walnuts, chopped |
| 1/2 c. shortening | 1 c. coconut          |

Combine buttermilk and soda and let stand a few minutes. Cream sugar, oleo, shortening. Add egg yolks, one at a time, beating well after each. Add buttermilk alternately with flour. Stir in vanilla. In separate bowl, beat egg whites until stiff but not dry. Gently fold into batter. Gently add nuts and coconut. Bake in three (9-inch) greased and floured cake pans, 25 minutes at 325°. **Frosting:** Cream 8 ounces cream cheese, 1/2 cup oleo, 1 teaspoon vanilla. Add 1 pound powdered sugar. Frost only between layers and top.

## **CHOCOLATE ICEBOX PIE**

---

*Janet Loomis*

- |                             |                |
|-----------------------------|----------------|
| 1/4 lb. butter              | 3/4 c. sugar   |
| 2 sq. unsweetened chocolate | 1 tsp. vanilla |
| 2 eggs                      |                |

Cream butter and sugar. Melt and cool chocolate. Add vanilla. Add eggs one at a time and beat at high speed for 5 minutes after each egg. Fill cooled crust. Chill 2 hours. Serve with whipped cream. **Crust:** Mix and press into pie plate: One cup flour, 1/2 cup butter, 1/2 cup chopped pecans. Bake at 400° for 10 minutes.

## **PEANUT BUTTER PIE**

---

*Sherry Tolley*

- |                                       |   |
|---------------------------------------|---|
| 1 (3-oz.) pkg. cream cheese, softened | 1 (8-oz.) ctn. frozen whipped topping, thawed |
| 1/3 c. peanut butter                  | 1 (9-in.) chocolate crumb crust               |
| 1 c. confectioners' sugar             | 1/4 c. chopped peanuts                        |
| 1/4 c. milk                           |   |

(continued)



In a mixing bowl, beat cream cheese until fluffy. Mix in peanut butter and sugar. Gradually add milk; mix well. Fold in whipped topping. Spoon into crust. Refrigerate overnight. Garnish with peanuts. Yield: 8 slices.

## **LEMONADE ICE CREAM PIE**

---

*Betty Keese*

**2 (6-oz.) ready-to-fill graham cracker crusts**  
**1/2 gal. vanilla ice cream, softened**

**1 (12-oz.) can frozen lemonade concentrate, thawed**  
**1 (16-oz.) tub frozen whipped topping, thawed**

Place pie crusts in freezer. Put ice cream, lemonade concentrate and 3/4 of the whipping topping into large bowl. Stir until blended. Spread 1/2 mixture into each pie crust. Cover each with remaining whipped topping. Freeze until topping firm, and then cover airtight with foil or plastic wrap. Freeze 4 hours or until hard. Serve garnished with lemon slice. Makes 2 pies.

## **HURRY UP PIE**

---

*Loretta Paullin*

**1 c. sugar**  
**1 c. flour**  
**3/4 c. milk**

**2 tsp. baking soda**  
**1 stick oleo**  
**1 can pie filling**

Melt oleo in bottom of 9 x 9-inch baking dish. Mix sugar, flour, milk and baking soda and pour over the melted oleo, but **DO NOT STIR OR SPREAD OUT**. Pour pie filling on top. Bake for approximately 1 hour at 350°, until crust is light brown.

## **IMPOSSIBLE PIE**

---

*Rhonda Wagoner*

**2 c. milk**  
**4 eggs**  
**1/4 tsp. salt**  
**1/2 c. honey**  
**1 c. coconut**

**1 tsp. nutmeg**  
**1/2 c. whole-wheat flour**  
**1/4 c. butter**  
**1 tsp. vanilla**

Blend all ingredients in blender. Pour in pie pan. Bake at 350°. Makes its own crust.

## **GRANDMA HERMON'S OSGOOD PIE**

*Deena McDonald*

<b>4 eggs, beaten</b>	<b>2 T. butter</b>
<b>2 c. sugar</b>	<b>3 T. vinegar</b>
<b>1 c. raisins (soaked in warm water)</b>	<b>1 tsp. cloves</b>
	<b>1 tsp. cinnamon</b>

Cream butter and sugar. Add eggs. Add vinegar, cloves, cinnamon. Mix in raisins. Pour into 9-inch single unbaked crust. Bake in slow oven about 1 hour.

## **TOLL HOUSE PIE**

*Tricia Hirsch*

<b>2 eggs</b>	<b>1 (6 oz.) chocolate chips</b>
<b>1/2 c. flour</b>	<b>1 c. chopped walnuts/pecans</b>
<b>1/2 c. sugar</b>	<b>1 (9-in.) pie shell</b>
<b>1/2 c. brown sugar, packed</b>	
<b>1 c. butter (margarine), melted &amp; cooled</b>	

In a bowl beat eggs till foamy. Add flour, sugar, and brown sugar. Beat till well blended. Blend in melted butter. Stir in chocolate chips and walnuts. Pour into pie shell. Bake at 325° for 1 hour. Serve warm with whipped cream or ice cream.

## **CHOCOLATE PIE**

*Barb McDonald*

<b>1 lg. chocolate bar, melted</b>	<b>8 oz. Cool Whip</b>
------------------------------------	------------------------

Mix together and pour into pastry shell.

## **LEMON CUSTARD PIE**

*Dr. Thomas Bergstrom*

**In blender:**

<b>4 lg. eggs</b>	<b>1 c. sugar</b>
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Slice up 1 lemon rind and all, 1/4 cup butter. Blend for 2 minutes. Pour in unbaked pie shell and bake 40 minutes at 350°.

## BANANA MALLOWS PIE

*Sharon Shaul*

Combine 2 cups vanilla wafer crumbs and  $\frac{1}{2}$  cup margarine, melted. Press into 9-inch pie plate and bake 8 minutes at 375°. Prepare small package vanilla instant pie filling with  $1\frac{3}{4}$  cups milk. Whip 1 carton of whipping cream with sugar to sweeten. Add to pudding mixture. Fold in  $1\frac{1}{2}$  cups mini marshmallows. Slice bananas into crust and pour mixture over. Chill several hours before serving.

## NO-BAKE MILE-HIGH BANANA SPLIT PIE

*Julie Van Dyke*

- |   |  |
|---|--|
| <b><math>1\frac{1}{4}</math> c. cold milk</b>                               | <b>2 T. water</b>                                      |
| <b>1 (12-oz.) ctn. frozen whipped topping, thawed, divided</b>              | <b>1 (11.75-oz.) jar hot fudge sauce</b>               |
| <b>1 (6-oz.) pkg. instant vanilla pudding mix</b>                           | <b>1 (20-oz.) can pineapple chunks, drained</b>        |
| <b>2 bananas, cut across into <math>\frac{1}{4}</math>-in. thick slices</b> | <b>12 maraschino cherries with stems, well drained</b> |
| <b>1 (6-oz.) pkg. prepared chocolate cookie crumb pie crust</b>             | <b>3 T. walnut pieces</b>                              |

**1st step:** In medium bowl whisk together milk and 2 cups whipped topping. Add vanilla pudding mix. Whisk until mixture thickens to consistency of stiffly beaten whipped cream, about 1 minute. Stir in banana slices. Spread half of banana/pudding mixture in pie crust. **2nd step:** Stir together fudge sauce and water, set aside 3 tablespoons for drizzling. With back of spoon gently spread  $\frac{1}{2}$  remaining fudge/water sauce over banana/pudding mixture. Top with remaining banana/pudding mixture and other half of fudge/water sauce. Refrigerate until firm, about 1 hour. **3rd step:** Arrange pineapple chunks in single layer over fudge sauce. Spread with remaining whipped topping, filling spaces between pineapple chunks and swirling topping into peaks with back of spoon. Refrigerate 30 minutes. **4th step:** In microwave-safe container, heat reserved fudge sauce on high until pourable, about 10 seconds. With fork drizzle sauce in lines over top of pie. Garnish with maraschino cherries and walnuts. Makes 12 servings ready to serve in 1 hour and 50 minutes.

## STRAWBERRY PIE

*Andrea Miner*

- |   |                                |
|---|--------------------------------|
| <b>1 (9-in.) baked pie crust</b>        | <b>1 c. hot water</b>          |
| <b>1 pt. fresh strawberries or more</b> | <b>3 T. cornstarch</b>         |
| <b>1 c. sugar</b>                       | <b>3 T. strawberry gelatin</b> |

(continued)

Put strawberries in pie shell. Cook sugar, water and cornstarch till thickened. Add gelatin. Cool and pour over strawberries. Top with Cool Whip.

## **STRAWBERRY PIE**

*Vickie Richter*

Use 1 quart strawberries. Place 1 pint sliced berries in baked pie shell. Add 1/2 cup water to remaining berries. Bring to boil. Mash berries. Bring to boil again and slowly stir in 1 cup sugar and 3 tablespoons cornstarch which has been stirred. Cool mixture and pour mixture over berries in pie shell. Chill 1 hour or longer. Top with whipped cream. Be sure to pour cooked berries into shell before mixture sets.

## **MILE HIGH STRAWBERRY PIE**

*Linda Eddleman*

1 (10-oz.) pkg. frozen  
strawberries, thawed  
1 c. sugar  
2 egg whites  
1 1/2 T. lemon juice

1 tsp. strawberry flavoring  
Dash salt  
1/2 c. whipping cream  
1 tsp. vanilla  
1 baked pie shell or crumb crust

Place defrosted strawberries, sugar, egg whites, lemon juice, strawberry flavoring and salt in large mixing bowl and beat at medium speed 15 minutes. Mixture will look like meringue. Whip cream, add vanilla flavoring, and fold into the strawberry mixture. Pile lightly into baked pie shell and freeze for several hours or overnight. Garnish with fresh berries to serve. This can also, be poured into a crumb-lined pan, frozen and then cut into squares.

## **FRENCH SILK PIE**

*Connie Tadlock*

Cream 1/2 cup butter with 3/4 cup sugar. Stir in 2 squares cooled melted chocolate. (I use Choco-Bake.) Add 2 eggs, one at a time. Beat 5 minutes after each addition at high speed. Fold in 2 cups thawed Cool Whip. Put in a 9-inch graham cracker shell and chill.

## **GRANDMA'S FRENCH SILK PIE**

*Vickie Richter*

1 1/2 c. vanilla ice cream  
1 pkg. Dream Whip  
1 (6-oz.) box instant chocolate  
pudding

1 c. milk  
1 tsp. vanilla  
1 (9-in.) baked pie shell

With electric mixer, combine first 5 ingredients and blend till they start to thicken to a pudding consistency. Pour into baked pie crust. Top with Cool Whip or mix:

(continued)



1 ctn. heavy whipping cream  
1/2 c. powdered sugar

1 tsp. vanilla

Refrigerate.

## **CHERRY TOPPED EASIER PIE**

*Chris Eyerly*

14 whole graham crackers  
1 (6-serv. size) pkg. Jello instant  
pudding (vanilla flavor)  
2 c. cold milk

1 c. thawed Cool Whip non-dairy  
whipped topping  
1 (21-oz.) can cherry pie filling

Line 9-inch square pan with whole graham crackers, breaking them if necessary. Combine pudding mix and milk in bowl. Beat slowly at lowest speed of mixer until well blended (about 2 minutes). Let stand 5 minutes, then blend in whipped topping. Spread half the mixture over crackers, add another layer of crackers. Top with remaining pudding mixture and remaining crackers. Top with cherry pie filling. Chill 3 hours. Makes 9 servings.

## **APPLE PIE**

*Marcia Jones*

6-8 Jonathan apples, pared,  
cored & thinly sliced (6 c.)  
3/4-1 c. sugar  
1 tsp. cinnamon

2 T. butter  
2 T. flour  
Dash of nutmeg  
Pastry for 2 crust (9-in.) pie

Cut apples into cold salt water. Once finished cutting apples, rinse in water, add flour, sugar, cinnamon and nutmeg.

**Make pie crust:**

2 c. flour  
1/2 vegetable oil

1 tsp. salt  
5 T. water

Mix dry ingredients mix wet ingredients. Add together mix with fork. Separate into 2 balls. Roll one ball between 2 pieces of waxed paper. Peel off top waxed paper and fold into the pie pan. Pour apple mixture into pan, dot with butter. Take the other ball of dough and roll out, then apply to the top of the pie. Seal the edges and slit the top for escape of steam. Sprinkle with sugar and cinnamon. Bake at 400° for 50 to 60 minutes.

## **SOUR CREAM APPLE PIE**

---

*Rose Thompson*

**2 c. sliced apples**  
 **$\frac{3}{4}$  c. sugar**  
**2 T. flour**  
**1 c. sour cream**

**1 beaten egg**  
 **$\frac{1}{2}$  tsp. vanilla**  
**Pinch salt**

Bake in single crust at 350° about 30 minutes.

**Crumb together:**

**$\frac{1}{3}$  c. sugar**  
**1 tsp. cinnamon**

**$\frac{1}{3}$  c. flour**  
 **$\frac{1}{4}$  c. butter**

Sprinkle over top of pie and return to oven for 15 to 20 minutes. Peaches may be used in place of the apples.

## **RHUBARB CREAM PIE**

---

*Shanna Garrison*

**1 c. flour**  
**2 T. powdered sugar**

**1 stick butter**

Mix above ingredients and press into 9-inch pie pan. Bake 10 minutes at 350°.

**Filling:**

**2 c. rhubarb, cut fine**  
**3 egg yolks**  
**2 T. flour**

**$1\frac{1}{4}$  c. sugar**  
**3 T. milk**

Cook over medium heat until thick, pour into baked crust. Then make meringue out of 3 egg whites, add to top of pie and bake until meringue is golden brown.

## **RHUBARB PIE**

---

*Shirley Bittinger*

**2 c. sugar**  
**2 eggs**  
**2 T. melted oleo or butter**

**2 T. lemon juice**  
**1 c. bread crumbs**

Mix all above ingredients well. Stir in 4 cups rhubarb chopped. Pour in a lined 9-inch pie pan. Cover with second crust. Flute edges. Brush top crust with milk and sprinkle with sugar. Make 6 or 7 cuts in top crust for steam to escape. Bake at 425° for 15 minutes. Then 45 minutes at 350° or till light brown and bubbles out of cuts.

## **RHUBARB DELIGHT PIE**

---

*Tricia Hirsch*

**Mix in a mixer:**

**2 eggs**

**2 c. sugar**

**2 T. butter, melted**

**2 T. lemon juice**

**3 slices soft bread, torn into pieces**

Over the bottom crust spread  $\frac{1}{2}$  batter. Arrange 3 cups finely cut rhubarb over batter and cover remaining batter. Add top crust. Bake at 350° for 10 minutes.

## **SOUR CREAM RAISIN PIE**

---

*Barb Kalbach*

**1 c. raisins (cooked till tender)**

**$\frac{2}{3}$  c. sugar**

**1 can Pet milk or 2 c. cream or half & half**

**3 egg yolks**

**2 T. flour**

**3 egg whites**

**Pinch cloves & nutmeg**

Add cream, sugar, egg yolks and flour to raisins and cook till thick. Add  $\frac{1}{2}$  teaspoon vanilla and spices. Pour into pie shell. Make meringue from egg whites. Bake at 350° till brown.

## **BERRY PIE**

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*Mary Kathryn Bigelow*

**Glaze:**

**1 c. water**

**2 T. corn syrup**

**2 T. cornstarch**

**$\frac{1}{2}$ -1 c. sugar (according to tartness of berries)**

Boil the above ingredients. Add 1 package of Jello powder that is the kind of berry being used for the pie. (Example: strawberry or raspberry Jello.) Cool. Make a single pie crust and bake. Drop berries in the crust. Pour Jello glaze over berries. Refrigerate. Top with Cool Whip if you like.

## **FRESH PEACH PIE**

---

*Shanna Garrison*

**5-6 fresh peaches, skin removed & cut in  $\frac{1}{2}$**

**1 c. sugar**

**2 T. cornstarch (heaping)**

**$\frac{1}{2}$  box half & half (pt. size)**

Mix together sugar, cornstarch and half & half. Place peach halves in bottom of unbaked 9-inch deep dish pie shell. Pour liquid mixture over peaches. Bake at 375° for 45 minutes to 1 hour. Let set to thicken up.

## BUTTERSCOTCH PUDDING PIE

---

*Carol Meints*

**2 c. packed brown sugar**  
**7 rounded T. cornstarch with a**  
**pinch of salt**

Mix together with a fork.

**5 c. milk**

**6 egg yolks**

Mix well. Mix top 2 together and microwave until thick and stir every 2 minutes. Pour into baked pie shells and make meringue:

**6 egg whites**  
**2 T. sugar**

**1/2 tsp. cream of tartar**

Mix together and put on top of pies. Bake in 350° oven until golden. Brown shells at 400°. Watch closely regular level in oven.

## GOLD ROOM FUDGE PIE

---

*Shirley Bitteringer*

**1 c. sugar**  
**1 1/2 sticks Fastco oleo or butter**

**3 eggs**

Mix until the sugar is dissolved to touch.

**Melt together:**

**2 oz. or 2 sq. unsweetened**  
**baking chocolate**

**1/3 c. of semi-sweet chocolate**  
**chips**

Let cool so no heat in bottom of bowl, then stir into egg mixture. Beat well. Then pour into graham cracker crust or baked pie shell. Top with thawed Cool Whip and shave chocolate almond bark on top. Keep in freezer till ready to serve.

## CHILLED LIME-COCONUT PIE WITH MACADAMIA-COCONUT CRUST

---

*Dr. Thomas Bergstrom*

**35 vanilla wafer cookies (about**  
**5 oz.)**  
**1/3 c. dry roasted macadamia**  
**nuts (about 2 oz.)**

**1/3 c. sweetened flaked coconut**  
**(Mounds coconut)**  
**1/4 c. butter (1/2 stick unsalted**  
**butter) melted**

**Filling:**

**1 (15-oz.) can cream of coconut**  
**(such as Coco Lopez)**  
**2/3 c. plain low-fat yogurt**  
**1/2 c. fresh lime peel**  
**3 T. cold water**

**2 tsp. unflavored gelatin**  
**3/4 c. chilled whipping cream**  
**2 T. powdered sugar**  
**1 lime, thinly sliced into rounds\***  
**Additional powdered sugar**

(continued)



Put red raspberries and blueberries around outside and slice a big strawberry, spread in out fan-shaped. **Crust:** Preheat oven to 350°. Finely grind cookies and nuts in processor. Transfer to medium bowl. Mix in coconut. Add butter and stir till blended. Press crumb mixture onto bottom and up sides of 9-inch diameter metal or glass pie dish. Cover and freeze 30 minutes (can be prepared 1 week ahead and keep frozen). Bake until crust is golden, about 20 minutes. Cool completely. **Filling:** Whisk first 4 ingredients in 4-cup measuring cup or large bowl to blend. Pour 3 tablespoons cold water into small metal bowl. Sprinkle gelatin over. Let stand till gelatin softens, about 10 minutes. Set bowl in small saucepan of barely simmering water, whisk into coconut mixture. Pour into crust (filling will reach top of crust.) Chill till set, about 4 hours. (Can be prepared 1 day ahead.) Cover and keep refrigerated.

## GRANDMOTHER LAMB'S GREEN TOMATO PIE

*Betty Frazier*

**Mix together:**

1 pt. chopped green tomatoes	2 c. raisins
1 pt. chopped apples	

**Mix together:**

1 c. sugar	1/4 tsp. allspice
1 heaping tsp. flour	1/4 tsp. cloves
1 level tsp. cinnamon	

Combine the fruit mixture and the sugar, flour, spice mixture.

**Add:**

1 1/4 c. water

Gradually stir in water and cook until thick.

**Add:**

1 T. apple cider vinegar	2 T. butter
--------------------------	-------------

Cool mixture before putting in pie shell. This is a two crust pie. Brush crust with milk and bake pie in a moderate oven until crust is a golden brown.

**Note:** If when tasted the cooked mixture is not tart enough after adding 1 tablespoon vinegar you may add more to your liking.

## SODA CRACKER PIE

*Loretta Paullin*

6 egg whites	3/4 c. chopped nuts
3/4 tsp. cream of tartar	1 tsp. vanilla
2 c. sugar	1 sm. Cool Whip
2 c. broken soda crackers	1 can pie filling

(continued)

Beat egg whites and cream of tartar until foamy, not stiff. Add sugar gradually. Fold in crackers, nuts and vanilla. Place in a greased 11 x 14-inch pan and bake for 25 minutes at 350°. Let cool. Spoon on Cool Whip and pie filling. Chill 6 hours or overnight.

## **CHOCOLATE BROWNIE CRUST**

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*Sherry Tolley*

<b>1¼ c. reduced-fat chocolate wafer crumbs (about 40 wafers)</b>	<b>2 T. butter or stick margarine, melted</b>
<b>2 T. sugar</b>	<b>1 egg white</b>

In a food processor, combine wafer crumbs, sugar and butter; pulse until blended. Add egg whites; pulse until moistened. Press mixture onto the bottom and up the sides of a 9-inch pie plate. Bake at 375° for 8 to 10 minutes or until lightly browned. Cool completely before filling. Yield: 8 servings.

## **GRAHAM CRACKER CRUST**

---

*Sherry Tolley*

<b>1¼ c. graham cracker crumbs (about 20 squares)</b>	<b>3 T. butter or margarine, melted</b>
<b>3 T. sugar</b>	<b>1 egg white</b>

In a food processor, combine cracker crumbs, sugar and butter; pulse until blended. Add egg white; pulse until moistened. Press mixture onto the bottom and up the sides of a 9-inch pie plate. Bake at 375° for 8 to 10 minutes or until lightly browned. Cool completely before filling. Yield: 8 servings.

## **PIE CRUST**

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*Jean Teno*

<b>1½ c. flour</b>	<b>2 T. milk</b>
<b>½ c. oil</b>	<b>1 tsp. salt</b>

Mix. Pour in 8-or 9-inch pie pan, press in pan, prick with fork. Bake at 400° for 15 minutes. This is easy to fix if you have unexpected company. When cool you can put pudding in the shell, then put Cool Whip on top of pudding when set.

## **PUMPKIN CAKE**

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*Kathy Raymond*

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>2 c. sugar</b>           | <b>1½ tsp. cinnamon</b>     |
| <b>4 eggs</b>               | <b>1 c. oil</b>             |
| <b>2 tsp. baking powder</b> | <b>2 c. flour</b>           |
| <b>1 tsp. soda</b>          | <b>1 c. chopped walnuts</b> |
| <b>½ tsp. salt</b>          | <b>2 c. pumpkin</b>         |

Mix together. Bake for 25 to 30 minutes at 350° in a 12 x 16-inch pan.

### **Cream Cheese Frosting (beat):**

- |                           |                                 |
|---------------------------|---------------------------------|
| <b>8 oz. cream cheese</b> | <b>1 tsp. vanilla</b>           |
| <b>½ stick butter</b>     | <b>Powdered sugar to spread</b> |

## **CHOCOLATE RIBBON PIE**

---

*Joann Haines*

- |   |  |
|---|--|
| <b>4 oz. cream cheese, softened</b>     | <b>2 c. cold milk</b>                            |
| <b>2 T. sugar</b>                       | <b>2 (4-oz.) pkgs. chocolate instant pudding</b> |
| <b>1 T. milk</b>                        |  |
| <b>1 (8-oz.) ctn. Cool Whip</b>         |  |
| <b>1 prepared chocolate crumb crust</b> |  |

Beat cream cheese, sugar and 1 tablespoon milk till smooth. Gently stir in ½ of whipped topping. Spread over crust. Pour 2 cups milk in bowl. Add pudding mixes. Beat with wire whisk 2 minutes. Pour over cream cheese layer. Refrigerate 4 hours or till set. Just before serving, spread remaining whipped topping over pudding. Store leftover in refrigerator. Makes 8 servings.

## **MOM'S CHOCOLATE CAKE**

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*Sheila Arnot*

- |                             |                            |
|-----------------------------|----------------------------|
| <b>⅔ c. margarine</b>       | <b>1 c. buttermilk</b>     |
| <b>2 c. sugar</b>           | <b>2½ tsp. baking soda</b> |
| <b>2 eggs</b>               | <b>Dash salt</b>           |
| <b>2 T. cocoa (rounded)</b> | <b>1 tsp. vanilla</b>      |
| <b>2½ c. flour</b>          | <b>1 c. boiling water</b>  |

Mix all ingredients together and bake in 350° oven in a cake pan for 30 to 35 minutes.

## **STRAWBERRY PIE**

---

*Vera Smith*

**3 oz. strawberry Jello**  
**1 $\frac{2}{3}$  c. boiling water**  
**2 c. Dream Whip**

**2 T. sugar**  
**1 $\frac{1}{2}$  c. strawberries, halved**

Prepare graham cracker crust in pie shell. Dissolve Jello in boiling water. Chill till starts to thicken. Blend  $\frac{1}{2}$  cup Jello in Cool Whip and sugar. Spread onto crust. Chill till firm. Stir strawberries into Jello and put in center on top of Cool Whip mixture.

## **ZUCCHINI BROWNIES**

---

*Pat Barrie*

**1 $\frac{1}{4}$  c. sugar**  
 **$\frac{1}{2}$  c. oil**  
**1 egg**  
 **$\frac{1}{4}$  c. cocoa**  
**2 c. flour**

**1 $\frac{1}{2}$  tsp. soda**  
**1 tsp. salt**  
**1 tsp. vanilla**  
**2 c. grated zucchini**  
 **$\frac{1}{2}$  c. nuts (opt.)**

Mix all together. Bake 25 to 30 minutes at 350°.

## **CREAM CHEESE FROSTING**

---

*Kristin Wilkinson*

**1 lg. pkg. cream cheese**  
**1 box powdered sugar**

**$\frac{1}{2}$  c. margarine**  
**2 tsp. vanilla**

Beat until creamy, by adding sugar gradually. Sweeten to taste with powdered sugar.

## **WHITE FROSTING**

---

*Billi Jo Akers*

**$\frac{1}{2}$  bag powdered sugar**  
 **$\frac{1}{2}$  c. Crisco lard**  
**1 egg white**

**2 tsp. butter flavoring**  
**2 tsp. vanilla flavoring**  
**Milk**

Mix together.

## **GOOD DECORATING CAKE FROSTING**

---

*Linda Eddleman*

**$\frac{1}{2}$  c. solid shortening (Crisco)**  
 **$\frac{1}{2}$  c. butter**  
**1 tsp. clear vanilla flavoring**

**4 c. powdered sugar**  
**2 T. milk**  
 **$\frac{1}{2}$  tsp. butter flavoring**

(continued)



Cream butter and shortening with mixer. Add vanilla and butter flavoring, gradually add sugar, one cup at a time. When all sugar is mixed in icing will appear dry. Add milk and beat until fluffy. Stores great in the refrigerator, just re-whip before using. Other flavoring options, if desired 1/2 teaspoon almond and 1/2 teaspoon lemon flavoring.

## **WHIPPED CREAM FROSTING**

---

*Barb McDonald*

**1 c. milk**

**1/2 c. butter**

**1 c. sugar**

**3 T. cornstarch**

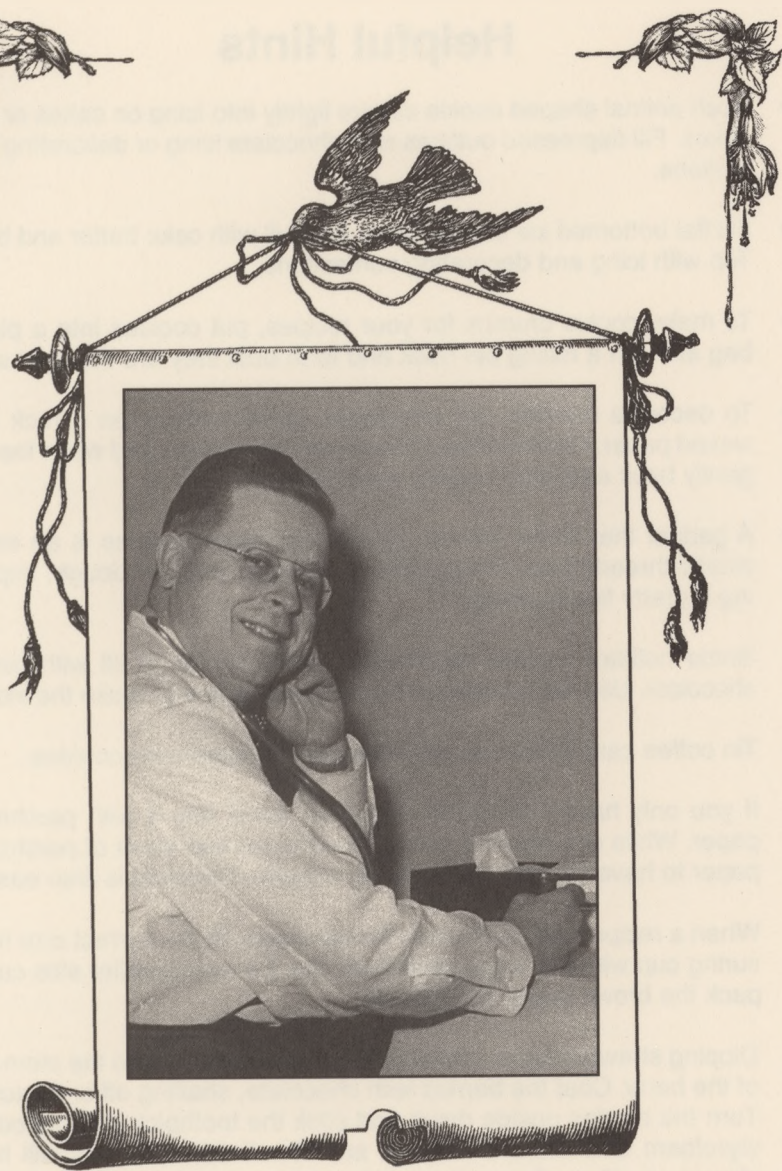
**1/2 c. Crisco**

**3 tsp. vanilla**

Combine cornstarch and milk in saucepan. Cook until thickened, stirring constantly. Set aside to cool. Combine the butter, sugar and shortening. Beat until nice and creamy. Add the cooled cornstarch mixture and beat for 5 minutes or until like whipped cream. Add vanilla.

### **Recipe Favorites**





*Cookies & Candy*

# Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.



# COOKIES & CANDY

## AUNT JOSIE'S SUGAR COOKIES

---

*Sheri Holliday*

- |                  |                  |
|------------------|------------------|
| 1 c. brown sugar | 1 c. white sugar |
| 1 c. Crisco      | 2 eggs           |
| 2 tsp. soda      | 1 c. buttermilk  |
| 4 c. flour       | 1 tsp. salt      |
| 1 tsp. vanilla   |                  |

Cream both sugars, Crisco. Add eggs, buttermilk and vanilla. Mix dry ingredients together. Add dry mixture to creamed mixture. Chill dough, roll out and cut with cookie cutter, or shape into rounds and bake at 450° till done. Thick cookies are better. Frost.

## BUTTERMILK SUGAR COOKIES

---

*Tassie Crase*

- |                  |                    |
|------------------|--------------------|
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 c. white sugar | ½ tsp. salt        |
| 1 c. Crisco      | 1 tsp. vanilla     |
| 1 egg            | 5 c. flour         |
| 1 c. buttermilk  |                    |

Mix all ingredients together. Refrigerate for 4 hours. Then roll out and cut cookies out. Bake at 450° for 8 to 9 minutes.

## FROSTED SUGAR COOKIES

---

*Rebekah Mitchell*

**Cookies:**

- |                     |                        |
|---------------------|------------------------|
| 1 c. powdered sugar | 1 tsp. soda            |
| 1 c. white sugar    | 1 tsp. salt            |
| 1 c. butter         | 1 tsp. cream of tartar |
| 1 c. oil            | ¼ tsp. almond extract  |
| 2 eggs              | 1 tsp. vanilla         |
| 4½ c. flour         |                        |

Cream sugars and butter. Beat in oil, add eggs and flavorings. Sift dry ingredients and add. Drop into balls on cookie sheet and press down with glass dipped in sugar. Bake at 375° 10 minutes.

**Frosting (ingredients may be adjusted as needed):**

- |                |                       |
|----------------|-----------------------|
| ½ c. butter    | 2-3 c. powdered sugar |
| 1 tsp. vanilla | ¼ c. half & half      |
| ¼ tsp. salt    | Food coloring         |

## SUGAR COOKIES

---

*Kathy Raymond  
Sheila Arnot*

1 c. oil	1½ tsp. vanilla
1 c. oleo (butter or margarine)	1 c. powdered sugar
2 eggs	1 c. sugar

Add:

4 c. flour	1 tsp. salt
1 tsp. cream of tartar	1 tsp. baking soda

Chill. Then roll into balls. Flatten with glass dipped into sugar. Recipe also submitted by Connie Tadlock, Patty Bengé and Nancy Baker.

## NESTLE COOKIES

---

*Kim Kernes*

1 c. butter (2 sticks)	1 tsp. soda
2 eggs	1 tsp. salt
¾ c. brown sugar	2¼ c. flour
¾ c. sugar	1 bag chips
1 tsp. vanilla	
1½ c. butter (3 sticks)	1½ tsp. vanilla
3 eggs	1½ tsp. soda
1½ c. brown sugar	1½ tsp. salt
1½ c. sugar	3½ c. flour

Bake 9 to 11 minutes at 350°.

## WALNUT FROSTIES

---

*Deb Goerndt*

½ c. margarine	2 c. flour
1 c. brown sugar	½ tsp. baking soda
1 tsp. vanilla	

Topping:

1 c. chopped walnuts	½ c. brown sugar
¼ c. sour cream	

Combine 1st 5 ingredients as any cookie. Shape into balls the size of a walnut. Place on ungreased cookie sheet and make a depression in center. Fill depression with topping mix. Bake at 350° about 10 minutes.

## HONEY CHIPPER COOKIES

---

*Lisa Donadio*

**1/2 c. margarine**

**1/2 c. honey**

**1 egg**

**1 1/2 c. flour**

**1/2 tsp. baking soda**

**1/2 tsp. salt**

**1 c. chocolate or peanut butter chips (or more)**

**1/2 tsp. vanilla**

Mix margarine and honey together thoroughly. Add egg and vanilla. Beat well. Mix dry ingredients together and add to the liquid mixture. Beat well. Stir in flavored chips. Drop spoonfuls of dough onto cookie sheet. Bake at 350° for approximately 8 to 10 minutes.

## GRANDMA'S RAISIN FILLED COOKIES

---

*Marcia Harris*

**1 1/2 c. margarine**

**1 c. sour cream**

**2 c. sugar**

**2 eggs**

**1 tsp. vanilla**

**2 tsp. baking powder**

**1 tsp. soda**

**1/2 tsp. salt**

**Enough flour to make stiff dough**

**Filling:**

**2 1/2 c. raisins, ground**

**1 c. sugar**

**1 c. warm water**

**1 T. flour**

Mix filling ingredients and cook on medium heat until thick. Roll out cookie dough (1/8 inch thick). Cut out for size of cookie desired. Place 1 teaspoon filling inside cookies, place on top and pinch edges together. Bake at 350° until dough just begins to brown around edges, approximately 10 to 12 minutes.

## CHERRY MACAROONS COOKIES

---

*Teresa Moore*

**1 1/3 c. shortening**

**1 1/2 c. sugar**

**1 tsp. salt**

**1 1/2 tsp. almond extract**

**2 eggs, unbeaten**

Mix thoroughly.

**Add:**

**3 1/2 c. flour**

**2 tsp. baking powder**

**1 tsp. baking soda**

**1 c. cherry chips**

**1 1/2 c. coconut flakes**

Mix well. Bake at 375° for 10 to 12 minutes.

## OATMEAL COOKIES

---

*Dr. Loren Olson*

- |   |   |
|---|---|
| <b>1 c. (2 sticks) unsalted butter, at room temp.</b> | <b>3 c. old fashioned rolled oats</b>   |
| <b>1 c. packed light brown sugar</b>                  | <b>1 c. plus 2 T. all-purpose flour</b> |
| <b>1 c. granulated sugar</b>                          | <b>1 tsp. baking soda</b>               |
| <b>2 lg. eggs, room temp.</b>                         | <b>1 tsp. baking powder</b>             |
| <b>1 tsp. vanilla</b>                                 | <b>1/2 c. flax seed meal</b>            |
|   | <b>1 1/2 c. golden raisins (opt.)*</b>  |

Preheat oven to 350°. In mixer bowl, cream the butter and both sugar on medium-high until light and fluffy, about 3 minutes. Add eggs, mix on high to combine. Add vanilla; mix to combine, and scrape sides of bowl. Combine rolled oats, flour, baking soda, baking powder, and flax seed meal in a large bowl and stir to combine. Add the dry mixture to the butter mixture and mix just to combine. Stir in raisins. Use teaspoon to form balls of dough and place on cookie sheet about 3 to 4 inches apart. Bake until golden and just set, about 14 minutes. Cool about 5 minutes on cookie sheet, then transfer to wire rack to finish cooling. \*Raisins may be replaced with 12 ounces of chocolate chips.

## KRINGLA

---

*Kristin Wilkinson*

- |                        |                                 |
|------------------------|---------------------------------|
| <b>1 c. sugar</b>      | <b>1 tsp. baking soda</b>       |
| <b>1/2 c. butter</b>   | <b>3 c. flour</b>               |
| <b>1 egg, unbeaten</b> | <b>1 tsp. vanilla</b>           |
| <b>1 c. buttermilk</b> | <b>2 1/2 tsp. baking powder</b> |

Mix sugar, butter and egg. Add buttermilk and soda. Stir in remaining ingredients and combine well. Store in refrigerator overnight. Roll scant tablespoon of dough into fat pencil-shape on floured pastry sheet and form into figure 8 or pretzel-shape. Place on ungreased cookie sheet. Bake at 375° to 400° until slightly browned on bottom, about 8 minutes, then turn oven to broil and brown slightly. Makes about 4 dozen. Serves: 4 dozen.

## N.M. COOKIES

---

*Cory Fetch*

- |  |                                     |
|--|-------------------------------------|
| <b>1 c. butter</b>                         | <b>1 tsp. baking powder</b>         |
| <b>2 c. flour</b>                          | <b>1 tsp. vanilla</b>               |
| <b>1 tsp. soda</b>                         | <b>2 eggs</b>                       |
| <b>2 1/2 c. oatmeal</b>                    | <b>1/2 tsp. salt</b>                |
| <b>12 oz. chocolate chips</b>              | <b>4-oz. Hershey's bar (grated)</b> |
| <b>1 1/2 c. chopped nuts (your choice)</b> | <b>1 c. brown sugar</b>             |
|  | <b>1 c. sugar</b>                   |

(continued)

Measure oatmeal and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla, mix together with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey's bar and nuts. Roll into balls and place two inches apart on cookie sheet. Bake for 10 minutes at 375°. Makes 56 cookies.

## **QUICK COOKIES**

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*Jean Teno*

<b>1 pkg. cake mix, chocolate, yellow, or white cake mix</b>	<b>1/2 c. vegetable oil 2 eggs</b>
--	--

You can use any kind of chips you want, chocolate, butterscotch, or vanilla, just add the chips to the batter. Drop by teaspoon on greased pan. Cook for 12 minutes at 350°. Cookies will be soft. Let set for a few minutes before you take them out of the pan.

## **REESE'S CUP COOKIES**

---

*Chris Eyerly*

<b>1/2 c. butter</b>	<b>1 1/4 c. flour</b>
<b>1/2 c. peanut butter</b>	<b>3/4 tsp. baking soda</b>
<b>1/2 c. sugar</b>	<b>1/2 tsp. salt</b>
<b>1/2 c. brown sugar</b>	<b>1 pkg. miniature Reese peanut butter cups</b>
<b>1 egg</b>	
<b>1/2 tsp. vanilla</b>	

Mix all ingredients together except Reese cups. Roll dough into small balls and put in miniature muffin tins. Bake at 375° 10 minutes. Press Reese cup into cookie right out of oven. Let cool 10 minutes. Remove from tins.

## **"POTATO CHIP COOKIES"**

---

*Tammee Stebbins*

<b>1 c. brown sugar</b>	<b>2 c. flour</b>
<b>1 c. white sugar</b>	<b>1/2 tsp. salt</b>
<b>1 c. oil</b>	<b>1 tsp. baking soda</b>
<b>2 eggs</b>	<b>2 c. oatmeal</b>
<b>1 tsp. vanilla</b>	<b>2 c. potato chips, crushed</b>
<b>1/2 tsp. burnt sugar flavoring</b>	<b>1 c. chopped nuts</b>

Mix well, chill, roll in balls. Bake at 375° for 10 to 15 minutes until light brown.



## **COCONUT CREAM EGGS**

*Laurie Allen*

- |   |   |
|---|---|
| <b>1 (8-oz.) pkg. cream cheese</b><br><b>(softened)</b> | <b>1 c. flaked coconut</b>                                |
| <b>1 T. butter (softened)</b>                           | <b>2 c. (12 oz.) semi-sweet</b><br><b>chocolate chips</b> |
| <b>4 c. confectioners' sugar</b>                        | <b>1 T. shortening</b>                                    |

In a mixing bowl, beat cream cheese and butter until smooth. Add sugar and coconut. Refrigerate for 1½ hours or until easy to handle. Using hands dusted with confectioners' sugar, mold rounded tablespoonfuls of coconut mixture into egg shapes. Place on a waxed paper-lined baking sheet. Freeze for 2 hours or until slightly firm. Melt chocolate chips and shortening. Remove eggs from the freeze a few at a time; dip into chocolate mixture until completely coated. Return to waxed paper; refrigerate until hardened. Store in the refrigerator.

## **APPLESAUCE & OATMEAL COOKIES**

*Lila Dorrell*

- |                         |                        |
|-------------------------|------------------------|
| <b>¾ c. margarine</b>   | <b>½ tsp. soda</b>     |
| <b>1 c. brown sugar</b> | <b>½ tsp. salt</b>     |
| <b>1 egg</b>            | <b>1 tsp. cinnamon</b> |
| <b>1 c. applesauce</b>  | <b>½ tsp. nutmeg</b>   |
| <b>1½ c. oatmeal</b>    | <b>½ tsp. cloves</b>   |
| <b>2 c. flour</b>       |                        |

Mix together and drop from teaspoon on ungreased cookie sheet. Bake at 350° for 10 minutes.

## **GRANDMOTHER'S OLD ENGLISH BROWN SUGAR COOKIES**

*Evelyn Ridout*

- |   |                               |
|---|-------------------------------|
| <b>2 c. brown sugar</b>                             | <b>1 c. raisins (plumped)</b> |
| <b>1 c. shortening (lard can be</b><br><b>used)</b> | <b>Flour to drop</b>          |
| <b>1 c. strong coffee</b>                           | <b>¼ tsp. salt</b>            |
| <b>2 eggs</b>                                       | <b>1 tsp. cinnamon</b>        |
| <b>1 scant tsp. soda</b>                            | <b>1 tsp. nutmeg</b>          |
| <b>2 tsp. baking powder</b>                         | <b>¼ tsp. allspice</b>        |

Cream sugar and shortening, add eggs. Alternately add coffee and mixed dry ingredients. Add raisins and nuts with last of flour. Bake at 350° till done.

## **MOLASSES SUGAR COOKIES**

---

*Jackie Howard  
Rose Thompson*

<b>3/4 c. shortening</b>	<b>1 tsp. cinnamon</b>
<b>1 c. sugar</b>	<b>1/4 tsp. cloves</b>
<b>1/4 c. molasses</b>	<b>1/2 tsp. ginger</b>
<b>1 egg</b>	<b>1/2 tsp. salt</b>
<b>2 c. flour</b>	<b>Granulated sugar</b>
<b>2 tsp. soda</b>	

Cream together 1 cup shortening and 1 cup sugar. Add molasses and egg; beat well. Sift together flour, soda, cinnamon, cloves, ginger and salt. Add to first mixture. Mix well. Cover and chill. Form into 1-inch balls; roll into sugar and place on greased cookie sheet 2 inches apart. Bake at 375° 8 to 10 minutes.

## **MINT MERINGUES**

---

*Sara Braga*

<b>2 egg whites</b>	<b>1 c. mint chocolate chips</b>
<b>2/3 c. sugar</b>	<b>2 drops green food coloring</b>
<b>1/4 tsp. cream of tartar</b>	

Heat oven to 400°. Beat egg whites until frothy. Add cream of tartar and add sugar gradually, beating until stiff. Fold in chips and food coloring. Drop by small teaspoonfuls on ungreased cookie sheet. Place in oven. Turn OFF heat and leave cookies in for 8 to 10 hours.

## **OREO COOKIES**

---

*Rita McDonald*

<b>1/2 c. soft oleo</b>	<b>1 tsp. soda</b>
<b>2 c. sugar</b>	<b>1 tsp. salt</b>
<b>2 eggs</b>	<b>1 1/2 c. cocoa</b>
<b>4 c. flour</b>	<b>1/2 c. milk</b>
<b>2 tsp. baking powder</b>	<b>1 tsp. vanilla</b>

### **Frosting:**

<b>4 c. powdered sugar</b>	<b>1/2 c. Crisco</b>
<b>1/4 c. milk</b>	<b>1/8 tsp. almond extract</b>

Mix and divide into 4 parts. Make into 4 rolls about 12 inches long using waxed paper. Freeze at least 1/2 day or overnight. Slice 1/4 inch thick. Bake at 350°. Mix frosting, frost one cookie and top with another.

## WHITE CHIP ORANGE DREAM COOKIES

*Launa Reed*

**2 $\frac{1}{4}$  c. all-purpose flour**  
 **$\frac{3}{4}$  tsp. baking soda**  
 **$\frac{1}{2}$  tsp. salt**  
**1 c. (2 sticks) margarine,**  
**softened**  
 **$\frac{1}{2}$  c. granulated sugar**

**$\frac{1}{2}$  c. packed light brown sugar**  
**1 egg**  
**2-3 tsp. grated orange peel**  
**2 c. (12 oz.) Nestle Toll House**  
**white morsels**

Combine flour, baking soda, and salt in small bowl. Beat butter, sugar and brown sugar in large bowl until creamy. Beat in egg and orange peel, gradually beat in flour mixture. Stir in morsels. Drop by rounded tablespoons onto ungreased baking sheets. Bake in preheated 350° oven for 10 to 12 minutes or until edges are light golden brown. Let stand for 2 minutes. Remove to wire racks to cool.

## BEA'S COOKIES

*Barb Kalbach*

Add 2 cups water to 4 cups raisins and boil 5 minutes. Cool.

**Cream:**

**2 c. shortening**

**4 c. sugar**

**Add:**

**6 eggs, well beaten**

**2 tsp. vanilla**

**Sift together:**

**9 c. flour**

**$\frac{1}{2}$  tsp. nutmeg**

**2 tsp. soda**

**$\frac{1}{2}$  tsp. allspice**

**3 tsp. cinnamon**

**Add:**

**Cooked raisins & mix well**

**2 c. chopped nuts (opt.)**

Drop by teaspoonfuls on baking sheet and bake at 410° for 12 to 15 minutes. Makes 10 dozen.

## ONE HUNDRED GOOD COOKIES

---

*Jill Kordick  
Tassie Crase  
Julia Foley*

1 c. white sugar  
1 c. brown sugar  
1 c. oleo  
1 c. oil  
1 egg  
 $\frac{3}{4}$  tsp. salt  
1 tsp. soda

1 tsp. vanilla  
1 tsp. cream of tartar  
1 c. Rice Krispies  
1 c. oatmeal  
1 c. coconut  
 $3\frac{1}{2}$  c. flour

Mix in order given. Bake at 350° for 12 to 15 minutes.

## CHOCOLATE CHIP COOKIES

---

*Laura Watts*

1 c. shortening (2 c. margarine)  
2 c. brown sugar  
2 eggs  
 $\frac{1}{2}$  c. coffee  
 $3\frac{1}{2}$  c. flour

1 tsp. soda  
1 tsp. salt  
1 tsp. cinnamon  
1 pkg. chocolate chips

Bake at 350° for 5 to 10 minutes.

## THE BEST CHOCOLATE-CHIP OATMEAL COOKIES

---

*Georgine Bellamy  
Andrea Miner  
Rhonda Wagoner*

3 c. flour  
 $1\frac{1}{2}$  tsp. baking powder  
 $1\frac{1}{2}$  tsp. baking soda  
1 tsp. salt  
3 sticks butter or margarine  
 $1\frac{1}{2}$  c. brown sugar  
 $1\frac{1}{2}$  c. sugar

3 eggs  
1 tsp. vanilla  
3 c. old-fashioned oatmeal  
1 pkg. semi-sweet chocolate chips  
1 c. chopped walnuts

Mix together flour, baking powder, baking soda and salt in large bowl; set aside. Cream together butter, brown sugar and sugar in bowl until light and fluffy. Add eggs, one at a time, beating well after each addition. Blend in vanilla. Gradually stir in dry ingredients into creamed mixture, blending well. Stir in oats, chocolate chips and walnuts. Drop mixture by teaspoonfuls, about 2 inches apart, on greased baking sheets. Bake at 350° for 12 minutes or until golden brown. Let cookies cool a few minutes before removing from baking sheet. Makes about 6 to 8 cookies. Recipe also submitted by Jean Teno, Kim Lambert, Sharon Shaull.

## **BUTTER DREAM COOKIES**

---

*Marcia Jones  
Evelyn Ridout*

<b>1 c. butter</b>	<b>2 tsp. vanilla</b>
<b>1/2 c. sugar</b>	<b>2 1/4 c. flour</b>
<b>1/2 tsp. salt</b>	

Cream butter and sugar. Add dry ingredients. Chill dough. Shape into 1-inch balls. Place on cookie sheet. Add 1/2 maraschino cherry. Bake at 350° oven for 12 to 15 minutes.

## **ROLLED SOUR CREAM COOKIES**

---

*Shanna Garrison*

<b>3 c. sugar</b>	<b>2 tsp. cream of tartar</b>
<b>1 c. butter</b>	<b>1 c. sour cream</b>
<b>5 eggs</b>	<b>7 c. flour</b>
<b>2 tsp. baking soda</b>	

Cream together sugar, butter and eggs. Mix baking soda, cream of tartar and sour cream together, add flour to the cream mixture. Refrigerate overnight or several hours. Roll out dough and cut into shapes. Bake at 400° for 8 to 10 minutes.

## **LEMON CAKE MIX COOKIES**

---

*Tassie Crase*

<b>1 pkg. lemon cake mix</b>	<b>1 egg, beaten</b>
<b>1/4 c. flour</b>	<b>8-oz. pkg. Cool Whip</b>

Beat egg with fork or spoon; add Cool Whip, then flour and cake mix. Mix well. Let stand for 2 hours or overnight. Roll dough in balls and roll in powdered sugar and bake on greased cookie sheet about 10 minutes at 350°.

## **MONSTER COOKIES**

---

*Connie Manny  
Deena McDonald*

<b>1 lb. margarine or shortening</b>	<b>3 lbs. crunchy peanut butter</b>
<b>1 doz. eggs</b>	<b>16 oz. chocolate chips</b>
<b>4 c. white sugar</b>	<b>1 lb. plain M &amp; M's</b>
<b>2 lbs. brown sugar</b>	<b>18 c. oatmeal</b>
<b>1/4 c. vanilla</b>	

Combine all ingredients. Spoon on cookie sheet. Bake 15 minutes at 350°.



## PEANUT BUTTER OATMEAL COOKIES

---

*MCMH*

**Cream these together:**

**1½ c. margarine**

**3 eggs**

**1½ c. sugar**

**1 tsp. vanilla**

**1½ c. brown sugar**

**Add to mixture:**

**¾ c. peanut butter**

**Sift flour and soda. Add to the above mixture. Mix well and add oatmeal:**

**3 c. flour**

**3 c. oatmeal**

**1½ tsp. soda**

**Bake at 400° for 12 minutes regular oven; 300° for 12 minutes convection oven.**

## PINEAPPLE COOKIES

---

*Sarah Orfield*

**1½ c. shortening**

**1½ c. brown sugar**

**Cream together.**

**3 eggs**

**Add to cream mixture.**

**1½ c. drained pineapple  
(crushed)**

**1½ tsp. baking soda**

**6 c. flour**

**1½ tsp. vanilla**

**Drop by teaspoon on greased cookie sheet. Bake at 350° 12 to 15 minutes.**

## SUSIE'S SNICKERDOODLES

---

*Karla Sears  
Vera Smith*

**1 c. soft margarine or butter**

**2 tsp. cream of tartar**

**1½ c. sugar**

**1 tsp. baking soda**

**2 eggs**

**½ tsp. salt**

**2¾ c. flour**

**Cream butter or sugar. Add eggs and mix well. Add dry ingredients and mix well. Chill dough. Roll into balls the size of small walnuts. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake at 350°, 8 to 10 minutes until just light brown and still soft. Let cool a little before removing from cookie sheet. Makes about 5 dozen.**

## PEANUT BUTTER CHOCOLATE CHIP COOKIES

---

MCMH

Blend together:

2 c. Crisco	2 c. brown sugar
2 c. peanut butter	4 eggs
2 c. sugar (white)	2 tsp. vanilla

Add to cream mixture:

4 c. flour	1 pkg. chocolate chips
2 tsp. baking soda	

Drop by spoonfuls on ungreased cookie sheet, 10 to 12 minutes  
350° oven.

## PEANUT BUTTER COOKIES

---

*Patty Benge  
Tassie Crase  
Sandy Thompson*

1 c. shortening	2 eggs
1 c. peanut butter	3 c. flour
1 c. brown sugar	1½ tsp. baking soda
1 c. sugar	1 tsp. salt
1 tsp. vanilla	

Combine shortening and peanut butter. Add sugar, vanilla, eggs. Mix dry ingredients together and blend into sugar mixture. Form into balls, press with fork tines dipped in sugar. Bake at 375° for 10 minutes.

## PEANUT BLOSSOMS

---

*Trish Hubbard*

1¾ c. flour	½ c. peanut butter
1 tsp. baking soda	1 egg
½ tsp. salt	2 T. milk
½ c. sugar	1 tsp. vanilla
½ c. brown sugar	48 chocolate stars
½ c. shortening	

Bake in 375° oven. Combine all ingredients except candy in large mixer bowl. Mix in lowest speed of mixer until dough forms. Shape dough into balls. Roll balls in sugar, place on ungreased cookie sheet. Bake at 375° 10 to 12 minutes. Press into center of each cookie a chocolate star.

## **X-MAS COOKIES**

### **(With Easy Creamy Icing)**

---

*Rose Thompson  
Kristin Wilkinson  
Marcia Jones*

#### **Cookies:**

<b>2 c. sugar</b>	<b>1 c. butter</b>
<b>1 c. sour cream</b>	<b>6½ c. flour</b>
<b>2 eggs</b>	<b>2 tsp. baking soda</b>

#### **Icing:**

<b>1 c. sifted confectioners' sugar</b>	<b>¼ tsp. salt</b>
<b>½ tsp. vanilla</b>	<b>1½ tsp. cream</b>

Cream together sugar and sour cream. Add rest of ingredients together in order. Roll out and cut. Bake at 325° until edges are light brown, about 4 dozen. Blend sugar, salt and cream, vanilla. Spread on cookies with knife or spatula.

## **RANGE TOP CONFECTIONS NO BAKE COOKIES**

---

*Dana Stonehocker  
Cory Fetch  
Rose Thompson*

<b>1½ c. sugar</b>	<b>1 tsp. vanilla</b>
<b>2 T. cocoa powder</b>	<b>½ c. peanut butter</b>
<b>½ c. milk</b>	<b>3 c. quick-cooking oats</b>
<b>½ c. margarine</b>	

In large heavy saucepan mix and bring to boil sugar, cocoa, milk and margarine stirring occasionally. Boil 1½ minutes. Remove from heat and add vanilla, peanut butter and oats; mix well. Drop by rounded teaspoonfuls on waxed paper or spread in greased 9 x 9-inch pan. Cool a few hours or until firm. May add ½ cup shredded coconut with peanut butter.

## **PEANUT BUTTER KISSES**

---

*Deena McDonald*

<b>⅓ c. corn syrup or honey</b>	<b>1 c. nonfat dry milk</b>
<b>⅓ c. peanut butter</b>	

Mix corn syrup or honey and peanut butter. Add dry milk and knead mixture thoroughly. Shape into balls.

## UNBAKED FUDGE COOKIES

---

*Susan Chickering*

2 c. sugar  
1/2 tsp. salt  
1 c. milk

2 T. cream  
2 sq. chocolate

Combine and cook to a soft ball stage. While hot add:

24 marshmallows, cut up (2 c.)  
1 tsp. vanilla  
2 c. broken nut meats

6 T. butter  
2 1/2 c. graham cracker crumbs

Drop by teaspoon on waxed paper.

## CARROT BARS

---

*Sandi Harper*

4 eggs

Beat until very thick. (Add and beat after each addition):

2 c. sugar  
2 c. flour  
1 c. oil

2 tsp. soda  
1 tsp. cinnamon  
3 sm. jars carrots (baby food)

Bake at 350° for 25 to 30 minutes. Use large pan.

**Frosting:**

1 stick margarine (softened)  
1 (3.3-oz.) pkg. cream cheese

Powdered sugar to spreading  
consistency

## PUMPKIN BARS

---

*Laura Watts*

2 c. sugar  
4 eggs  
1 (16-oz.) can pumpkin  
1 c. salad oil  
2 c. all-purpose flour  
2 tsp. baking powder

1 tsp. ground cinnamon  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. ground nutmeg  
1/2 tsp. ground cloves

Mix sugar, eggs, pumpkin and salad oil. Sift together dry ingredients and stir into pumpkin mixture. Pour into greased and floured 15 x 10 x 1-inch pan. Bake in 350° oven 25 to 30 minutes. Cool and frost with Cream Cheese frosting. Makes about 6 dozen 2 x 1-inch bars. **Cream Cheese frosting:** Blend together 1 (3-ounce) package softened cream cheese, 3 tablespoons soft butter or margarine, 1 1/2 cups confectioners' sugar and 1 tablespoon half-and-half or cream.

## **PUMPKIN BARS**

*Dr. Thomas Bergstrom*

- |                        |  |
|------------------------|--|
| 4 eggs                 | 1 <sup>2</sup> / <sub>3</sub> c. sugar |
| 1 (16-oz.) can pumpkin | 1 c. oil                               |
| 2 c. flour             | 2 tsp. baking powder                   |
| 2 tsp. cinnamon        | 1 tsp. salt                            |
| 1 tsp. baking soda     |  |

Beat together eggs, sugar, oil, and pumpkin until light. Mix in rest of ingredients. Spread in ungreased 15 x 10-inch pan. Bake at 350° oven for 25 to 30 minutes. Cool and frost.

### **Icing:**

- |                                  |                     |
|----------------------------------|---------------------|
| 6-oz. pkg. softened cream cheese | 2 c. powdered sugar |
| 1/2 c. softened oleo             | 1 tsp. vanilla      |

Cream cheese and oleo. Mix in powdered sugar and vanilla. Beat and spread on bars.

## **RHUBARB BARS**

*Dr. Thomas Bergstrom*

- |            |                      |
|------------|----------------------|
| 2 c. flour | 10 T. powdered sugar |
| 1 c. oleo  |                      |

Mix and pat in 9 x 13-inch pan. Bake at 350° for 15 minutes.

- |              |              |
|--------------|--------------|
| 4 c. rhubarb | 2 c. sugar   |
| 4 eggs       | 1/2 c. flour |

Mix together and put on top of crust. Bake at 350° for 45 minutes.

## **SEVEN-LAYER BARS**

*Becki Messer*

- |                            |                                |
|----------------------------|--------------------------------|
| 1/4 c. butter/margarine    | 1 c. butterscotch chips        |
| 1 c. graham cracker crumbs | 1/2 c. nuts (chopped), opt.    |
| 1 c. coconut               | 1 can sweetened condensed milk |
| 1 c. chocolate chips       |                                |

Melt butter in a 9 x 13-inch pan. Sprinkle graham cracker crumbs over melted butter. **Add in layers without stirring:** Coconut, chocolate chips, butterscotch chips and nuts. Drizzle milk over the top. Bake at 350° for 25 minutes. Cool and cut into bars.



## **CHRISTMAS CANDY CUP COOKIES**

---

*Shirley Bittinger*

**40 graham crackers, crushed**  
**fine or 2<sup>2</sup>/<sub>3</sub> c. crumbs**  
**1 c. whipping cream**

**1 c. brown sugar**  
**1/2 c. butter**

Mix all together.

**Add:**

**1 c. coconut**  
**1 c. walnuts**  
**1 c. dates (chopped fine)**

**1 c. pecans**  
**1 c. miniature chocolate chips**

Fill small fluted paper <sup>3</sup>/<sub>4</sub> full. Bake at 375° for 10 minutes. Cool. I frost with just a dab of butter icing and sprinkle a little red or green sugar. This makes 12 dozen and keeps well.

## **CHOCOLATE COVERED PEANUT BUTTER BALLS**

---

*Cheryl Hochstein*

**1 stick margarine, melted**  
**2 c. powdered sugar**  
**2 c. creamy peanut butter**

**2 1/2 c. Rice Krispies**  
**White & chocolate almond bark**

Mix and cool dough in refrigerator. Form into 1/2-inch diameter balls. Melt almond bark according to package. Dip 1/2 balls in chocolate and 1/2 in the white chocolate. Drizzle remaining almond bark on opposite color peanut butter dipped ball to create design. Makes approximately 96 cookies.

## **BOURBON BALLS**

---

*Evelyn Ridout*

**1 (6-oz.) pkg. semi sweet**  
**chocolate chips**  
**1/2 c. confectioners' sugar**  
**3 T. light corn syrup**  
**1/2 c. bourbon**

**2 1/2 c. crushed vanilla wafers**  
**(about 5 doz.)**  
**1 c. finely chopped walnuts**  
**Sugar**

Melt chocolate in double boiler over hot water, not boiling. Remove from heat and stir in sugar and corn syrup. Blend in bourbon. Combine vanilla wafer and nuts and add to chocolate mixture. Form into 1-inch balls. Roll in confectioners' sugar. Let ripen in a sealed container for 3 days. Makes 4 1/2 dozen.

## CARAMEL MIXED NUT BARS

*Rebekah Mitchell*

- |                          |                           |
|--------------------------|---------------------------|
| 1½ c. flour              | ½ c. white corn syrup     |
| ¾ c. brown sugar         | 2½ T. butter              |
| ½ c. butter              | 12-oz. can mixed nuts (no |
| 6 oz. butterscotch chips | peanuts)                  |

Mix flour, brown sugar and ½ cup butter like pie crust. Press into 9 x 13-inch pan greased. Bake 12 to 15 minutes at 325° until crust is set and turns light brown. Cool. Spread nuts over crust. In a saucepan melt butterscotch chips, 2½ tablespoon butter and corn syrup. Pour over nuts. Bake 10 minutes at 325°. Cool and cut.

## BUTTERFINGER BAR DESSERT

*Cheryl Hockstein*

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 c. graham cracker crumbs      | 2 c. milk                        |
| 1 c. soda cracker crumbs        | 1 qt. softened vanilla ice cream |
| 1 c. butter                     | 1 sm. ctn. Cool Whip             |
| 2 pkgs. instant vanilla pudding | 3 Butterfinger candy bars        |

Mix cracker crumbs and butter. Press into a 9 x 13-inch pan, reserve some crumb mixture for the top. Mix the pudding, milk and ice cream. Pour over the crust and let set for a few minutes. Put Cool Whip on top. Crush the candy bars and mix with the reserved crumbs. Sprinkle over all. Store in freezer but set out to soften before serving.

## REVEL BARS

*LaDonna Speer*

- |                |                  |
|----------------|------------------|
| 1 c. margarine | 2 c. brown sugar |
| 2 eggs         | 2 tsp. vanilla   |
| 2¼ c. flour    | 1 tsp. soda      |
| 1 tsp. salt    | 2 c. oatmeal     |

**Filling:**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 (12-oz.) pkg. chocolate chips | 1 (15-oz.) can Eagle Brand milk |
| 2 T. margarine                  | 2 tsp. vanilla                  |

Cream margarine, brown sugar, eggs and vanilla. Stir in flour, soda and salt. Add oatmeal. Put ½ mixture in bottom of 15 x 10 x 1-inch pan. **Filling:** Melt chocolate chips and Eagle Brand sweetened condensed milk, margarine and vanilla. Spread filling over this. Flour hands and crumble remaining mixture over filling. Bake at 350° for 20 minutes. (have made these in a 9 x 13-inch pan, they are a little thicker.)

## CONGO BARS

---

*Irma Jordan*

- |                             |                                       |
|-----------------------------|---------------------------------------|
| <b>3/4 c. margarine</b>     | <b>2 1/2 tsp. baking powder</b>       |
| <b>2 1/4 c. brown sugar</b> | <b>1/2 tsp. salt</b>                  |
| <b>3 eggs</b>               | <b>1 c. nuts</b>                      |
| <b>2 3/4 c. flour</b>       | <b>1 (6-oz.) pkg. chocolate chips</b> |

Melt shortening. Add sugar and mix. Cool slightly, add eggs 1 at a time. Beat well, then add dry ingredients. Bake at 325° to 350° for 25 to 30 minutes.

## GOLDEN CARAMEL BARS

---

*Denise L. Kirkland*

- |                                |                   |
|--------------------------------|-------------------|
| <b>1 1/2 c. powdered sugar</b> | <b>3 c. flour</b> |
| <b>1 1/2 c. oleo (soft)</b>    |                   |

Use 11 x 15-inch pan. Bake at 350°. Mix oleo and powdered sugar, stir in flour. Press in greased 11 x 15-inch pan. Bake 12 to 15 minutes

- |                         |                             |
|-------------------------|-----------------------------|
| <b>4 c. granola</b>     | <b>1 tsp. baking powder</b> |
| <b>3 c. brown sugar</b> | <b>1 tsp. salt</b>          |
| <b>4 T. flour</b>       | <b>4 eggs</b>               |
| <b>2 tsp. vanilla</b>   |                             |

Mix all together, spread over baked layer, then bake at 350° oven 18 to 20 minutes till edges are brown. Cool. Cut into bars.

## PECAN PIE BARS

---

*Rebekah Kinney  
Denise L. Kirkland  
Stacey Mitchell*

- |                                 |                             |
|---------------------------------|-----------------------------|
| <b>2 c. flour</b>               | <b>1 c. white sugar</b>     |
| <b>1 c. brown sugar</b>         | <b>1 c. corn syrup</b>      |
| <b>1 c. margarine, softened</b> | <b>1 tsp. vanilla</b>       |
| <b>5 eggs</b>                   | <b>2 c. pecans, chopped</b> |

Use a 9 x 13-inch pan. Make crust by mixing flour, brown sugar, and margarine. Press in 9 x 13-inch pan. Bake for 10 minutes. Mix eggs, white sugar, syrup, chopped pecans and vanilla together. Pour over partially baked crust. Bake bars at 325° for 40 minutes until they reach the consistency of pecan pie.

## **SLIMS BANANA BARS**

---

*Rose Thompson*

- |   |                                      |
|---|--------------------------------------|
| <b>1/2 c. sunflower oil margarine</b>   | <b>1 tsp. baking soda</b>            |
| <b>3/4 c. sugar or sugar substitute</b> | <b>1/2 tsp. salt</b>                 |
| <b>1 tsp. vanilla</b>                   | <b>1 c. ripe bananas (or about 3</b> |
| <b>1 1/2 tsp. flour</b>                 | <b>bananas), mashed</b>              |
| <b>1 tsp. baking powder</b>             |                                      |

Blend margarine, sugar, and vanilla. Mix dry ingredients. Add alternately with bananas to margarine mixture. Pour into greased 15 x 10-inch pan. Bake at 350° for 20 to 25 minutes. About 50 bars.

## **BANANA BARS**

---

*Sally Leeper  
Jean Teno  
Loretta Paullin*

- |                               |                             |
|-------------------------------|-----------------------------|
| <b>1 c. margarine</b>         | <b>1 tsp. soda</b>          |
| <b>2 c. sugar</b>             | <b>1 tsp. baking powder</b> |
| <b>3 eggs</b>                 | <b>1 tsp. salt</b>          |
| <b>3 lg. or 4 sm. bananas</b> | <b>3 c. flour</b>           |
| <b>1/2 c. buttermilk</b>      | <b>1 tsp. vanilla</b>       |
| <b>1/2 c. chopped pecans</b>  |                             |

Cream margarine and sugar. Add eggs and bananas and mix. Add buttermilk and vanilla and mix. Add dry ingredients and nuts and beat well. Pour into well greased pan (17 1/4 x 11 1/2 inches). Bake at 350°, 15 to 20 minutes.

### **Cream Cheese Frosting:**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>3 oz. cream cheese</b>      | <b>1 tsp. milk</b>    |
| <b>6 T. margarine</b>          | <b>1 tsp. vanilla</b> |
| <b>1 3/4 c. powdered sugar</b> |                       |

## **CHERRY SQUARES**

---

*Jackie Howard  
Irma Jordan*

- |                       |                                 |
|-----------------------|---------------------------------|
| <b>1 c. oleo</b>      | <b>1 1/2 tsp. baking powder</b> |
| <b>1 3/4 c. sugar</b> | <b>Pinch of salt</b>            |
| <b>4 eggs</b>         | <b>1 can cherry pie filling</b> |
| <b>1 tsp. vanilla</b> | <b>Nutmeg</b>                   |
| <b>2 1/2 c. flour</b> |                                 |

Beat oleo, sugar, eggs and vanilla in large bowl until fluffy. Gradually add flour, salt and baking powder. Beat well. Spread into 11 x 17-inch greased and floured sheet pan. Save 1 1/2 cups of batter for top. Spread cherry pie filling over batter and sprinkle with nutmeg. Drop saved batter

(continued)

by spoonfuls over pie filling. Bake for 40 minutes at 350°. Frost with powdered sugar icing while warm. Bake for 40 minutes at 350°.

## LEMON BARS

---

*Sally Leeper  
Irma Jordan*

**2 c. flour**

**½ c. powdered sugar**

Sift the above 2 together. One cup butter. Press into 9 x 13-inch pan. Bake at 350°, 20 minutes.

**4 eggs**

**Beat with:**

**2 c. sugar**

**¼ c. flour**

**½ c. lemon juice**

**½ tsp. baking powder**

Spread mixture over crust and return to oven 20 minutes. Sprinkle powdered sugar over top after baked.

## INCREDIBLY EASY AND YUMMIE COOKIE BARS

---

*Melanie Carstensen*

**2 tubes chocolate chip cookie  
dough**

**2 eggs**

**1 c. sugar**

**2 (8 oz.) cream cheese**

Press tube of cookie dough in the bottom of a 9 x 13-inch cake pan. Mix cream cheese, eggs and sugar until smooth, pour over cookie dough. Crumble remaining tube of cookie dough over the top and bake at 350° for 35 minutes or until toothpick comes out clean. Be sure to refrigerate after cooling.

## APPLE BARS

---

*Kim Hulbert*

**½ c. oil**

**2½ c. apples, chopped**

**1½ c. sugar**

**2½ c. flour**

**1 egg**

**¾ c. powdered sugar**

**2 tsp. vanilla**

**1 T. diet margarine**

**1 tsp. cinnamon**

**1 T. coffee, strong/black**

**1 tsp. baking soda**

Mix oil, sugar, egg and vanilla set aside. Mix flour, cinnamon and baking soda together and add to the wet mixture. Finally add the chopped apples. Pour in a jelly-roll pan. Bake at 350° for 30 minutes. Mix the final three ingredients powdered sugar, margarine, and coffee to make drizzle glaze to top the bars with when cooled.



## BROWNIES IN A JAR

Betty Frazier

$\frac{2}{3}$  c. sugar

$\frac{1}{3}$  c. cocoa powder

1 c. plus 1 T. flour

$\frac{2}{3}$  tsp. salt

$\frac{2}{3}$  c. brown sugar

$\frac{1}{3}$  c. chocolate chips

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

Layer ingredients in a wide-mouth jar in order listed. **To make:** Empty ingredients into large mixing bowl. Add 3 eggs, 1 teaspoon vanilla and  $\frac{2}{3}$  cup oil; mix well. Pour into greased 9-inch square pan. Bake at 350° for 20 to 25 minutes.

## OATMEAL COOKIE MIX IN A JAR

Betty Frazier

2 c. all-purpose flour

2 tsp. salt

1 tsp. baking soda

2 c. firmly packed brown sugar

1 c. sugar

2 c. solid vegetable shortening

1 (18-oz.) ctn. (6 c.) quick or old-fashioned oats, uncooked

4 (1-qt. each) clear unbreakable plastic or glass jars

4 c. Add ins, such as chocolate chips, dried fruits or nuts

**For cookie mix:** Stir together flour, salt and baking soda in large bowl. Add sugars; mix well. Cut in shortening with pastry blender or two knives until mixture is crumbly. Stir in oats. **Layer in jars as follows:** One one-third cups cookie mix,  $\frac{1}{2}$  cup add ins, 1 cup cookie mix. Place lid on jar; seal tightly. Repeat using remaining mix and add ins to fill three more jars. Add gift tags with preparation instructions.

### Preparation instructions:

1 egg

$\frac{1}{4}$  c. water (use  $\frac{1}{2}$  c. if making double chocolate cookies or peanut chocolate cookies)

1 tsp. vanilla

1 jar oatmeal cookie mix

Heat oven to 350°. Lightly spray cookie sheets with cooking spray. In large bowl, combine egg, water and vanilla; mix well. Add entire contents of one jar cookie mix; stir with fork until all dry ingredients are moistened and a stiff dough forms. Drop by rounded tablespoonfuls onto cookie sheets. Bake 14 to 16 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire cooling racks. Cool completely. Makes about 3 dozen. **Add in variations:** (Confetti cookies:) Use 1 cup candy coated chocolate pieces, divided. (Cherry-berry cookies:) Use  $\frac{1}{2}$  cup dried cherries and  $\frac{1}{2}$  cup dried cranberries. (Chocolate-cherry cookies:) Use  $\frac{1}{2}$  cup dried cherries and  $\frac{1}{2}$  cup chocolate chips. (Nutty chocolate chippers:) Use  $\frac{1}{2}$  cup chocolate chips and  $\frac{1}{2}$  cup chopped walnuts, pecans or almonds. (Peanut chocolate cookies:) Use 1 cup peanut butter-flavored chips, divided, and  $\frac{1}{4}$  cup unsweetened cocoa powder. (Double chocolate cookies:) Use 1 cup white or dark chocolate chips,

(continued)

divided, and  $\frac{1}{4}$  cup unsweetened cocoa powder. Layer ingredients for decorative and delicious gifts.

## **QUICK SNACK BARS**

---

*Tootie Hauschildt*

**2 sticks oleo**  
**1 c. brown sugar**

**4 c. quick-cooking oatmeal**

Melt oleo and brown sugar in pan. Add oatmeal. Spread on a cookie sheet, 10 x 15 inches. Bake 10 minutes at 375°.

**Frosting:**

**1 c. chocolate chips**

**$\frac{1}{2}$  c. peanut butter**

Melt chocolate chips and peanut butter. When smooth, spread over cooled oatmeal bars.

## **PEANUT BUTTER BARS**

---

*Linda Eddleman*

**1 c. graham cracker crumbs**  
 **$\frac{1}{2}$  lb. butter or margarine**  
**1 c. peanut butter**  
**1 lb. powdered sugar**

**$\frac{1}{2}$  tsp. salt**  
 **$\frac{1}{2}$  tsp. vanilla flavoring**  
 **$\frac{1}{4}$  tsp. burnt sugar flavoring**  
**2 c. chocolate chips**

Combine crumbs, butter or margarine, peanut butter, sugar, salt and flavorings, and work together until smooth. Press this mixture into a 9-inch square buttered pan, or a larger pan if you want thinner bars. Let stand in refrigerator until firm. Melt chocolate chips over hot water (or in microwave). Spread over cracker mixture. Refrigerate until firm. This tastes like a famous brand of peanut butter candy.

## **PEANUT BUTTER BARS**

---

*Deb Goerndt*  
*Kathy Raymond*

**Mix together:**

**$1\frac{1}{4}$  c. margarine**  
 **$1\frac{1}{4}$  c. sugar**

**$1\frac{1}{4}$  c. brown sugar**  
 **$\frac{3}{4}$  c. peanut butter**

Add 3 eggs.

**Ad dry ingredients:**

**$1\frac{1}{4}$  tsp. baking soda**  
 **$\frac{1}{2}$  tsp. salt**  
 **$1\frac{1}{4}$  tsp. vanilla**

**$2\frac{1}{2}$  c. flour**  
 **$2\frac{1}{2}$  c. oatmeal**

Mix all together and pat into a 9 x 13-inch pan. Bake at 350° 20 to 25 minutes.

(continued)

### **Frosting:**

**3/4 c. peanut butter** **1/3 c. milk**  
**1 1/2 c. powdered sugar**

Combine and spread on bars while warm.

## **MAMA'S DREAM BARS**

*Trish Hubbard*

<b>1/2 c. butter</b>	<b>1/2 c. crystallized pineapple (red/ green for color)</b>
<b>1 1/2 c. brown sugar</b>	<b>1 tsp. vanilla</b>
<b>1 1/8 c. plain flour</b>	<b>1/4 tsp. salt</b>
<b>2 eggs</b>	<b>1 1/2 c. shredded coconut</b>
<b>1/2 tsp. baking powder</b>	<b>1 c. nut meats</b>
<b>1/2 c. crystallized cherries (red/ green for color)</b>	

Cream butter, add 1/2 cup brown sugar and beat well. Blend in 1 cup flour and spread mixture in shallow baking pan. Bake in slow oven, at 325°, about 15 minutes. Beat eggs and add remaining 1 cup brown sugar and vanilla, 1/8 cup flour, baking powder, salt and vanilla, 1/8 cup flour, baking powder, salt, coconut, cherries and pineapple, and nuts, beat well. Spread over baked mixture. Return to oven and bake approximately 25 more minutes. Cut in squares. Yield: 20 bars. (I usually double the recipe and bake in a cookie pan.)

## **CAKE BARS**

*Loretta Paullin*

<b>1 yellow cake mix</b>	<b>1 can sweetened condensed milk</b>
<b>1/3 c. oleo</b>	
<b>1 egg</b>	<b>1 pkg. butter brickle chips</b>

Mix the first 3 ingredients with a fork and pat into a 9 x 12-inch pan. Pour sweetened condensed milk over the bottom layer. Sprinkle butter brickle chips on top. Bake at 325° for 35 minutes.

## **DREAM BARS**

*Connie Tadlock*

### **Mix together:**

<b>1 white cake mix</b>	<b>1/2 c. oil</b>
<b>2 eggs</b>	

### **Melt in microwave, stir until smooth:**

<b>1/4 c. butter</b>	<b>1 can sweetened condensed milk</b>
<b>1 c. chocolate chips</b>	

(continued)

Press  $\frac{2}{3}$  of cake mix batter in greased 9 x 13-inch pan. Spread chocolate mixture over batter, pat rest of batter over chocolate, drizzle little chocolate mix on top. Bake at 350° for 20 to 25 minutes. Do not overbake.

## SCOTCHEROOS

---

*Dana Beebe  
Rose Thompson*

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 c. sugar                       | 1 (6-oz.) bag chocolate chips     |
| 1 c. clear Karo syrup            | 1 (12-oz.) bag butterscotch chips |
| 1 c. peanut butter               |                                   |
| 6 c. Rice Krispies or cornflakes |                                   |

Bring to boil sugar and syrup. Mix in peanut butter, and then Rice Krispies or cornflakes. Mix well and then spread in 9 x 13-inch pan. Melt chips together stirring often. Pour over and let cool.

## COCONUT BARS

---

*Kim Hulbert*

- |                              |                         |
|------------------------------|-------------------------|
| 1 stick margarine            | 1 tsp. baking powder    |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{2}$ tsp. salt |
| 1 c. flour                   | 1 tsp. vanilla          |
| 2 eggs                       | 2 c. coconut            |
| 1 c. brown sugar             | $\frac{1}{2}$ c. pecans |
| 2 T. flour                   |                         |

Mix the first three ingredients and pat in a 9 x 13-inch pan. Bake for 10 minutes at 325°. While baking beat the eggs and add the brown sugar and the vanilla. Mix other dry ingredients and add slowly. Add the pecans and coconut last. When bottom layer has baked for 10 minutes remove and pour mixture on top. Return to oven and bake an additional 25 minutes. Cool and cut in small bars. Serves 25.

## SOUR CREAM RAISIN BARS

---

*Denise Larson*

- |                                 |                         |
|---------------------------------|-------------------------|
| 2 c. raisins                    | $\frac{1}{4}$ tsp. salt |
| 1 c. margarine                  | 1 c. sugar              |
| 1 c. brown sugar                | 2 scant T. cornstarch   |
| $1\frac{3}{4}$ c. quick oatmeal | 3 egg yolks             |
| $1\frac{3}{4}$ c. flour         | 1 c. sour cream         |
| 1 tsp. soda                     | 1 tsp. vanilla          |

Place raisins in enough water to cover in pan. Cook till raisins are soft (2 minutes). Drain and set aside. Cream margarine and brown sugar. Add flour and soda, then oatmeal. Pat  $\frac{1}{2}$  mixture in 9 x 13-inch pan. Bake at 350° for 10 minutes or till golden brown. Blend sugar, salt,

(continued)



cornstarch, egg yolks, and sour cream. Cook over low heat, stirring constantly till mixture boils. Remove from heat. Add vanilla and raisins. Pour over crust and sprinkle remaining crumbs on top. Bake at 350° 10 minutes.

## **SALTED NUT ROLL**

*Vickie Richter*

<b>2 (12-oz.) jars salted peanuts</b>	<b>14-oz. can sweetened</b>
<b>1 (10-oz.) bag marshmallows</b>	<b>condensed milk</b>
<b>1 (14-oz.) bag Reese's peanut</b>	<b>2½ T. butter</b>
<b>butter chips</b>	

Place 1 jar peanuts on the bottom of 9 x 13-inch pan. Combine butter, condensed milk, peanut butter chips and melt. Add marshmallows and melt. (Don't melt all the way.) Place on top of peanuts and top with another jar of peanuts.

## **MAPLE SQUARES**

*Vickie Richter*

<b>1½ c. flour</b>	<b>2 eggs</b>
<b>½ c. butter</b>	<b>1 c. brown sugar</b>
<b>1½ c. coconut</b>	<b>1 c. nuts</b>
<b>2 T. flour</b>	<b>½ tsp. baking powder</b>
<b>¼ tsp. vanilla</b>	<b>¼ tsp. salt</b>
<b>½ c. brown sugar</b>	

Mix 1½ cups flour, ½ cup brown sugar, butter. Pat down in buttered pan 9 x 13 inches. Bake 10 minutes at 275°. **Filling:** Beat eggs, add 1 cup brown sugar, coconut, nuts, flour, baking powder, salt, vanilla. Spread on top baked mixture. Bake 20 minutes at 350°. Frost with powdered sugar icing with maple flavoring.

## **CARAMEL PECAN DREAM BARS**

*Cory Fetch  
Melody Larson*

**Base:**

<b>1 pkg. yellow cake mix</b>	<b>⅓ c. softened margarine</b>
<b>1 egg</b>	

**Filling:**

<b>14-oz. can sweetened</b>	<b>1 tsp. vanilla</b>
<b>condensed milk</b>	<b>1 c. pecans</b>
<b>1 egg</b>	<b>½ c. Heath Bit O' Brickle chips</b>

Heat oven to 350°. Combine cake mix, margarine, egg till crumbly. Press into greased pan. Beat milk, egg and vanilla till blended. Stir in

(continued)



chopped pecans and brickle bits. Pour over base in pan and spread to cover. Bake 30 minutes or till golden brown.

## OATMEAL BARS

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*LeAnn Tucker*

<b>1 c. brown sugar</b>	<b>1½ c. flour</b>
<b>1 c. white sugar</b>	<b>1 tsp. soda</b>
<b>½ c. oleo</b>	<b>½ tsp. salt</b>
<b>2 eggs</b>	<b>1 c. quick-cooking oatmeal</b>
<b>1 tsp. vanilla</b>	<b>1¼ c. boiling water</b>

Combine water and oatmeal and let stand for 20 minutes. Cream oleo and sugars. Add eggs and vanilla and beat well. Add oatmeal mixture and add the dry ingredients. Beat well. Spread in greased jelly-roll pan. Bake for 20 to 25 minutes at 350°.

### **Frosting:**

<b>6 T. oleo</b>	<b>1 c. brown sugar</b>
<b>½ c. coconut</b>	<b>½ c. nuts</b>
<b>4 T. milk</b>	

Boil oleo, brown sugar, and milk for 1½ minutes. Spread on the bars while still warm. Sprinkle coconut and nuts on top or you can put nuts in the bars.

## BAR COOKIES

---

*Carla Campbell*

<b>4 c. oatmeal</b>	<b>1 c. chocolate chips</b>
<b>1 c. brown sugar</b>	<b>½ c. peanut butter</b>
<b>1 c. oleo (melted)</b>	

Mix oatmeal, brown sugar, and oleo until blended. Put into a 9 x 13-inch pan. Bake 10 minutes at 425°. Melt chocolate chips and peanut butter, then pour over oatmeal mixture.

## DELICIOUS CHOCOLATE BARS

---

*Kathleen Sanford*

<b>2 c. semi-sweet chocolate chips</b>	<b>1 tsp. baking powder</b>
<b>1 (8-oz.) pkg. cream cheese</b>	<b>½ tsp. salt</b>
<b>⅔ c. evaporated milk</b>	<b>1 c. butter (softened)</b>
<b>1 c. pecans</b>	<b>2 eggs</b>
<b>3 c. flour</b>	<b>½ tsp. almond extract</b>
<b>1½ c. sugar</b>	

**Combine:** Chocolate chips, cream cheese, milk in a saucepan until chips and cream cheese are melted. Set aside to cool. **Mix:** Flour, (continued)

sugar, salt, baking powder and butter. This is a rather crumbly consistency. Press  $\frac{1}{2}$  of this mixture into a 9 x 13-inch pan. Spread with the chocolate/cream cheese mixture, then sprinkle remaining flour mixture on top and then sprinkle the nuts. Bake at 350° for 35 to 40 minutes.

## **GERMAN CHOCOLATE CARAMEL BARS**

*Marcia Jones  
Dr. Danette Jackson*

- |   |   |
|---|---|
| <b>1 pkg. German chocolate cake mix</b> | <b>1 c. chopped nuts</b>  |
| <b>1 pkg. Kraft caramels</b>            | <b>1 can evaporated milk</b>  |
| <b>1 (12-oz.) chocolate chips</b>       | <b><math>\frac{3}{4}</math> c. butter or margarine (1<math>\frac{1}{2}</math> sticks)</b> |

Melt caramels in  $\frac{3}{4}$  cup evaporated milk and set aside. Melt butter in  $\frac{1}{3}$  cup evaporated milk. Add cake mix to butter mixture. Put  $\frac{1}{2}$  cake mixture in bottom of greased 9 x 13-inch cake pan. Bake 6 minutes at 350°. Remove and spread half chocolate chips on the pan that just came out of the oven. Add melted caramel mixture. Add remaining cake mixture by spoonful or clump. Sprinkle remaining chocolate chips over top. Bake 12 to 16 minutes at 350°. Cool before eating.

## **CHOCOLATE CREAM CHEESE BROWNIES**

*Laurie Smith*

- |  |  |
|--|--|
| <b>1 c. (2 sticks) butter or margarine, softened</b> | <b>1 c. all-purpose flour</b>                      |
| <b>1 (3-oz.) pkg. cream cheese, softened</b>         | <b><math>\frac{3}{4}</math> c. Hershey's cocoa</b> |
| <b>2 c. sugar</b>                                    | <b><math>\frac{1}{4}</math> tsp. baking powder</b> |
| <b>3 eggs</b>  | <b><math>\frac{1}{2}</math> tsp. salt</b>          |
| <b>1 tsp. vanilla extract</b>                        | <b><math>\frac{3}{4}</math> c. chopped nuts</b>    |
|  | <b>Brownie Frosting</b>                            |

Heat oven to 325°. Grease bottom of 13 x 9 x 2-inch baking pan. In large mixer bowl, beat butter, cream cheese and sugar until light and fluffy. Add eggs and vanilla; beat well. Stir together flour, cocoa, baking powder and salt; gradually add to butter mixture, blending well. Stir in nuts. Spread batter into prepared pan. Bake 35 to 40 minutes or just until brownies begin to pull away from sides of pan. Cool completely in pan on wire rack. Prepare Brownie Frosting; spread over brownies. Cut into bars. Makes about 3 dozen brownies.

### **Brownie Frosting:**

- |  |  |
|--|--|
| <b>3 T. butter or margarine, softened</b>          | <b><math>\frac{3}{4}</math> tsp. vanilla extract</b> |
| <b>3 T. Hershey's cocoa</b>                        | <b>1 T. milk</b>                                     |
| <b><math>1\frac{1}{3}</math> c. powdered sugar</b> | <b>1 T. light corn syrup (opt.)</b>                  |

In small bowl, beat butter and cocoa until blended; gradually add powdered sugar and vanilla, beating well. Add milk and corn syrup, if desired;

(continued)

beat until smooth and of spreading consistency. Add additional milk, 1/2 teaspoon at a time, if needed.

## **ZEBRA BROWNIES**

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*Terry Simmons*

<b>Brownie mix prepared per pkg. instructions</b>	<b>1/2 c. sugar</b>
<b>8 oz. cream cheese</b>	<b>1 tsp. vanilla</b>
	<b>1 egg</b>

Mix together. Spoon 1/2 of brownie mix in to pan dab above mixture on brownie mix. Top with remaining brownie mixture and lightly drag a knife through the two mixtures to give a striped effect. Bake according to package instructions.

## **BROWNIES**

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*Jean Teno*

<b>2 1/4 c. chocolate syrup</b>	<b>1 1/2 sticks margarine</b>
<b>1 1/2 c. flour</b>	<b>6 egg</b>
<b>1 1/2 c. sugar</b>	

Mix well. Put into 17 1/4 x 11 1/2 inches. Bake 40 minutes.

### **Frosting:**

<b>9 T. butter</b>	<b>2 1/4 c. sugar</b>
<b>9 T. milk</b>	<b>1 c. chocolate chips</b>

Cook butter, milk, and sugar on stove. Bring these to a boil, stirring frequently. Boil for 1/2 minutes. Take off stove. Then add chocolate chips, stirring to mix. Pour on brownies. Spread quickly for the frosting will set up very fast.

## **BROWNIES**

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*Julie Barker*

<b>1/2 c. melted butter</b>	<b>1/3 c. cocoa</b>
<b>1 c. sugar</b>	<b>1/4 tsp. baking powder</b>
<b>1 tsp. vanilla</b>	<b>1/4 tsp. salt</b>
<b>2 eggs</b>	<b>1/2 c. nuts</b>
<b>1/2 c. flour</b>	

Blend butter, sugar and vanilla. Add eggs. Beat well. Combine dry ingredients, add to other. Stir in nuts. Grease 9-inch square pan. Bake at 350° for 20 to 25 minutes. **Frosting:** Cream 3 teaspoons butter, 3 tablespoons cocoa, 1 teaspoon honey, and 1/2 teaspoon vanilla, add 1 cup powdered sugar and 1 to 2 teaspoons milk. Frost brownies when cool.

## TEXAS BROWNIES

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*Lila Dorrell*

2 c. all-purpose flour  
2 c. sugar  
 $\frac{1}{2}$  c. butter or margarine  
 $\frac{1}{2}$  c. shortening  
1 c. strong brewed coffee or water

$\frac{1}{2}$  c. dark, unsweetened cocoa  
 $\frac{1}{2}$  c. buttermilk  
2 eggs  
1 tsp. baking soda  
1 tsp. vanilla

### Frosting:

$\frac{1}{2}$  c. butter or margarine  
2 T. dark cocoa  
 $\frac{1}{2}$  c. milk

$3\frac{1}{2}$  c. unsifted powdered sugar  
1 tsp. vanilla

In a large mixing bowl, combine the flour and sugar. In heavy saucepan, combine butter, shortening, coffee or water and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well, using a wooden spoon or high speed on electric mixer. Pour in well greased  $17\frac{1}{2} \times 11$ -inch jelly roll pan. Bake at  $400^{\circ}$  for 20 minutes or until brownies test done in the center. While brownies bake, prepare the frosting. In a saucepan, combine the butter, cocoa and milk. Heat to boiling, stirring. Mix in the powdered sugar and vanilla until frosting is smooth. Pour warm frosting over brownies as soon as you take them out of the oven. Cool, into 48 bars.

## APPLE BROWNIES

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*Deena McDonald*

3 eggs  
1 c. oil  
 $1\frac{3}{4}$  c. sugar  
2 tsp. vanilla  
2 c. flour

1 tsp. salt  
1 tsp. soda  
 $1\frac{1}{2}$  tsp. cinnamon  
2 c. diced & peeled apples  
 $\frac{1}{2}$  c. chopped nuts

Blend eggs, sugar, oil and vanilla. Sift flour, salt, soda, and cinnamon. Stir into egg mixture. Bake in lightly greased  $9 \times 13$ -inch pan for 1 hour at  $325^{\circ}$ .

## BROWNIES

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*Teresa Moore*

2 c. sugar  
2 c. flour  
 $\frac{1}{4}$  tsp. salt  
1 tsp. cinnamon  
2 sticks oleo  
3 T. cocoa

1 c. water  
2 beaten eggs  
 $\frac{1}{2}$  c. buttermilk or substitute  $1\frac{1}{2}$  tsp. vinegar & add enough milk to make  $\frac{1}{2}$  c. total  
1 tsp. soda

(continued)

Bring to a boil oleo, water, cocoa. Pour over sifted flour, salt, cinnamon and mix. Then mix in remaining ingredients. Bake at 350° for 20 minutes.

**Frosting:**

**1/2 stick butter**  
**2 T. milk**

**2 T. cocoa**  
**Powdered sugar**

Put butter and milk on stove until butter melts. Remove from stove. Then add cocoa and enough powdered sugar to desired spreading consistency.

## **BROWNIE**

---

*Irma Jordan*  
*Jean Wagner*

Melt one stick margarine.

**1/2 c. oil**  
**1 c. water**

**3 T. cocoa**

Just bring to boil and let cool.

**2 c. flour**  
**2 c. sugar (white)**

**1 tsp. soda**

Add above mixture to this when cool.

**1/2 c. buttermilk**  
**2 eggs**

**1 tsp. vanilla**

Add to mixture when cool. Mix and place in greased jelly-roll pan. Bake at 400° for approximately 20 minutes.

**Frosting:**

**1 stick margarine**  
**3 T. cocoa**

**1/3 c. milk**

Bring to boil.

**Add:**

**1 lb. powdered sugar**  
**1 c. chopped nuts**

**1 tsp. vanilla**

If no nuts add more sugar. Spread on bars.



## FUDGE BROWNIES

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Jackie Howard  
Dr. Thomas Bergstrom

1/2 c. butter or margarine	2 eggs
2 (1-oz.) sq. chocolate	1 tsp. vanilla
unsweetened, melted & cooled	3/4 c. sifted flour
1 c. granulated sugar	1/2 c. chopped walnuts

In medium saucepan melt butter and chocolate. Remove from heat, stir in sugar. Blend in eggs one at a time. Add vanilla. Stir in flour and nuts; mix well. Spread in greased 8 x 8 x 2-inch baking pan. Bake at 350° for 30 minutes. Be careful not to overbake. Cool. cut into 16 squares.

## BROWNIES

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Shelley Weeks

1 c. sugar	1/2 tsp. salt
1 c. flour	1 tsp. vanilla
1/2 c. margarine	1 (16-oz.) can Hershey's syrup
4 eggs	

Mix all ingredients and pour in 11 x 16-inch pan. Bake at 350° for 25 minutes.

### Frosting:

1 stick butter	1 tsp. vanilla
3 T. dark cocoa	1 box powdered sugar
6 T. buttermilk	

Boil butter, cocoa and buttermilk. Add 1 teaspoon vanilla. Add one box powdered sugar and beat until creamy. Spread on top cooled brownies.

## CHOCOLATE SYRUP BROWNIES

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Trish Hubbard  
Shirley Bittinger

Preheat oven to 350°. **Cream:** 1/2 cup butter; add 1 cup sugar gradually; cream until light and fluffy. **Add:** Two eggs, one at a time; beat well after each addition. Sift 1 cup flour and 1/4 teaspoon baking soda. Add flour mixture alternately with 3/4 cup Hershey's chocolate-flavored syrup to creamed mixture, blend in 1 teaspoon vanilla and 3/4 cup chopped nuts. Pour into a greased and floured 9-inch square pan. Bake 40 to 45 minutes.

### Chocolate frosting:

1 1/2 c. sugar	1/3 c. milk
6 T. butter	1/2 c. chocolate chips

(continued)

Stir until it boils. Then let boil for 1 minute. Add 1/2 cup chocolate chips. Beat until it is of spreading consistency.

## **E-Z BROWNIES**

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*Sara Braga*

<b>1 can chocolate syrup</b>	<b>3 eggs</b>
<b>1 c. flour</b>	<b>1 stick butter (1/2 c.)</b>
<b>1 c. sugar</b>	<b>1 tsp. vanilla</b>

Mix. Pour in a greased/floured square cake pan. Bake at 350° for 25 to 30 minutes, or until toothpick comes out clean.

**Variation:** Use cocoa powder instead of flour for dusting the cake pan.

## **CARAMELS**

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*Rebekah Mitchell  
Teresa Haarhues  
Rose Thompson*

Melt 1 cup butter in a saucepan. Add 2 1/4 cups brown sugar. Stir until combined. Add 1/4 teaspoon salt. Blend in 1 cup light Karo syrup. Slowly add 15-ounce can sweetened condensed milk. Cook and stir over medium heat until 245°. Remove from heat and add 1 teaspoon vanilla and stir. Quickly pour into a buttered pan or dish and cool before cutting. Recipe also submitted by Rhonda Wagoner.

## **PEANUT BUTTER FUDGE**

---

*Laura Watts*

<b>1/2 c. oleo</b>	<b>12 oz. peanut butter chips</b>
<b>2 c. sugar</b>	<b>7-oz. jar marshmallow creme</b>
<b>1 (5-oz.) can evaporated milk or</b>	<b>1 tsp. vanilla</b>
<b>2/3 c.</b>	<b>1 c. nuts (opt.)</b>

Melt oleo in microwave on full power. Blend in sugar and evaporated milk. Mix well. Cook on medium-high for 15 to 17 minutes or until soft ball is reached. Stir frequently. Blend in peanut butter chips, marshmallow creme, vanilla and nuts. Stir until smooth. Chill.

## **CANDY FOR BUSY PEOPLE**

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*Linda Eddleman*

<b>3 T. butter or margarine</b>	<b>1 (13 1/2-oz.) pkg. dry lemon</b>
<b>3 T. milk</b>	<b>frosting mix</b>
<b>Few drops of butter flavoring</b>	<b>1/4 tsp. lemon flavoring</b>

(continued)

Combine butter or margarine, milk and butter flavoring in top of double boiler. When butter is melted add dry frosting mix. Beat with wooden spoon until smooth. Cook 5 minutes over boiling water, remove from heat and stir in flavoring. Drop by spoonfuls on waxed paper. Work fast, keeping candy in pan, over hot water. Then you flatten into a lovely candy patty. Can be varied using different flavors of frosting and flavorings.

## **CHOCOLATE CHIP PEANUT BUTTER FUDGE**

*Laurie Smith*

- |   |                                     |
|---|-------------------------------------|
| <b>4 c. sugar</b>                                   | <b>1 T. butter or margarine</b>     |
| <b>1 (7-oz.) jar marshmallow creme</b>              | <b>1 c. Hershey's semi-sweet</b>    |
| <b>1½ c. (12-oz. can) evaporated milk</b>           | <b>chocolate chips or Hershey's</b> |
| <b>1 c. Reese's creamy or crunchy peanut butter</b> | <b>milk chocolate chips</b>         |

Line 13 x 9 x 2-inch pan with foil, extending foil over edges of pan. Butter foil lightly; set aside. In heavy 4-quart saucepan, stir together sugar, marshmallow creme, evaporated milk, peanut butter and butter. Cook over medium heat, stirring constantly until mixture comes to full, rolling boil; continue boiling 5 minutes, stirring constantly. Remove from heat. Immediately add chocolate chips; stir until smooth. Pour into prepared pan; cool until firm. Use foil to lift fudge out of pan; peel off foil. Cut fudge into pieces. Store in tightly covered container in cool, dry place. Makes about 8 dozen pieces or 3½ pounds candy. For best results, do not double this recipe.

## **MERRY CRANBERRY CHRISTMAS FUDGE**

*Jill Kordick*

- |   |   |
|---|---|
| <b>1 (14-oz.) can sweetened condensed milk</b>    | <b>¼ c. orange marmalade</b>                  |
| <b>3 (6-oz.) pkgs. semi-sweet chocolate chips</b> | <b>¼ c. dried cranberries, finely chopped</b> |
| <b>1 tsp. orange extract</b>                      | <b>¼ c. pecans, finely chopped</b>            |

In a 4-cup glass measuring cup or microwave-safe bowl, combine the milk and chips. Microwave 3 minutes or until chocolate is melted. Stir in remaining ingredients. Spoon into prepared foil cups. Cool in refrigerator until set. Makes 60 to 66 tiny cups.

## **WAFFLE TURTLES**

*Rhonda Wagoner*

- |                    |                       |
|--------------------|-----------------------|
| <b>1½ c. sugar</b> | <b>2 tsp. vanilla</b> |
| <b>1 c. butter</b> | <b>2½ c. flour</b>    |
| <b>4 eggs</b>      | <b>½ c. cocoa</b>     |

(continued)

Cream sugar and butter. Beat in eggs and vanilla. Sift together dry ingredients and stir into creamed mixture. Spoon onto hot waffle iron and close lid for 60 seconds. Frost if you want. Cocoa optional.

## **NO COOK CHOCOLATE FUDGE**

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*Joann Haines*

**1 lb. butter**  
**1 c. cocoa**  
**1 tsp. vanilla**

**1 lb. American cheese**  
**4 lbs. powdered sugar**

Melt butter and cheese. Beat sugar and cocoa into this. Add vanilla and pour into 9 x 13-inch buttered pan. Chill too.

## **CHINESE CHEWS**

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*Barb McDonald*

**1 c. chopped dates**  
**1 c. sugar**  
**1 tsp. baking powder**  
**2 eggs**

**1 c. chopped nuts**  
 **$\frac{3}{4}$  c. flour**  
 **$\frac{1}{2}$  tsp. salt**

Mix ingredients together. Bake 20 minutes in 350° oven in 8 x 8-inch pan. Cut while warm and roll in granulated sugar.

## **EAT MORES**

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*Rebekah Mitchell*

Melt 1 package white almond bark and 1 cup crunchy peanut butter in a double boiler. Stir until melted. Take off the heat and add 1 cup dry roasted peanuts, 3 cups mini marshmallows, 3 cups Rice Krispies. Drop by spoonfuls on waxed paper to cool and set up.

## **\$200 FUDGE**

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*Diane Thompson*

**In large bowl put:**

**3 (6-oz.) pkgs. chocolate chips**  
 **$\frac{1}{2}$  lb. butter**  
**2 c. walnut nutmeats**

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

**In pan:**

**$4\frac{1}{2}$  c. sugar**  
**1 ( $14\frac{1}{2}$ -oz.) tall can evaporated milk**

Boil 6 minutes from a rolling boil. Pour over contents in bowl. Beat till smooth. Pour in cake pan and cool.

## EASY FUDGE

---

*Betty Keese*

**3 c. (18 oz.) semi-sweet  
chocolate chips**  
**1 (14-oz.) can Eagle Brand  
condensed milk, not  
evaporated milk**

**Dash salt**  
**1/2 c. chopped nuts**  
**1 1/2 tsp. vanilla extract**

In heavy saucepan over low heat melt chips with Eagle Brand milk and salt. Remove from heat, stir in nuts and and vanilla. Spread evenly into aluminum foil-lined 8-or 9-inch square pan. Chill for 2 hours. Turn fudge onto cutting board; peel off foil, cut into squares. Store loosely covered at room temperature.

## PEANUT CLUSTERS

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*Marcia Jones*

**1 (12-oz.) pkg. semi-sweet  
chocolate chips**

**1 pkg. white almond bark**  
**2 lbs. peanuts, skinless**

Melt chocolate chips and almond bark in double boiler or crockpot. Add peanuts. Spoon onto waxed paper.

## EASY PEANUT CLUSTERS

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*Linda Eddleman*

**1/2 lb. sweetened chocolate**  
**2/3 c. unsweetened condensed  
milk**

**1 c. peanuts**

Melt chocolate, add milk and peanuts, mix well. Drop by teaspoonfuls on buttered sheet, chill several hours.

## PEANUT BRITTLE

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*Marcia Jones*

**1/2 c. molasses**  
**2 c. sugar**

**1/2 c. light corn syrup**  
**1 c. water**

Combine and cook to 238° using candy thermometer.

**Add:**

**2 c. raw peanuts**

**1/4 tsp. salt**

Cook until 290°. Remove from heat, add 2 tablespoons butter, then add 2 teaspoons baking soda. Stir with a fork. Pour on buttered cookie sheet with edges (10 x 15 inches).



## OREO CANDY

*Tootie Haushchildt*

**1 pkg. Oreo cookies, crushed  
fine**

**8 oz. cream cheese  
White chocolate almond bar**

Mix cream cheese with crushed cookies. Form into balls. Chill for at least 1 hour. Dip in white chocolate almond bark.

## CHERRY MASH CANDY

*Cheryl Adams*

**2 c. sugar  
3/4 c. mini marshmallows  
2/3 c. evaporated milk  
2 tsp. vanilla  
2 (6-oz.) pkgs. cherry chips**

**1 (12-oz.) pkg. real chocolate  
chips  
3/4 c. chunky peanut butter  
1 c. chopped Spanish peanuts**

Combine sugar, marshmallows and milk. Stir until dissolved over low heat. Cook 5 minutes stirring constantly, remove from heat. Stir in 1 teaspoon vanilla and cherry chips until dissolved. Spread in buttered 13 x 9-inch pan. Melt chocolate chips with peanut butter and 1 teaspoon vanilla in double boiler. Stir in nuts. Spread over cherry layer and store in refrigerator. Microwave chocolate chips and peanut butter in glass bowl until smooth and immediately place as top layer. Enjoy at Christmas.

## ALMOND JOYS

*Melody Larsen  
Andrea Miner*

**1 lb. powdered sugar  
1/2 c. melted butter (cooled)  
1 can sweetened condensed  
milk**

**1 tsp. vanilla  
1 pkg. flaked coconut  
Whole almonds**

Mix and spoon on waxed paper, add almonds and freeze. Dip in 2 packages semi sweet chocolate chips and 1 slab of wax melted together in microwave.

## CHOCOLATE CHERRY CORDIALS

*Teresa Haarhues*

**1/4 c. butter  
2 1/2 c. powdered sugar  
1 T. milk  
1/2 tsp. vanilla  
1/8 tsp. almond extract  
40 maraschino cherries, drained**

**1 c. semi-sweet chocolate  
pieces  
1 lg. (4 oz.) milk chocolate bar,  
broken into pieces  
1 T. shortening**

(continued)

Cream butter with sugar and milk. Blend in vanilla and almond extract. If mixture is too soft, add extra sugar. Mold just enough mixture around each cherry to completely cover. Place on waxed paper covered tray. Cover and chill. Remove  $\frac{1}{3}$  of the cherries at a time for dipping. Keep remainder chilled. Combine chocolate pieces, milk chocolate bar and shortening in top of double boiler over hot, not boiling, water. Melt, stirring occasionally. Remove top of pan from heat. Cool, stirring occasionally to set. Rewarm to dipping consistency,  $95^{\circ}$  while dipping. Dip centers into chocolate mixture; remove with fork. To remove excess chocolate, wipe fork across rim of pan several times. Slice candies from fork onto waxed paper, swirling a thread of chocolate from fork across the top to decorate. Chill 20 minutes. Store in cool place a day or until centers are liquid.

## MICROWAVE DIVINITY

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*Juanita Ross*

<b>4 c. sugar</b>	<b><math>\frac{1}{4}</math> tsp. salt</b>
<b>1 c. light corn syrup</b>	<b>3 egg whites</b>
<b><math>\frac{3}{4}</math> c. water</b>	<b>1 tsp. vanilla</b>

Mix sugar, corn syrup, water and salt in  $1\frac{1}{2}$ -quart bowl. Cook on full power 20 minutes or until hard ball stage is reached. While syrup cooks, beat egg whites in large mixing bowl until stiff peaks form. Gradually pour hot syrup over egg whites while beating at high speed until mixture thickens and starts to lose gloss. Beating may require 12 minutes. Add vanilla. Drop by teaspoons onto waxed paper.

## DIVINITY

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*Rose Thompson*

<b><math>2\frac{2}{3}</math> c. sugar</b>	<b>2 egg whites (beaten stiff)</b>
<b><math>\frac{2}{3}</math> c. corn syrup</b>	<b>1 tsp. vanilla</b>
<b><math>\frac{1}{2}</math> c. water</b>	<b><math>\frac{2}{3}</math> c. nuts, very fine</b>

Mix sugar, syrup, and water in pan. Stir over low heat until sugar dissolves. Then cook without stirring to  $260^{\circ}$  (hard ball). Remove from heat and pour, beating constantly in fine stream into beaten egg whites. Add vanilla and continue beating until mixture holds its shape and becomes dull, fold in nuts. Drop quickly from tip of buttered spoon onto waxed paper.

## TOFFEE

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*Janet Loomis*

<b>2 c. blanched almonds</b>	<b>3 T. corn syrup (white)</b>
<b>1 lb. margarine or butter</b>	<b>1 T. water</b>
<b>2 c. sugar</b>	<b>1 tsp. vanilla</b>

(continued)

Melt butter. Add sugar, almonds, syrup, water. Cook to 284°. Add vanilla. Cook to 290°. Pour onto greased cookie sheets times two.

## PEANUT BRITTLE

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*Teresa Haarhues*

**1 c. sugar**  
**1 c. white Karo syrup**

**2 c. raw peanuts**

Cook until golden brown (hard crack about 290°). Remove from stove. Add 2 teaspoons (1 heaping teaspoon) of soda. Whip until frothy and pour (do not spread) on a greased cookie sheet.

## CARAMEL CORN IN OVEN

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*Teresa Moore  
Julie Van Dyke  
Sharon Shaull*

**8 or 9 qt. popcorn (already  
popped)**  
**2 c. brown sugar**  
**1 c. margarine**  
**1 tsp. salt**

**½ c. white syrup**  
**1 tsp. burnt sugar flavoring (or  
vanilla)**  
**½ tsp. baking soda**

Boil all ingredients except corn and soda for 5 minutes, mixing well and stirring occasionally. Remove from heat and add soda. Stir in quickly. Pour over popped corn, mixing well. Put in two large flat pans and place in 250° oven for an hour, stirring every 15 minutes. Store in tightly covered container. Recipe also submitted by Teresa Haarhues and Carla Campbell

## MICROWAVE PEANUT BRITTLE

---

*Terry Simmons*

**1 c. sugar**  
**½ c. white syrup**

**1 c. raw peanuts**  
**Dash of salt**

Stir together in a 4-cup glass measuring cup or glass microwavable dish. Cook on high for 5 minutes and stir. Cook on high 2 more minutes. Add 1 tablespoon of margarine and 1 teaspoon of vanilla. Cook on high 1 minute and 15 seconds. Remove and stir in 1 teaspoon soda. Spread quickly onto a buttered cookie sheet and cool. Store in a sealed container. So easy and turns out every time!





To Be Continued...

# *Breakfast ~ This & That*

BREAKFAST - THIS & THAT

# Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.



# BREAKFAST & THIS & THAT

## GRANOLA

---

*Deb Goerndt*

- |  |                           |
|--|---------------------------|
| <b>4 c. old fashioned rolled oats</b>  | <b>1/2 tsp. cinnamon</b>  |
| <b>1 c. coarsely chopped almonds</b>   | <b>1/4 tsp. nutmeg</b>    |
| <b>1/4 c. toasted wheat germ</b>       | <b>1/3 c. granola oil</b> |
| <b>1/4 c. unsalted sunflower seeds</b> | <b>1/2 honey</b>          |
| <b>1/4 c. flax seeds</b>               |                           |

Mix all ingredients and spread on 2 baking sheets. Bake at 300° for 25 minutes. Cool. Add coconut and raisins.

## GRANOLA

---

*Betty Frazier*

- |  |  |
|--|--|
| <b>6 c. quick or old fashioned oatmeal</b> | <b>1/2 c. wheat germ</b>               |
| <b>1 (2 1/2-oz.) pkg. slivered almonds</b> | <b>1 c. raisins</b>                    |
| <b>1/2 c. sunflower seeds</b>              | <b>1 c. shredded or flaked coconut</b> |
| <b>1/2 c. sesame seeds</b>                 | <b>1/2 c. bran cereal</b>              |
|  | <b>1/2 c. honey</b>                    |
|  | <b>1/2 c. vegetable oil</b>            |

Combine all dry ingredients and mix. Combine honey and vegetable oil, mix well and drizzle over dry ingredients. Stir well and put mixture on a rimmed cookie sheet. Toast 45 minutes at 250°. Stir several times while baking to insure even toasting. A dash or two of cinnamon or a teaspoon of vanilla add delicate flavor and chopped dried fruit of your choice will add flavor and nutrition. (Refrigerate the mix if you add dried fruit.)

## HOMEMADE GRANOLA

---

*Barb Goering*

### Combine:

- |                         |   |
|-------------------------|---|
| <b>3 c. rolled oats</b> | <b>1/4 c. instant milk or Coffee-mate</b> |
| <b>1 c. wheat germ</b>  | <b>2 T. cinnamon</b>                      |
| <b>1 c. coconut</b>     | <b>2 T. brown sugar</b>                   |

### Heat:

- |                     |                       |
|---------------------|-----------------------|
| <b>1/3 c. honey</b> | <b>1 tsp. vanilla</b> |
| <b>1/3 c. oil</b>   |                       |

Pour honey mixture over dry mixture. Spread into a 9 x 12-inch pan. Bake for 1 hour at 250°. Let cool and store in sealed container. Great for snack or pour milk over a cup of mixture for cereal.

## GRANNIES GREAT GRANOLA

---

*Sheila Arnot*

**2/3 c. sugar**  
**2 T. corn syrup**  
**1 tsp. salt**

**2 T. vegetable oil**  
**1 c. nonfat dry milk**  
**1/3 c. water**

Mix together very well.

**1/4 c. coconut**  
**1/4 c. chopped nuts**  
**1 c. raisins**

**1/2 c. wheat germ**  
**6 c. rolled grains**

Bake at 300° for 40 to 60 minutes, stirring occasionally.

## GRANOLA

---

*Kim Hulbert*

**4 c. oatmeal**  
**1 c. coconut**  
**1/2 c. sunflower seeds**  
**1 c. wheat germ**  
**1/4 c. oil**

**1/2 c. honey**  
**1 tsp. vanilla**  
**1 tsp. almond butter**  
**1 c. raisins**

Mix first 4 ingredients in large bowl set aside. Mix oil, honey and either vanilla or almond and heat in microwave till hot and thinned. Pour over oatmeal mixture. Spread on jelly-roll pan and toast in oven at 325° for 15 minutes or till lightly browned. Watch closely to make sure not to burn. Stir often and then remove to cool. Add the raisins. Store in Tupperware container. Eat with milk. Other ingredients such as dried banana slices or other dried fruit may be added after toasting or added when served to avoid any moisture in fruit from making cereal not crispy. Serves 24.

## GRANOLA BARS

---

*Deena McDonald*

**1 c. honey**  
**1 c. peanut butter**  
**3 1/2 c. rolled oats**

**1/2 c. raisins**  
**1/2 c. grated carrots**  
**1/2 c. coconut (opt.)**

Stir and heat honey and peanut butter in large saucepan until melted. Remove from heat and add oatmeal, raisins, carrots, and coconut. Mix well. Put on cookie sheet. Press together firmly. Cut into squares.

## **PANCAKES**

---

*Teresa Moore*

**3 c. flour**  
**3 heaping tsp. baking powder**  
**3 heaping T. sugar**  
**1½ c. milk**

**3 eggs**  
**1 tsp. cinnamon**  
**¼ c. oil**

Measure dry ingredients into a bowl, then add eggs and milk. Stir until well mixed, but with a few lumps. Then add oil and beat until mixed thoroughly. Fry on hot griddle.

## **MY DAD'S PANCAKES**

---

*Dr. Thomas Bergstrom*

**In a separate dish:**

**2 c. flour**  
**4 tsp. baking powder**  
**2 tsp. soda**

**1 T. sugar**  
**¼ tsp. salt**

**In different bowl:**

**1 qt. buttermilk**  
**2 eggs**

**2 tsp. vanilla**  
**¼ c. melted margarine**

Beat this with a whisk and add dry ingredients all at once. Will be a little lumpy, but this is fine. This batter will keep for days in the refrigerator.

## **BUTTERMILK PANCAKES**

---

*Carol Meints*

**1 egg**  
**1 c. buttermilk**  
**2 T. vegetable oil**  
**1 c. flour**

**1 T. sugar**  
**1 tsp. baking powder**  
**½ tsp. soda**  
**½ tsp. salt**

Blend egg, milk, oil. Add dry ingredients. Beat with whip or spoon. Batter should be slightly lumpy. Heat griddle to 375° to 400°. Drops of water should sizzle. Makes 10 (4-inch) cakes.

## **PANCAKE SYRUP**

---

*Angie Holloway*

**2 c. brown sugar**  
**¾ c. water**

**½ tsp. maple flavoring**  
**Sprinkle of salt**

Combine ingredients and boil for about 5 minutes. Ready to serve.

## FRENCH BREAKFAST

*Becki Messer*

1½ c. flour  
½ c. sugar  
½ tsp. baking powder  
½ tsp. salt

¼ tsp. nutmeg  
⅓ c. margarine, melted  
½ c. milk  
1 egg, beaten

Sift dry ingredients, add milk, egg and margarine, beat well. Fill well greased or sprayed muffin tins or mini tins ⅓ full and bake. When baked, pop out of tins while hot and roll in melted butter, then in mixture of 1 cup sugar and 2 teaspoons cinnamon. Bake at 350° for 20 minutes in large tins; 12 to 15 minutes for small tins.

## BAKED FRENCH TOAST CASSEROLE

*Dana Stonehocker*

1 (13-to 16-oz.) loaf of French bread  
8 lg. eggs  
2 c. half-and-half  
1 c. milk

2 T. sugar  
1 tsp. vanilla extract  
¼ tsp. ground cinnamon  
¼ tsp. ground nutmeg

**Praline topping:**

1 c. (2 sticks) butter, room temp.  
1 c. packed light brown sugar  
1 c. chopped pecans

2 T. light corn syrup  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg

Slice the French bread into twenty (1-inch) slices. Arrange the slices in a generously buttered 9 x 13-inch flat baking dish in 2 rows, overlapping the slices. In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon and nutmeg and beat with a rotary beater or whisk until blended not too bubbly. Pour over the bread slices, making sure all are covered evenly with the milk/egg mixture. Cover with foil and refrigerate overnight. The next day, combine the praline topping ingredients in a medium bowl and spread it evenly over the bread. Bake for 40 minutes at 350° for 40 minutes until puffed and lightly golden. Serve with maple syrup or honey.

## APPLE CINNAMON TOAST

*Deena McDonald*

½ apple  
1 slice whole-wheat bread  
Cinnamon/sugar (1 tsp.  
cinnamon per ½ c. sugar)

**Butter**

Peel and slice apple. Butter bread. Place apple slices on bread. Shake apple slices on bread. Shake cinnamon/sugar over top. Place on cookie sheet. Bake at 375° for 15 to 20 minutes.

## **BRUNCH CASSEROLE**

---

*Joann Haines*

8-10 slices bread, cubed  
2 c. cheddar cheese, grated  
1½ lbs. sausage, browned &  
drained  
8 eggs, beaten  
3 c. milk

Salt & pepper to taste  
1 tsp. dry mustard  
Chopped onions, opt.  
Mushrooms, opt.  
Green peppers, opt.

Grease 9 x 13-inch pan. Layer bread cubes with cheese, sausage and vegetables (optional). Mix eggs with the milk and seasonings. Spread on the top of layers. Cover and refrigerate overnight. Bake uncovered at 350° for 1 hour. Serves 8 to 10. (You may use American or colby cheese; ham or bacon may be substituted for the sausage.)

## **VEGETABLE OMELET**

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*Rita McDonald*

2 eggs, separated  
½ c. chopped broccoli  
½ c. chopped mushrooms  
1 med. tomato, chopped  
1 tsp. lemon juice  
½ tsp. salt

⅛ tsp. garlic powder  
⅛ tsp. basil  
Dash pepper  
¼ tsp. cream of tartar  
1 T. Parmesan cheese

Preheat oven to 350°. In small bowl, combine egg yolks, vegetables, lemon juice, salt, garlic, basil and pepper. In another bowl, beat egg whites with cream of tartar until stiff but not dry. Fold yolk mixture into whites. Heat large ovenproof skillet over medium heat. Gently spread egg mixture in skillet. Put in oven and bake 5 to 7 minutes or until top springs back when lightly touched. Sprinkle with Parmesan cheese.

## **OVEN OMELET**

---

*Chris Eyerly*

10 eggs  
1 c. milk  
½ tsp. salt  
½ tsp. dry mustard  
¼ tsp. paprika

½ tsp. celery salt  
¼ tsp. pepper  
2 c. baked ham (cubed)  
2 c. cheddar cheese (shredded)  
1 T. chopped onions

Beat eggs, milk and seasonings. Stir in remaining ingredients. Pour into greased 9 x 15 x 2-inch pan. Bake uncovered at 325° for 40 to 45 minutes or until omelet is set and top is golden brown.



## EGG CASSEROLE

---

*Rhonda Wagoner*

**2 c. grated Velveeta**  
**¼ c. butter**  
**1 c. milk**  
**¼ c. diced onion**  
**1 doz. eggs**

**Ham or whatever**  
**½ tsp. salt**  
**¼ tsp. pepper**  
**2 tsp. mustard**

Put cheese on bottom of 9 x 13-inch glass pan. Dot with butter, mix salt, pepper, milk and mustard. Pour half on cheese. Add eggs (slightly beaten), meat and onion. Pour other half milk mixture on top. Bake at 325° 40 minutes.

## BREAKFAST EGG FONDUE

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*Vickie Richter*

**8 slices bread, broken into sm. pieces**  
**2 c. frozen hash browns with onion & peppers**  
**2 c. Velveeta, cubed into sm. pieces**  
**1 lb. ham or sausage links (brown links & cut into pieces)**

**5 eggs, beaten**  
**2½ c. milk**  
**¾ tsp. dried mustard**  
**1 (10-oz.) can cream celery soup**  
**8 oz. mozzarella cheese**

Grease 9 x 13-inch pan. Put bread crumbs on bottom, then layer hash browns, Velveeta cheese, meat and top with eggs, soup, milk, mustard and soup (mixed together). Let stand in refrigerator overnight. Bake 1 hour 45 minutes at 350°. Last 5 minutes, top with shredded mozzarella cheese. Let stand 5 to 10 minutes before serving.

## QUICHE LORRAINE

---

*Trish Hubbard*

**2 (9-in.) pie shells**  
**1 bunch green onions, minced**  
**1 (4-oz.) can mushrooms, drained**  
**½ lb. Swiss cheese, grated**  
**1½ c. milk**  
**½ tsp. salt**

**4 slices bacon, chopped**  
**1 tsp. butter**  
**4 thin slices ham, shredded**  
**4 whole eggs**  
**1 clove garlic, pressed**  
**½ tsp. dry mustard**

Prebake shells 10 minutes in a 400° oven. Fry bacon until crisp. Drain, sauté onions in the butter, layer bacon, onions, ham and cheese in two shells. Combine eggs with the remaining ingredients which have been beaten together well. Pour custard in filled shells and bake in a 350° oven 35 minutes or until a knife inserted in the center comes out clean. Serves 6 as a main course. This recipe is easily halved.

## APPLE STRATA

---

*Vickie Richter*

**1 c. sour cream**  
**1/3 c. packed brown sugar**  
**1/2 lb. sliced boiled ham**  
**12 slices French toast**

**2 c. or 8 oz. 3 cheese gourmet,  
divided**  
**1 (20 oz.) apple pie filling**  
**1 c. granola with raisins**

Blend sour cream and brown sugar. Chill. Place 6 slices French toast on bottom of greased 9 x 13-inch pan. Layer ham, 1 1/2 cups cheese, and remaining toast. Spread pie filling on top. Sprinkle with granola. Bake at 350° 25 minutes. Top with 1/2 cup cheese and bake 5 more minutes till cheese is melted. Serve with sour cream mixture. Serves 6.

## SPANISH OMELET

---

*Betty Keese*

**1 T. vegetable oil**  
**3 c. frozen O'Brien potatoes**  
**1/4 tsp. salt & pepper**  
**3/4 c. diced ham**

**8 lg. eggs**  
**1/2 c. shredded Monterey Jack or  
cheddar cheese**

Heat broiler; heat oil in 10-inch nonstick skillet over medium heat. Add frozen potatoes, salt and pepper, cover and cook as package directs. Add ham, stirring until hot. Reduce heat to medium-low. Whisk eggs in a large bowl. Pour into skillet and stir to combine with potato mixture. Cover and cook 6 minutes or until eggs are set on bottom. Sprinkle with cheese. Broil 4 to 5 inches from heat source, 1 to 2 minutes until eggs are set and cheese melts. Slide onto serving plate and cut into wedges.

**Tip:** If skillet handle is plastic or wood, double wrap with foil to protect it from scorching under broiler.

## BREAKFAST CASSEROLE

---

*Janette Pickar*

**1 1/2 lbs. sausage**  
**6 eggs**  
**3 c. milk**  
**1 1/2 tsp. dry mustard**

**1 tsp. salt**  
**5 slices bread, cubed with no  
crust**  
**1 1/2 c. grated cheese**

Mix above ingredients and place in 9 x 13-inch pan and top with a little bit of cheese. Bake at 350° for 1 hour. Can make the night before and refrigerate till time to bake.

## BREAKFAST CASSEROLE

---

*Becki Messer*

1 lb. sausage  
6 eggs  
2 c. milk  
6 slices cubed bread

1 c. cubed cheddar or Monterey  
Jack cheese  
Salt  
Pepper

Brown and drain sausage. Add remaining ingredients. Pour into 9 x 13-inch baking dish and let stand in refrigerator overnight. Bake at 350° for 45 minutes.

## EGGS FOR BRUNCH

---

*Andrea Miner*

16 slices bread buttered (put in  
bottom of pan)  
1 sm. onion  
1 lb. cheddar cheese

6 eggs  
3½ c. milk  
Salt & pepper

Mix and put into a 9 x 13-inch pan, cover and let set overnight in refrigerator. Bake for 1 hour at 350°.

## BREAKFAST CASSEROLE

---

*Connie Tadlock*

2½ c. seasoned croutons  
(Pepperidge Farm)  
2 c. shredded cheddar cheese  
2 lbs. pork sausage

4 eggs  
¾ tsp. mustard  
2½ c. milk  
1 can cream of mushroom soup

Layer croutons, then cheese, then browned and drained sausage; beat eggs, mustard and milk. Pour over meat and refrigerate overnight. Before baking, mix ½ cup milk with mushroom soup. Pour over. Bake 1½ hours at 300°.

## SCRAMBLED EGG PIZZA

---

*Billi Jo Akers*

1 (16-oz.) loaf frozen whole-  
wheat bread dough, thawed  
1 c. chopped zucchini or sweet  
green pepper  
1 c. sliced fresh mushrooms  
¼ tsp. crushed red pepper  
1 T. cooking oil

8 eggs  
½ c. milk  
1 T. margarine or butter  
¾ c. shredded mozzarella  
cheese (3 oz.)  
2 strips bacon, crisp cooked,  
drained & crumbled

On lightly floured surface, roll bread dough into 14-inch circle. Transfer dough to a greased 13-inch pizza pan. Build up edges slightly. Prick

(continued)

dough generously with fork. Bake in a 350° oven for 15 to 20 minutes or until brown. Meanwhile, in a large skillet cook zucchini or green pepper, mushrooms and crushed red pepper in hot oil about 5 minutes or until vegetables are almost tender. Remove vegetables and drain. In a large bowl beat together eggs and milk. In the same skillet melt margarine or butter over medium heat, pour in egg mixture. Cook, without stirring, till mixture begins to set on bottom and around edges. Using spatula or large spoon, lift, and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or till eggs are cooked through, but still glossy and moist. Remove from heat. Sprinkle 1/2 of the shredded cheese over the hot crust. Top with eggs, zucchini mixture, bacon, and remaining cheese. Bake for 5 to 8 minutes more or till cheese melts. Serves 10.

## BREAKFAST PIZZA

*LaDonna Spear  
Karen Krogh*

- |  |                             |
|--|-----------------------------|
| 1 lb. bulk pork sausage                        | 5 eggs                      |
| 1 (8-oz.) pkg. refrigerated crescent rolls     | 2 T. grated Parmesan cheese |
| 1 c. frozen loosely-packed hash browns, thawed | 1/4 c. milk                 |
| 1 c. shredded sharp cheddar cheese             | 1/2 tsp. salt               |
|  | 1/8 tsp. pepper             |

In a skillet, cook sausage until browned. Drain off excess fat. Separate crescent dough into 8 triangles. Place in an ungreased 12-inch pizza pan with points toward the center. Press over bottom and sides to form a crust; seal perforations. Spoon sausage over crust. Sprinkle with potatoes. Top with cheddar cheese. In a bowl, beat together eggs, milk, salt and pepper. Pour over crust. Sprinkle Parmesan over all. Bake in a 375° oven for 25 to 30 minutes. Serves 6 to 8.

## ONE OF LIFE'S RECIPES

*Melody Larsen*

- |                       |                              |
|-----------------------|------------------------------|
| 1 c. of Good Thoughts | 2 c. of Sacrifice For Others |
| 1 c. of Kind Deeds    | 3 c. of Forgiveness          |
| 1 c. of Consideration | 2 c. of Well Beaten Faults   |

Mix these thoroughly. Add tears of joy, sorrow, and sympathy for others. Fold in cups of prayer and faith to lighten other ingredients and raise the texture to great height of Christian living. After pouring all this into your daily life, bake well with the heat of human kindness. Serve with a smile.



## HOLIDAY JELLO JIGGLERS

---

*Deena McDonald*

- 1 1/4 c. boiling water (do not add cold water)
- 1 (8-serv. size) or 2 (4-serv. size) pkgs. Jello brand gelatin dessert, any flavor

Using paper towel dipped in vegetable oil, lightly wipe inside of molds. (Or spray molds lightly with no stick cooking spray.) Stir boiling water into gelatin in medium bowl at least 3 minutes until completely dissolved. Pour into molds to within 1/8 inch of top. Refrigerate at least 3 hours or until firm (gelatin does not stick to finger when touched). Dip bottom of molds in warm water about 15 seconds. Pull gelatin away from all edges of molds with index finger. Slip finger underneath Jello. Preparation time: 10 minutes. Refrigerate: 3 hours.

## BEEF JERKY

---

*Sandy Thompson*

- |                        |                             |
|------------------------|-----------------------------|
| 1 1/2-lb. beef brisket | 1 tsp. liquid smoke         |
| 1 tsp. salt            | 1/3 tsp. garlic powder      |
| 1/4 tsp. pepper        | 1/4 c. Worcestershire sauce |
| 1/4 c. soy sauce       | 1/4 tsp. hot red pepper     |

Freeze brisket overnight. Let it thaw a bit. Then slice thinly against grain. Mix the liquids in a container and then add the strips of meat. Marinate overnight. Put the meat strips on a rack in the oven. Set at lowest heat. Check after 2 hours of baking. Should be done.

## DUMPLINGS

---

*Rose Thompson*

- |                    |           |
|--------------------|-----------|
| 2 c. flour         | 1 egg     |
| 2 T. baking powder | 1 c. milk |
| 1 T. butter        |           |

Stir together flour, baking powder and butter. Beat eggs and milk together. Add pinch of salt. Mix all together and drop in hot broth.

## LITTLE BITS

---

*Sue Lincoln*

- |                            |                        |
|----------------------------|------------------------|
| 1 lb. hot sausage          | 3 c. Bisquick          |
| 1 lb. sharp cheddar cheese | Pinch of garlic powder |

Melt cheese and mix with sausage, Bisquick and garlic. Form into marble-size balls. Freeze on cookie sheet and then store in a plastic bag  
(continued)



when frozen. Bake at 350° on cookie sheet for about 30 minutes or until golden brown. Serves about 160. You can flatten the balls a little before baking.

## **PUDDING JIGGLERS**

---

*Terry Simmons*

**2 lg. pkgs. Jello**

**2½ c. boiling water**

Mix and cool to room temperature.

**1 sm. pkg. vanilla pudding**

**1 c. milk**

Beat until blended and add to cooled Jello mixture. Pour into 13 x 9-inch pan and refrigerate until set. Dip bottom of pan in sink with about an inch of warm water in it to loosen the Jigglers to serve. May cut into shapes with cookie cutters or cubed. Cherry Jello and chocolate pudding make almost black for bats at Halloween.

## **COOL WHIP JIGGLERS**

---

*Terry Simmons*

**2 sm. pkgs. Jello**

**1¼ c. boiling water**

Dissolve together and allow to cool to room temperature.

**8 oz. Cool Whip**

Whisk into the cooled Jello mixture and place in a 9 x 13-inch pan. Refrigerate until firm. Dip bottom of pan in sink with about an inch of warm water to loosen the Jigglers to serve. These are a pretty pastel color and make fun spring treats. Can be cut into shapes with cookie cutters or cubed.

## **D.Q. HOT FUDGE SAUCE FOR ICE CREAM**

---

*Jackie Howard  
LeAnn Tucker*

**2 c. powdered sugar**

**1 pinch salt**

**1 stick oleo**

**1 can canned milk**

**1 c. chocolate chips**

**1 tsp. vanilla**

Mix all ingredients in pan and slowly bring to boil. Boil for 8 minutes. This will scorch very easily, do cook slowly to the boiling point. This keeps very well in the refrigerator or freezer.

## ORANGE STICKS

---

*Rhonda Wagoner*

**1 loaf sandwich bread**  
**½ lb. butter or margarine**

**1 c. sugar**  
**Rind of 2 oranges**

Remove crust from bread, cut into strips. Place on cookie sheets. Cook margarine, sugar and rind. Dribble over bread. Bake in 250° oven for 1 hour.

## CHEESY SOFT PRETZELS

---

*Laurie Allen*

**1½ c. flour**  
**½ c. shredded cheddar cheese**  
**2 tsp. baking powder**  
**1 tsp. sugar**  
**¾ tsp. salt**

**2 T. cold butter or margarine**  
**⅔ c. milk**  
**1 egg, beaten**  
**Coarse salt**

In a bowl, combine flour, cheese, baking powder, sugar and salt. Cut in butter until crumbly. Stir in milk just until moistened. Knead on a floured surface for 1 minute; divide in half. Roll each portion into a 12 x 8-inch rectangle; cut each into 8-inch long strips. Fold strips in half, pinching the edges, and twist into pretzel shapes. Place on greased baking sheets. Brush with egg and sprinkle with coarse salt. Bake at 400° for 12 to 15 minutes or until golden brown. Serve immediately.

## ROASTED PUMPKIN SEEDS

---

*Rose Thompson*

Separate fiber from seeds, cover seeds with salted water (2 quarts water to ¼ to ½ cup salt). Bring to a boil and simmer until seeds turn gray in color. Drain and dry on paper towels. Put seeds in shallow pan in a 300° oven for 30 to 40 minutes, stir occasionally. Remove from oven and add 1 teaspoon melted butter or margarine to 1 cup of seeds. Stir to coat. Put on paper towels, salt to taste and eat like sunflower seeds.

## HOMEMADE CONDENSED MILK

---

*Rose Thompson*

**⅔ c. sugar**  
**1 c. powdered nonfat dry milk**

**3 T. melted margarine**

Dissolve in ⅓ cup boiling water ¼ teaspoon salt. Mix in blender until thick, chill before use.

## CRACKER JACKS

---

*Marcia Jones*

1 c. light brown sugar  
2 T. molasses or white corn  
syrup  
1 gal. popped corn

Alum, size of pea ( $\frac{1}{8}$  tsp.)  
Butter size of an egg ( $\frac{1}{3}$  c.)  
Pinch of baking soda

Cook sugar, molasses, butter, alum until hard ball stage (265°). Remove from fire and add pinch of baking soda. Stir. Pour over popped corn.

**Note:** One scant tablespoon of milk or cream may be added during cooking time. **For popcorn balls:** You may want to cook to a soft or hard crack stage and form into balls quickly.

## NOODLES

---

*Shanna Garrison  
Betty Frazier*

2 egg yolks  
1 tsp. lard  
2 T. cream  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. baking powder  
Enough flour to make dough  
soft

Mix ingredients well and add flour to make your dough soft enough to roll out without being sticky. Allow to dry and cut.

## GRANDMA'S EGG NOODLES

---

*Jean Wagner*

1 c. all-purpose flour  
3 egg yolks  
1 egg

2 tsp. salt  
 $\frac{1}{4}$ - $\frac{1}{2}$  c. water

Measure flour into bowls, make a well in center and add egg yolks, whole egg and salt. Thoroughly mix eggs into the flour. Add water, one teaspoon at a time. (Add enough water to form dough into a ball.) Turn dough onto a well floured cloth covered board. Knead until smooth and elastic, about 10 minutes. Cover, let rest for 10 minutes. Divide dough into 4 equal parts. Roll dough one part at a time into paper thin rectangle, cut into narrow strips or cut with a noodle cutter. Lay on a flour covered paper to dry.

## **MUSHROOM SALAD**

---

*Jean Wagner*

**4 cucumbers, cut up**  
**4 lg. Bermuda onions, chopped**

**2 cans mushroom caps, drained**

**Boil together:**

**1<sup>3</sup>/<sub>4</sub> c. sugar**  
**3 tsp. salt**  
**2 tsp. dill seed**

**2 c. white vinegar**  
**1 c. water**

After boiling mixture, pour over cucumber mixture. Stir to mix and refrigerate.

## **DILLY BEANS**

---

*Melody Larsen*

Wash and blanch, or steam enough green beans to fill 4 pint jars. Pack in sterile jars with a head of dill, 1 clove of garlic, and <sup>1</sup>/<sub>2</sub> teaspoon cayenne pepper.

**Mix together & heat the following:**

**2<sup>1</sup>/<sub>2</sub> c. cider vinegar**  
**2<sup>1</sup>/<sub>2</sub> c. water**

**<sup>1</sup>/<sub>4</sub> c. pickling salt**

Pour over the beans and let sit 10 minutes. Pour off brine and reheat to boiling. Pour over again and seal jars.

## **SUMMER SAUSAGE**

---

*Rose Thompson*

**2 lbs. lean ground beef**  
**2 T. Morton's TenderQuick salt**  
**<sup>1</sup>/<sub>4</sub> tsp. garlic powder**  
**1 T. ground black pepper seed**

**2 T. liquid smoke**  
**Pinch of salt**  
**1<sup>1</sup>/<sub>2</sub> tsp. mustard**  
**1 c. water**

Mix everything by hand. Cover and refrigerate 1 to 3 days. Form into sausage rolls and wrap in foil. Refrigerate for 8 hours. Remove from foil and bake at 300° for 45 minutes to 1 hour on cookie sheet with paper towels to absorb fat.

## **POWDERED SUGAR**

---

*Barb McDonald*

**1 c. granulated sugar**

Put in blender at highest speed for 20 to 45 seconds.

## **BROWN SUGAR**

---

*Barb McDonald*

**2 T. molasses**

**1 c. granulated sugar**

Stir with a fork.

## **CILANTRO-LIME BUTTER**

---

*Karla Sears*

**1/4 c. unsalted butter, softened  
at room temp.**

**1/4 tsp. salt**

**4 tsp. lime juice**

**3 T. fresh minced cilantro**

**1/8 tsp. freshly ground pepper**

Combine all ingredients in bowl. On sheet of plastic wrap, form butter into log about 4 inches long and 1 inch in diameter. Wrap in plastic wrap and chill until firm. Cut into 1/2-inch thick disks and place on top of grilled fish or baked potatoes. Makes 4 servings.

## **FRIED VEGETABLE BATTER**

---

*Barb McDonald*

**1/2 c. flour**

**Salt to taste**

**1/2 c. yellow corn meal**

**Milk to thicken batter**

**1 egg, beaten**

Mix ingredients together and cover vegetables.

## **WHITE SAUCE**

---

*Billi Jo Akers*

**Medium White Sauce:**

**2 T. butter or margarine**

**Dash pepper**

**2 T. all-purpose flour**

**1 c. milk**

**1/4 tsp. salt**

**Thin White Sauce:**

**1 T. butter or margarine**

**Dash pepper**

**1 T. all-purpose flour**

**1 c. milk**

**1/4 tsp. salt**

In a small saucepan melt butter or margarine. Stir in flour, salt and pepper. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 to 2 minutes more. Makes about 1 cup. Pour over biscuits.



## **CRANBERRY-ORANGE RELISH**

---

*Karla Sears*

2 lg. bags fresh whole  
cranberries  
2 c. sugar

1 (8-oz.) jar orange marmalade  
1 c. chopped walnuts

Mix together. Spread mixture in 9 x 13-inch pan. Cover with foil. Bake 1 hour at 350°. Cool and place in refrigerator. Serves 10 to 12.

## **CROCKPOT APPLE BUTTER**

---

*Becky Paxton*

Apples, peeled & chopped to fill  
crockpot  
4 c. sugar  
4 tsp. cinnamon

1/4 tsp. nutmeg (some prefer  
cloves)  
1/4 tsp. salt

Fill crockpot heaping full. Apples will cook down. Drizzle remaining ingredients over apples. Cook on high 1 hour. Lower heat and cook all day, or night, until thick and brown. Stir occasionally. Put in small containers and freeze.

## **RHUBARB PINEAPPLE JAM**

---

*Rhonda Wagoner*

4 c. rhubarb  
4 c. sugar

1 pkg. strawberry Jello  
1 c. drained crushed pineapple

Cook rhubarb and sugar without water. Stir and add Jello. Stir in pineapple. Put in glasses. Let stand 24 hours. Store in refrigerator or top with wax.

## **REFRIGERATOR PICKLES**

---

*Denise L. Kirkland*

7 c. peeled & sliced cucumbers  
1 white onion, cut in rings  
2 c. sugar

1 T. canning salt  
1 T. celery seed  
1 c. white vinegar

Mix together and let stand 24 hours. Stir several times, as sugar will settle.

## **BARBECUE SAUCE FOR PORK**

---

*Carol Meints*

1/2 lb. brown sugar (may be a  
little more)

1 qt. ginger ale

(continued)

In saucepan boil, stirring to prevent burning. Add 2 regular Open Pit barbecue. Serve hot on your meat.

## **BLUE CHEESE DRESSING**

---

*Charlotte Meyer*

- |                                 |                      |
|---------------------------------|----------------------|
| 16-20 oz. blue cheese, crumbled | 1 T. lemon juice     |
| 1 qt. Hellmann's mayonnaise     | 1½ T. parsley flakes |
| 3 c. sour cream                 | ¼ tsp. garlic salt   |
| 2 c. buttermilk                 | ¼ tsp. white pepper  |
| 1 T. Worcestershire sauce       | ⅔ tsp. MSG (Accent)  |

## **ENERGY BARS**

---

*Pat Barrie*

- |                        |                     |
|------------------------|---------------------|
| 1 stick margarine      | 2½ c. Rice Krispies |
| ½ c. peanut butter     | 1½ c. raisins       |
| 6 c. mini marshmallows | 1 c. peanuts        |
| 2 c. quick oatmeal     |                     |

Mix oatmeal, cereal, peanuts and raisins in a large bowl. Heat margarine, peanut butter and marshmallows until blended. Pour over dry ingredients and mix well. Spread in buttered 9 x 13-inch pan. Press down firmly. When cool cut into bars and wrap in foil or plastic wrap.

## **POPSICLES**

---

*Pat Barrie*

- |                 |                |
|-----------------|----------------|
| 1 pkg. Jello    | 1 c. sugar     |
| 1 pkg. Kool-Aid | 2 c. hot water |

Mix above and add 2 cups cold water. Put in popsicle molds and freeze. Makes 20.

## **APPLE DIP**

---

*Pat Barrie*

- |                  |                    |
|------------------|--------------------|
| ¾ c. brown sugar | 8 oz. cream cheese |
| 2 T. white sugar | 2 T. vanilla       |

Mix all together.

## **SNACK CRACKERS**

---

*Pat Barrie*

**1/2 tsp. lemon pepper**

**1 c. oil**

**2 tsp. dill weed**

**2 bags oyster crackers**

**1 1/2 tsp. garlic salt**

**2 env. Hidden Valley Ranch  
dressing**

Mix first 5 ingredients together and pour over crackers 1/4 to 1/2 at a time in a brown paper bag. Shake well.

## **KETTLE KORN**

---

*Juanita Ross*

**1/2 c. popcorn**

**3 T. white sugar**

**Oil**

Heat oil in medium pan until hot, add popcorn and sprinkle all of sugar over it. Cover and shake continuously until popped.

## **RHUBARB JELLY**

---

*Patty Bengé*

**5 c. finely chopped rhubarb**

**1/4 c. water**

**4 c. sugar**

Mix together and cook slowly until juice starts to foam. Then boil rapidly for 10 minutes. Remove from heat and stir in one small package of red Jello. Pour into sterilized jars and seal.

## **CARAMEL DIP**

---

*LeAnn Tucker  
Dana Beebe*

**1 c. brown sugar**

**1 tsp. vanilla**

**1 (8-oz.) pkg. cream cheese**

Soften cream cheese in microwave. Mix well. Add brown sugar and vanilla. Keep in refrigerator.

## TACO SHELLS

---

Connie Manny  
Karen Krogh

### Mix:

- |   |             |
|---|-------------|
| 2 c. flour  | 1 tsp. salt |
| 1 c. corn meal  |             |
| 1 egg in a cup & fill rest of cup<br>with water to measure 1 c. |             |

Roll into small walnut-sized balls; roll real thin, cook in hot oil. Put waxed paper between dough to roll out.

## FREEZER CORN

---

Lisa Donadio

- |                       |                        |
|-----------------------|------------------------|
| 15 c. fresh corn      | $\frac{3}{4}$ c. sugar |
| $\frac{1}{4}$ c. salt | 5 c. cold water        |

Mix well in large container. Scoop into **freezer** bags and freeze it. That's it. **To eat the corn:** Take frozen corn out of bag and put in a pan with some water. Cook it until the corn is thawed out. Drain **some** of the salt water (brine) and add fresh water. Finish cooking. Season with butter (optional). Eat and enjoy!

**Note:** The salt water (brine) that you drain is what flavors the corn. Drain according to how strong of a taste you want. It's got a good flavor.

## FROZEN CREAM-STYLE CORN

---

Teresa Haarhues

- |                              |                    |
|------------------------------|--------------------|
| 18 c. cut off corn           | 1 ctn. half & half |
| 3 sticks margarine or butter |                    |

Bake at 325° for 1 hour and 15 minutes. Stir every 15 minutes. Cool. Bag and freeze.

## SALSA

---

Lila Dorrell

- |  |                                  |
|--|----------------------------------|
| 20 c. skinned, chopped<br>tomatoes                           | 1 $\frac{1}{4}$ c. sugar         |
| 8 c. chopped onions  | 4 T. chili powder                |
| 3 green bell peppers, chopped                                | 5 T. salt                        |
| 7 yellow banana peppers,<br>chopped                          | 2 $\frac{1}{2}$ c. white vinegar |
| 5 garlic cloves, chopped                                     | 4 tsp. cayenne pepper            |
| 8 jalapeño peppers, chopped<br>(wear gloves while chopping!) | 1 $\frac{1}{2}$ c. cornstarch    |

(continued)

Purée 2 cups of the chopped tomatoes and add cornstarch with a wire whip. Set aside. Combine remaining ingredients in a large kettle. Cook on low or medium heat about 20 minutes or until tender. Slowly add cornstarch and tomato mixture. Stir in well, making sure there no lumps. Cook over low to medium heat until desired thickness. Makes 13 to 15 pints. You can adjust the number and types of peppers to your particular hotness liking.

## **FRESH SALSA**

*Deena McDonald*

**1 lb. fresh tomatoes, cored & chopped (about 2 c.)**  
**1 med.-size onion, chopped**  
**1/2 med.-size sweet green pepper, chopped (about 1/2 c.)**  
**1-2 jalapeño chiles, cored, seeded & finely chopped**

**1 T. sugar**  
**1/2 tsp. salt**  
**1/2 tsp. dried oregano**  
**1 T. vegetable oil**  
**1 T. fresh lime or lemon juice**  
**1 T. distilled white vinegar**  
**1 (8-oz.) can tomato sauce**

Mix together tomatoes, onion, sweet green pepper, jalapeño, sugar, salt, oregano, oil, lime or lemon juice, vinegar, and tomato sauce in large bowl. Cover; refrigerate for at least 1 hour or overnight. Serve with tortilla chips. Makes 4 cups. Preparation time: 20 minutes. Refrigerate: 1 hour or overnight.

## **DR. YEN'S SALSA**

*Dr. Yen*

**6 (3-in.) hot yellow peppers**  
**2-4 lg. yellow (banana) peppers**

**2 T. vegetable oil**

Fry peppers in oil until slightly brown. Cool slightly, wearing gloves, peel and de-seed peppers.

**1/2 onion**  
**1 can whole tomatoes**  
**4 fresh tomatoes**

**2-3 T. fresh cilantro**  
**Juice from 1 lime**  
**2-3 tsp. salt**

Mix peppers with remaining ingredients in food processor or food chopper. Blend until desired consistency.

## **MANGO SALSA**

*Karla Sears*

**2-3 ripe mangoes, chopped**  
**1 jalapeño chile, seeded & minced\***  
**1/4 c. minced red onion**

**4 T. chopped fresh cilantro**  
**2 T. cider vinegar**  
**Salt**

(continued)



In medium bowl, stir together mangoes, chile, onion, cilantro, vinegar and salt to taste. Refrigerate, covered, up to three weeks. Serve cold or at room temperature. \*Wear gloves when handling fresh chiles; the oils can cause a burning sensation on your skin!

## **POULTRY BASTING**

---

*Cheryl Hochstein*

<b>1/2 c. soy sauce</b>	<b>1 (16 oz.) Italian dressing</b>
<b>1/2 c. Worcestershire sauce</b>	<b>2 tsp. garlic salt</b>
<b>1 T. seasoned salt</b>	<b>3 tsp. liquid smoke</b>

We grill our Thanksgiving turkey to 170° and baste with this sauce.

## **MEAT SAUCE FOR FONDUE**

---

*Kim Hulbert*

<b>1 c. catsup</b>	<b>2 T. green pepper, chopped</b>
<b>1 tsp. Worcestershire sauce</b>	<b>2 T. black olives, chopped</b>
<b>2 T. onion, chopped</b>	

Dip meat in sauce after it has browned in fondue pot of oil. Serves 8.

## **GRUYERE CHEESE**

---

*Kim Hulbert*

<b>2 c. cooking wine</b>	<b>1 dash nutmeg</b>
<b>3/4 lb. Gruyere cheese, grated</b>	<b>2 tsp. brandy</b>
<b>1/2 tsp. salt</b>	<b>2 T. cornstarch</b>
<b>1/8 tsp. cayenne pepper</b>	<b>1/2 tsp. minced garlic</b>

Grate cheese, dust with cornstarch and set aside. In heavy saucepan heat cooking wine, and all additional ingredients. Slowly add the cheese stirring constantly with figure eight pattern to avoid the cheese clumping together. When cheese is melted and hot transfer to a fondue pot and adjust sterno to low to avoid burning. Serve with French bread cubed and slightly dried, and with apple slices. Serves 8.

## **MARINATING SAUCE**

---

*Vickie Richter*

<b>1 1/2 c. salad oil</b>	<b>1/3 c. lemon juice</b>
<b>1/2 c. soy sauce</b>	<b>1 T. pepper</b>
<b>1/4 c. Worcestershire sauce</b>	<b>1/2 c. tarragon red wine vinegar</b>
<b>2 T. dry mustard</b>	<b>1 1/2 tsp. dry parsley flakes</b>
<b>2 1/2 tsp. salt</b>	<b>1/2 tsp. garlic powder</b>

(continued)

Place in large bowl. Add meat to cover. Cover bowl, and marinate in refrigerator for two days. Great on grill!

## **HOT JERKY MARINADE**

---

*Jackie Howard*

- |                                   |  |
|-----------------------------------|--|
| <b>2 tsp. chili powder</b>        | <b>2 tsp. pepper</b>                     |
| <b>2 tsp. dried garlic powder</b> | <b>2 tsp. dried onion powder</b>         |
| <b>1 tsp. brown sugar</b>         | <b>2 tsp. salt</b>                       |
| <b>½ tsp. cayenne pepper</b>      | <b>2 lbs. lean meat, cut into strips</b> |
| <b>½ tsp. liquid smoke</b>        |  |

Mix all ingredients. Add the meat and cover well. Marinate in the refrigerator for at least 6 hours. Dry in dehydrator until done. This is best for deer meat. The longer it marinates the better the taste.

## **ALDO BAR-B-Q SAUCE**

---

*Evelyn Ridout*

- |                                  |                     |
|----------------------------------|---------------------|
| <b>1 c. catsup</b>               | <b>1 tsp. sugar</b> |
| <b>¼ c. Worcestershire sauce</b> | <b>2 T. vinegar</b> |
| <b>3 T. chopped onions</b>       | <b>1 tsp. water</b> |

Pour over meat, cover and cook slow.

## **BAR-B-SAUCE**

---

*Jackie Howard*

- |                         |                            |
|-------------------------|----------------------------|
| <b>½ c. white syrup</b> | <b>½ c. water</b>          |
| <b>½ c. brown sugar</b> | <b>¼ c. barbecue sauce</b> |
| <b>¼ c. catsup</b>      |                            |

Sprinkle with red pepper and salt and pepper to taste. Bring to boil and boil gently until all sugar dissolved. This is very good on chicken, beef and pork. It is a stick to the meat type. Adjust the red pepper to taste, by leaving out the seeds it's not as hot.

## **SPAGHETTI SAUCE**

---

*Jill Bowman*

**1/2-3/4 bushel tomatoes (put  
through blender & strain)**

**Run through blender:**

**10 med. onions**

**5 green peppers**

**1 T. garlic salt**

**3/4 c. sugar**

**1/4 c. salt**

**1/4 c. Worcestershire sauce**

**1 T. black pepper**

**10-15 bay leaves**

**1/4 c. oregano flakes**

Stir all together and cook slow for 2 hours. Then add 5 medium cans of tomato paste, cook 10 additional minutes. Pack in sterilized jars and seal.

## **SPAGHETTI SAUCE**

---

*Stacey Mitchell*

**1/2 lb. ground beef**

**3/4 can tomato sauce**

**1/2 lb. ground Italian sausage**

**1 T. chili powder**

**2 T. dried minced onion**

**1 tsp. ground oregano**

**1 can tomato paste**

**4 squirts Tabasco sauce**

**1 can peeled whole tomatoes**

Brown both meats in skillet with minced onion. Drain grease. Add canned ingredients and stir. Add spices and stir. Simmer over low heat until hot. Pour over cooked spaghetti.

## **KNOX BLOX**

---

*Connie Manny  
Rhonda Wagoner*

**4 env. Knox unflavored gelatin**

**4 c. boiling water**

**3 (3-oz.) pkgs. flavored gelatin**

Mix gelatins together. Add boiling water and dissolve. Pour into 9 x 13-inch pan, chill and cut into 1-inch squares.

## **COLORED POPCORN BALLS**

---

*Dana Stonehocker*

**1 (3-oz.) pkg. Jello, any flavor**

**1 c. light corn syrup**

**Food coloring, few drops (opt.)**

**7-8 c. popped popcorn**

**1 c. sugar**

(continued)

Combine Jello, food coloring, sugar and syrup. Bring to rolling boil. Pour over popcorn, mixing to coat thoroughly. Cool. Butter hands. Shape popcorn mixture into balls. Wrap in sandwich bags if desired.

## POPCORN CAKE

---

*Rose Thompson*

<b>5 qt. popped plain popcorn</b>	<b>M &amp; M's</b>
<b>Peanuts</b>	<b>1/2 c. butter</b>
<b>1/2 c. oil</b>	<b>1 (16-oz.) bag marshmallows</b>

Melt the butter, oil and marshmallows. Pour over popcorn, mix well, let cool a little and then add peanuts and M & M's and mix again lightly. Put into well greased bundt pan or 9 x 13-inch pan or make into balls.

## CRAZY CORN

---

*Kevin Gabbert*

<b>8 c. popcorn</b>	<b>1/2 tsp. baking soda</b>
<b>1 c. packed brown sugar</b>	<b>1 tsp. vanilla</b>
<b>1/2 c. margarine</b>	<b>1/2 c. peanuts</b>
<b>1/4 c. corn syrup</b>	

Pour the brown sugar, margarine and corn syrup into a saucepan. Bring to a boil over medium heat and then remove. Add baking soda and vanilla. Combine the popcorn and peanuts and place in a greased baking dish. Pour contents of saucepan over popcorn and stir well. Bake at 250° for 20 to 30 minutes, stirring occasionally.

## CARAMEL CRUNCH

---

*Chris Eyerly*

<b>1/2 c. butter or margarine</b>	<b>1 tsp. vanilla</b>
<b>1 c. sugar</b>	<b>10-oz. box Ritz Bits</b>
<b>1/2 c. white corn syrup</b>	<b>5 c. Corn Chex</b>
<b>1 tsp. baking soda</b>	<b>1 1/2 c. dry roasted peanuts</b>

Melt margarine. Add sugar and corn syrup. Bring to boil on high in microwave. Continue to boil 2 to 3 minutes, stirring several times. Remove and add baking soda and vanilla. Combine Ritz Bits, Corn Chex and peanuts. Pour syrup mixture on top, stir well. Microwave on high 3 to 4 minutes, stirring several times. Pour on cookie sheet, let cool. Break into bite-size pieces.

## **BUMPS ON A LOG**

---

*Deena McDonald*

**1 stalk celery**

**1½ T. raisins**

**2 tsp. peanut butter**

Stuff celery stalk with peanut butter and sprinkle with raisins.

## **PLAY DOUGH**

---

*Linda Eddleman*

*Rebekah Mitchell*

*Rose Thompson*

**2½ c. flour**

**½ c. salt**

**1 T. alum**

**2 c. boiling salt**

**3 T. corn oil**

**Food coloring**

Combine all ingredients, stir in water, add oil. Keep in sealed container. Recipe also submitted by Tammee Stebbins, Deena McDonald and Trish Hubbard.

## **GACK**

---

*Terry Simmons*

**Elmer's glue**

**Jar to mix borax**

**Borax**

**Stir sticks**

**Water**

**Styrofoam cups**

**Food coloring**

Mix ½ cup plus 2 ounces of water with 1½ teaspoons of borax in a jar. Measure 2 ounces of glue into Styrofoam cup. Add 2 ounces of water and stir with stick. Add food coloring and stir. Add 2 ounces of borax solution and stir until all liquid is gone. Remove goo from cup and enjoy! Store in baggies.

## **KOOL-AID PAINT**

---

*Launa Reed*

**2 c. flour**

**3 c. boiling water**

**2 pkgs. unsweetened Kool-Aid**

**3 T. oil**

**½ c. salt**

Mix wet into dry.

**Jello paint (variation):**

**Any kind of flavored Jello**

**Boiling water**

Mix Jello into boiling water until it is a gooey consistency for fingerprint.



## **FINGER PAINT**

---

*Trish Hubbard*

**1/2 c. cornstarch**  
**3 T. sugar**  
**1/2 tsp. salt**

**2 c. cold water**  
**Food coloring**

In medium-sized saucepan, mix all of ingredients together. Cook over low heat for 10 to 15 minutes, until the mixture is smooth and thick. Stir with a wooden spoon while the mixture is cooking. After it has thickened, let it cool. Divide the mixture into as many containers as the number of colors you want. Add a little bit of food coloring to each container. Stir the coloring in first, then decide if you want to add more. Cover tightly to store.

## **BLOWING BUBBLES**

---

*Trish Hubbard*

**1/4 c. liquid detergent**  
**2 1/2 tsp. sugar**  
**9 T. cooking oil**

**1 3/4 qt. water**  
**Food coloring**

Mix detergent, sugar and cooking oil. Add a few drops food coloring; mix with water. Shake the mixture until the sugar is dissolved. Use bubble pipes, straws or wire throwers to make bubbles.

## **SUPER CLEANER**

---

*Rose Thompson*

**1/4 c. cornstarch**  
**1/4 c. ammonia**

**2 c. cold water**

Mix and shake well. Pour into a spray bottle. Cleans glass and other surfaces environmentally safe.

## **DRAIN CLEANER**

---

*Denise L. Kirkland*

**1/2 c. baking soda**

**1 c. vinegar**

Put the soda in sink drain. Add the vinegar (this will bubble). Run hot water down after the bubbling stops. This is a safe and inexpensive drain cleaner and will not harm the pipes. This can be used weekly to keep them flowing freely. Also helps with the stinky drain.

## PANTRY PLANT FOOD

---

*Teresa Haarhues*

1 tsp. baking powder  
1 tsp. Epsom salt  
1 tsp. salt peter

½ tsp. household ammonia into  
1 gal. tepid water

Do not use more than every 4 to 6 weeks. Leafy plants will crowd you out. Flowering ones will bloom themselves to death.

## HOMEMADE BABY WIPES

---

*Trish Hubbard*

1 T. baby shampoo  
2 T. baby oil  
2 c. water

1 roll paper towels (Bolt brand  
works well)

Cut the roll of paper towels in half, so you have two rolls. Mix ingredients together and put into a round container, large enough to hold a half roll of paper towels. Let the towels soak, and then remove cardboard tube from center. **To use these baby wipes:** Pull the towels from the center.

## ZUCCHINI BREAD

---

*Patty Benge  
Sally Leeper*

3 eggs, slightly beaten  
¼ tsp. baking powder  
2 c. sugar  
1 c. cooking oil  
3 tsp. vanilla

1 tsp. salt  
2 c. shredded squash  
2 c. flour  
3 tsp. cinnamon  
1 tsp. baking soda

Mix flour, cinnamon, baking soda and salt. Add beaten eggs and baking powder, sugar, oil, vanilla and squash. Bake in greased, floured pans at 350° for 50 to 60 minutes. Makes 2 loaves. **Option:** Can add 1 cup mini chocolate chips and ½ cup cocoa to make chocolate zucchini bread.

## ZUCCHINI SQUASH BREAD

---

*Carol Meints*

2 c. sugar  
3 c. flour  
3 eggs  
3 tsp. cinnamon  
1 c. oil

1 tsp. soda  
¼ tsp. baking powder  
1 tsp. salt  
2 c. grated zucchini squash

(continued)

Mix sugar and oil. Add eggs, beat well. Add dry ingredients. Add grated squash. Bake in 2 (9½-ounce) greased loaf pans at 325° for 1 hour or until done.

## **WHOLE WHEAT JEWEL BREAD**

---

*Rhonda Wagoner*

### **Mix:**

<b>¾ c. whole-wheat flour</b>	<b>½ tsp. salt</b>
<b>1 c. reg. flour</b>	<b>1½ tsp. cinnamon</b>
<b>1 c. sugar</b>	<b>¼ tsp. nutmeg</b>
<b>¾ tsp. soda</b>	<b>¼ tsp. ginger</b>
<b>½ tsp. baking powder</b>	

### **Add and blend well:**

<b>2 eggs, slightly beaten</b>	<b>½ c. oil</b>
<b>1 c. crushed, undrained pineapple</b>	<b>1 tsp. vanilla</b>

### **Stir in:**

<b>¾ c. grated carrot</b>	<b>½ c. chopped walnuts</b>
<b>¾ c. zucchini squash, peeled &amp; grated</b>	

Pour into 3 loaf pans which have been oiled and lined with oiled waxed paper. Bake at 350° 45 minutes or until done. Cool 10 to 15 minutes before removing from pan.

## **BREAD STICKS**

---

*Deena McDonald*

Hot dog buns split into four pieces. Roll in melted margarine. Sprinkle with garlic salt, sesame seed, Parmesan cheese. Bake or broil until brown.

## **CASSEROLE BREAD**

---

*Loretta Paullin*

<b>4½ c. flour</b>	<b>3 T. sugar</b>
<b>1 c. warm water</b>	<b>1½ T. shortening</b>
<b>2 pkgs. active dry yeast</b>	<b>1 T. salt</b>
<b>1 c. lukewarm milk</b>	

Soak yeast in 1 cup warm water for 5 minutes. Combine warm milk, sugar and salt in a large mixing bowl, stir until dissolved. Add shortening, yeast mixture and flour. Beat until smooth (about 2 minutes). Cover bowl with waxed paper and let rise until 3 times its size, 35 to 40 minutes.

(continued)

Beat vigorously for 30 seconds. Pour into 1½-quart casserole dish and bake for 55 to 60 minutes at 375°.

## CHOCOLATE CHIP MINI MUFFINS

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*Rebekah Mitchell*

1 c. plus 2 T. flour	½ c. skim milk
⅓ c. sugar	¼ c. canola oil
1½ tsp. baking powder	¼ c. egg substitute
¼ tsp. salt	1½ oz. mini chocolate chips

Drop into muffin tin paper liners and bake 12 to 14 minutes at 400°.

## BRAN MUFFINS

---

*Carol Meints*

1 (15-oz.) box raisin bran	5 tsp. soda
3 c. sugar	4 beaten eggs
5 c. flour	1 c. salad oil
2 tsp. salt	1 qt. buttermilk

Mix together well. Bake 30 minutes at 350°.

## GARLIC BREAD

---

*Kristin Wilkinson  
Melody Larsen*

1 loaf frozen bread dough	1 beaten egg
¼ c. margarine	½ tsp. garlic salt
1 T. dill weed	

Thaw bread just until it can be sliced, about 20 minutes. Melt butter and remove from heat. Stir in egg, dill weed and salt. Roll bread pieces into balls. Dip each in butter, let rise until doubled in loaf pan. Bake at 350° for 25 minutes until top is golden brown.

## FRENCH BREAD

---

*Teresa Moore*

1 pkg. dry yeast	1 T. lard or soft shortening
1½ c. warm water	4 c. flour
1 T. sugar	Corn meal
1½ tsp. salt	Melted butter

Dissolve yeast in ½ cup water. In a large bowl, mix sugar, salt, shortening and remaining water. Add yeast mixture and mix well. Add enough flour to make a stiff dough. Stir through dough five times at 10 minute

(continued)

intervals. Turn dough onto lightly floured surface and divide in half. Shape into two balls and let rest 10 minutes. Roll each ball into a 9 x 12-inch rectangle. Roll firmly as for jellyroll, starting at the long side. Seal the edge. Place roll on baking sheet, sprinkle lightly with cornmeal. Score top diagonally six times, cover with towel and let rise 1½ hours. Bake about 25 to 30 minutes at 400°. Brush with melted butter while warm.

## ENGLISH MUFFIN LOAVES

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*Deb Goerndt*

2 pkgs. yeast  
6 c. unsifted flour  
1 T. sugar  
2 tsp. salt

2 c. milk  
¼ tsp. baking soda  
½ c. water  
Cornmeal

Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquids until very warm. Add to dry mixture. Beat well. Stir in rest of flour to make a stiff batter. Spoon into 2 bread pans that have been greased and sprinkled with cornmeal. Sprinkle top with cornmeal. Cover and let rise for 45 minutes. Bake at 400° for 25 minutes. Remove from pans and cool.

## CREPES

---

*Rhonda Wagoner*

Beat hard:

1 T. flour  
2 T. skim milk

1 egg

Spread crepes with (blend):

⅓ c. ricotta cheese  
1 tsp. vanilla

2 T. diet strawberry jam

Roll them up and top with 1 cup fresh strawberries.

## PUMPKIN BREAD

---

*Sara Braga*

3⅓ c. flour  
3 c. sugar  
2 tsp. cinnamon  
1 tsp. nutmeg  
1½ tsp. ginger  
2 tsp. baking soda

1½ tsp. salt  
4 eggs  
1 c. vegetable oil  
⅔ c. water  
2 c. pumpkin

Mix all dry ingredients together in a large mixing bowl. Make a well in the center of the dry ingredients. Put oil, water, eggs, and pumpkin in  
(continued)



well, then beat with mixer until well blended and smooth. Pour into 3 loaf pans and bake at 350° for about 45 minutes to 1 hour. Freezes well.

## **APRICOT BREAD**

*Vickie Richter*

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>1 c. dried apricots</b>  | <b>1 tsp. baking powder</b> |
| <b>¾ c. hot water</b>       | <b>¼ tsp. baking soda</b>   |
| <b>2 T. softened butter</b> | <b>1 tsp. salt</b>          |
| <b>1 c. sugar</b>           | <b>½ c. orange juice</b>    |
| <b>1 egg</b>                | <b>½ c. chopped pecans</b>  |
| <b>2 c. flour</b>           |                             |

Cut apricots into pieces in a small bowl. Pour hot water over all. Let soften 30 minutes. Drain and reserve ¼ cup apricot water. Set aside. Combine butter, sugar and egg in mixing bowl. Combine flour, baking powder, baking soda and salt. Add dry ingredients to creamed mixture alternately with apricot water and orange juice. Stir in apricot pieces and pecans. Spoon into greased floured 9 x 5-inch loaf pan. Bake at 350° for 55 to 65 minutes till done.

## **STRAWBERRY BANANA BREAD**

*Connie Tadlock*

- |  |                             |
|--|-----------------------------|
| <b>½ c. butter</b>                     | <b>1 c. mashed bananas</b>  |
| <b>¾ c. sugar</b>                      | <b>½ tsp. baking soda</b>   |
| <b>1 egg</b>                           | <b>1 tsp. baking powder</b> |
| <b>3 T. milk</b>                       | <b>2 c. flour</b>           |
| <b>1 (3-oz.) pkg. strawberry Jello</b> |                             |

Cream butter; add sugar and egg (beaten). In separate bowl mix milk, Jello and soda. Add bananas. Mix together with butter mixture. Sift baking powder and flour together, then add to butter mixture. Pour in greased pan. Bake at 350° for about 40 minutes.

## **RYE BREAD**

*Rita McDonald*

- |                              |                            |
|------------------------------|----------------------------|
| <b>2 pkgs. yeast</b>         | <b>1 T. salt</b>           |
| <b>4 c. sifted rye flour</b> | <b>4 T. sugar</b>          |
| <b>3 pt. warm water</b>      | <b>1 tsp. anise seed</b>   |
| <b>1 scant c. molasses</b>   | <b>1 tsp. caraway seed</b> |
| <b>3 T. melted butter</b>    | <b>10 c. white flour</b>   |

Mix all ingredients except white flour. Let stand 2 hours. Add white flour. Turn onto lightly floured board and knead until smooth and elastic. Place in greased bowl and turn to coat dough. Cover and let rise until double. Punch down; form into 5 round loaves or to fit into greased loaf pans.

(continued)

Cover and let rise until double. Bake at 375°, about 45 minutes or until they sound hollow when tapped.

## GINGERBREAD

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*Marcia Jones*

<b>1/2 c. boiling water</b>	<b>1/2 tsp. salt</b>
<b>1/2 c. shortening</b>	<b>1/2 tsp. baking powder</b>
<b>1/2 c. brown sugar</b>	<b>1/2 tsp. baking soda</b>
<b>1/2 c. light molasses</b>	<b>3/4 tsp. ginger</b>
<b>1 well beaten egg</b>	<b>3/4 tsp. cinnamon</b>
<b>1 1/2 c. flour</b>	

Pour water over shortening, add sugar, molasses, and egg. Beat well. Add sifted dry ingredients, beat until smooth. Bake in waxed paper-lined 8-inch square pan in 350° oven for 35 minutes. Cool in pan.

## LEMON BREAD

---

*Rebekah Mitchell*

<b>Lemon cake mix</b>	<b>3/4 c. water</b>
<b>Sm. pkg. instant vanilla pudding</b>	<b>4 eggs</b>
	<b>3/4 c. oil</b>

Put all ingredients in a bowl and beat for 10 minutes on medium-high speed. Pour into 2 ungreased loaf pans and bake at 350° for 45 minutes.

## RHUBARB BREAD

---

*Joann Haines  
Jill Bowman*

<b>1 1/2 c. brown sugar</b>	<b>2 1/2 c. flour</b>
<b>1 egg</b>	<b>1 tsp. salt</b>
<b>2/3 c. oil</b>	<b>1 tsp. soda</b>
<b>1 tsp. vanilla</b>	<b>2 c. rhubarb</b>
<b>1 c. buttermilk</b>	

Mix 1st 8 ingredients together. Fold in the rhubarb. Pour into 2 greased loaf pans. Then mix 1/2 cup sugar, 1 teaspoon cinnamon, 1 tablespoon oleo and sprinkle over the top of the bread mixture. Bake at 350° for 50 minutes.

## DELICIOUS PUMPKIN BREAD

---

*Sally Leeper  
Rose Thompson  
Shaun Cain*

5 eggs  
1 $\frac{1}{4}$  c. vegetable oil  
1 (15-oz.) can solid-pack  
pumpkin  
2 c. all-purpose flour  
2 c. sugar

2 (3-oz.) pkgs. cook-and-serve  
vanilla pudding mix  
1 tsp. baking soda  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. salt

In a mixing bowl, beat the eggs. Add oil and pumpkin; beat until smooth. Combine remaining ingredients; gradually beat into pumpkin mixture. Pour batter into five greased 5 x 2 $\frac{1}{2}$  x 2-inch loaf pans. Bake at 325° for 50 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool on wire racks. Yield: 5 miniature loaves.

**Note:** Bread may also be baked in two greased 8 x 4 x 2-inch loaf pans at 75 to 80 minutes.

## APPLESAUCE BREAD

---

*Dr. Sherri Broadbent*

$\frac{1}{2}$  c. Crisco  
1 c. sugar  
2 eggs  
1 c. applesauce  
1 tsp. salt  
 $\frac{1}{2}$  tsp. soda

$\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg  
1 tsp. baking powder  
1 $\frac{3}{4}$  c. flour  
 $\frac{1}{2}$  c. nuts

Cream shortening and sugar. Add eggs, beat well. Add dry ingredients alternate with applesauce, beating after each addition. Stir in nuts. Pour in greased floured loaf pans. Bake 1 hour at 350°. Cool in pans 10 minutes. While still warm spread with glaze.

### Glaze:

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

1 T. water

## LEMON POPPY SEED BREAD

---

*Rose Thompson*

1 box lemon cake mix  
1 pkg. instant vanilla pudding  
4 eggs

$\frac{1}{2}$  c. salad oil  
1 c. water  
 $\frac{1}{4}$  c. poppy seed

Put ingredients in bowl as given. Mix 4 minutes and place in 3 loaf pans. Bake at 325° 35 minutes.

## **POPPY SEED BREAD**

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*Denise L. Kirkland*

4 eggs, beat well	1/2 c. oil
1 pkg. yellow cake mix	1 c. hot water
1 (3-oz.) pkg. instant coconut cream pudding mix	1/4 c. poppy seed (1.25 oz.)

Beat all together but poppy seed for 4 minutes. Stir in poppy seed. Spray 3 large bread pans or 4 to 5 small pans. Bake at 350° 45 minutes for large pans or 30 minutes for smaller pans.

## **CRANBERRY BREAD**

---

*Vickie Richter  
Kim Hulbert*

2 c. flour	2 T. melted butter
1 c. sugar	1/2 c. orange juice
1 beaten egg	1/2 c. chopped pecans
1 tsp. salt	1 c. raw cranberries (cut in 1/2)
1 1/2 tsp. soda	3 T. hot water

Mix and sift dry ingredients. Add melted butter and egg. Blend well. Then add orange juice, pecans, cranberries and hot water. Beat thoroughly with spoon. Pour in loaf pan (9 x 5 inches). Bake 1 hour at 300°.

## **FAVORITE BANANA BREAD**

---

*Gary Jenkins  
Mary Rew  
Cory Fetch*

3 c. flour	2 tsp. baking powder
2 1/2 c. sugar	1 tsp. soda
3 lg. bananas, mashed	4 eggs
1 tsp. cinnamon	1 c. milk
1/2 tsp. cloves	1 c. applesauce
1/2 tsp. salt	1 c. nuts (opt.)

Mix all ingredients till blended. Bake in 2 large loaf pans that have been greased and floured. Bake at 350° for 1 to 1 1/2 hours. Cool 10 minutes and turn out on rack to cool. Keeps well or can freeze.

**Variation:** Use 2 cups pumpkin or 2 cups applesauce or 2 cups ground cranberries (use 3 cups sugar) instead of bananas. Recipe also submitted by Connie Manny.

## **GREAT CORNBREAD**

*Sue Lincoln*

- |  |                                     |
|--|-------------------------------------|
| <b>2 boxes Jiffy brand cornbread mix</b> | <b>2 eggs</b>                       |
| <b>1 reg. size can cream-style corn</b>  | <b>2-3 T. honey, spread on top</b>  |
|  | <b>2-3 T. butter, spread on top</b> |

Mix together and pour into a 9 x 13-inch pan that has been sprayed with Pam. Bake according to directions. When removed from oven spread butter and honey over the top while hot.

## **DELICIOUS CORN BREAD**

*Sheila Arnot*

- |                             |  |
|-----------------------------|--|
| <b>1 c. white flour</b>     | <b>½ tsp. salt</b>                     |
| <b>1 c. yellow cornmeal</b> | <b>1 c. milk</b>                       |
| <b>⅓ c. sugar</b>           | <b>2 eggs</b>                          |
| <b>3 tsp. baking powder</b> | <b>⅓ c. melted margarine or butter</b> |

Mix dry ingredients together. Then mix all ingredients together and bake in a 350° oven for 20 to 25 minutes.

## **CHRISTMAS MORNING ROLLS**

*Dr. Thomas Bergstrom  
Jackie Howard  
Andrea Miner*

- |   |                          |
|---|--------------------------|
| <b>1 (24-ct.) bag frozen dinner rolls</b>                 | <b>¾ c. brown sugar</b>  |
| <b>1 (3¾-oz.) pkg. butterscotch pudding (not instant)</b> | <b>¾ tsp. cinnamon</b>   |
| <b>½ c. butter (do not substitute)</b>                    | <b>½ c. chopped nuts</b> |

Arrange rolls in fluted tube pan (angel food cake pan can be used). Mix rest of ingredients and pour over the rolls. Bake at 350° for 30 minutes. Recipe also submitted by Linda Eddleman.

## **ANGEL BISCUITS**

**(Or Shirley's Cinnamon Rolls)**

*Trish Hubbard  
Billi Jo Akers  
Vickie Richter*

- |                                |                        |
|--------------------------------|------------------------|
| <b>5 c. self-rising flour*</b> | <b>2 c. buttermilk</b> |
| <b>1 tsp. baking soda</b>      | <b>1 pkg. yeast</b>    |
| <b>¼ c. sugar</b>              | <b>¼ c. warm water</b> |
| <b>1 c. Crisco</b>             |                        |

Dissolve yeast in warm water and set aside. Sift flour, baking soda and sugar together, then mix in Crisco thoroughly. Combine the yeast mix

(continued)



and buttermilk with the flour/Crisco mix. Smooth into a ball, pour out half the dough and roll into biscuits using your favorite method. The other half of the dough may be kept in refrigerator and used later or go ahead and make your biscuits and freeze any you don't need. \*If you prefer to use plain flour, add 1 teaspoon salt and 3 teaspoons baking powder. Also if you prefer to use sweet milk, you may, but leave out the baking soda. Now, to make cinnamon rolls using this dough, divide the dough into 3 balls, and work with one at a time. Pat or roll the dough into a rectangle about 6 to 7 inch by 12 or 14 inch. Pour melted oleo on the dough and spread evenly till a thin coat covers the entire area. Next sprinkle a thick layer of a sugar cinnamon mix. If you like you can add a few raisins and/or chopped nuts. Beginning on the 14 inch side, roll the dough into a roll; cut the roll into 2 or 3 lengths to make it easy to handle. Place the rolls on a greased baking sheet. Using scissors, cut gashes at 1 inch intervals along the tops of each roll (this is to avoid having a thick dough that will not cook through). Place in 375° oven and bake for 15 minutes or until brown. Remove from oven. While still warm spread icing made of 1 cup confectioners' sugar, 1 teaspoon vanilla, 2 tablespoons oleo and enough milk to make it spread.

## **CINNAMON OR TEA OR PECAN ROLLS**

---

*Vickie Richter*

**1/2 c. warm water (not hot)**  
**2 T. yeast**  
**1 1/2 c. warm milk**  
**1/2 c. sugar**  
**2 tsp. salt**

**2 beaten eggs**  
**4 T. canola oil**  
**6 1/2-7 c. flour**  
**1/2 c. sugar**  
**1 tsp. cinnamon**

### **Pecan roll mixture:**

**1/3 c. melted butter**  
**1/2 c. brown sugar**

**1 T. white corn syrup**  
**1/2 c. pecan halves**

Add yeast to warm water and stir till dissolved. Stir in milk, sugar, salt, beaten eggs and oil till well mixed. Stir or mix with mixer on low, 1 cup flour until 4 cups of flour are used. Then stir in flour till about 6 cups. Turn onto floured surface and knead 5 minutes till smooth and elastic. Put into well greased bowl. Cover and let rise in warm place. Let rise till double 1 to 1 1/2 hours. Punch down and divide in half. Roll oblong into 15 x 10-inch strip. Spread with melted butter. Add sugar and cinnamon mixture. Cut into twelve (1-inch) slices. Place into greased 13 x 10-inch pan. Cover, let rise till double 30 to 40 minutes. Bake at 350° for 25 to 30 minutes. Rest of dough may be made into pecan rolls or tea rolls.

## **CINNAMON ROLLS**

---

*Billi Jo Akers  
Patty Bengé*

**2½ c. lukewarm water**  
**2 pkgs. yeast, quick rise**  
**1 box yellow cake mix**  
**6¼ c. flour**  
**3 eggs**

**⅓ c. oil**  
**1 tsp. salt**  
**Soft margarine**  
**Cinnamon**  
**Sugar**

Dissolve yeast in water for 3 minutes. Add cake mix, 1 cup flour, eggs, oil and salt. Beat with beaters until bubbles appear. Slowly add remaining flour, stir with spoon, making a soft dough. Knead for 5 minutes. Let it rise until double. Roll out ¼ inch thick. Spread with margarine, sprinkle cinnamon and sugar (to taste). Roll like jellyroll and stretch cut. Place each roll on greased pan and let rise double. Bake at 350° for 20 to 30 minutes. Ice with powdered sugar, while hot.

## **SYRUP FOR CINNAMON ROLLS**

---

*Janette Pickar*

**1 c. brown sugar**  
**¼ c. oleo**

**2 T. cornstarch**  
**¼ c. water**

Combine all ingredients and spread on bottom of pan. Place rolls on top and bake according to your cinnamon roll recipe.

## **HOMEMADE WHITE BREAD**

---

*Kathy Madonia  
Laurie Allen*

**1 c. water**  
**1 T. powdered sugar**  
**2½ T. shortening**  
**2 T. sugar**

**1 tsp. salt**  
**3⅓ c. flour**  
**1½ tsp. yeast**  
**1 T. gluten**

Place ingredients in bread machine in listed order. Set machine for large loaf.

## **CINNAMON ROLLS**

**(Bread Machine)**

*Laurie Allen*

1 c. milk  
1 lg. egg  
4 T. butter or margarine  
3<sup>1</sup>/<sub>3</sub> c. bread flour

3 T. sugar  
½ tsp. salt  
2 tsp. active dry yeast

### **Filling:**

¼ c. butter/margarine, melted  
¼ c. sugar

2 tsp. ground nutmeg (opt.)  
⅓ c. chopped nuts (opt.)

Add milk, egg, and butter to pan. Add bread flour, sugar, and salt to pan. Tap pan to settle dry ingredients, then level ingredients, pushing some of the mixture into corners. Make a well in center of dry ingredients, add yeast. Lock pan into bread maker. Choose dough program. When done, knead dough about 1 minute, then let it rest 15 minutes. Roll dough and add filling. Let rise and bake at 350° for 15 minutes. Frost.

## **ONION FOCACCIA BREAD**

*Georgine Bellamy*

### **Bread:**

3<sup>3</sup>/<sub>4</sub>-4<sup>1</sup>/<sub>2</sub> c. all-purpose flour  
1 pkg. active dry yeast  
1 T. sugar

1 tsp. salt  
1<sup>1</sup>/<sub>2</sub> c. water  
¼ c. butter

### **Topping:**

¼ c. butter  
1 med. onion (red onion, thinly sliced)

1 tsp. finely chopped garlic  
½ tsp. coarse ground black pepper

Stir together 2 cups flour, yeast, sugar, and salt in large mixer bowl. Combine water and butter in 1-quart saucepan. Cook over medium heat, stirring occasionally, until mixture reaches 120° to 130° (2 to 4 minutes). Butter doesn't need to melt completely. Add warm water mixture to flour mixture. Beat at low speed to moisten flour. Increase speed to medium, beat, scraping bowl often, until smooth (2 to 3 minutes). Stir in enough remaining flour by hand until dough forms a ball and leaves sides of bowl. Place dough on lightly floured surface; knead until smooth and elastic, adding more flour as needed to prevent sticking (3 to 5 minutes). Place dough in greased large bowl, turning once to grease surface of dough. Cover loosely with plastic food wrap; let rise in warm place until double in size (45 to 60 minutes). Meanwhile, prepare topping. Melt butter in 10-inch skillet over medium heat. Add onion, garlic, and pepper. Cook, stirring occasionally, until onion is softened but not brown (2 to 3 minutes); set aside. Heat oven to 375°. Punch down dough; shape into ball. Cover with plastic wrap; let stand 10 minutes. Place dough on large greased baking sheet. Press into a 12-inch circle.

(continued)

With floured fingers or handle of wooden spoon, make indentations ( $\frac{1}{2}$  inch deep) 1 to 2 inches apart on dough. Spoon onion mixture evenly over dough. Bake 25 to 30 minutes at  $375^{\circ}$  until edges are golden brown. Remove from baking sheet; serve warm or cool. Makes 12 servings. **Italian foccaccia:** Prepare foccaccia as directed, except omit onion topping. Before baking brush dough with 2 tablespoons melted butter. Sprinkle  $1\frac{1}{2}$  teaspoons Italian seasoning and 2 tablespoons grated Parmesan cheese on top. Bake as directed.

## WINNIE'S HOBO BREAD

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*Betty Frazier*

2 c. raisins	4 T. oil
$2\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ tsp. salt
4 tsp. soda	$\frac{1}{2}$ c. chopped nuts
$\frac{3}{4}$ c. brown sugar	4 c. flour
1 c. white sugar	

Mix baking soda and boiling water. Pour over the raisins. Let mixture stand overnight. **Do not stir.** In the morning, add the rest of the ingredients to the raisins and mix. Grease and flour 3 (1-pound) cans. Divide mixture. Bake at  $350^{\circ}$  for 1 hour.

## HONEY WHEAT BREAD

(Makes 4 Loaves)

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*Rose Thompson*

2 c. white flour	1 c. honey
5 c. whole-wheat flour	6 T. vegetable oil
4 pkgs. dry yeast	2 eggs
2 tsp. salt	2 c. water
2 c. milk	Flour (white)

Combine in large bowl 2 cups white flour, 5 cups wheat flour, 4 packages yeast and 2 tablespoons salt. Heat till warm the water, milk, honey and oil. Add to flour/yeast mixture. Add eggs and blend at low speed with mixer for 30 seconds then on medium speed for 3 minutes. Add up to 7 cups white flour. Knead 5 minutes. Let rise once. Punch down and divide into 4 parts. Let rest 10 minutes. Shape into 4 loaves. Let rise. Bake at  $375^{\circ}$  30 minutes.



## **HONEY WHEAT BREAD**

**(Bread Machine)**

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*Tricia Hirsch*

<b>1 c. water</b>	<b>1 c. oatmeal</b>
<b>1/3 c. honey</b>	<b>1 tsp. salt</b>
<b>1 T. vegetable oil</b>	<b>1 pkg. yeast or 2 1/4 tsp.</b>
<b>1 c. wheat flour</b>	<b>1 c. white flour</b>

Add ingredients in the order of the manufacturer's directions for the bread machine.

## **EVA'S HOT ROLLS**

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*Barb Kalbach*

**Scald:**

**1 c. milk**

**Add & stir:**

**1/2 c. sugar**

**1 1/4 tsp. salt**

**6 T. shortening**

Cook until lukewarm.

**Measure into a bowl:**

**1 c. lukewarm water**

**3 pkgs. dry yeast**

**3 T. sugar**

Let stand until dissolved, stir, then add 3 beaten eggs.

**Add:**

**4 c. all-purpose flour**

Beat well with mixer, then add 3 cups flour or enough to make a stiff dough. Knead well. Turn out on a board and let stand 10 minutes. Make into rolls. Let rise about 1 hour. Bake at 325° for 30 minutes. Makes 30 to 36 rolls.

## **MONKEY BISCUITS**

---

*Janette Pickar  
Patty Bengé  
Angie Holloway*

**4 tubes biscuits**

**1/2 c. sugar**

**1 tsp. cinnamon**

**1 stick oleo**

**1 c. brown sugar**

**2 T. syrup**

**1/4 c. water**

Cut biscuit in fours. Roll in sugar and cinnamon. Put in bundt pan. Mix together the oleo, brown sugar, syrup and water. Pour over biscuits and bake at 350° for 40 to 45 minutes.



## MONKEY BREAD

### Carol Meints

**1/2 stick oleo**  
**1/2 c. brown or white sugar**

**1½ c. light corn syrup**  
**1 tsp. cinnamon**

Boil together. Cut frozen bread dough and dip in above, then put in buttered pan to let rise. Bake at 350° for 30 to 40 minutes.

## MONKEY BREAD

*Brenda Mitchell*

3 tubes biscuits, cut in fourths      ½ c. sugar  
2 tsp. cinnamon

Shake biscuit pieces in cinnamon sugar mixture; put into greased bundt pan. Mix following ingredients together and bring to boil over medium heat for one minute; pour over biscuits in pan.

**1 c. brown sugar** **2 T. milk**  
**½ c. margarine (1 stick)**

Bake at 350° for 25 to 30 minutes.

## BUTTERMILK BISCUITS

Sharon Shaull  
Shirley Bittinger

2 c. flour  
1/2 tsp. salt  
3 tsp. baking powder

Mix together all ingredients. Cut in  $\frac{1}{3}$  cup shortening. Add 1 cup buttermilk. Handle as little as possible. Roll out on lightly floured board, cut into shape. Grease a baking sheet and bake in  $475^{\circ}$  oven 12 to 15 minutes.

**Note:** To make buttermilk, use 1 cup milk, 1 teaspoon soda and 1 teaspoon vinegar. Allow to sit for 15 minutes, stir and use.

## GREEN CHILE-CHEDDAR BREAD

Denise L. Kirkland  
Andrea Miner

**2<sup>2</sup>/<sub>3</sub> c. self rising flour**  
**1 c. beer**

**1 Anaheim chile, diced**  
**1 c. cubed cheddar**

Stir all together. Bake at 375° for 1 hour. Butter top.

## BEER BREAD

*Denise L. Kirkland*

**3 T. sugar (heaping)**  
**3 c. self-rising flour**  
**1 can beer (your choice)**

**Real butter (melt, to drizzle on top)**

Mix all together but butter. Put in sprayed pan, then drizzle melted butter on top. Bake at 350° for 1 hour and 15 minutes.

## FRIENDSHIP BREAD STARTER

*Betty Frazier*

**2 c. unbleached all-purpose flour**  
**2 c. warm water**  
**1 pkg. active dry yeast**

**2 c. milk**  
**2 c. unbleached all-purpose flour**  
**2 c. sugar**

**Day 1:** In glass or ceramic bowl, mix first (3) ingredients, leave on counter uncovered; don't refrigerate. **Day 2, 3 & 4:** Stir well with wooden spoon. **Day 5:** Stir and add 1 cup milk, 1 cup flour and 1 cup sugar; this is feeding the starter. **Day 6, 7 & 8:** Stir with wooden spoon. **Day 9:** Stir and add another 1 cup milk, 1 cup flour and 1 cup sugar; stir. **Day 10 & 11:** Stir well. **Day 12:** Ladle 1 cup starter into bags or glass jars with lids or Ziploc. Use 1 cup of the starter to make bread. Keep one for your use another time. Give the other two to two friends. If you do not give away on this day (12), add 1 teaspoon sugar and refrigerate. The sugar will keep the yeast alive. Date bags or jars and every 10 days, remove starter from refrigerator. Transfer to a bowl and feed it. Leave it outside refrigerator uncovered for 2 days, then bake or divide among friends.

## GRANDMA'S FRENCH TOAST

*Diana Wilson*

**1 c. milk**  
**2 T. sugar**  
**1 tsp. vanilla**  
**½ tsp. grated lemon peel**  
**¼ tsp. ground nutmeg**  
**8 slices day old French bread,**  
**cut ¾-in. thick**

**1 T. butter or margarine**  
**1 T. vegetable oil**  
**3 eggs**  
**Pinch salt**

Combine first 5 ingredients in large bowl. Soak bread slices in mixture for 10 minutes, until moisture has been absorbed. Meanwhile heat butter with oil in heavy 12-to 14-inch skillet over moderately high heat. Beat eggs with salt. Dip each slice into eggs, and then cook, uncovered on each until golden brown. Serves 4.

## TOASTED CHEESE LOAVES

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*Susan Chickering*

### **1 loaf French bread**

Trim off the crusts, cut lengthwise down the middle, and then cut into approximately 16 pieces (about 2 inches) crosswise.

#### **Cream well:**

**¼ lb. butter or margarine**

**⅛ tsp. garlic salt**

**¼ lb. grated Parmesan cheese**

**Dash paprika**

**(grated fresh from hunk of  
Parmesan is the best)**

Spread this mixture on all sides of bread. Place on baking sheet allowing space between. Let stand in a cool place for a few hours or overnight. Does not have to be the refrigerator. (Actually, I never let it stand, I just usually mix up and pop in the oven.) Bake in a 375° oven for 10 to 15 minutes till crisp and brown but not burnt (obviously)!!

## OLD FASHIONED BUTTERMILK PANCAKES

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*Karen McDonald*

**2 c. flour/Robin Hood sifted**

**1 tsp. baking powder**

**¾ tsp. salt**

**1 beaten egg**

**1 tsp. baking soda**

**Mix:** Two cups buttermilk with beaten egg, add to dry ingredients. Melt 1 tablespoon butter in skillet and pour into mixture and mix lightly. Add more buttermilk until desired consistency.

## DOT'S DOUGHNUTS

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*Jayne Beeler*

**⅓ c. oil**

**1½ tsp. baking powder**

**1 egg, beaten well**

**¼ tsp. salt**

**½ c. sugar**

**½ tsp. nutmeg**

**1½ c. flour**

**1 c. milk**

**Melt some oleo**

**Sugar & cinnamon**

Mix all dry ingredients together and add liquids; mix. Grease a 12-cup muffin tin. Bake at 350° for 12 minutes. Remove from pan; roll in melted oleo and then dip in cinnamon sugar mix.



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# Cooking Tips

1. **Don't overcrowd your pan.** When you cook too much food in one pan, the food steams instead of sears, and the cooking time is longer.

2. **Don't wash your hands too often.** Washing your hands too often can dry out your skin, which can lead to cracked skin and infection.

3. **Don't use too much oil.** Too much oil can make your food greasy and unhealthy. Use just enough to coat the pan.

4. **Don't use too much salt.** Too much salt can make your food taste salty and unhealthy. Use just enough to season the food.

5. **Don't use too much sugar.** Too much sugar can make your food taste sweet and unhealthy. Use just enough to sweeten the food.

6. **Don't use too much fat.** Too much fat can make your food greasy and unhealthy. Use just enough to coat the pan.

7. **Don't use too much heat.** Too much heat can burn your food and make it taste bitter. Use just enough to cook the food.

8. **Don't use too much time.** Too much time can make your food dry and tough. Use just enough to cook the food.

9. **Don't use too much effort.** Too much effort can make your food taste bland and unappetizing. Use just enough to cook the food.

10. **Don't use too much money.** Too much money can make your food taste expensive and unhealthy. Use just enough to cook the food.

11. **Don't use too much imagination.** Too much imagination can make your food taste weird and unappetizing. Use just enough to cook the food.

12. **Don't use too much creativity.** Too much creativity can make your food taste strange and unappetizing. Use just enough to cook the food.

13. **Don't use too much intelligence.** Too much intelligence can make your food taste boring and unappetizing. Use just enough to cook the food.

14. **Don't use too much knowledge.** Too much knowledge can make your food taste dull and unappetizing. Use just enough to cook the food.

15. **Don't use too much skill.** Too much skill can make your food taste perfect and unappetizing. Use just enough to cook the food.

16. **Don't use too much talent.** Too much talent can make your food taste amazing and unappetizing. Use just enough to cook the food.

17. **Don't use too much passion.** Too much passion can make your food taste intense and unappetizing. Use just enough to cook the food.

18. **Don't use too much love.** Too much love can make your food taste delicious and unappetizing. Use just enough to cook the food.

19. **Don't use too much care.** Too much care can make your food taste perfect and unappetizing. Use just enough to cook the food.

20. **Don't use too much love.** Too much love can make your food taste delicious and unappetizing. Use just enough to cook the food.

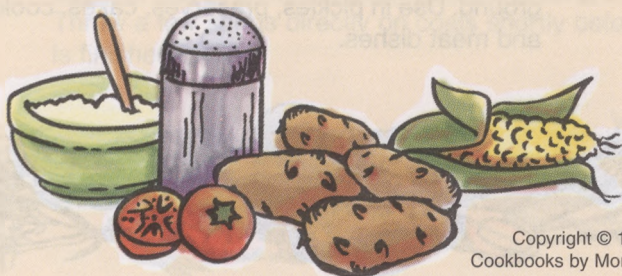




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# Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling ( $\frac{1}{2}$  cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



# Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, 1/4 teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

- Basil** Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves** Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.
- Caraway** Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives** Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.
- Cilantro** Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.
- Curry Powder** Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.
- Dill** Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.
- Fennel** Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.





# Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



# Baking Breads

## Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

## Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount  $\frac{1}{2}$  teaspoon for each egg used.
2. To 1 teaspoon soda use 2  $\frac{1}{4}$  teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

## Proportions of Baking Powder to Flour

biscuits .....	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil .....	to 1 cup flour use 1 tsp. baking powder
muffins .....	to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers .....	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles .....	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

## Proportions of Liquid to Flour

drop batter .....	to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batter .....	to 1 cup liquid use 1 cup flour
soft dough .....	to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough .....	to 1 cup liquid use 4 cups flour

## Time and Temperature Chart

Breads	Minutes	Temperature
biscuits .....	12 - 15	400° - 450°
cornbread .....	25 - 30	400° - 425°
gingerbread .....	40 - 50	350° - 370°
loaf .....	50 - 60	350° - 400°
nut bread .....	50 - 75	350°
popovers .....	30 - 40	425° - 450°
rolls .....	20 - 30	400° - 450°



# Baking Desserts

## Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

## Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

## Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

## Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer .....	20-40 min.	380° - 400°
butter cake, loaf .....	40-60 min.	360° - 400°
cake, angel .....	50-60 min.	300° - 360°
cake, fruit .....	3-4 hrs.	275° - 325°
cake, sponge .....	40-60 min.	300° - 350°
cookies, molasses .....	18-20 min.	350° - 375°
cookies, thin .....	10-12 min.	380° - 390°
cream puffs.....	45-60 min.	300° - 350°
meringue .....	40-60 min.	250° - 300°
pie crust .....	20-40 min.	400° - 500°



# Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes.....	boiled .....	40 min.
	steamed .....	45-60 min.
asparagus tips .....	boiled .....	10-15 min.
beans, lima .....	boiled .....	20-40 min.
	steamed .....	60 min.
beans, string .....	boiled .....	15-35 min.
	steamed .....	60 min.
beets, old .....	boiled or steamed .....	1-2 hours
beets, young with skin .....	boiled .....	30 min.
	steamed .....	60 min.
	baked .....	70-90 min.
broccoli, flowerets .....	boiled .....	5-10 min.
broccoli, stems .....	boiled .....	20-30 min.
brussels sprouts.....	boiled .....	20-30 min.
cabbage, chopped .....	boiled .....	10-20 min.
	steamed .....	25 min.
carrots, cut across .....	boiled .....	8-10 min.
	steamed .....	40 min.
cauliflower, flowerets .....	boiled .....	8-10 min.
cauliflower, stem down .....	boiled .....	20-30 min.
corn, green, tender .....	boiled .....	5-10 min.
	steamed .....	15 min.
	baked .....	20 min.
corn on the cob .....	boiled .....	8-10 min.
	steamed .....	15 min.
eggplant, whole .....	boiled .....	30 min.
	steamed .....	40 min.
	baked .....	45 min.
parsnips .....	boiled .....	25-40 min.
	steamed .....	60 min.
	baked .....	60-75 min.
peas, green .....	boiled or steamed .....	5-15 min.
potatoes .....	boiled .....	20-40 min.
	steamed .....	60 min.
	baked .....	45-60 min.
pumpkin or squash .....	boiled .....	20-40 min.
	steamed .....	45 min.
	baked .....	60 min.
tomatoes .....	boiled .....	5-15 min.
turnips .....	boiled .....	25-40 min.

## Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots .....	1/4 c. for each cup of fruit.....	about 40 min.
figs .....	1 T. for each cup of fruit .....	about 30 min.
peaches .....	1/4 c. for each cup of fruit.....	about 45 min.
prunes .....	2 T. for each cup of fruit .....	about 45 min.

# Vegetables & Fruits

## Buying Fresh Vegetables

**Artichokes:** Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

**Asparagus:** Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

**Beans, Snap:** Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**Broccoli, Brussels Sprouts and Cauliflower:** Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

**Cabbage and Head Lettuce:** Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

**Cucumbers:** Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

**Mushrooms:** Caps should be closed around the stems. Avoid black or brown gills.

**Peas and Lima Beans:** Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

## Buying Fresh Fruits

**Bananas:** Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

**Berries:** Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

**Melons:** In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**Oranges, Grapefruit and Lemons:** Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.





# Napkin Folding

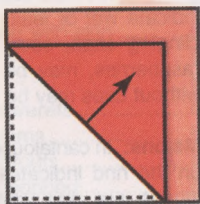
## General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

## Shield

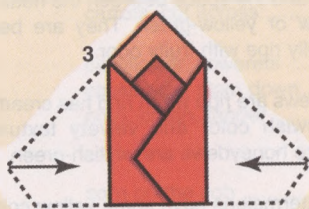
Easy fold. Elegant with monogram in corner.

1, 2



3

4



### Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

## Rosette

Elegant on plate.

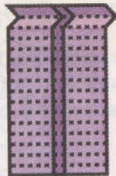
### Instructions:

1. Fold left and right edges to center, leaving  $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

1



2



3



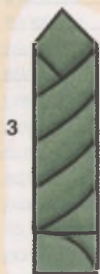
4



# Napkin Folding

## Candle

Easy to do; can be decorated.



### Instructions:

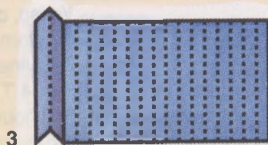
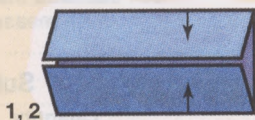
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Fan

Pretty in napkin ring or on plate.

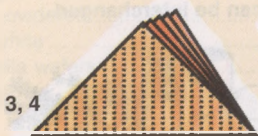
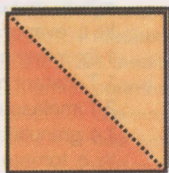
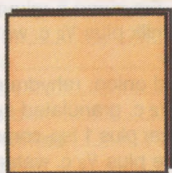
### Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



## Lily

Effective and pretty on table.



### Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



# Measurements & Substitutions

## Measurements

a pinch .....	1/8 teaspoon or less
3 teaspoons .....	1 tablespoon
4 tablespoons .....	1/4 cup
8 tablespoons .....	1/2 cup
12 tablespoons .....	3/4 cup
16 tablespoons .....	1 cup
2 cups .....	1 pint
4 cups .....	1 quart
4 quarts .....	1 gallon
8 quarts .....	1 peck
4 pecks .....	1 bushel
16 ounces .....	1 pound
32 ounces .....	1 quart
1 ounce liquid .....	2 tablespoons
8 ounces liquid .....	1 cup

Use standard measuring spoons and cups.  
All measurements are level.

## Substitutions

<b>Ingredient</b>	<b>Quantity</b>	<b>Substitute</b>
baking powder .....	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce .....	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate .....	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch .....	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs .....	3/4 cup	1 c. bread crumbs
dates .....	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard .....	1 teaspoon	1 T. prepared mustard
flour, self-rising .....	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh .....	1 tablespoon	1 tsp. dried herbs
milk, sour .....	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole .....	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows .....	10	1 lg. marshmallow
onion, fresh .....	1 small	1 T. instant minced onion, rehydrated
sugar, brown .....	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered .....	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice .....	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



# Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

# Food Quantities

## For Large Servings

	25 Servings	50 Servings	100 Servings
<b>Beverages:</b>			
coffee .....	1/2 pound and .....	1 pound and .....	2 pounds and .....
	1 1/2 gallons water	3 gallons water	6 gallons water
lemonade .....	10-15 lemons and .....	20-30 lemons and .....	40-60 lemons and .....
	1 1/2 gallons water	3 gallons water	6 gallons water
tea .....	1/12 pound and .....	1/6 pound and .....	1/3 pound and .....
	1 1/2 gallons water	3 gallons water	6 gallons water

<b>Desserts:</b>			
layered cake .....	1 12" cake .....	3 10" cakes .....	6 10" cakes .....
sheet cake .....	1 10" x 12" cake .....	1 12" x 20" cake .....	2 12" x 20" cakes .....
watermelon .....	37 1/2 pounds .....	75 pounds .....	150 pounds .....
whipping cream .....	3/4 pint .....	1 1/2 to 2 pints .....	3-4 pints .....

<b>Ice cream:</b>			
brick .....	3 1/4 quarts .....	6 1/2 quarts .....	13 quarts .....
bulk .....	2 1/4 quarts .....	4 1/2 quarts or .....	9 quarts or .....
		1 1/4 gallons	2 1/2 gallons

<b>Meat, poultry or fish:</b>			
fish .....	13 pounds .....	25 pounds .....	50 pounds .....
fish, fillets or steak .....	7 1/2 pounds .....	15 pounds .....	30 pounds .....
hamburger .....	9 pounds .....	18 pounds .....	35 pounds .....
turkey or chicken .....	13 pounds .....	25 to 35 pounds .....	50 to 75 pounds .....
wieners (beef) .....	6 1/2 pounds .....	13 pounds .....	25 pounds .....

<b>Salads, casseroles:</b>			
baked beans .....	3/4 gallon .....	1 1/4 gallons .....	2 1/2 gallons .....
jello salad .....	3/4 gallon .....	1 1/4 gallons .....	2 1/2 gallons .....
potato salad .....	4 1/4 quarts .....	2 1/4 gallons .....	4 1/2 gallons .....
scalloped potatoes .....	4 1/2 quarts or .....	9 quarts or .....	18 quarts .....
	1 12" x 20" pan	2 1/4 gallons	4 1/2 gallons
spaghetti .....	1 1/4 gallons .....	2 1/2 gallons .....	5 gallons .....

<b>Sandwiches:</b>			
bread .....	50 slices or .....	100 slices or .....	200 slices or .....
	3 1-pound loaves	6 1-pound loaves	12 1-pound loaves
butter .....	1/2 pound .....	1 pound .....	2 pounds .....
lettuce .....	1 1/2 heads .....	3 heads .....	6 heads .....
mayonnaise .....	1 cup .....	2 cups .....	4 cups .....
mixed filling			
meat, eggs, fish .....	1 1/2 quarts .....	3 quarts .....	6 quarts .....
jam, jelly .....	1 quart .....	2 quarts .....	4 quarts .....







# Microwave Hints



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.



# Calorie Counter

## Beverages

apple juice, 6 oz. ....	90
coffee (black) .....	0
cola type, 12 oz. ....	115
cranberry juice, 6 oz. ....	115
ginger ale, 12 oz. ....	115
grape juice, (prepared from frozen concentrate), 6 oz. ....	142
lemonade, (prepared from frozen concentrate), 6 oz. ....	85
milk, protein fortified, 1 c. ....	105
skim, 1 c. ....	90
whole, 1 c. ....	160
orange juice, 6 oz. ....	85
pineapple juice, unsweetened, 6 oz. ....	95
root beer, 12 oz. ....	150
tonic (quinine water) 12 oz. ....	132

## Breads

cornbread, 1 sm. square ....	130
dumplings, 1 med. ....	70
French toast, 1 slice ....	135
melba toast, 1 slice ....	25
muffins, blueberry, 1 muffin ....	110
bran, 1 muffin ....	106
corn, 1 muffin ....	125
English, 1 muffin ....	280
pancakes, 1 (4-in.) ....	60
pumpernickel, 1 slice ....	75
rye, 1 slice ....	60
waffle, 1 ....	216
white, 1 slice ....	60-70
whole wheat, 1 slice ....	55-65

## Cereals

cornflakes, 1 c. ....	105
cream of wheat, 1 c. ....	120
oatmeal, 1 c. ....	148
rice flakes, 1 c. ....	105
shredded wheat, 1 biscuit ....	100
sugar krisps, $\frac{3}{4}$ c. ....	110

## Crackers

graham, 1 cracker .....	15-30
rye crisp, 1 cracker .....	35
saltine, 1 cracker .....	17-20
wheat thins, 1 cracker .....	9

## Dairy Products

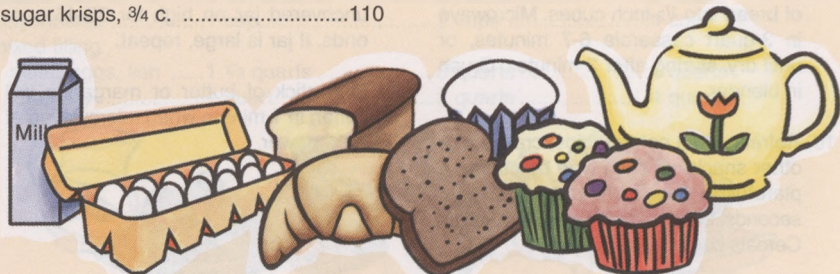
butter or margarine, 1 T. ....	100
cheese, American, 1 oz. ....	100
camembert, 1 oz. ....	85
cheddar, 1 oz. ....	115
cottage cheese, 1 oz. ....	30
mozzarella, 1 oz. ....	90
parmesan, 1 oz. ....	130
ricotta, 1 oz. ....	50
roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
cream, light, 1 T. ....	30
heavy, 1 T. ....	55
sour, 1 T. ....	45
hot chocolate, with milk, 1 c. ....	277
milk chocolate, 1 oz. ....	145-155
yogurt	
made w/ whole milk, 1 c. ....	150-165
made w/ skimmed milk, 1 c. ....	125

## Eggs

fried, 1 lg. ....	100
poached or boiled, 1 lg. ....	75-80
scrambled or in omelet, 1 lg. ....	110-130

## Fish and Seafood

bass, 4 oz. ....	105
salmon, broiled or baked, 3 oz. ....	155
sardines, canned in oil, 3 oz. ....	170
trout, fried, 3 $\frac{1}{2}$ oz. ....	220
tuna, in oil, 3 oz. ....	170
in water, 3 oz. ....	110



# Calorie Counter

## Fruits

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

## Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

## Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

## Pasta

macaroni or spaghetti, cooked, 3/4 c.	115
--	-----

## Salad Dressings

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

## Soups


bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

## Vegetables


asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30







# Cooking Terms



**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, corn-meal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid in order to tenderize or to add flavor.

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook gently in hot liquid kept just below the boiling point.

**Purée:** To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to stop the cooking process quickly.

**Sauté:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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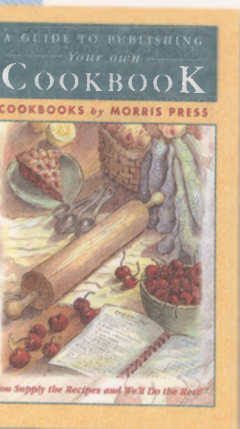
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