

# Homemade with Love



Iowa SIDS Alliance

# HOMEMADE WITH LOVE

A Collection of Recipes by  
**Iowa SIDS Alliance**  
**P.O. Box 13274**  
**Des Moines, Iowa 50310**

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## DEDICATION

This cookbook is dedicated to the children who have died from Sudden Infant Death Syndrome or from any other sudden and unexpected cause, and to the families left behind. Our babies will forever be in our hearts and in our thoughts. Very soon, may SIDS become a thing of the past, and may no more families suffer...

## ACKNOWLEDGMENTS

To all of the families and friends who contributed recipes for the first and second editions of this cookbook...thank you. A special thanks to Linda Paulos who planned and compiled our first cookbook in memory of her grandson, Colton Elder, who died of SIDS in 1995. Without her dedicated efforts, this project would never have succeeded!

## IN MEMORY OF...

Lori Ann Bennett  
9-15-66 to 3-26-67

Robert Scott Murray  
12-22-70 to 5-01-71

Justin Evan Miller  
10-12-80 to 2-13-81

Rick Eugene Scholl  
1981 (9 days old)

Matthew Paul Eckerman  
1-04-82 to 4-07-82

Katie Rose McKenna  
1-04-86 to 3-10-86

Keaton Pangburn  
11-12-85 to 6-19-86

Danielle Rae Thomas  
7-17-86 to 9-09-86

Robert Jeremy Pingel  
1-20-88 to 2-12-88

Jordan Lee Daniel  
5-29-89 to 8-24-89

Carrissa Ann Berns  
11-22-89 to 2-24-90 and her father,  
Joe, who died 3-20-94

Nicholas Jackson  
3-03-90 to 7-28-90

Anthony Adam Azlin  
3-19-90 to 1-03-91

Alex Gregory Edgar Weldon  
5-28-92 to 7-10-92

Nathan Ryan Faga  
8-10-91 to 11-30-91

Eric Felipe Curiel  
6-11-91 to 8-06-91

Kory Lynn Dunkin  
9-30-91 to 1-20-92

Nicholas William Zimmerman  
11-04-91 to 1-28-92

Zachary Richard VanVleet  
6-08-92 to 9-30-92

Cody James Beck  
10-31-92 to 1-25-93

Matthew T. Samuelson  
11-21-92 to 2-18-93

Katelyn Joy Lacey (Pooh)  
3-28-92 to 4-19-93

Tad Jacob Gehner  
1-20-93 to 4-14-93



Matthew T. Otten  
5-08-93 to 7-13-93

Brook Goodyk  
4-10-93 to 7-27-93

Brandi Ahrens

Lauren Elizabeth Nichole Viaene  
2-10-93 to 7-23-93

Brandi Renee Drube  
8-13-94 to 10-27-94

Kelsey Lynn Mienders  
9-07-94 to 11-29-94

Jacob Frideres  
7-19-94 to 10-25-94

Robby Miller  
10-17-94 to 3-20-95

Megan Jo Wilson  
11-06-94 to 1-12-95

Ryan Moughin  
4-04-95 to 7-26-95

Colton James Elder  
1-13-95 to 5-11-95

Alec John Schlotfeldt  
2-16-95 to 5-23-95

Logan Grant Higginbotham  
3-10-95 to 7-27-95

Zackery Tyler Christenson  
1-06-95 to 7-10-95

Mason Patrick Dean  
11-27-94 to 3-12-96

Danika Jo James  
2-09-96 to 5-02-96



Victoria Jean Harker  
7-16-96 to 7-27-96

Matthew Aaron Campbell  
12-01-96 to 2-27-97

Blake Allen Johnson  
10-30-96 to 1-06-97

Joey Cusick  
4-16-97 to 8-18-97

Savannah Sue Manley  
5-15-97 to 12-14-97

Sarah Theresa Flickinger  
10-22-97 to 6-22-98

Carson Jerome Stephens  
12-22-97 to 2-15-98

Benjamin David Person  
1-02-98 to 4-07-98

Lindsey Marie Krusemark  
4-13-98 to 6-26-98

Jennifer Lynn Dyer  
8-07-98 to 9-26-98

Gable August Greder  
7-11-98 to 10-11-99

Benjamin S. Meints  
3-22-99 to 9-30-99

Dalton James Bixby  
1-16-99 to 5-07-99

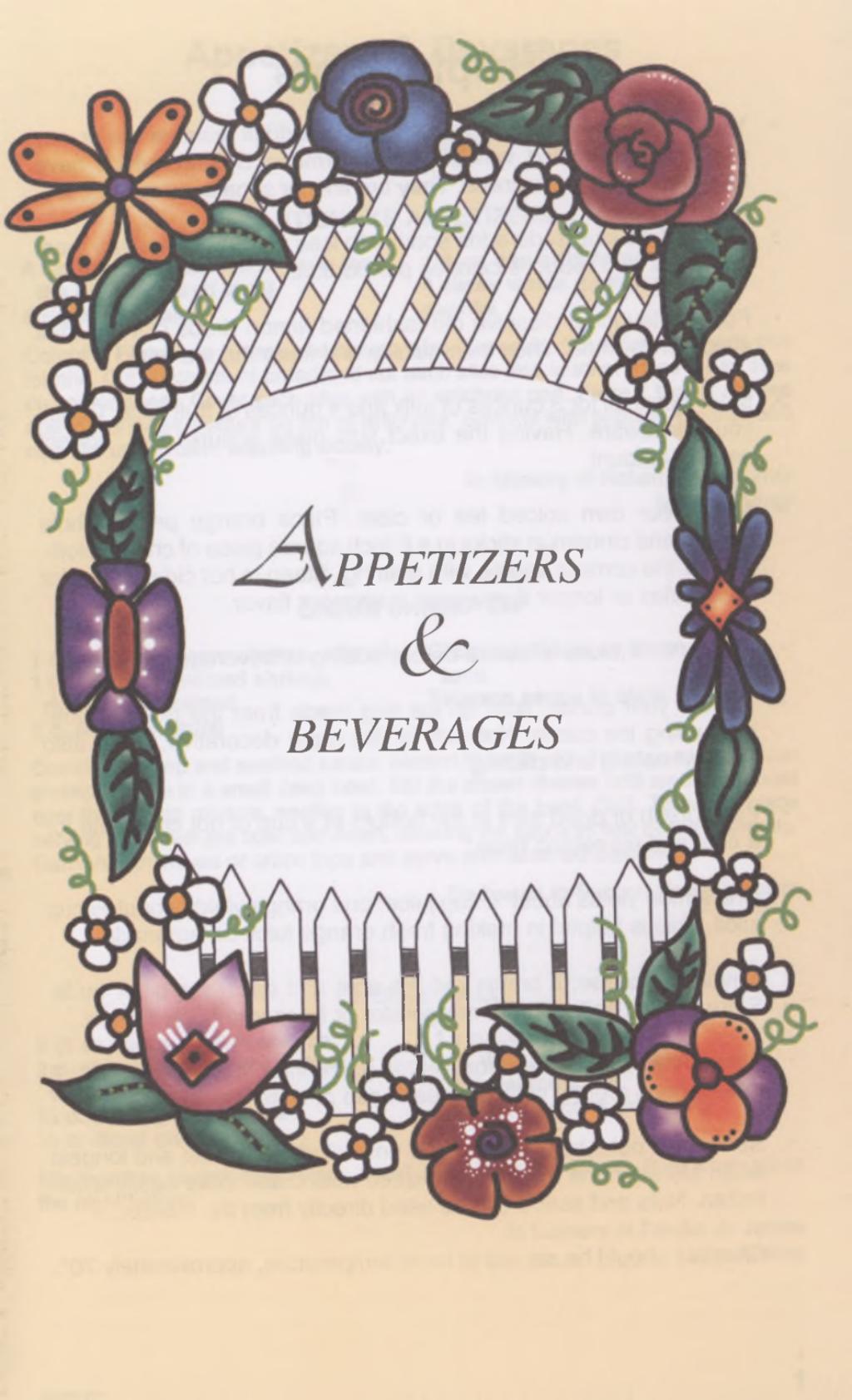
Darian Bea O'Connell  
7-15-99 to 10-23-99

Preston Douglas Spahn  
12-20-99 to 4-28-00



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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°.

# Appetizers & Beverages

## Appetizers

### ARTICHOKE APPETIZERS

4 oz. grated Parmesan cheese (not the dry powdered kind)  
8 oz. mayonnaise

1 8 oz. can artichokes  
4 slices whole grain bread  
paprika

Combine Parmesan cheese and mayonnaise. Set aside. Cut artichoke hearts into fourths. Cut off crusts of bread and cut each slice into fourths. Place bread slice on cookie sheet. Cover each slice with an artichoke part. Place 1 tsp. of cheese and mayonnaise mixture on top of artichoke. Sprinkle with paprika. Bake at 360 degrees until brown, watching closely.

In Memory of Robert Scott Murray  
Marcia Murray

### CAJUN SHRIMP DIP

1 carton soft cream cheese, stirred  
1 can small deveined shrimp,  
rinsed and drained  
1 c. seafood sauce

Chopped chives or green onion  
tops  
Tabasco sauce to taste

Combine shrimp and seafood sauce; season to taste with Tabasco sauce. Place shrimp mixture in a small deep bowl. Stir the cream cheese until smooth; spread over the shrimp mixture, sealing to the edge of the bowl. Chill. To serve, place serving plate over the bowl and invert, allowing the sauce to flow over the cheese. Garnish with chives or onion tops and serve with assorted crackers.

Dedicated to Support Group Leaders

### CHEESE BALL

2 (8 oz.) pkgs. cream cheese  
2 c. shredded natural cheddar  
cheese  
1/4 c. diced green pepper  
1/4 c. diced onion

1 sm. jar diced pimento  
1 T. Worcestershire sauce  
1 tsp. lemon juice  
Chopped pecans (optional)

Mix together, except nuts; shape into 2 balls. Then roll in nuts. Best when made the night before.

In Memory of Danika Jo James  
Cleo Wiskus

## CHEESE BALL

8 oz. cream cheese	1 tsp. Worcestershire sauce
8 oz. grated cheddar cheese	1 tsp. garlic powder
2 T. mayonnaise	parsley flakes
2 T. oleo or butter	

Soften cream cheese and margarine; combine with the remaining ingredients. Refrigerate until mixture is of rolling consistency. Shape into ball and roll in parsley flakes. Serve with assorted crackers.

In Memory of Ryan Mougin  
Brenda Mougin

## CHIPPED BEEF CHEESE BALL

3 (8 oz.) pkgs. cream cheese	1/2 tsp. Accent
3 pkgs. chipped dried beef	3 T. Worcestershire sauce
Garlic salt to taste	

Soften cream cheese. Dice up beef. Add all ingredients. Chill and serve with crackers.

In Memory of Ryan Mougin  
Brenda Mougin

## COCKTAIL MEATBALLS

3/4 lb. ground beef	Sauce:
1/4 lb. pork sausage	1/4 c. minced onion
1 c. dry bread crumbs	2 tsp. butter
1/2 c. grated Parmesan	1/2 c. chili sauce (bottled)
1 T. minced parsley	14 or 15 oz. can tomato sauce
2 small cloves garlic, chopped fine	1 tsp. dry mustard
1/2 c. milk	1 tsp. prepared mustard
2 eggs, slightly beaten	1/2 tsp. Worcestershire sauce
1 tsp. salt	1 tsp. chili powder
1/8 tsp. pepper	1 can ripe olives, chopped
1 c. minced onion	dash of Tabasco

Combine all meatball ingredients and shape into balls. Pan fry or bake in oven until cooked through. Put in crockpot and prepare sauce. Cook onions in butter until transparent. Stir in the rest of the ingredients and simmer for 15 minutes. Pour over meatballs. Best if made a day ahead.

In Memory of Robert Scott Murray  
Marcia Murray

## CRESCENT ROLL APPETIZER

1 pkg. 8 crescent rolls	1 pkg. dried beef
1 (8 oz.) pkg. cream cheese, softened	garlic salt

Take four of the triangular crescents and place on a cookie sheet. Pinch edges together. Spread half of the cream cheese over crescents. Sprinkle with garlic salt. (continued)

salt. Then cover with dried beef. Spread remaining cream cheese over dried beef. Then cover with remaining four crescent triangles. Again arranging in a square. Pinch edges together to seal. Bake at 350 degrees for 15-20 minutes.

In Memory of Ryan Mougin  
Angie Gent

### FRUIT DIP QUICK

8 oz. nondairy whipped topping	2 tsp. honey
4 oz. apricot jelly	1/2 tsp. cinnamon

Mix together; place in center of a bowl. Top with mint leaf. Serve with bite size pieces of fruit.

In Memory of Brook Goodyk  
Corey and Sasha Goodyk

### FRUIT PIZZA

1 pkg. (18 oz.) refrigerator sugar cookie dough	Glaze:
1 (8 oz.) pkg. cream cheese	2 T. cornstarch
1/2 c. sugar	1/2 c. sugar
assortment of fresh fruit	1/2 c. orange juice
	1/4 c. lemon juice

Slice cookie dough as if for cookies and arrange on cookie sheet. Press out to fill empty spaces. Bake as directed. Combine sugar and cream cheese. Frost cooled cookie with cream cheese mixture. Top with fruit and refrigerate. Before serving, mix glaze ingredients together and drizzle on top of pizza.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### GOOP DIP

1 lb. lean ground beef	1 med. onion, chopped
1 can cream of celery soup	1 lb. Velveeta mild Mexican cheese
1 can refried beans with green chilies	

Brown ground beef with onion; drain. Place into crockpot with remaining ingredients. Cook on low heat, mixing occasionally, until cheese is melted and all ingredients are hot. Serve with nacho chips.

Karey Shepherd

### HAM ROLL-UPS

8 oz. boiled ham, sliced	1 jar small whole dill pickles
1 (8 oz.) pkg. cream cheese, softened	

(continued)

Spread ham with softened cream cheese. Place pickles along the length of each ham slice and roll up. Chill and cut into slices.

In Memory of Colton Elder

### LITTLE SMOKIES

**3/4 c. bourbon**  
**1/2 c. catsup**  
**3/4 c. brown sugar**

**1 tsp. onion**  
**2 lbs. Little Smokies or wieners, cut up**

Mix bourbon, sugar, onion and catsup. Add Smokies or wieners; simmer 1 hour. Also can be fixed in crockpot.

In memory of Cody James Beck  
Stacy Rowe

### MOCK TACOS

**1 (8 oz.) pkg. cream cheese**  
**1 (8 oz.) container sour cream**  
**Garlic salt to taste**  
**1 1/2 c. shredded cheddar cheese**

**1 sm. can chopped black olives**  
**Picante sauce**  
**8-10 tortillas**

Mix first 5 ingredients; spread on tortillas and roll. Cover and put in refrigerator. Cut into slices and serve with picante sauce.

In Memory of Ryan Mougin  
Brenda Mougin

### MOZZARELLA PUFFS

**1 tube (7 1/2 oz.) refrigerate buttermilk biscuits**  
**1 tsp. dried oregano**

**1 block (2-3 oz.) mozzarella cheese**  
**2 T. pizza sauce**

Make an indentation in the center of each biscuit; sprinkle with oregano. Cut the mozzarella into 10 cubes; 3/4 inch each. Place a cube in the center of each biscuit. Pinch dough tightly around cheese to seal. Place seam side down on an ungreased baking sheet. Spread pizza sauce over tops. Bake at 375 degrees for 10-12 minutes or until golden brown. Yield: 10 servings.

In Memory of Ryan Mougin  
Brenda Mougin

### MUSHROOM BACON BITES

**24 medium fresh mushrooms**  
**12 bacon strips, halved**

**1 c. barbecue sauce**

Wrap each mushroom with a piece of bacon; secure with a toothpick. Thread onto metal skewers; brush with barbecue sauce. Grill, uncovered, over indirect medium

(continued)

heat for 10-15 minutes or until the bacon is crisp and the mushrooms are tender, turning and basting occasionally with remaining barbecue sauce. Yield: 2 dozen.

In Memory of Ryan Mougin  
Patrick Mougin

### PARTY MIX

1 lg. bag peanuts

1/2 c. vegetable oil

1/2 box Rice Chex, Corn Chex, Kix,  
and Cheerios

Scant tsp. celery salt

1 stick butter

Scant tsp. Worcestershire sauce

Cook the last 4 ingredients in a saucepan on low heat until butter melts. Pour over cereals; mix well. Bake 1 1/2 hours at 175 degrees, stirring every 15 minutes. Cool and store in airtight container.

In Memory of Danika Jo James  
David James

### PHILLY CHEESE BALL

2 8 oz. pkgs. Philly cream cheese

1 sm. can crushed pineapple,

1 tsp. minced onion

drained

3 T. finely chopped green pepper

1/2 c. pecans, finely chopped

Mix together; mold into a ball. Chill 1 hour; then roll into more pecans.

In Memory of Colton Elder  
Linda Paulos

### QUICK AND EASY SALSA

1 sm. bottle fat-free Italian salad  
dressing

3 ripe tomatoes, chopped

1 lg. bunch green onions, chopped

1 can green chilies with juice

1 sm. can black olives, drained and  
sliced

1/4 c. fresh cilantro, chopped

Combine all ingredients and chill. Serve with nacho chips.

Dedicated to All Emergency Medical Personnel

### ROTEL DIP

2 lbs. Velveeta cheese

1 lb. hamburger or sausage

1 can Ro-Tel sauce

1 can refried beans (optional)

Melt cheese. Brown meat; drain. Add to melted cheese. Add remaining ingredients and mix thoroughly. Serve with tortilla chips. May keep warm in crockpot on low-medium setting.

In Memory of Danika Jo James  
Cindy Barnett

## SALSA

20 c. chopped tomatoes	8 c. chopped onion
3 green bell peppers	5 yellow banana peppers, chopped
5 jalapeño peppers	5 garlic cloves
3 T. chili powder	5 T. salt
3 T. cayenne pepper	2½ c. white vinegar
½ c. sugar	1½ c. cornstarch

Chop everything, except tomatoes. Chop tomatoes over a measuring cup. Take 2 cups juice off tomatoes. Add cornstarch and let set. Put all ingredients in pan; heat for 20 minutes. Then put juice with cornstarch in and cook for 20 minutes. Fill jars.

In Memory of Victoria Jean Harker

## SHRIMP AND CHEESE

2 (8 oz.) pkgs. cream cheese	1 T. lemon juice
½ c. finely chopped onion	1 (4 oz.) can tiny whole shrimp
1 T. Worcestershire sauce	

Drain and pat shrimp. Mix the cream cheese, onion, Worcestershire sauce and lemon juice. Beat well. Form into ball. Place shrimp on top of cream cheese ball. Take 1 bottle of cocktail sauce and pour over cheese and shrimp. Serve with crackers.

In Memory of Justin Miller  
Edward & Elizabeth Lindsey

## SHRIMP DIP

1 can frozen cream of shrimp soup	1 T. chopped olives
1 8 oz. pkg. cream cheese	2 tsp. prepared horseradish
2 T. chopped parsley	1 tsp. lemon juice

Mix together and serve with crackers.

In Memory of Colton Elder  
Linda Paulos

## SNACK CRACKERS

1 pkg. oyster crackers	½ tsp. garlic powder
1 pkg. Hidden Valley salad dressing mix (original)	¼ tsp. dill weed
	¾ c. oil

Put crackers in a 9 x 13 pan. Mix salad dressing, garlic powder, dill weed and oil; mix. Pour over crackers. Stir to coat. Heat in oven at 200 degrees. Bake for 15 minutes, stirring a couple of times.

In Memory of Victoria Jean Harker

## TACO DIP

8 oz. pkg. cream cheese  
8 oz. sour cream  
3 T. mild taco sauce  
1 tsp. garlic powder  
1 tsp. cumin

Green peppers, chopped  
Tomatoes, chopped  
Grated cheddar cheese  
Lettuce, chopped  
Onions, chopped

Beat cream cheese, sour cream, taco sauce, garlic powder, and cumin until smooth. Top with chopped vegetables and cheese. Serve with Doritos.

In Memory of Justin Miller

Dianne Hammen

## TACO LAYERED DIP

1 lg. can refried beans  
16 oz. sour cream  
1 pkg. taco seasoning  
1 can green chilies

Shredded cheddar cheese  
1 or 2 cans black olives  
Bag of tortilla chips

Mix sour cream, seasoning and chilies together. Layer refried beans on platter or large plate. Layer sour cream mixture on top of beans. Cover entire thing with shredded cheese. Top with black olives.

In Memory of Ryan Mougin  
Angie Gent

## Beverages

### BANANA SLUSH

4 c. sugar  
6 c. water  
1 (46 oz.) can pineapple juice  
1 can frozen orange juice

1 (12 oz.) can frozen lemon juice  
5 bananas, mashed  
6 qt. ginger ale

Dissolve sugar in water; heat about 5 minutes. Cool. Add juices and bananas. Place in 3 ( $\frac{1}{2}$  gallon) containers and freeze.

In Memory of Brooke Goodyk  
Corey & Sasha Goodyk

### BERRY SMOOTHIE

1 c. milk  
1 c. frozen unsweetened strawberries  
1/2 c. frozen unsweetened raspberries

3 T. sugar  
1 c. ice cubes

(continued)

Place the milk, berries and sugar in a blender; cover and process until smooth. Add ice cubes; cover and process until smooth. Yield: 3 servings.

In Memory of Ryan Mougin  
Brenda Mougin

### CAPPUCCINO

**16 oz. Nestle Quik  
2 c. powdered sugar  
8 oz. flavored cream**

**6 qt. powdered sugar  
1 c. instant coffee**

Mix and store. Use 2-3 tsp. for 1 c. cappuccino.

In Memory of Justin Miller  
Jackie Miller

### COCOA MIX

**11 c. instant milk powder; enough  
to make 8 qt. of milk  
2 $\frac{2}{3}$  c. powdered sugar**

**1 lb. Nestle Quik powder  
6 oz. non-dairy creamer**

Mix all ingredients together and store in an air tight container. For each cup of cocoa --use  $\frac{1}{3}$  c. Mix and  $\frac{3}{4}$  c. hot water. Yields: 48 servings.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### CROCKPOT CIDER

**1 gal. apple cider**

**8-12 oz. red hots**

Place in crockpot. Stir until melted.

In Memory of Brooke Goodyk  
Corey Goodyk

### FRUIT SPRITZER PUNCH

**1 (46 oz.) can pineapple juice  
1 (12 oz.) can mandarin-tangerine  
juice concentrate, thawed  
3 c. water**

**1 (28 oz.) Slice, Sprite, or Squirt  
soda  
Sliced fresh fruit for garnish**

Combine all ingredients in punch bowl.

Karey Shepherd

### MARY PIPER'S HOT MULLED CIDER

**1 gallon cider  
2 c. pear nectar  
1 bag cinnamon sticks/whole  
cloves**

**nutmeg  
cinnamon**

(continued)

Heat slowly; add bag of cinnamon sticks/whole cloves. Sprinkle nutmeg and cinnamon into liquid to taste. Can float orange slices studded with cloves on top for garnish; place cinnamon stick in cup and serve hot. Good served with spice cake.

Lee Ann Glade

## PEACHIES

**3-4 whole peaches**

**1 tray ice cubes**

**1 sm. can lemonade**

**1 lemonade can full of vodka or  
rum**

Slice peaches. Remove seed. Add all ingredients to blender. Blend until slushy.

In Memory of Ryan Mougin  
Brenda Mougin

## RED PUNCH

**1 qt. cranberry juice**

**2 lg. bottles ginger ale or 7-Up (to  
taste)**

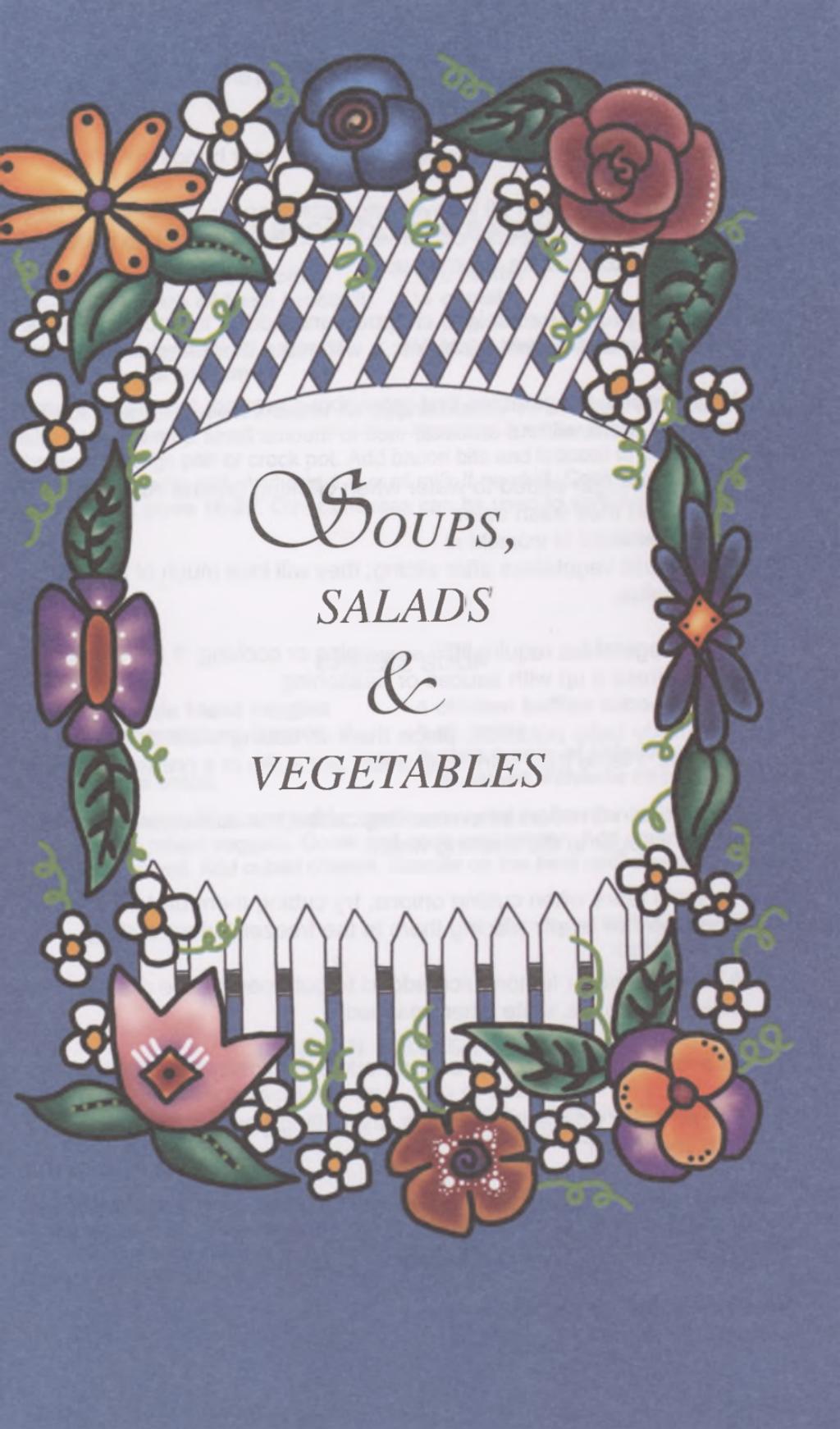
**1 18 oz. can pineapple juice**

**1/4-1/2 c. lemon juice**

Mix together. Serves 20.

## VEGETABLES





*S*OUUPS,  
SALADS  
&  
VEGETABLES

## 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.
- 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 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 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.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.

# Soups, Salads & Vegetables

## Soups

### CHEESE BROCCOLI AND BACON SOUP

3 or 4 strips bacon; fried crisp	1/2 c. butter
2 medium spears of fresh broccoli; cooked	1/2 c. milk
chopped onion; desired amount	3/4 pkg. bacon cheese
dash garlic salt (optional)	1/2 large pkg. Velveeta cheese

Precook broccoli spears in water for approximately 15 minutes. Melt butter and milk; thicken with a small amount of flour to create a white sauce. Melt all of the cheese in a large pan or crock pot. Add bacon bits and broccoli to melted cheese. Add dash of garlic salt. And add 1-2 c. of milk if needed. Cook for at least 15-20 minutes. Will serve 15-20. Other cheeses can be used to vary taste.

In Memory of Danielle Ray Thomas  
Carol Thomas

### CHEESE SOUP

1 bag California blend veggies	4 chicken bullion cubes
2 1/2 c. cubed potatoes (approx. 3 medium)	1 qt. water
1 c. chopped onion	2 cans cream of chicken soup
	1 lb. cubed Velveeta cheese

Combine onion, bullion and water; cook uncovered on low for 20 minutes. Add potatoes and mixed veggies. Cover and cook until tender. Add cream of chicken soup and mix well. Add cubed cheese. Simmer on low heat until cheese is melted stirring often.

In Memory of Rick Eugene Scholl  
Kathleen Pettengill

### CHICKEN & SALSA SOUP

8 boneless chicken breasts, cut up	1 1/2 c. frozen corn
1 3/4 c. water	1 c. thick-n-rich chunky salsa
1 3/4 c. chicken broth	3 c. tortilla chips
1-2 tsp. chili powder	

Combine chicken, water, broth and chili powder; bring to a boil in a saucepan. Reduce heat to low; cook, covered, about 8 minutes. Add corn and cook, uncovered, 5 minutes or until chicken is no longer pink. Stir in salsa heat through. Sprinkle cheese on each serving. Garnish with chips. Makes 4 servings.

In Memory of Carissa Ann Berns  
Barbara Berns Sorenson

## CHICKEN NOODLE SOUP

1 (3-4 lbs.) chicken  
1 tsp. salt  
1 stalk celery

1 med. onion  
1 (8 oz.) egg noodles

Cook chicken, salt, celery and onion until chicken is tender in a large kettle. Remove chicken from the broth. Allow chicken to cool. Bone chicken and cut into chunks. Strain the onion and celery from the broth. Add noodles to boiling broth and simmer until noodles are done. Add chicken 30 minutes before serving or it will become stringy.

In Memory of Danika Jo James  
Christopher James

## CREAMY POTATO SOUP

6 slices bacon  
1 c. chopped onion  
1 c. water  
2 (10 oz.) cans condensed cream of  
mushroom soup

2 soup cans milk  
2 T. parsley, snipped (optional)

In a saucepan, cook bacon until crisp; set aside. Pour off all but 3 tablespoons grease. Add onion and brown. Add potatoes and water; cook, covered, for 15 minutes until potatoes are tender. Stir in soup and milk. Heat, but do not scorch. Garnish with bacon.

Dena Trout

## EGG DROP SOUP

3 c. chicken  
1 tsp. salt  
Dash white pepper

1 med. green onion (with top),  
chopped  
2 eggs, slightly beaten

Heat chicken broth, salt, and pepper to boiling in a 2-quart saucepan. Stir green onion into eggs. Pour egg mixture slowly into broth, stirring constantly with a fork until egg forms shreds.

In Memory of Colton Elder  
Bob & Sara Elder

## TACO SOUP

2 lbs. ground beef, browned and  
drained  
1 can pinto beans, undrained  
1 can Ro-Tel with chilies  
1 can corn

1 package Hidden Valley Ranch  
Dressing (not the dip)  
1 pkg. taco seasoning  
1 c. chopped onions

Put in crockpot on low all day or simmer on the stove for 2 hours. Serve with tortilla chips and shredded cheese.

In Memory of Katelyn Joy Lacey (POOH)

## WILD RICE SOUP

9 slices bacon, cooked and  
crumbled  
1 med. onion, chopped  
2 c. cooked wild rice

2 pt. half & half  
2 cans cream of mushroom soup  
2 cans cream of potato soup  
2 c. grated cheese

Mix all ingredients together; heat slowly on stove or in crockpot.

In Memory of Ryan Mougin  
Becky Halsch

## Salads

### APPLE SUNSHINE SALAD

1 (20 oz.) can crushed pineapple,  
drained  
2/3 c. sugar  
1 (3 oz.) pkg. lemon Jello  
1 (8 oz.) pkg. cream cheese

1 c. diced unpeeled apples  
1/2 c. chopped celery  
1 c. whipped topping  
1/2 c. chopped pecans

Combine and boil pineapple and sugar for 3 minutes. Stir in Jello until dissolved. Mix in cream cheese; cool. Stir in remaining ingredients, put in a 9 x 13 pan and refrigerate.

Kristy Kurtz

### BEACH PARTY SALAD

2 c. cooked shrimp  
1 (8 oz.) can pineapple chunks  
1 c. celery  
1 chopped apple

1/3 c. raisins  
1/3 c. mayonnaise  
1/4 c. chopped peanuts  
salt and pepper to taste

Combine all ingredients; toss and chill.

In Memory of Colton Elder

### BROCCOLI SALAD

1/2 lb. bacon, fried crisp and  
drained  
1 c. raisins  
2 sm. red onions, diced  
1 lg. pkg. frozen broccoli, thawed  
and cut into small pieces

1 c. sunflower seeds  
Dressing:  
2 c. Miracle Whip  
4 T. vinegar  
4 T. sugar

Mix dressing ingredients well and pour over the other ingredients. Refrigerate several hours before serving.

In Memory of Justin Miller  
Virginia Legore

## CAULIFLOWER/LETTUCE SALAD

1 c. vegetable oil	salt and pepper
1/3 c. lemon juice	1 medium onion, chopped
2 T. sugar	1 head of cauliflower, cut up in
1 med. jar green olives with red	small pieces
center	1 head of lettuce

Mix vegetable oil, lemon juice, sugar and salt/pepper to taste. Add mixture to chopped onions, cauliflower and olives. Put in refrigerator and marinate at least 8 hours (longer is ok). Add mixture to cut up lettuce when ready to serve. May want to add more salt and pepper.

In Memory of Benjamin David Person  
Judy & Dave Person

## CHICKEN PASTA SALAD

2 c. corkscrew pasta	1 c. sour cream
1 c. chopped chicken	1 c. salad dressing or mayonnaise
1 c. chopped celery	1 tsp. garlic salt
1 med. red onion, chopped	1/2 c. slivered almonds (optional)
1 med. green pepper, chopped	1 (1 oz.) pkg. Ranch dressing mix
1 tsp. paprika	

Cook pasta according to package; drain and rinse. Add chicken, celery, onion, and green pepper; toss. Combine dressing mix, sour cream, salad dressing, and garlic salt. Add to pasta mixture and mix well. Sprinkle with almonds and paprika. Garnish with pepper rings and tomato wedges.

In Memory of Justin Miller  
Joanne Marsh

## CHICKEN SALAD

2 1/2 c. cubed, cooked chicken	1 c. thinly sliced celery
1 c. halved green grapes	1 c. halved red grapes
1/2 c. mayonnaise	1 T. lemon juice
1 T. cider vinegar	1 1/2 tsp. prepared mustard
1/2 tsp. salt	1/2 tsp. sugar
1/8 tsp. pepper	

Mix all ingredients together.

Nancy Bishop

## CHOP-CHOP

1 head cauliflower	1 c. mayonnaise
1 head broccoli	1 c. sour cream
6 stalks celery	1 pkg. reg. Ranch-style dressing
6 carrots	

Chop and combine all vegetables. Stir in mayonnaise, sour cream, and dressing.

Linda Carr

## COLESLAW DRESSING

4 T. unflavored gelatin  
1 c. hot water  
4 c. vinegar  
6 c. sugar

4 tsp. celery seed  
4 tsp. salt  
1 tsp. pepper

Mix gelatin and water together; set aside. Mix vinegar and sugar; beat until sugar is dissolved. Add celery seed, salt and pepper. Stir in soft gelatin and let cool until thick.

## COTTAGE CHEESE SALAD

2 lbs. cottage cheese  
1 sm. can crushed pineapple,  
drained

1 box Jello (any flavor)  
1 (8 oz.) container Cool Whip

Combine all ingredients and refrigerate.

## CUCUMBERS, TOMATOES, & ONIONS

1 c. water  
1 c. vinegar  
1 c. oil

1/2 c. sugar  
Salt and pepper

Boil water, vinegar, oil and sugar. Add cucumber, tomatoes, and onions. Let set at least 2 hours.

## EASY FRUIT SALAD

1 lg. can peach pie filling  
2 c. strawberries, cut up

1-2 c. grapes  
3-4 bananas, cut up

Mix pie filling, strawberries, and grapes well and chill. Before serving, add bananas.

In Memory of Gable August Kenneth Greder  
Grandma Greder

## FIVE CUP SALAD

1 c. pineapple tidbits or chunks,  
drained  
1 c. mandarin oranges, drained

1 c. miniature marshmallows  
1 c. coconut  
1 c. Cool Whip

Combine all ingredients and chill.

Kathryn Pratt

## FRUIT SALAD

6 bananas	2 T. cornstarch
1 c. whipping cream, whipped	1/2 c. sugar
2 cans fruit cocktail	1 pkg. mini marshmallows

Drain the liquid from fruit, reserving 1 cup. Add cornstarch and sugar to cup of juice; cook. Let cool. Combine fruit and marshmallows with cool liquid and whipped cream. Refrigerate.

In Memory of Ryan Mougin  
Brenda Mougin

## GLORIFIED RICE

1 (8 3/4 oz.) can crushed pineapple	1 1/2 c. miniature marshmallows
2/3 can packaged precooked rice	1 ripe banana, sliced
1/2 tsp. salt	1 c. whipped cream
2 tsp. lemon juice	2 T. chopped maraschino cherries

Drain pineapple, reserving juice. In saucepan, combine rice, 2/3 c. water, pineapple syrup, and salt. Stir to moisten rice. Bring quickly to a boil. Cover and simmer 5 minutes. Remove from heat; let stand 5 minutes. Add pineapple juice. Cool. Stir in marshmallows and bananas. Fold in cream and cherries. Chill. Serves 8.

Dena Trout

## GRANDMA HARKER'S GREEN SALAD

1 pkg. lemon Jello	1 (No. 2) can crushed pineapple, drained
1 pkg. lime Jello	1 pt. cottage cheese
2 c. hot water	1/2 c. chopped walnuts (optional)
1 c. mayonnaise	
1 c. undiluted evaporated milk	

Dissolve both packages of Jello in hot water. Let cool and chill until set. Combine mayonnaise and milk. Fold into gelatin. Add pineapple, cottage cheese, and nuts. Chill until set.

In Memory of Victoria Jean Harker  
Grandma Harker

## HOT CHICKEN SALAD

2 c. chicken, cooked and cut up	2 T. lemon juice
1 c. thinly sliced celery	1-2 tsp. salt
1/2 c. sliced almonds	1 sm. can water chestnuts, sliced
3/4 c. mayonnaise	

Combine; stir lightly. Put in 9 x 13 pan. Top with 3/4 c. grated cheddar cheese. Bake 15-20 minutes at 350 degrees. Don't overbake.

## MANDARIN ORANGE SALAD

2 pkgs. vanilla tapioca pudding  
1 pkg. orange Jello

2 c. whipped cream  
1 can mandarin oranges

Pour into 1/2 gallon bowl; combine. Cover with 3 cups boiling water and stir to mix. Beat. Let stand until cool. Place in refrigerator to congeal. Add whipped cream; beat well. Fold in mandarin oranges. Refrigerate to set.

In Memory of Matthew Samuelson  
Ester Hagberg

## ORANGE FLUFF SALAD

1 pkg. orange Jello  
1 pkg. vanilla tapioca  
1 pkg. vanilla pudding  
3 c. boiling water

1 can mandarin oranges  
1 can crushed pineapple  
1 pkg. Dream Whip

Mix Jello tapioca and pudding together. Add water; set aside to cool. Drain oranges and pineapple. Whip up 1 pkg. of Dream Whip. When pudding mixture is cool, add fruit and fold in Dream Whip. Chill until set.

In Memory of Zackery Tyler Christenson  
Karen Christenson

## ORANGE JELLO SALAD

1 c. boiling water  
1 lg. box orange Jello  
1 (8 oz.) pkg. cream cheese

1 (11 oz.) can mandarin oranges  
1 small can crushed pineapple  
1 small container Cool Whip

Stir water and Jello together; add 1 cup fruit juice (drained from mandarin oranges and pineapple). Set in refrigerator until a little firm. Add cream cheese, mandarin oranges (drained), pineapple (drained), and Cool Whip. Stir well. Chill until set.

In Memory of Justin Miller  
Chris Ellis

## ORANGE SALAD

1 pkg. orange Jello  
1 pkg. vanilla tapioca  
1 pkg. vanilla pudding (cooked)  
1 can mandarin oranges

1 sm. container Cool Whip  
3 c. water; may use juice from  
oranges as part of liquid

Combine all ingredients except for oranges and Cool Whip. Cook till thick. Cool. Fold in oranges and Cool Whip.

In Memory of Dalton Bixby  
Charlotte Langstaff

## ORANGE WHIP

1 (No.2) can crushed pineapple  
1 pkg. orange Jello

1 sm. carton cottage cheese  
1 lg. carton Cool Whip

(continued)

Mix pineapple (with juice) with Jello; bring to a boil. Cool and whip in cottage cheese and Cool Whip.

### OREO COOKIE SALAD

2 pkgs. vanilla instant pudding  
2 c. buttermilk  
1 (16 oz.) carton Cool Whip

2 cans mandarin oranges; drained  
3/4 pkg. Oreo cookies; broken up

Mix pudding and buttermilk together. Fold in Cool Whip. Add mandarin oranges and Oreo cookies. This is very simple to make. ENJOY!

In Memory of Darian Bea O'Connell  
Dave & Karla O'Connell

### PARMESAN VEGETABLE TOSS

4 c. fresh broccoli, cut in bite size pieces  
4 c. fresh cauliflower, cut in bite size pieces  
1 large sweet onion, thinly sliced  
1/4 c. sugar  
1/2 c. grated Parmesan  
1/2 tsp. salt  
1/2 tsp. basil

2 c. Hellmann's  
1 lb. bacon, fried crisp and crumbled  
1 large head of lettuce  
2 c. seasoned croutons  
6 oz. can sliced water chestnuts  
1 box cherry tomatoes, cut in halves

Mix mayonnaise, sugar, cheese, salt, basil and toss with broccoli and cauliflower. Chill overnight, mixing occasionally. Just before serving, mix the remainder of the ingredients with the broccoli/cauliflower mixture. I usually use one head of cauliflower and two bunches of broccoli.

In Memory of Robert Scott Murray  
Marcia Murray

### PEA SALAD

1 c. mayonnaise  
1 pkg. Ranch salad dressing mix  
1 c. chopped celery

1 1/2 c. raw cauliflower pieces  
2 pkg. frozen peas  
1 c. cubed Velveeta cheese

Combine Mayonnaise, dressing mix and celery. Place vegetables and cheese in bowl and add mixture. Mix gently. Chill and serve.

In Memory of Benjamin S. Meints  
Lisa & Rodney Meints

### PEACHES AND CREAM SALAD

1 lg. can peaches, sliced  
1 (8 oz.) pkg. cream cheese

1 (6 oz.) pkg. peach gelatin  
1/2 pt. whipping cream, whipped

Drain juice from peaches into a pan to heat; put fruit in blender. Heat juice; then stir in gelatin until dissolved. Allow to cool. In blender, add cream cheese; blend  
(continued)

until smooth. Add cool gelatin and blend until well mixed. Put into large bowl; blend in whipped cream, mixing with a wire whip until well blended. Chill in refrigerator.

In Memory of Ryan Mougin  
Brenda Mougin

### PINK CHAMPAGNE SALAD

8 oz. cream cheese (room temp.)	2 (10 oz.) pkgs. frozen strawberries,
20 oz. crushed pineapple, drained	sliced
3/4 c. sugar	1 (8 oz.) pkg. Cool Whip

Blend cream cheese and sugar. Add remaining ingredients and mix well in blender. Pour into 9 x 13 pan. Cover with tin foil and freeze. Allow to thaw slightly before serving.

Karey Shepherd

### PINK CHAMPAGNE SALAD

8 oz. cream cheese	1 (10 oz.) pkg. frozen strawberries
3/4 c. sugar	3 bananas, sliced
1 lg. can crushed pineapple	9 oz. Cool Whip

Beat cream cheese with sugar. Add drained pineapple and strawberries. Stir. Fold in Cool Whip. Fold in bananas. Coat bananas with lemon juice or Fruit Fresh so they will not turn dark.

Pat Terrell

### PIZZA SALAD

1 (16 oz.) pkg. shell macaroni, cooked	1 med. sweet red pepper, chopped
1 lg. tomato, chopped	1 med. green pepper
4-6 green onion, sliced	1 (4 oz.) can sliced mushrooms, drained
1 (2 1/4 oz.) can sliced ripe olives	2 1/2 oz. sliced pepperoni, halved
2 garlic cloves, minced	1 tsp. dried oregano
1/2 tsp. salt	1 (8 oz.) bottle Italian dressing
1/4 tsp. pepper	1 c. shredded mozzarella cheese
2 T. grated Parmesan cheese	

Put macaroni in bowl; add all other ingredients, except dressing and cheese. Refrigerate. Just before serving, add dressing and cheese.

### PRETZEL SALAD

1 1/2 c. crushed pretzels	1 c. sugar
1 stick butter	2 pkg. strawberry Jello
3 tsp. sugar	2 c. hot water
8 oz. cream cheese	2 (10 oz.) boxes frozen strawberries
1 tub Cool Whip	

(continued)

In a 9 x 13 pan spread pretzels. Melt butter and pour over pretzels. Bake at 350 degrees for 7 minutes. Let cool, then put 3 tsp. sugar over the top. Mix cream cheese with Cool Whip and 1 c. sugar. Spread over pretzels. Mix Jello with hot water and strawberries. Slowly pour on top of cream cheese layer. Cool. Top with Cool Whip before serving.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### RASPBERRY JELLO SALAD

**1 lg. box raspberry Jello  
1 pkg. frozen raspberries  
1 c. applesauce**

**1 sm. pkg. instant vanilla pudding  
1 container whipped topping  
1 1/3 c. milk**

Mix Jello and 2 c. hot water, frozen raspberries and applesauce; let set until firm. Mix pudding and milk. Add whipped topping and spread over top of Jello.

In Memory of Ryan Mougin  
Denise Mougin

### RIBBON SALAD

**1 pkg. each of the following Jello:  
black cherry  
cherry  
lime  
lemon**

**orange  
orange-pineapple  
strawberry  
1 can evaporated milk**

First layer: dissolve black cherry Jello in 3/4 c. hot water and 3/4 c. cold water. Pour into 9 x 13 pan and let set until firm. Second layer: dissolve cherry Jello in 1/2 c. hot water, 1/2 c. cold water and 1/2 c. milk. Third layer dissolve lime Jello like first layer. Fourth layer: dissolve lemon Jello like second layer. Fifth layer: dissolve orange Jello like first layer. Sixth layer; dissolve orange-pineapple Jello like second layer. Seventh layer: dissolve strawberry Jello like first layer. Let each layer set firm before putting on another layer.

In Memory of Ryan Mougin  
Vivian Mougin

### RINGS OF FRUIT SALAD

**1 (7 oz.) pkg. cooked macaroni  
rings  
1 (20 oz.) can crushed pineapple,  
drained  
1 (11 oz.) can mandarin oranges,  
drained**

**10 oz. miniature marshmallows  
1 can lemon pie filling  
1 carton Cool Whip**

Cool macaroni. Add fruit to macaroni, then the pie filling, and last the Cool Whip.

Pat Terrell

## SEAFOOD PASTA

1 pkg. small ring macaroni noodles	1 small can pimento, diced (optional)
1 (10 oz.) pkg. frozen peas	2 heaping teaspoons Chef Howalds spice (from salad department)
1 pkg. imitation crab sticks, cut in 1/2 to 1 inch pieces	mayonnaise
1 small cucumber, diced	
1 small onion, diced	

Cook noodles according to package directions; drain. Place peas in drainer and run hot water over them. Combine ingredients and add mayonnaise to moisten.

In Memory of Preston Douglas Spahn  
Angie Spahn

## SEVEN LAYER SALAD

1 head lettuce	1 bag cheddar cheese
1 small red onion	mayonnaise
1/2 stalk celery	bacon bits
1 bag frozen peas	

Spread cut up lettuce over bottom of large container. Cut up fresh vegetables and put over lettuce. Put in peas. Spread mayonnaise on top. Spread cheese over mayonnaise. Then sprinkle with bacon bits.

In Memory of Justin Miller  
His sister, Cassie

## SNICKER SALAD

1 pkg. snack-size Snickers	2-3 bananas
1 (8 oz.) carton Cool Whip	2-3 Granny Smith apples
1 (4 oz.) pkg. vanilla instant pudding	1 c. milk

Mix pudding with milk; add Cool Whip. Slice apples and bananas; add to pudding mixture. Cut Snickers into fourths. Add to rest of mixture. Refrigerate.

In Memory of Brandi Renee Drube  
Tracey Drube

## SNICKER SALAD

7 or 8 med. sized apples	1 reg. size container Cool Whip
1 bag fun size Snickers	

Cut apples into less than bite size pieces. Cut the Snickers into fourths. Mix together apples, Snickers, and Cool Whip in a bowl.

In Memory of Justin Miller  
Mike Eaton

## SPINACH SALAD

1 bunch spinach  
1/2 head of lettuce  
8-10 mushrooms  
2-3 sliced green onions  
1-2 can mandarin oranges  
1/2 - 3/4 c. sliced almonds  
3 T. sugar

Dressing:  
1 c. oil  
1/3 c. red wine vinegar  
1 tsp. dry mustard  
1 tsp. salt  
1/2 c. sugar

Cook almonds over medium heat with sugar. Stir constantly until crystallized and light brown. Pour onto wax paper and cool. Mix spinach, lettuce, mushrooms and onions together. Right before serving, mix in nuts and oranges. Make a dressing of oil, red wine vinegar, dry mustard, salt and sugar. Mix and shake well. Add to salad before serving.

In Memory of Ryan D. Mougin  
Tom & Kelli Mougin

## SPINACH SALAD DRESSING

2 c. shredded spinach  
2 hard-boiled eggs, cut up  
10 slices cooked bacon, crumbled  
5 green onions, sliced  
2 T. lemon juice  
1/2 tsp. salt  
1/2 tsp. dry mustard

1/3 c. honey  
3/4 c. sugar  
1 sm. onion  
4 T. vinegar  
1 tsp. celery seed  
1/2 tsp. paprika  
1 c. salad oil

Combine spinach, eggs, bacon, and onion slices. In blender, combine honey, sugar, onion, vinegar, lemon juice, celery seed, salt, paprika, and dry mustard. Blend well. When well blended, slowly add oil while blending more.

In Memory of Nicholas Robert Jackson  
Aggie Hart

## SPRING SALAD

1 bag shell macaroni  
1 med. onion, diced  
3 med. carrots, diced  
1/2 pkg. radishes, diced

3 stalks celery, diced  
2 c. mayonnaise  
1 c. milk  
1/4 c. sugar

Cook macaroni and cool. Add veggies. Mix mayonnaise, milk, and sugar; our over ingredients. Refrigerate.

In Memory of Ryan Mougin (Brenda Mougin)  
In Memory of Brandi Renee Drube (Tracey Drube)

## SUMMER FRUIT SALAD

watermelon  
musk melon  
grapes  
honey dew

1/4 c. water  
1/4 c. grenadine  
1/4 c. sugar  
2 c. 7 up

(continued)

Boil water, grenadine and sugar; cool. Add seven up. Pour mixture over cut up fruit.

In Memory of Zackery Tyler Christenson  
Karen Christenson

### TACO SALAD

**1 head of lettuce  
1 sm. onion  
1 pkg. grated cheddar cheese  
2 diced tomatoes  
1 bottle clear Italian salad dressing  
1 bottle orange creamy French  
salad dressing**

**1 lb. browned hamburger  
green pepper  
1 can chili beans, drained  
taco chips**

Toss all ingredients but salad dressing together. Mix 2 salad dressings together well and pour over salad. Refrigerate.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### TAPIOCA SALAD

**6 c. water  
pinch of salt  
1/3 c. gelatin  
1 c. baby pearl tapioca**

**1 c. sugar  
1 c. whipped cream  
1 can fruit cocktail**

Bring water to boil; add tapioca. Bring back to boil again. Put lid on and turn off heat. Let set for 1 hour or longer. Add gelatin and sugar. Let cool. Add whipped cream and fruit. Serves 12-15.

In Memory of Ryan Mougin

### ULTIMATE SALAD

**1/2-3/4 head lettuce  
6 oz. cooked shell macaroni  
Hard boiled eggs, sliced  
1/2 lb. shaved ham, shredded  
1 sm. can peas, drained  
8 oz. shredded mozzarella cheese**

**Dressing:  
1 c. Miracle Whip  
2 tsp. minced onion  
2 tsp. mustard  
1/2 c. sour cream**

Layer first 6 ingredients in a 9 x 13 pan. Mix dressing ingredients well and spread over salad. Keeps approximately 3 days in refrigerator. Keep covered.

Brenda Mosher

## VEGETABLE SALAD

1 can French green beans  
1 can white corn (can use yellow)  
1 can Le Sueur peas or small ones  
1 c. chopped celery  
1 c. chopped onion  
1 c. chopped peppers  
1 small jar of pimentos

Dressing:  
3/4 c. white vinegar  
1 c. sugar  
1 tsp. salt  
1/2 tsp. pepper  
1 scant c. oil  
1 T. water

Drain vegetables. Boil the dressing ingredients. Cool and pour over vegetables. Will keep for a week or more in the refrigerator.

In Memory of Justin Miller  
Frannie Morenz

## WHIPPED PINEAPPLE SALAD

1 (16 oz.) can crushed pineapple  
1 (3 oz.) pkg. vanilla instant  
pudding

1 (8 oz.) tub Cool Whip  
3/4 c. small marshmallows

Mix crushed pineapple with juice and dry pudding. Fold in Cool Whip. Add marshmallows. Nuts can also be add to taste. Keep cold.

In Memory of Brandi Ahrens  
Mom

## Vegetables

### BEST BAKED BEANS

1 can pork & beans  
1 can white beans  
1 c. ketchup  
1 c. brown sugar

1 onion  
1 lb. bacon  
1 lb. ground turkey  
1 c. Cookies barbecue sauce

Cook bacon. Brown turkey. Add onion to turkey when almost browned completely. Drain beans and mix all ingredients in a casserole and bake for approximately 30 minutes at 350 degrees.

Nancy Bishop

### BETTY'S BAKED BEANS

1 lb. bacon  
1 lb. hamburger  
1 lg. onion  
1 c. catsup

1/3 c. barbecue sauce  
1 lb. brown sugar  
1 T. liquid smoke  
4 (1 lb. 12 oz.) cans baked beans

Fry bacon and drain. Brown hamburger and onion; drain. Mix meat and onion with the rest of the ingredients. Bake for 1 hour at 350 degrees.

## CALICO BEANS

1 lb. hamburger	1 T. salt
1 lb. bacon (cut bacon up before cooking)	1 tsp. dry mustard (or 1 lg. T. reg. mustard)
1 whole onion, chopped	1 can pork & beans
1/2 c. catsup	1 can green lima beans
3/4 c. brown sugar	1 can kidney beans
1/2 c. white granulated sugar	

Cook hamburger and onion together. Cook bacon separate. Drain grease off both. Add catsup, sugars, salt, and mustard. Mix together with beans. Heat at 350 degrees for 30 minutes.

In Memory of Justin Miller  
Glenn Lindsey

## CANDY CARROTS

2 c. raw sliced carrots	5 T. butter
1/4 c. water	4 tsp. lemon juice

Mix together in skillet with tight lid. Cook on high until water is evaporated. When you can hear the carrots sizzling, take off lid. Stir until brown and coated.

In Memory of Nicholas Robert Jackson  
Rebeca Lenninger

## CHEESY HASH BROWN POTATOES

1 bag southern style hash browns	1 can cream of mushroom soup
1/2 c. onions	1 (8 oz.) carton sour cream
1 tsp. salt	1 1/2 c. Velveeta cheese, shredded
1/4 tsp. pepper	1/2 c. melted butter

In a large bowl, combine all ingredients, except 1/4 c. melted butter. Spread in 9 x 13 inch baking dish. Crush several handfuls of cornflakes in the 1/4 c. melted butter you saved. Sprinkle on top of potato mixture. Bake, uncovered, for 35-45 minutes at 375 degrees or until mixture is hot and very bubbly.

In Memory of Ryan Mougin  
Brenda Mougin

## COUNTRY COMPANY POTATOES

6-7 medium potatoes	1/3 c. minced onion
1/2 c. butter	Topping:
1 (8 oz.) container sour cream	1 c. corn flake crumbs
1 can cream of chicken soup	2 T. melted butter
1 1/2 c. grated cheddar cheese	

Boil potatoes with skins on. Cool. Peel and cut in small pieces. Mix together can of soup and butter in a pan and heat until butter is melted. Add cheese, sour cream and onion. Add the potatoes and mix well. Put into a baking dish or 8 inch square

(continued)

pan. Mix corn flake crumbs and melted butter; pour on top of potato dish. Bake at 350 degrees for 45-60 minutes uncovered. These are very good with ham.

In Memory of Darian Bea O'Connell  
Dave & Karla O'Connell

### CREAMY SCALLOPED POTATOES

3 T. butter	1/4 c. chopped onions
3 T. flour	1 T. butter
Salt and pepper	1 c. Velveeta, chopped
2 1/2 c. milk	1 c. ham, cubed
6 med. potatoes	

Melt butter. Blend in flour, salt and pepper. Cook on low heat until bubbly. Remove from heat; stir in milk and cheese. Heat to a boil 1 minute. Layer onion, potato, ham and mixture. Dot with butter. Cover. Bake 30 minutes. Uncover and bake 60-70 minutes at 350 degrees or until potatoes are tender.

In Memory of Brandi Renee Drube  
Loretta Ford

### FABULOUS POTATOES

6 med. potatoes	1/4 c. butter
1 can cream of chicken soup	1 pt. sour cream
2 T. butter	1/3 c. chopped green onions
1 1/2 c. shredded cheddar cheese	1 c. cornflakes (before crushing)

Cook potatoes in salted water until tender; cool. Peel and rinse. Grate potatoes finely. Heat 1/4 c. butter with soup. Blend in sour cream, onions and cheese. Stir in potatoes. Place in buttered casserole dish. Mix cornflakes and melted butter. Sprinkle over top of casserole. Bake, uncovered, at 350 degrees for 45 minutes.

In Memory of Justin Miller

### GRANDMA'S FROZEN SWEETCORN

4 qt. corn; cut off cob, raw	1/2 c. sugar
4 tsp. salt	1 qt. water

Mix above ingredients together and bring to boil. Let simmer 6-7 minutes. Cool quickly by placing kettles in ice cold water. When cool, place in freezer bags and freeze.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### HONEY GLAZED CARROTS

(Low Fat)

1 T. low-fat margarine	1/4 tsp. nutmeg
2 T. minced onion	1 T. chopped fresh parsley
4 c. baby carrots	salt and pepper to taste
1 c. nonfat chicken broth	2 1/2 T. honey

(continued)

Melt margarine in large saucepan over medium heat. Add onion; cook for 2 minutes. Stir in carrots and broth. Bring to a boil; reduce heat to low and cook, covered, for 15 minutes or until tender. Raise heat to medium-high; add honey, nutmeg, parsley, salt, and pepper. Stir until sauce becomes syrupy.

In Memory of Ryan Mougin  
Becky Halsch

## LOW-FAT BEAN & VEGETABLE SOFT TACOS

1 1/2 c. shredded zucchini	1/4 c. red wine vinegar
1 1/2 c. shredded yellow squash	1 1/2 c. drained black beans
1 c. chopped red pepper	1 c. drained, canned navy beans
1/2 c. chopped onion	1/4 c. water
1 T. vegetable oil	1/2 T. chili powder
1/2 T. ground cumin	1/4 tsp. salt
1/4 T. salt	1/4 tsp. garlic powder
1/8 T. black pepper	1/4 tsp. dried crushed red pepper
8 fat free tortillas	fat free cheddar cheese

Combine zucchini, squash, sweet red pepper and onion. Combine vinegar, vegetable oil, cumin, salt and black pepper; pour over squash, red pepper and onion. Set aside. Combine beans, water, chili powder, salt, garlic powder and red pepper in a saucepan; stir well. Bring mixture to a boil; reduce heat and simmer, uncovered, 3-5 minutes or until most liquid has evaporated. Wrap tortillas in foil; bake at 350 degrees for 10 minutes. Spoon zucchini mixture down center of tortilla; top with bean mixture and cheese. Roll up and serve with salsa or fat free sour cream.

In Memory of Ryan Mougin  
Becky Halsch

## PARTY POTATOES

8-10 med. potatoes; cooked	2 T. instant onions
1 (8 oz.) pkg. cream cheese	1 tsp. garlic salt
1 (8 oz.) carton sour cream	4 T. butter
1 pkg. shredded colby cheese	paprika

Mash potatoes, adding all ingredients except butter, cheese and paprika. Put in 9 x 13 inch buttered casserole; dot with butter and paprika. Sprinkle with cheese and bake at 375 degrees for 30 minutes.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

## SCALLOPED CABBAGE AU GRATIN

3 c. coarsely shredded cabbage	1 1/2 c. milk
3 T. butter or margarine	3/4 c. cheese, grated (Velveeta type)
3 T. flour	Buttered bread crumbs, crushed
1/2 tsp. salt	potato chips or cracker crumbs
1/8 tsp. pepper	

Cook cabbage 7-8 minutes in boiling water to cover. Make white sauce by melting butter; add flour and seasoning; blend thoroughly. Stir in milk gradually; cook until (continued)

thickened. When cabbage is tender; drain well. Alternate layers of cabbage, cheese and warm white sauce in a greased casserole. Top with crumbs and cheese. Bake 20 minutes at 350 degrees or until delicately browned. (You can put cheese in the white sauce.)

### SCALLOPED CORN

1 can whole kernel corn  
1 can cream style corn  
2 c. sour cream

1/2 c. melted butter  
2 eggs, beaten  
1 box Jiffy cornbread mix

Mix together; put in greased casserole dish. Bake at 350 degrees for about 50 minutes.

Kathryn Pratt

### SPINACH SUPREME

2 pkg. frozen chopped spinach,  
cooked and drained  
1 can water chestnuts, sliced

1 pkg. onion soup mix  
1/2 pint lite sour cream

Mix ingredients and put in a buttered casserole. Bake at 350 degrees for 30-40 minutes.

In Memory of Keaton Pangburn  
Melanie Pangburn

### TEXAS POTATOES

1 pkg. frozen hash browns  
1 can cream of mushroom soup  
1 carton sour cream with chives

1 c. shredded cheddar cheese  
1/2 c. melted butter

Mix all ingredients together, saving half of the butter. Mix 1 c. corn flakes or potato chips with remaining butter and spread over top of potato mixture. Bake at 350 degrees for 45 min.-1 hour.

In Memory of Sara Theresa Flickinger  
Barb Flickinger

### TWICE BAKED POTATOES

4 lg. potatoes, baked  
1 1/2 c. shredded cheddar cheese  
1/4 c. Miracle Whip salad dressing  
1/4 c. milk  
1 egg

1/2 tsp. salt  
Dash pepper  
1/4 c. chopped onions  
4 crispy cooked bacon slices,  
crumbled

(continued)

Scoop out potato from skin. Combine potatoes with 1 c. cheese, salad dressing, milk, egg and salt/pepper; beat until fluffy. Place in casserole dish. Top with remaining cheese, onion, and bacon. Bake at 350 degrees for 15 minutes.

In Memory of Ryan Mougin  
Brenda Mougin

### VEGGIE PIZZA

1 can crescent rolls	1 T. dill weed
2 (8 oz.) pkgs. cream cheese	Salt and pepper
1½ T. mayonnaise	

Spread dough in a pizza pan and pinch seams together. Bake dough and cool. Blend cream cheese, mayonnaise, dill weed, salt, and pepper. Spread over crust. Add veggies and chill.

In Memory of Justin Miller  
Edward & Elizabeth Lindsey

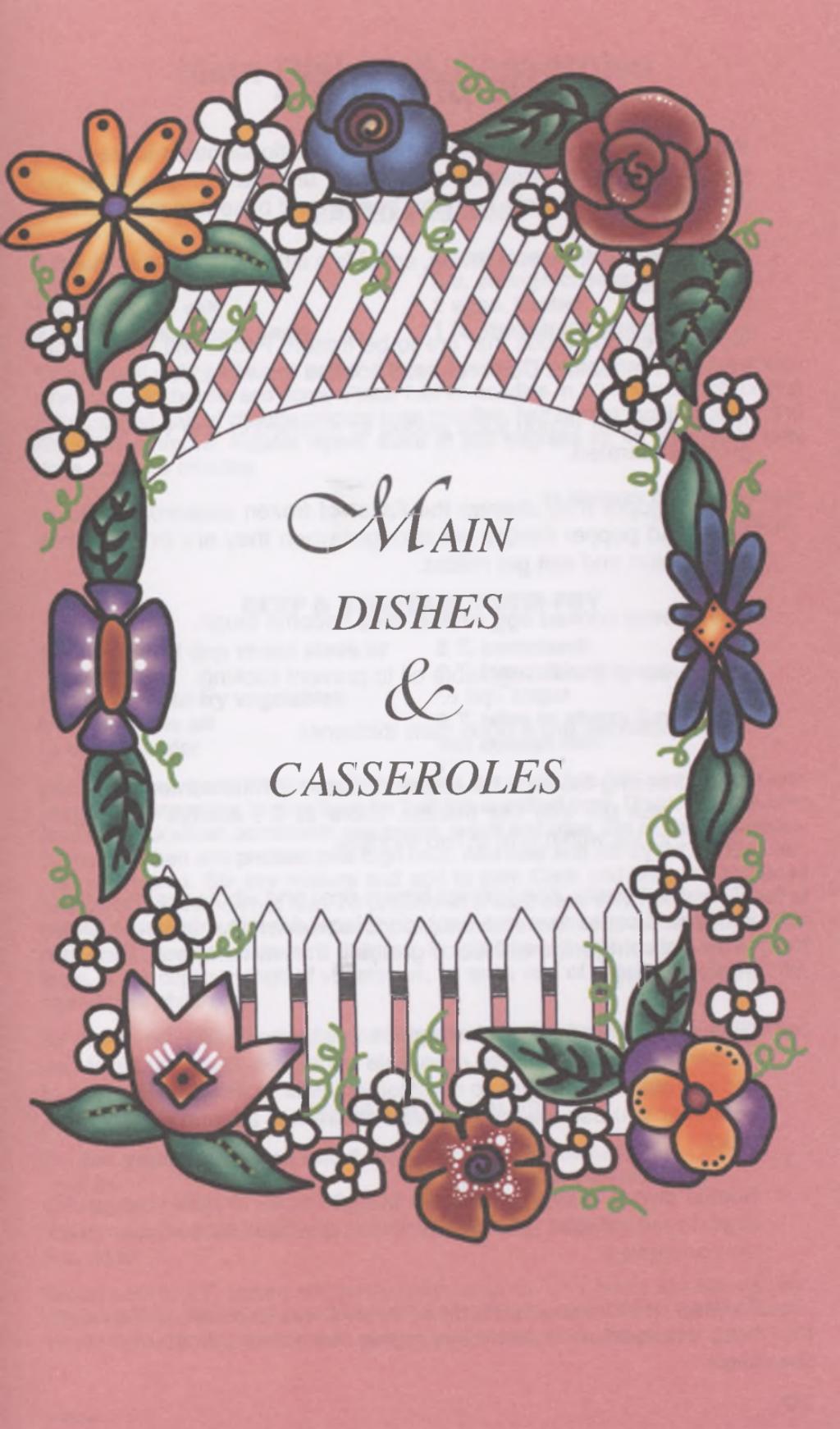
### ZUCCHINI PIZZA

1 (12 oz.) pkg. grated mild cheddar cheese	4 eggs, slightly beaten
3 c. thinly sliced zucchini	1 c. Bisquick
1 med. onion, diced	½ c. Crisco oil
½ tsp. salt	Dash of pepper

Mix all ingredients well and pour into baking dish. Bake at 350 degrees for 30 minutes.

In Memory of Brandi Renee Drube  
Loretta Ford

## Recipe Favorites



MAIN  
DISHES  
&  
CASSEROLES

## 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.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good stew thickener.
- 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.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heat-proof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.

# Main Dishes & Casseroles

## Main Dishes

### BAKED LASAGNA

2 lbs. ground beef	10 oz. lasagna noodles
1½ tsp. salt	3 c. cottage cheese
1½ tsp. garlic salt	2 eggs, beaten
2 (6 oz.) cans tomato paste	1 lb. mozzarella cheese

Brown meat. Add garlic salt, salt and tomato paste. Simmer. Cook noodles. Combine cottage cheese and eggs. Place half of noodles in 13 x 9 x 2 inch baking dish. Spread half of cheese mixture over noodles, half of mozzarella cheese and half of meat sauce. Repeat layers. Bake at 350 degrees for 45 minutes or until done. Cool 15 minutes.

In Memory of Ryan Mougin  
Brenda Mougin

### BEEF & VEGETABLE STIR-FRY

1 lb. lean beef (top round steak or shuck)	2 T. cornstarch
1 lb. frozen stir-fry vegetables	2 T. low-salt soy sauce
2 T. vegetable oil	½ tsp. sugar
½ c. cold water	2 T. wine or sherry (opt.)
	Hot cooked rice

Partially freeze beef; slice very thinly across the grain into bite-size strips. Cook vegetables according to directions for half the specified time. Drain, if necessary; set aside. Mix water, cornstarch, soy sauce, sugar and wine. Set aside. Put vegetable oil in fry pan and preheat over high heat. Add beef and stir-fry for 2-3 minutes. Add vegetables. Stir soy mixture and add to pan. Cook and stir until thickened and bubbly. Serve on hot rice. To prepare in a wok, cook only half of the beef at one time. Repeat with remainder of beef; combine and continue as above. This recipe will serve 4 adults or 8 children. For Children: 8 (1½ ounce) servings of meat, 8 (½ cup) servings of vegetables, ¼ to ½ cup of rice, depending on the age of your children.

Courtesy of the Wapello/Jefferson County Nutrition Coalition

### BEEF ON NOODLES

1½ lbs. round steak, cut into 2 inch cubes	2 T. sherry or beer
4 T. butter	1 (4 oz.) can mushrooms
1 pkg. beefy onion soup mix	5 sm. carrots
3 c. water	½ lb. egg noodles

Brown beef in 2 T. butter; add beefy onion soup mix, 2 c. water and sherry/beer. Cover and simmer 30 minutes. Add other cup of water; simmer until meat is tender, about 1 hour (may need to add water); add mushrooms and carrots. Cook until

(continued)

tender. Cook noodles according to package; drain and add 2 T. butter. Serve beef mixture over cooked noodles.

In Memory of Danika Jo James  
Carla James

### BEEF STROGANOFF

2 lbs. steak, cubed	3 T. butter or margarine
1 can mushrooms	1 can mushroom soup
1/2 tsp. garlic salt	1 can beef bouillon soup
1 sm. container sour cream	2-3 cups noodles

Mix together all ingredients except sour cream; simmer 1 hour. Last 5 minutes, add sour cream. Last 20 minutes add noodles. Add salt and pepper to taste. Serve with garlic bread.

In Memory of Ryan Moughin  
Brenda Moughin

### BEEFY CHILI MAC

1 lb. beef cubed steaks	1 1/2 c. uncooked rotini
1 T. vegetable oil	1/2 c. water
1 med. onion, chopped	1/2 c. shredded cheddar cheese
2 (14 1/2 oz.) cans chili seasoned and diced tomatoes, undrained	

Cut beef steaks lengthwise into 1 inch wide strips, then crosswise into 1 inch pieces. Heat oil in Dutch oven over medium-high heat until hot. Add beef and onion; cook and stir 3 minutes. Stir potatoes, pasta and water into beef. Bring to a boil; reduce heat to low. Cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving. Yield: 4 servings.

In Memory of Colton Elder

### BREAKFAST BAKE

1 lb. meat, browned and drained	3 eggs
1 lb. grated cheddar cheese	3/4 tsp. dry mustard
3 c. seasoned croutons	1/2 tsp. salt
Pepper to taste	

Mix meat (ham, bacon or sausage), cheese and croutons together; place into a greased 9 x 13 inch baking dish. Combine milk, eggs, mustard, salt and pepper. Pour egg mixture over meat mixture; refrigerate overnight. Bake at 350 degrees for 50-60 minutes.

Variations: Add mushrooms, onion, pepper, etc.

In Memory of Megan Jo Wilson  
Kate Martin

## BROCCOLI & RICE

2 pkgs. broccoli  
2 c. chopped celery  
2 sm. jar Cheez Whiz

2 c. chopped onion  
2 cans cream of chicken soup  
4 c. cooked rice

Thaw broccoli. Sauté onions and celery. Stir in broccoli and rice. Add soup and cheese; mix. Bake at 350 degrees for 40-50 minutes.

In Memory of Justin Miller  
Virginia Legore

## BUNSTEADS

1 lg. can tuna  
1/2 c. celery  
1/2 c. cheese  
3 boiled eggs

1/4 c. dressing  
1 tsp. mustard  
Onion salt and pepper

Mix all ingredients and put mixture on buns. Wrap buns foil and bake 20 minutes in 375 degrees oven.

In Memory of Cody James Beck  
Mary Beck

## CHEESY CHICKEN PIE

3 c. cooked chicken, cut up  
1/2 c. milk  
1 T. butter  
1/2 c. sour cream  
1 can cream of chicken soup  
1 1/2 tsp. sage

1 1/2 tsp. thyme (or to taste)  
3/4 c. Bisquick  
1/4 c. yellow cornmeal  
3/4 c. milk  
1 egg  
2 c. cheddar cheese, shredded

Heat chicken, 1/2 c. milk, butter, sour cream, chicken soup and spices. Bring to a boil. Spoon into ungreased 13 x 9 inch baking dish. Beat remaining ingredients, except cheese, for 1 minute until smooth. Pour over hot chicken mixture. Sprinkle with cheese. Bake at 375 degrees.

## CHEESY TOSTADO BAKE

1 med. onion, chopped  
1 clove garlic, minced  
2 T. butter  
1 (16 oz.) can tomatoes, chopped  
1/2 tsp. each: oregano and salt

1/4 tsp. pepper  
10 Ortega tostado shells (or taco shells), coarsely broken  
1 c. heavy cream  
1 c. (1/4 lb.) grated Jack cheese

In skillet, cook onion and garlic in butter until onion is soft. Add tomatoes, oregano, salt and pepper. Simmer 5 minutes; set aside. In buttered 6 x 10 inch baking dish, pour half of the sauce. Cover with half of the tostado pieces. Pour 1/2 c. cream over tostado and top with 1/2 c. cheese. Repeat all layers, ending with cheese.

(continued)

Bake in preheated 350 degree oven for 25 minutes or until bubbly. Remove from oven and let stand 5 minutes before serving. Makes 6-8 servings.

Eddyville High School

### CHEEZY TAMAQUE PIE

<b>Pie crust mix for (9 inch) pastry</b>	<b>1 (8 oz.) can tomato sauce</b>
<b>shell (about 1 c. mix)</b>	<b>2 tsp. chili powder</b>
<b>1/4 c. cornmeal</b>	<b>1 c. shredded cheddar cheese</b>
<b>1/4 c. cold water</b>	<b>substitute</b>
<b>1/2 lb. lean ground beef</b>	<b>1 c. shredded lettuce</b>
<b>1/2 c. chopped onion</b>	<b>1/2 c. chopped tomato</b>
<b>3 T. flour</b>	
<b>1 (15 oz.) can kidney beans, drained</b>	

Preheat oven to 400 degrees. In medium bowl, combine pie crust mix and cornmeal. Stir in water to form dough; roll out to fit 9 inch pie plate. Line pie plate with dough; flute edge. Prick bottom and sides thoroughly with fork; bake 8 minutes. Remove from oven. Meanwhile, in large skillet, brown meat with onion; pour off fat. Stir in pastry shell. Bake 20 minutes or until hot and bubbly. Let stand 15 minutes before serving. Top with lettuce and tomato. Refrigerate leftovers.

In Memory of Colton Elder

### CHICKEN ENCHILADAS

<b>2 T. margarine</b>	<b>1/2 c. chopped onion</b>
<b>1/4 tsp. garlic powder</b>	<b>1 c. med. salsa</b>
<b>1/2 c. sour cream</b>	<b>1 can cream of chicken soup</b>
<b>1 1/2 c. cooked chicken</b>	<b>4 oz. shredded cheddar cheese</b>
<b>8 flour tortillas</b>	<b>1/4 c. milk</b>
<b>1/8 tsp. pepper</b>	

Heat oven to 350 degrees. Melt margarine; sauté onion and garlic. Mix 1/2 c. salsa, sour cream and soup. Mix well. Reserve 3/4 c. mixture and set aside. Fold in chicken and 1/2 c. cheese to mixture. Warm the tortillas. Fill with chicken mixture and roll up. Place, seam side down, in a greased baking dish. In a separate bowl, combine the reserved 3/4 c. mixture and milk. Spoon over the tortillas. Bake for 40 minutes in a 350 degree oven. Sprinkle with remaining cheese when ready to serve.

In Memory of Justin Miller  
Connie Pagel

### CHICKEN RISOTTO

<b>1 c. carrot, chopped</b>	<b>1 (14 1/2 oz.) can Swanson chicken</b>
<b>2 T. margarine</b>	<b>broth</b>
<b>3/4 lb. boneless, skinless chicken</b>	<b>1 can Campbell's cream of</b>
<b>breasts, cut up into bite-sized</b>	<b>mushroom soup</b>
<b>chunks</b>	<b>Pepper</b>
<b>1 c. instant white rice</b>	<b>1 c. frozen peas</b>
<b>1/2 c. chopped onion</b>	

(continued)

In 3 quart saucepan over medium-high heat, add 1 T. margarine. Brown chicken. Stir often. Remove and set aside. With remaining 1 T. margarine, cook rice, carrot and onion until rice is browned, stirring occasionally. Stir in broth, soup and pepper. Heat to boiling. Reduce to low; cover and cook 5-10 minutes, stirring occasionally. Stir in peas and reserved chicken. Cover and cook 10-15 minutes or until rice is tender and most liquid is absorbed.

Karey Shepherd

### CHICKEN STRATA

8 slices day old white bread	1/2 tsp. salt
2 1/2 c. cooked, diced chicken or turkey	2 eggs, beaten
1/4 c. chopped green pepper	1 1/2 c. milk
1/2 c. chopped celery	1 (10 1/2 oz.) can cream of mushroom soup
1/2 c. mayonnaise	1/2 c. cheddar cheese, grated

Butter 2 slices of bread; cut into cubes and set aside. Cut remaining bread into 1 inch cubes and place half in bottom of greased 8 x 8 x 2 inch pan. Combine chicken, vegetables, mayonnaise and salt. Combine eggs and milk; pour over all. Chill at least 1 hour or overnight. Spoon undiluted soup over mixture and sprinkle with buttered bread cubes. Cover and bake at 325 degrees for about 50 minutes. Remove cover and sprinkle grated cheese over top and return to oven for 10-12 minutes.

In Memory of Ryan Mougin  
Vivian Mougin

### CHILI CHICKEN

2 c. cut-up cooked chicken	1 (8 oz.) canned corn (undrained)
1 (15 oz.) can tomato sauce	2 c. Bisquick mix
2 (15 oz.) cans spicy chili beans (undrained)	2/3 c. milk
	1/2 c. cheddar cheese

Mix chicken, tomato sauce, beans, and corn in 4-quart Dutch oven and heat to boiling; reduce heat to low. Prepare dumplings by mixing Bisquick and milk. Drop by 12 spoonfuls onto hot chili. Cook, uncovered, 10 minutes. Cover and cook 10 minutes longer. Sprinkle with cheese. Cover and cook about 3 minutes or until cheese is melted. If desired, add chili powder.

In Memory of Robby Miller

### CROCK POT PIZZA

1 1/2 lb. ground beef	4 oz. cheddar cheese
1 onion	1 pkg. mozzarella cheese
1 (14 oz.) can pizza sauce	pepperoni
1 (14 oz.) can spaghetti sauce	mushrooms (optional)
1 (12 oz.) pkg. Kluski noodles (similar to homemade noodles)	green peppers (optional)

Brown beef and onion; drain. Add sauces, simmer. Boil noodles until tender; drain. In crock pot, put layer of noodles, meat mixture, cheese and pepperoni. Repeat

(continued)

layer one more time. Cook on high for 30 minutes, then on low for 1 hour or until cheese melts.

In Memory of Ryan Mougin  
Vivian Mougin

### CROCKPOT DRESSING

1 stick oleo	1/2 tsp. salt
1 1/2 tsp. sage	1/2 tsp. pepper
1 onion, diced	1 c. chopped chicken
1/2 c. chopped celery	1 can cream of chicken soup
1/3 c. Pet milk	1 can cream of mushroom soup
12 c. seasoned croutons	1 qt. chicken broth

Sauté sage, celery and onion in butter. Mix milk, salt, pepper, chicken, soups and chicken broth with onion mixture and stir. Pour over croutons and mix well. Put in greased crockpot on high for 1 hour, then low for 5-7 hours until hot all the way through. Or you can bake in a 9 x 13 greased pan for 45 minutes to 1 hour.

In Memory of Danika Jo James  
Cleo Wiskus

### ENCHILADAS

1 1/2 lbs. browned hamburger	1 can enchilada sauce
1 pkg. mozzarella cheese	1 pkg. soft tortilla shells
1 pkg. cheddar cheese	Season/choice of spices

Heat oven to 350 degrees. Grease pan. Put hamburger and cheeses in middle of each shell; roll, and place in pan. Cover all shells with sauce. Bake for 45 minutes to 1 hour. Top with lettuce, tomato and onions.

In Memory of Justin Miller  
Sheli Langholt

### GABLE'S FAVORITE DISH

2 cheese hot dogs	1 can peaches
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Cook hot dogs for 30 seconds in the microwave and dice. Open peaches and dice. Place on his tray and watch him dig in.

In Memory of Gable Greder  
Big Sister Shawni

### GROUND BEEF CHOP SUEY

1 lb. ground beef	2 T. cornstarch
1 onion	1/4 tsp. M.S.G.
1 tsp. beef base	1 (16 oz.) can bean sprouts
2 stalks celery	1 (8 oz.) can water chestnuts, sliced
2 c. hot water	Pimentos
1/4 c. cold water	Cooked Rice
3 T. soy sauce	

(continued)

Brown ground beef, onion and celery. Add hot water, beef base, M.S.G. and soy sauce. Mix cold water and cornstarch together. Stir into meat mixture, stirring until thickened. Mix in bean sprouts, water chestnuts and pimentos. Serve over rice.

Pat Terrell

## HAM & CORN CHOWDER

8 slices bacon	4 c. whole kernel corn
1 c. celery	4 c. milk
1 onion, sliced	2 c. cubed ham
1/2 c. diced green pepper	3 T. minced parsley
1 clove garlic, minced	1 T. salt
3 med. potatoes, diced	1/8 tsp. pepper
3 c. chicken broth	1/2 T. hot pepper sauce (opt.)

Cook bacon until crisp; set aside. Reserve some bacon drippings or use oleo; sauté the celery, onion, green pepper and garlic about 5 minutes. Add potatoes and broth; simmer 10 minutes. Place 2 c. corn and 1/2 c. milk in blender; purée. Add puréed corn, remaining corn and ham to potato mixture; simmer 10 minutes. Stir in remaining milk, 1 T. parsley, salt, pepper and hot sauce. Bring to just under boiling point. Serve and garnish with reserved bacon pieces and parsley.

In Memory of Robert Jeremy Pingel  
Bob & Maureen Pingel

## HAM & POTATO PATTIES WITH HORSERADISH SAUCE

### Patties:

2 c. cool mashed potatoes
2 c. finely diced ham (8 oz.)
1/2 c. (2 oz.) shredded cheddar cheese
1/4 c. sliced scallions
1/4 tsp. salt

### 2 tsp. vegetable oil

### Sauce:

1/2 c. reduced fat sour cream
2 tsp. each: prepared horseradish and grainy mustard
1/4 tsp. pepper

Mix patty ingredients in a medium bowl. Form into 8 (1/2 in.) thick patties. Heat 1 tsp. oil in each of 2 medium nonstick skillets. Add 4 patties to each pan and cook over medium heat, turning over patties 2 or 3 times until golden brown, about 5 minutes. Meanwhile, stir sauce ingredients in a small bowl until blended.

In Memory of Colton Elder  
Bob, Sara, Mason & Brennan Elder

## HAM AND SWISS QUICHE

2 c. cooked ham
1 c. shredded Swiss cheese
1/3 c. green onion
4 eggs

2 c. milk
1 c. Bisquick
1/4 tsp. salt
1/8 tsp. pepper

Heat oven to 400 degrees. Grease pie plate (10 x 1 1/2 inches). Mix ham, onion and cheese together. Place in pie plate. Beat milk, eggs, Bisquick, salt and pepper. Mix 1 minute by hand or 15 seconds by blender. Pour into pie plate. Bake 35-40

(continued)

minutes. Top with remaining cheese. Bake another 1-2 minutes until cheese is melted. Remove and let cool.

In Memory of Ryan D. Moughin  
Tom & Kelli Moughin

### HAMBURGER MUSHROOM FETTUCCINE

3 T. margarine	1 1/4 c. milk
1/2 lb. fresh sliced mushrooms	8 oz. fettuccine, cooked and
1 lb. ground hamburger	drained
1 envelope Lipton savory herb with garlic soup mix	

In skillet, melt margarine over medium heat and cook mushrooms, stirring occasionally. Add soup mix blended with milk. Bring to boiling point over high heat, stirring frequently. Add cooked hamburger. Mix well. Toss with hot pasta.

In Memory of Ryan Moughin  
Denise Moughin

### HAMBURGER PIE

1 lb. hamburger	1 can cheddar cheese soup
1 small onion	1 can cream of mushroom soup
1 green pepper (optional)	1 (10 oz.) pkg. Tater Tots
1 can Durkee French fried onions	shredded cheese

Brown hamburger; add diced onion and green pepper and sauté. Place the hamburger in a 9 x 9 inch pan as the first layer. Then spread 1/2 of the can of fried onions over hamburger. Place Tater Tots over fried onions covering the top. Top with cheddar cheese soup, do not add water. Top that with cream of mushroom soup. cover with the rest of the Durkee fried onions and sprinkle with shredded cheese on top. Bake at 350 degrees for 45 minutes.

In Memory of Ryan Moughin  
Vivian Moughin

### KAYLA'S GOULASH

10 oz. uncooked macaroni	1/8 c. chopped onion
2 cans tomato soup	1 qt. tomato juice
1 lb. hamburger	

Boil macaroni in a 2 quart saucepan of water for 8 minutes; drain and rinse. Brown hamburger with onion; drain. Combine macaroni, hamburger, juice and soup; mix well. Salt and pepper to taste.

In Memory of Danika Jo James  
by Kayla Barnett

## LASAGNA (Fat Reduced)

**2/3 lb. lean beef  
1 T. light oleo  
2 onions  
1 (14½ oz.) can crushed tomatoes  
2 T. tomato paste  
1 beef bouillon cube 1 clove garlic, minced  
1 tsp. dried basil  
Salt and pepper to taste**

**10 to 12 uncooked lasagna noodles  
Sauce:  
1 T. light oleo  
3 T. all-purpose flour  
2 c. milk  
1¼ c. shredded mozzarella cheese  
(fat-free or light)  
Salt, pepper, nutmeg**

Sauté ground beef in oleo until loose and pink. Transfer into pot; then sauté onion until transparent. Add to meat. Add tomatoes, tomato paste, bouillon cube, minced garlic and seasonings. Cook over medium-low heat, covered, for 20 minutes. To make sauce: Melt oleo in saucepan; add flour. Stir. Add milk, stirring. Cook for 20 minutes until thick. Add most of cheese. Let melt. Season to taste with salt, pepper, and nutmeg. Pour half of sauce in bottom of oven proof casserole. Cover with lasagna noodles. Pour remaining sauce on top. Sprinkle with remaining cheese. Bake at 400 degrees for about 20 minutes.

NOTE: For lighter yet, substitute skinless chicken breasts for beef.

In Memory of Carissa Ann Berns  
Jodi Berns-Lennon

## LASAGNA

**1-2 lbs. hamburger  
1 onion  
spaghetti sauce**

**9 lasagna noodles  
shredded mozzarella cheese**

Brown meat and onion. Add favorite spaghetti sauce to cover meat (I use 1 large jar or more). Cook noodles and arrange 3 on bottom of buttered pan. Spread ½ meat and sauce over the noodles and add cheese. Repeat layers, ending with sauce and cheese on top. Bake at 350 degrees for 1 hour.

In Memory of Darian Bea O'Connell  
Dave & Karla O'Connell

## MATT'S CHILI

**1 lb. ground beef or turkey  
1 can chili beans  
1 (15 oz.) can tomato sauce  
1 (15 oz.) can diced tomatoes  
½ c. chopped onions**

**½ tsp. garlic powder or 2 cloves  
garlic  
1 tsp. chili powder  
dash cayenne pepper  
½ tsp. cumin**

Cook meat; add all other ingredients and simmer until hot.

In Memory of Robby Miller

## MEXICAN CRAB PASTA BAKE

3 c. uncooked penne pasta  
1 (16-17 oz.) jar four cheese pasta sauce  
2 (8 oz.) pkgs. crab delights  
1 c. picante sauce  
1 (4.5 oz.) can chopped green chilies

1 tsp. chili powder  
crushed Doritos  
shredded Mexican blend cheese  
chopped tomato, green onion, and cilantro (if desired)

Cook penne pasta to desired doneness. In a 2 qt. casserole combine cooked pasta, sauce, crab, salsa, chilies and chili powder; mix well. Cook and bake at 350 degrees for 30-35 minutes or until hot and bubbly. Top with Doritos and cheese. Bake uncovered an additional 5 minutes until cheese is melted. If desired, serve with additional salsa, tomatoes, green onion, and cilantro.

In Memory of Eric Felipe Curiel  
Dana Curiel

## NO-BAKE MACARONI 'N CHEESE

1 (10½ oz.) can cream of celery or mushroom soup  
2 soup cans milk  
½ lb. cheddar cheese (or Velveeta)  
1 soup can water

2 T. oleo  
½ tsp. dry mustard  
2 c. uncooked macaroni  
1 (4 oz.) can mushrooms, pieces and stems, drained

In a 3 quart saucepan, blend soup, water, oleo, milk and mustard. Bring to a boil. Stir in macaroni; return to boil and cook, uncovered, 10 minutes, stirring frequently. Add cheese; stir until melted. Add mushrooms; turn off heat and let stand 10 minutes. Makes 6 cups.

In Memory of Matthew Samuelson  
Joel & Kelli Samuelson

## OLD TIME BEEF STEW

2 lbs. beef cubes (round steak)  
1 lg. onion  
1 clove garlic  
4 c. boiling water (may need to add more)  
1 tsp. salt  
1 T. lemon juice  
1 tsp. sugar

1 tsp. Worcestershire sauce  
½ tsp. pepper  
½ tsp. paprika  
1 or 2 bay leaves  
dash allspice or cloves  
6 carrots  
6 potatoes

Brown meat in small amount of oil for 20 minutes. Add spices and simmer for 2 hours. Add vegetables and simmer until tender. Discard bay leaves and garlic. Thicken with ½ c. flour and ¼ c. water mixture. Can also use other veggies (corn, beans, peas, etc.)

In Memory of Danika Jo James  
Carla James

## ONE-DISH CHICKEN & STUFFING BAKE

4 c. herb seasoned stuffing  
4-6 skinless, boneless chicken  
breasts  
Paprika  
1 (10 $\frac{3}{4}$  oz.) can cream of  
mushroom soup

$\frac{1}{3}$  c. milk  
1 tsp. chopped parsley  
1 $\frac{1}{4}$  c. boiling water  
4 tsp. margarine

Mix stuffing, water, and margarine. Spoon stuffing across center of 3 quart shallow baking dish. Place chicken on each side of stuffing. Sprinkle with paprika. Mix soup, milk, parsley. Pour over chicken. Bake, covered, at 400 degrees for 30 minutes or until chicken is done.

## ONE-DISH MEAL

1 (8 oz.) pkg. noodles  
garlic salt  
salt  
1 can mushroom soup

$\frac{1}{2}$  c. water  
1 lb. hamburger  
4-5 cheese slices  
 $\frac{1}{2}$  T. butter

Cook noodles with butter in salted water. Brown meat and season to taste with garlic salt and salt. Mix noodles, drained hamburger, soup, and water; put in casserole dish and cover with cheese. Bake for about  $\frac{1}{2}$  hour to 45 minutes. Real good when in a hurry and very easy.

In Memory of Ryan Mougin  
Brenda Mougin

## OVERNIGHT BROCCOLI LASAGNA

Vegetable cooking spray  
 $\frac{1}{2}$  c. chopped green pepper  
2 T. chopped onion  
1 clove garlic, minced  
2 T. all-purpose flour  
1 tsp. dried parsley flakes  
1 tsp. dried whole oregano  
 $\frac{1}{4}$  tsp. pepper  
1 (4 oz.) can mushroom stems &  
pieces, drained

$\frac{1}{8}$  tsp. salt  
 $\frac{3}{4}$  c. skim milk  
1 $\frac{1}{2}$  c. 1% low fat cottage cheese  
1 egg  
1 T. skim milk  
4 lasagna noodles, uncooked  
1 c. curd style farmer cheese  
2 T. grated Parmesan cheese  
2 (10 oz.) pkgs. frozen chopped  
broccoli, thawed

Make ahead. Coat a large nonstick skillet with cooking spray; place over medium high heat until hot. Add green pepper, onion, garlic and mushrooms; sauté until tender. Add flour, parsley, oregano, pepper and salt. Cook over medium heat 1 minute, stirring constantly. Gradually add  $\frac{3}{4}$  c. milk, stirring constantly. Cook, stirring constantly, 10 minutes or until mixture is thickened and bubbly. Stir in broccoli; set aside. Combine cottage cheese, egg and 1 T. milk in container of an electric blender; top with cover and process until smooth. Set aside. Coat an 8 inch square baking dish with cooking spray. Spoon  $\frac{1}{3}$  reserved broccoli mixture into dish. Break noodles in half crosswise. Place 4 noodle halves over broccoli mixture. Cover and refrigerate at least 8 hours. Sprinkle with Parmesan cheese. Bake, uncovered, at 375 degrees for 40 minutes or until bubbly. Remove from

(continued)

oven; let stand 10 minutes before serving. Makes 6 servings (about 205 calories per serving, more with substitution of mozzarella)

In Memory of Robby Miller

## OYSTER STEW

**1 pt. oysters  
2 qt. milk  
1/2 pt. of half and half**

**1 stick margarine  
salt and pepper**

Heat oysters with liquor gently until they begin to curl. In the mean time, heat milks. When oysters are curled, add to heated milk. DO NOT DRAIN OYSTERS. Season with salt, pepper and margarine. Simmer until ready to serve. Yield: 2-3 servings.

In Memory of Ryan Mougin  
Irma Meka

## PIZZA BOATS

**1 lb. ground beef  
1 can pizza sauce**

**1 (8 oz.) pkg. mozzarella cheese  
1 loaf French bread**

Brown and drain ground beef. Slice French bread in 1 inch slices. Butter bottom of slices and place on cookie sheet lined with foil. Mix pizza sauce and drained ground beef. Spoon ground beef sauce mixture on each slice of bread. Spread to edges. Cover meat mixture with cheese. Bake at 350 degrees until cheese is golden brown.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

## PORK CHOP POTATO BAKE

**4-6 pork chops  
1/2 c. sour cream  
vegetable oil  
1/4 tsp. pepper  
1 can cream of celery soup**

**1 (24 oz.) pkg. hash browns  
1 c. shredded cheddar cheese  
1/2 c. milk  
1 can Durkee French Fried Onions  
seasoning salt**

Brown pork chips in lightly greased skillet. Sprinkle with seasoned salt and pepper. Set aside. Combine soup, milk, sour cream, pepper and seasoned salt. Stir in potatoes, 1/2 cup cheese and 1/2 can French onions. Place pork chops in 9 x 13 pan, spoon potato mixture over top. Bake covered at 350 degrees for 1 hour and 40 minutes. Top with remaining cheese and onion; bake uncovered 5 minutes longer. This works great with ham, chicken or steak.

In Memory of Benjamin S. Meints  
Karen Crawford

## PRACTICALLY FAT-FREE CHILI

1 lb. 90% lean ground beef	1 (40 oz.) can Mrs. Grimes Original
1 T. red wine vinegar	recipe chili beans
1 lg. onion, chopped	1 T. chili powder
2 c. water	1 tsp. garlic powder
1(28 oz.) can tomatoes, broken up or puréed in blender	

Brown beef and onion, breaking meat up very fine. Add water and vinegar; bring to a boil. Cover and boil 10 minutes. Drain thoroughly and return to pan over low heat. Add remaining ingredients and simmer 1-1½ hours. Season to taste with salt and pepper. Serves 6-8.

Dedicated to SIDS Parents Everywhere

## QUICK TOTALLY AWESOME CHILI

1 lb. ground beef	1 jar V8 juice (use about ¾ of jar)
2 cans stewed tomatoes with chilies	½ onion, chopped
	2 cans Mrs. Grimes hot chili beans

Brown ground beef and onion; drain. Mix in remaining ingredients. Simmer. Add any spices to preference (or jalapeños).

Jeff Shepherd

## SARA'S MEXICAN DISH

1 lb. hamburger, cooked and drained	sliced black olives
1 can refried beans	1 med. onion, chopped
1 (16 oz.) can tomato soup	1 pkg. taco seasoning
2 c. taco chips	1 can mushrooms, optional

Mix together all of the above ingredients, except the chips. Layer the bottom of a 9 x 13 inch pan with 1½ c. slightly broken chips. Add the mixture of ingredients and spread over chips. Take remaining chips and crush them. Sprinkle these on top and bake at 350 degrees for 15 minutes. Remove and cover with cheese. Bake an additional 5 minutes or until cheese melts.

In Memory of Dalton J. Bixby  
Sara Ray

## SAUSAGE LASAGNA WRAPS

6 lasagna noodles, cooked and drained	½ c. mozzarella cheese
1 lb. smoked Polish sausage	1 (16 oz.) jar spaghetti sauce

Divide Polish sausage into 6 pieces. Split lengthwise and stuff with mozzarella cheese. Wrap each piece in a noodle. Place in baking dish and cover with spaghetti sauce. Bake at 350 degrees for 30 minutes. Serve with Parmesan cheese.

In Memory of Brooke Goodyk  
Corey & Sasha Goodyk

## SHEPHERD'S PIE

1 med. onion, chopped  
1 lb. hamburger  
salt and pepper  
1 can corn

1 can tomato soup  
5 med. potatoes, mashed  
1/2 c. warm milk  
1 egg, beaten

Cook hamburger, onion and seasoning; drain. Add drained corn and soup. Pour into greased casserole dish. Mix mashed potatoes, milk and egg; put on top of other ingredients. Bake at 350 degrees for 30 minutes.

In Memory of Justin E. Miller  
Vicki Simpson

## SIX-LAYER DINNER

2 c. raw potatoes, sliced  
2 c. chopped celery  
2 lbs. ground beef

2 c. diced carrots  
2 c. canned tomatoes  
Salt and pepper to taste

Place ingredients in order listed in a broad shallow greased baking dish. Sprinkle with salt and pepper to taste over each layer. Bake 2 hours 350 degree oven.

In Memory of Justin Miller  
by his Dad, Darius Miller

## SNEAKY VEGETABLE LASAGNA

2 (28 oz.) cans tomatoes, broken up  
or puréed  
1 (6 oz.) can tomato paste  
1 onion, chopped  
1 lb. (90%) lean ground beef (defat  
if desired by browning beef,  
adding 2 c. water and 1 T. red  
wine vinegar, boil 10 minutes,  
then drain)  
2 cloves garlic, minced

1 lg. carrot, grated  
1 lg. zucchini, grated and pressed  
in a paper towel to remove excess  
water  
1 tsp. dried oregano or 1 T. fresh  
chopped oregano  
1 bay leaf (remove after cooking)  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. sugar

Brown and drain the ground beef. Add remaining ingredients and simmer 1 1/2 hours; set aside. Cook 1 lb. lasagna noodles al dente; drain. Combine 1 (8 oz.) carton dry cottage cheese with 2 eggs and 1 T. chopped parsley. You will also need 2 C. shredded mozzarella cheese and 1 c. grated Romano cheese. Lightly oil a large rectangular baking dish and layer the ingredients in this order until you run out; noodles, sauce, egg/cheese mixture, mozzarella, Romano. Save a little Romano to sprinkle on the top. Bake at 350 degrees for 35-40 minutes. Let stand 10 minutes before cutting. Serves 6-8.

In Memory of All the Kids Who Didn't Get to Eat Their Veggies  
Chaplain Linda Bets  
Iowa Methodist Medical Center

## SOUTHWEST ROLLUPS

2 T. salsa	1-2 jalapeño peppers, seeded
1 clove garlic	2 T. onion, chopped
1 can (16 oz.) refried beans	1/2 tsp. ground cumin
1 T. fresh cilantro, chopped (optional)	1 c. shredded cheddar cheese
1 c. cooked chicken	10-12 flour tortillas sour cream (optional)

Place first 8 ingredients and 1/2 c. cheese in food processor; blend until smooth. Spread evenly over tortillas. Roll up and place seam side down in a greased 9 x 13 inch pan. Cover and bake at 350 degrees for 20 minutes or until heated through. Sprinkle with remaining cheese. Let stand until cheese melts. Serve with sour cream and salsa if desired.

In Memory of Justin Miller  
Tammy Morenz

## SPANISH RICE

6 slices bacon, cut up	2 c. cooked tomatoes (1 lb.)
1/4 c. finely chopped onion	1 1/2 tsp. salt
1/4 c. chopped green pepper	1/8 tsp. pepper
3 c. cooked rice (1 c. uncooked or 1 1/3 c. precooked)	

In a large skillet, fry bacon until crisp; remove and drain off grease. Add onion and green peppers to 2 T. bacon grease. Cook over medium heat until onion is yellow. Add bacon and remaining ingredients. Cook, uncovered, over low heat about 15 minutes until flavors are blended and mixture is hot. Makes 4-6 servings.

Dena Trout

## TACO PIE

1 lb. ground beef	1 can refrigerated crescent rolls
1 pkg. taco seasoning	Chopped tomatoes and lettuce
1 (8 oz.) container sour cream	1 c. crushed Doritos
1 c. shredded cheddar cheese	

Brown ground beef and drain; add taco seasoning and sour cream; mix well. Line pie plate with crescent roll dough. Add ground beef mixture and cover with cheddar cheese. Bake at 350 degrees for 20-25 minutes. Sprinkle with Doritos and serve with lettuce and tomatoes. May also serve with taco sauce, if desired.

In Memory of Colton Elder  
Linda Paulos

## TATER TOT HOT DISH

1 lb. ground beef	1 lg. can Vegetable all
1 lg. can cream of chicken soup	1 bag Tater Tots

Brown ground beef and drain. Pour ground beef into a medium sized casserole pan. Spread soup evenly over ground beef. Pour vegetables on top. Spread Tater (continued)

Tots evenly over vegetables and bake at 450 degrees for 25-30 minutes or until Tater Tots are cooked.

In Memory of Savannah Sue Manley  
Angie Manley

### THE ULTIMATE GRILLED CHEESE

1 pkg. (3 oz.) cream cheese, softened	1/2 tsp. garlic powder
3/4 c. mayonnaise	10 slices Italian bread (1/2 inch thick)
1 c. (4 oz.) shredded cheddar cheese	2 T. butter or margarine, softened
1 c. (4 oz.) shredded mozzarella cheese	

In a mixing bowl, beat cream cheese and mayonnaise until smooth. Stir in cheeses and garlic powder. Spread five slices of bread with the cheese mixture, about 1/3 c. on each. Top with remaining bread. Butter the outsides of sandwiches; cook in a large skillet over medium heat until golden brown on both sides.

In Memory Ryan Mougin  
Alex Mougin

### THICK CHILI

2 lbs. ground beef	Chili powder to taste
2 cans chili beans	Salt and pepper to taste
1 c. chopped celery	1 can tomato sauce
1 med. onion, chopped	1 can whole tomatoes

Brown hamburger with onion, celery and chili powder. Add beans, tomatoes and sauce. If too thick, add water. Serve with grilled cheese.

In Memory of Justin Miller  
by his Dad, Darius Miller

### TORTELLINI STIR-FRY

1 pkg. refrigerator Contadina 3 cheese tortellini, cooked and drained	1/3 c. garlic stir fry sauce
1 T. vegetable oil	2 T. water
1 pkg. frozen stir fry vegetables	1/8 tsp. crushed red pepper
	2 T. chopped cashews/peanuts

Heat oil in large skillet over medium high heat. Add vegetables; cook, stirring occasionally for 7-8 minutes or until crisp and tender. Stir in pasta, stir fry sauce, water and crushed red pepper; cook 1-2 minutes or until heated throughout. Sprinkle with nuts just before serving. Makes 4 servings.

In Memory of Carissa Ann Berns  
Barbara Sorenson

## TURKEY-VEGETABLE RICE SOUP

2 c. (14½ oz.) chicken broth	1 tsp. chili powder
2 cans water	½ tsp. sage
2 T. chicken bouillon	1 tsp. Italian spices
4 carrots, chopped	¼ tsp. red pepper
1 c. cabbage	salt and pepper to taste
2 ribs celery	Cook 2 hours in crock pot and then add:
1 med. onion, chopped	1½ c. chopped cooked turkey
1-2 garlic cloves	1 c. frozen peas
1 c. broccoli	1 can corn, drained
1 c. cauliflower	1 can butter beans, drained
1 c. cubed potatoes	1 c. uncooked rice
½ c. green pepper	

Cook until rice is done, about 20 minutes. I add extra water to cover all vegetables.

In Memory of Carissa Ann Berns

## VEGETABLE LASAGNA

½ c. chopped cauliflower	½ c. shredded mozzarella cheese
½ c. grated carrots	Cook and stir into vegetables.
1 c. chopped broccoli	6 lasagna noodles
1 can drained and chopped mushrooms	1 T. oil
Cook and drain all the above.	Cook and drain.
1 (6 oz.) can tomato paste	1 c. low fat small curd cottage cheese
1 tsp. dried oregano leaves	½ c. grated Parmesan cheese
½ tsp. dried basil leaves	Mix together.

Oil bottom of 9 x 13 pan. Layer half of the cottage cheese and Parmesan mixture and ½ c. shredded mozzarella cheese. Repeat again. Sprinkle top with parsley flakes. Bake at 350 degrees for 40-45 minutes. Serves 6-8.

In Memory of Colton Elder

## Casseroles

### BREAKFAST CASSEROLE

10 slices bread, cubed	4 eggs
¾ lb. grated cheddar or American cheese	2½ c. milk
1½-2 lbs. scrambled sausage or diced ham	¼ tsp. dried mustard
1 can mushrooms, drained (optional)	1 can mushroom soup
	½ c. milk

Layer the bread, cheese, meat and mushrooms. Beat together the eggs, milk and mustard. Pour over layers and refrigerate overnight. In the morning, pour the soup and milk over the top. Bake at 350 degrees.

In Memory of Cody James Beck  
Nancy Lee Beck

## BROCCOLI CASSEROLE

1 pkg. frozen broccoli, cooked and drained	1 onion, chopped
1 c. cooked Minute Rice	1 sm. jar Cheez Whiz, softened in microwave
1/3 c. melted margarine	1 can cream of mushroom soup

Combine broccoli, rice, Cheez Whiz and soup. Sauté onions in margarine until onion is clear. Add to other ingredients in casserole dish. Mix well. Bake uncovered at 350 degrees for 30 minutes.

In Memory of Rick Eugene Scholl  
Kathleen Pettengill

## BROCCOLI HAM CASSEROLE

2 c. uncooked macaroni	1 bunch broccoli
1/2 c. cubed ham	1 c. shredded cheddar cheese
1/2 c. sour cream	1 can French-fried onions
1/2 c. milk	1 can cream of chicken soup

Cook macaroni and broccoli. Add all other ingredients and bake at 350 degrees for 30 minutes. Top with French-fried onions and bake for another 5 minutes.

Pat Terrell

## CHEESEBURGER 'N FRIES CASSEROLE

2 lbs. ground beef	1 pkg. (20 oz.) frozen crinkle cut French fries
1 can (10 3/4 oz.) condensed golden mushroom soup, undiluted	
1 can (10 3/4 oz.) condensed cheddar cheese soup, undiluted	

In a skillet, brown the beef; drain. Stir in soups. Pour into a greased 13 x 9 x 2 inch baking dish. Arrange French fries on top. Bake, uncovered, at 350 degrees for 50-55 minutes or until the fries are golden brown. Yield: 6-8 servings.

In Memory of Ryan Mougin  
Haley Mougin

## CHEESY HAM CASSEROLE

1/2 c. salad dressing	1/2 c. red or green peppers, chopped
2 c. broccoli florets	1/4 c. milk
1 1/2 c. cheddar cheese, shredded	3/4 c. seasoned croutons
1 1/2 c. ham, chopped	
1 1/2 c. corkscrew noodles, cooked	

Mix all ingredients, except 1/2 c. cheese and croutons. Spoon into 1 1/2 quart casserole dish. Sprinkle with remaining cheese and croutons. Bake at 350 degrees for 30 minutes or microwave on high for 8-10 minutes or until heated through.

In Memory of Colton Elder

## CHICKEN & RICE CASSEROLE

**4 boneless/skinless chicken breasts**

**2 cans cream of chicken soup  
1/2 box Minute Rice**

Brown the chicken. In a cake pan, spread 1 c. soup on the bottom. Sprinkle rice on the soup. Place the breasts in the pan. Put the other can of soup over the breasts and sprinkle more rice over them. Then cover the pan with foil and bake for 30-45 minutes at 400 degrees. Check after 30 minutes. For more chicken, add more soup and rice.

In Memory of Justin Miller  
Mike Eaton

## CHICKEN CASSEROLE

**2 boxes Stove Top stuffing**

**1 c. chicken broth**

**1 can cream of chicken soup**

**1/2 c. milk**

**1 can cream of celery soup**

**4 c. chicken**

Brown chicken and cut into pieces. Make the stuffing as directed on the box. Put half on the bottom of a 9 x 13 ungreased pan. Place chicken on top of stuffing. Mix the rest of the ingredients and put between layers of stuffing. Bake 30 minutes at 350 degrees.

In Memory of Zackery Tyler Christenson  
Kimberly Christenson

## CHICKEN CASSEROLE

**2 c. chicken**

**1 can chicken soup**

**2 c. Creamettes macaroni**

**1 can cream of celery soup**

**1 c. milk**

**7 oz. Velveeta cheese**

**1 chicken bouillon cube**

**1 c. water**

Mix all ingredients; put in casserole dish. Cover with broken potato chips. Bake 1 1/2 hours in 325 degree oven.

In Memory of Brooke Goodyk  
Corey & Sasha Goodyk

## CHICKEN CASSEROLE

**6 slices bread, cubed**

**1 can cream of mushroom soup**

**2 c. diced chicken or turkey**

**1/2 c. Miracle Whip or mayonnaise**

**1/2 c. chopped onion**

**1 1/2 c. milk**

**1/2 c. diced celery**

**2 eggs**

**1/4 c. diced green pepper**

Mix bread, meat, onion, celery, green pepper, soup, and mayonnaise and put in greased casserole dish. Beat eggs and milk; pour over casserole mixture. Let set overnight in refrigerator. Bake for 1 hour and 15 minutes at 325 degrees. Then sprinkle grated cheese on top and bake until cheese is melted, about 10 minutes.

Mrs. Nelson Batavia

## CHICKEN NUGGET CASSEROLE

1 pkg. (13½ oz.) frozen chicken nuggets	1 c. (4 oz.) shredded mozzarella cheese
½ c. grated Parmesan cheese	1 tsp. Italian seasoning
1 can (26½ oz.) spaghetti sauce	

Place chicken nuggets in a greased 11 x 7 x 2 inch baking dish. Sprinkle with Parmesan cheese. Top with spaghetti sauce, mozzarella cheese and Italian seasoning. Cover and bake at 350 degrees for 30-35 minutes or until chicken is heated through and cheese is melted. Yield: 4-6 servings.

In Memory of Ryan Mougin  
Alex Mougin

## CHICKEN SPAGHETTI CASSEROLE

2 c. diced cooked chicken	1 tsp. dried parsley
½ can cream of chicken soup	¼ tsp. onion powder
½ can cheddar cheese soup	1½ c. cooked spaghetti
½ c. milk	¾ c. grated cheddar cheese
½ tsp. salt	¼ c. bread crumbs

Combine soups, milk, salt, parsley flakes and onion powder in a saucepan and cook until smooth. Add chicken and stir until coated. Add spaghetti and turn into a greased 1½ qt. casserole and top with grated cheese, followed by bread crumbs. Cover and bake for 45 minutes at 350 degrees. To brown top, uncover for the last 10 minutes. Serves 4-6.

In Memory of Kory Lynn Dunkin  
Margery Six

## CHILI CASSEROLE

2 T. butter or margarine	2 (1 lb.) cans chili with beans
1 clove garlic, minced	1 (8 oz.) pkg. spaghetti
¾ c. chopped onion	3 c. shredded cheese
1 lb. ground beef	1 c. sour cream
1 (1 lb. 3 oz.) can tomatoes	¼ c. grated Parmesan cheese

Melt butter in a large skillet; brown the garlic, onion and ground beef. Drain off excess fat and add tomatoes and chili. Simmer for about 45 minutes. Cook spaghetti according to package directions; drain. Remove the skillet from heat; stir in cheddar cheese until melted. Fold in sour cream. Add the spaghetti and mix well. Turn into 2 quart casserole; top with Parmesan cheese. Bake for 45 minutes at 350 degrees. Yield: 10-12 servings.

## CORN BREAD CASSEROLE

1 can (15 $\frac{1}{4}$ oz.) whole kernel corn; drained	1 egg
1 can (14 $\frac{3}{4}$ oz.) cream style corn	2 T. butter or margarine, melted
1 pkg. (8 $\frac{1}{2}$ oz.) corn bread/muffin mix	$\frac{1}{3}$ c. sugar

In a large bowl, combine all ingredients. Pour into a greased 11 x 7 x 2 inch baking dish. Bake, uncovered, at 400 degrees for 25-30 minutes or until the top and edges are golden brown. Yield: 4-6 servings.

In Memory of Ryan Mougin  
Brenda Mougin

## CORN CASSEROLE

1 can cream style corn	1/2 c. chopped onion
1 can whole corn	1 stick margarine
1 pkg. corn muffin mix	3 eggs, beaten
1/2 green pepper, chopped	1 c. grated cheddar cheese

Sauté onions and peppers in margarine. Add corn, juice and all. Add beaten eggs and dry muffin mix. Pour into greased casserole dish; sprinkle with cheese. Bake at 350 degrees for 45 minutes.

In Memory of Robby Miller

## CORNED BEEF CASSEROLE

1 (16 oz.) pkg. cooked noodles	2 cans cream of celery soup
2 cans cream of chicken soup	1 lb. processed cheese
Diced onion and green pepper	Salt and pepper
1 lg. can corned beef, diced	1 can mushrooms (optional)

Mix and bake 30-40 minutes at 375 degrees or until bubbly.

In Memory of Colton Elder  
Sara Elder

## CORNED BEEF CASSEROLE

1 can corned beef	1 sm. onion
1/4 lb. American cheese	1 (8 oz.) pkg. noodles
1 can cream of chicken soup	2 c. cornflakes
1 lg. can Carnation milk	2 T. butter

Cook noodles until tender. Combine beef, cheese, soup, milk, onion, cornflakes and butter. Bake in 9 x 13 inch pan for 30 minutes. Save a few cornflakes for top.

In Memory of Carissa Ann Berns  
Great Grandmother Mildred

## HAM CASSEROLE

1 c. cracker crumbs  
1 c. butter, softened  
1 c. cooked rice  
1 c. scalded milk  
3 eggs, beaten

1 lb. ground ham  
1 med. onion, chopped  
1 T. chopped green pepper  
1 lb. grated cheese

Mix the cracker crumbs and butter; reserve  $\frac{2}{3}$  cup for topping. Press remaining crumb mixture in  $1\frac{1}{2}$  quart baking dish. Combine the ham, onion and rice; spread over crumb mixture. Stir the milk into eggs slowly and add the green pepper and cheese. Pour over casserole and sprinkle with reserved crumb mixture. Bake at 325 degrees until heated through.

## HAMBURGER CASSEROLE

1 lb. hamburger; cooked  
1 can cream of mushroom soup  
1 can tomato soup

8 oz. Velveeta cheese; melted  
salt and pepper  
2 c. cooked macaroni

Mix all ingredients together in 1 qt. dish. Cook 30 minutes at 350 degrees or in the microwave for 20 minutes on full power.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

## JIFFY REUBEN CASSEROLE

1 cab sauerkraut, drained  
1/4 c. minced onion  
1/4 c. parsley  
1 tsp. caraway seed  
3 slices rye bread, cubed

2 c. shredded Swiss cheese  
2/3 c. Thousand Island dressing  
1/2 lb. thinly sliced corned beef or 1 can

Combine kraut, onion, parsley, and caraway seed. Mix and layer in bottom of 9 x 9 inch pan. Mix cheese, dressing and beef. Place on top. Toss bread cubes with enough melted butter to coat. Spread on top. Bake at 350 degrees until bubbly.

## KUBA

3 c. mashed potatoes  
3 c. cooked barley  
8-9 T. Crisco or margarine  
3-4 small cans of mushrooms (or  
Morel mushrooms)

3 cloves garlic  
salt and pepper to taste

Mix all ingredients together. Bake for 1 hour at 350 degrees in an 8 x 11 inch pan.

In Memory of Joey Cusick  
Joe & Gloria Burkle, Grandparents

## LOW-FAT CHICKEN CASSEROLE

1 box Stove Top stuffing mix (cornbread or chicken flavored)	1 (10 $\frac{3}{4}$ oz.) can reduced fat cream of chicken & broccoli cheese soup
1 stick low-fat margarine, melted	1 c. cooked rice
4 c. diced, cooked chicken	1 (13 oz.) can evaporated milk
1 (8 oz.) can sliced water chestnuts	

Mix both packets from stuffing mix with margarine. Place half of stuffing in bottom of 9 x 13 pan. Stir remaining ingredients together; place on top of stuffing. Top with other half of stuffing. Bake, uncovered, at 325 degrees for 45 minutes. Let stand 5 minutes before serving. 6 grams of fat per serving.

## MACARONI CASSEROLE

macaroni	canned chunky soup (I use beef)
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Boil the macaroni and drain. Add soup.

In Memory of Justin Miller  
Jackie Miller

## MEXICAN BISCUIT CASSEROLE

1 $\frac{1}{2}$ lbs. sausage	2 tubes biscuits
1 (16 oz.) can kidney beans	1 (11 oz.) can corn with sweet peppers
3 c. shredded cheese	
1 (6 oz.) pkg. taco seasoning mix	

Fry sausage and drain. Add taco seasoning mix and follow directions, EXCEPT use 1/2 c. water. Add drained kidney beans and drained corn; bring mixture to boil. Spoon hot mixture in a 3-quart rectangular baking dish. Cover with biscuits. Cover this with cheese. Bake at 350 degrees for 20 minutes or until biscuits are done. Let stand for 5 minutes.

In Memory of Ryan Mougin  
Brenda Mougin

## MEXICAN CASSEROLE

1 c. chopped onions	2 cans tomato sauce
1 lb. hamburger	1/4 c. enchilada sauce
1 tsp. salt	1 can corn
1/4 tsp. oregano	12 tortillas
1/4 tsp. rosemary	1 c. grated sharp cheese
4 T. salad oil	

Brown the onions, hamburger and seasonings in the oil in a skillet. Add the tomato sauce, enchilada sauce and corn; simmer for 2 minutes. Line a greased casserole with 6 tortillas and pour half the hamburger mixture over tortillas. Sprinkle with 1/2 cup cheese and repeat layers. Bake for 15-20 minutes at 350 degrees.

## MEXICAN CASSEROLE

2 lbs. hamburger	salt and pepper
1 onion, chopped	1 (10 oz.) pkg. shredded cheddar
2 cans chili (no beans)	cheese
10 oz. Doritos (nacho cheese is good)	

Crush Doritos in bottom of 9 x 12 inch pan. Fry hamburger and onion; drain well. Add chili and put hamburger mixture on top of Doritos. Top with cheese and bake at 350 degrees until cheese melts.

In Memory of Brooke Goodyk  
Corey & Sasha Goodyk

## MIXED VEGETABLE CASSEROLE

1 can white corn, drained	2 c. grated cheese
1 can French style green beans, drained	8 oz. sour cream
1 can cream of celery soup	Topping:
1/2 c. finely chopped onion	1 stick oleo
1/2 c. chopped celery	1/2 box Ritz crackers
1/2 c. chopped green pepper	1/2 c. slivered almonds

Combine corn, green beans, soup, onion, celery, green pepper, cheese and sour cream. Put in 3 quart casserole or 9 x 13 inch pan. Mix topping ingredients. Pour over casserole. Bake at 350 degrees for 45 minutes.

In Memory of Kory Lynn Dunkin  
Dennis & Kelli Dunkin

## NOODLES DE LUX

2 T. fat	salt and pepper
1 lb. hamburger	1 can whole kernel corn
2 onions	2 c. dry noodles
2 T. green pepper	1 can tomato soup

Brown hamburger and onions. Add rest of ingredients and simmer.

## ONION-POTATO CASSEROLE

5 lbs. baking potatoes, scrubbed and sliced in 1/4 in. thickness; do not peel	1/2 c. butter or oleo
	1 c. water

1 pkg. dry onion soup mix

Rinse sliced potatoes in cold water; drain on paper towels. Arrange in buttered 9 x 13 pan; set aside. Combine butter, water and soup mix in a saucepan. Bring to a boil. Pour over potatoes and cover tightly with foil; bake at 350 degrees for 1 hour. Very good with meat loaf.

In Memory of Justin Miller  
Frannie Morenz

## PINEAPPLE CASSEROLE

2 lg. cans pineapple chunks	6 T. flour
2 c. grated cheddar cheese	2 c. crushed Ritz crackers
1 c. sugar	1 stick margarine, melted

Drain pineapple chunks and place in greased 9 x 13 pan. Mix cheddar cheese, sugar and flour. Spread over pineapple. Mix Ritz crackers and melted margarine. Spread over top. Bake at 325 degrees for 35-45 minutes until bubbly brown.

Nancy Bishop

## PIZZA CASSEROLE

2 pkgs. crescent rolls	mushrooms
20 oz. pizza sauce	ham sausage
2 lbs. cooked hamburger	cheddar cheese
chopped onion	mozzarella cheese

In 9 x 13 pan, press down 1 pkg. crescent rolls. Spread with pizza sauce. Add toppings. Top with lots of cheese and spread 1 pkg. crescent rolls on top. Bake at 375 degrees for 30 minutes.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

## RED BEANS AND RICE

1/2 lb. diced bacon	3 cans red kidney beans
1/2 lb. diced ham	1/4 c. black pepper
1/2 lb. diced smoked sausage	1/4 c. Cajun spice
1 lg. can diced tomatoes	1 tsp. minced garlic
1 diced red onion	rice
1 diced green pepper	

Combine meats in a large pot and cook 10 minutes. Add tomatoes, onion and green pepper. Cook 10 minutes. Add kidney beans, black pepper, Cajun spice and garlic; simmer 20 minutes. In a separate pan make your rice according to directions on box. Serve in bowl with rice on top.

In Memory of Gable August Kenneth Greder  
Daddy & Mommy

## RISE & SHINE CASSEROLE

6 slices bread, torn into small pieces	3 eggs, beaten
8 oz. cheddar cheese, shredded	1/2 tsp. dry mustard
1/4 c. oleo, melted	1 tsp. salt
	2 c. milk

Layer 1/4 of bread and 1/4 cheese 4 times in a casserole dish, finishing with a layer of cheese. Pour oleo on top in medium bowl. Combine remaining ingredients. Mix well. Pour mixture into casserole. Refrigerate overnight. Bake in 350 degree oven for 1 hour. Serves 4.

## SAUERKRAUT CASSEROLE

1 lb. hamburger	1 sm. onion, diced
1 can sauerkraut with caraway	1 pkg. noodle
1 can mushroom soup	Salt and pepper to taste

Brown hamburger with onion; drain. Cook noodles and drain. Mix noodles, hamburger, sauerkraut, salt and pepper; pour soup over top. Bake in 2 quart casserole dish for 30-35 minutes at 350 degrees.

In Memory of Ryan Mougin  
Vivian Mougin

## SPINACH CASSEROLE

2 pkgs. frozen chopped spinach	2 c. cream of mushroom soup
2 c. Minute Rice, uncooked	$\frac{1}{3}$ c. soup can of water
1 (16 oz.) box Cheez Whiz	1 can water chestnuts, sliced

Combine and bake in greased 9 x 13 inch casserole, covered, for first 45 minutes at 350 degrees. Remove cover. Bake for 15 more minutes.

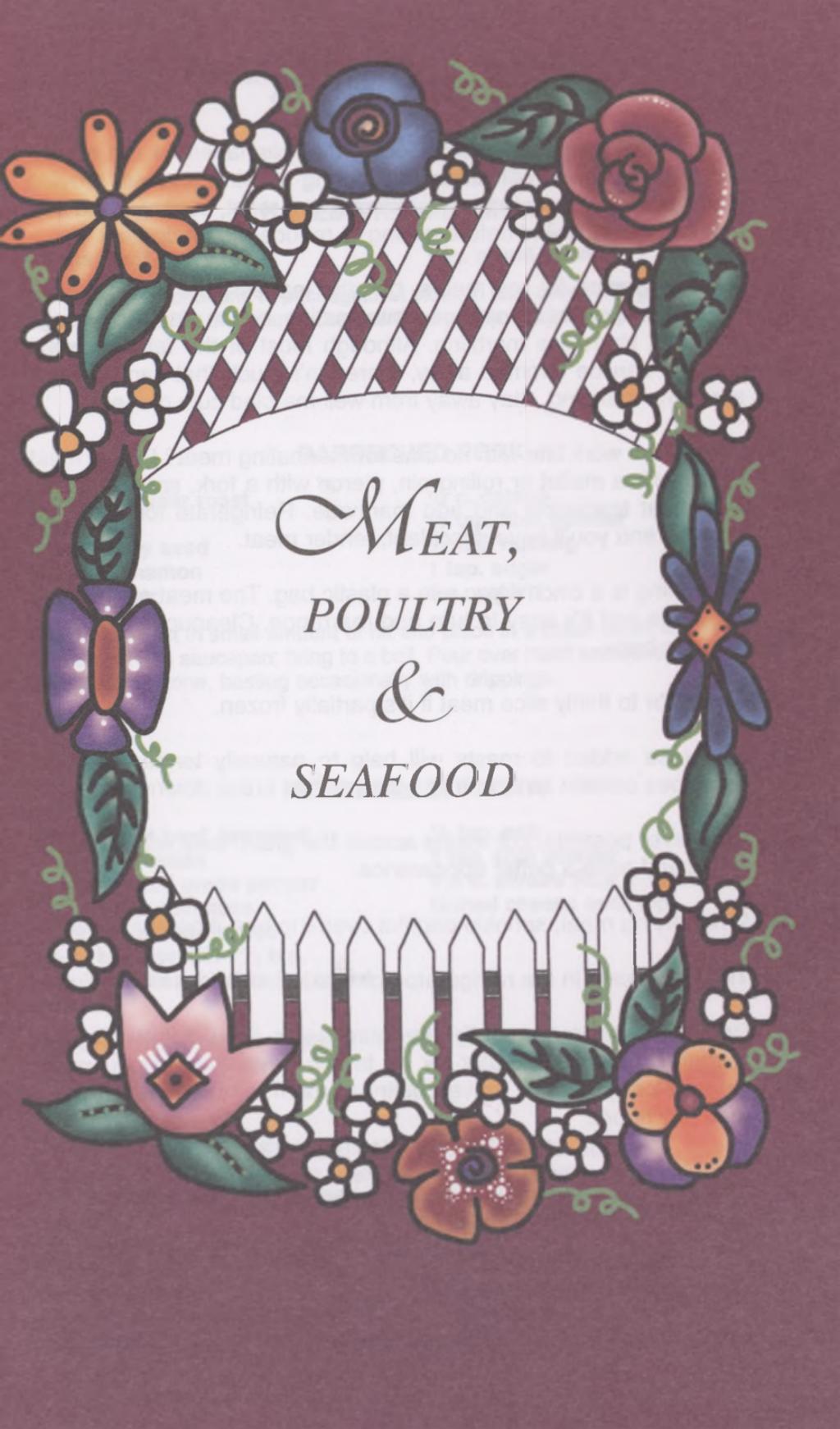
In Memory of Matthew Samuelson  
Joel & Kelli Samuelson

## WILD RICE CASSEROLE

6 oz. box Uncle Ben's Long Grain Wild Rice (long cooking)	1 green pepper, chopped
$\frac{1}{2}$ c. butter	1 onion, chopped
6 oz. American cheese, grated	$\frac{1}{2}$ c. milk or half & half 4 oz. can mushrooms, drained

Prepare rice as directed on box. Sauté pepper, onion and mushrooms in butter. Mix rice, sautéed mixture, cheese and milk. Bake uncovered at 350 degrees for 45 minutes.

In Memory of Robert Scott Murray  
Marcia Murray



*MEAT,  
POULTRY  
&  
SEAFOOD*

## 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.

# Meat, Poultry & Seafood

## Meat

### BAKED STEAK IN GRAVY

4 pkgs. beef gravy mix

1 lg. round steak

Mix gravy mix according to package. Put steak in pan; cover with gravy mix. Bake at 400 degrees for 3-4 hours. Steak will be tender. May have to add more water while baking.

Margaret Lilly

### BARBECUED PORK

1 pork shoulder roast

1/2 c. catsup

1 tsp. salt

1/2 tsp. chili powder

1 tsp. celery seed

1/2 tsp. nutmeg

1/8 tsp. cinnamon

1 tsp. sugar

1/3 c. vinegar

1 c. water

Brown the roast in small amount of fat and place in a Dutch oven. Mix remaining ingredients in a saucepan; bring to a boil. Pour over roast and cover; bake at 325 degrees until done, basting occasionally with drippings.

### BEEF SKILLET FIESTA

1 lb. ground beef, browned

1/2 tsp. salt

1/4 c. diced onion

1 tsp. chili powder

1/4 c. chopped green pepper

1 1/3 c. Minute Rice, cooked

1 (1 lb.) can tomatoes

Grated cheese over top

1 sm. can tomato sauce

1 1/4 c. bouillon OR 1 1/2 tsp.  
bouillon, dissolved in 1 1/4 c. hot  
water

Mix. Bake 1 hour at 350 degrees.

Carole Paulos

### BEEF TERIYAKI WITH BROCCOLI

1 lb. boneless beef round steak, 3/4  
in. thick

1 1/2 c. chopped fresh broccoli

3 T. teriyaki sauce

1 small onion, chopped (about 1/4  
c.)

1 T. lemon juice

1 clove garlic, crushed

2 T. cornstarch

1 small red or green bell pepper,  
cut into thin strips

1 tsp. finely chopped ginger root  
(optional)

(continued)

Trim fat from beef steak. Cut beef across grain into 2 x 1/8 inch slices. Mix teriyaki sauce, lemon juice, cornstarch and ginger root in square microwavable dish, 8 x 8 x 2 inches. Stir in beef. Cover and refrigerate at least 20 minutes. Drain beef; reserve marinade. Stir broccoli, onion and garlic into beef in square dish. Cover tightly and microwave on high 6-8 minutes, stirring after 4 minutes and until beef is no longer pink. Stir in bell pepper and marinade. Cover tightly and microwave 2-3 minutes or until sauce is slightly thickened. Serve with hot cooked rice if desired.

In Memory of Nathan Ryan Faga  
Christine Miller

### CHICKEN BAKED CHOPS

4 bone-in pork chops (1/2 inch thick)	1/2 c. water
1 T. vegetable oil	3 T. Worcestershire sauce
1 can (10 3/4 oz.) condensed cream of chicken soup, undiluted	1/4 tsp. salt
	1/4 tsp. garlic powder

In a skillet, brown the pork chops in oil. Transfer to a greased 13 x 9 x 2 inch baking dish. Combine the remaining ingredients; pour over chops. Cover and bake at 350 degrees for 1 hour or until meat juices run clear. Yield: 4 servings.

In Memory of Ryan Moughin  
Brenda Moughin

### CHINESE PEPPER STEAK

1 lb. round steak (1 in. thick)	1 can bean sprouts (rinse and drain)
1/4 c. butter	2 tomatoes
1 clove garlic, minced	1-2 green peppers
1/2 tsp. salt	1/2 T. cornstarch
1/4 tsp. pepper	1/2 tsp. sugar
4 T. soy sauce	

Slice steak as thinly as possible. Heat butter; add garlic, salt and pepper. Add beef and cook until brown. Add soy sauce and sugar. Cover; cook over high heat for 5 minutes. Add tomatoes and green peppers. Cover; cook 5 minutes on medium heat. Add bean sprouts; cook until warm. Stir in cornstarch, dissolved in water. Stir until sauce is thick. Serve with rice.

In Memory of Danika Jo James  
Crista Wiskus

### CINDY'S MEAT LOAF

1 lb. hamburger	2 T. Worcestershire sauce
2 eggs, beaten	1/4 c. ketchup
1 med. sized onion, chopped fine	1 tsp. salt
1 c. quick cooking oats	1/4 tsp. pepper
1/2 c. crackers, crushed	ketchup for the top of loaf
1/2 c. milk	

Combine all ingredients, except the ketchup for the top of loaf, in a bowl and mix thoroughly until well blended. Form the loaf and put in ungreased pan. Pour ketchup (continued)

on top of loaf and bake in oven at 375 degrees for approximately 1 hour. Insert knife in center. If it comes out clean, the meat loaf is done. Let stand at least 5 minutes before cutting.

In Memory of Dalton J. Bixby  
Cindy & Dave Bixby

## HAM BALLS

2½ lbs. ground ham	salt and pepper
1½ lbs. ground pork	2 c. OR 1 (10¾ oz.) can tomato
1½ lbs. ground beef	soup
3 eggs	⅔ c. vinegar
3 c. milk	2½ c. brown sugar
3 c. crushed graham crackers	½ tsp. prepared mustard

Mix ham, pork, beef and egg; add milk, crackers, salt and pepper. Shape into balls. Freeze on cookie sheets; then put into freezer bags. Use as needed. Mix soup, vinegar, brown sugar and mustard for sauce. Pour over ham balls before baking. Bake 1 hour at 375 degrees, basting with sauce once or twice during baking. Yield: 30 balls.

In Memory of Colton Elder

## HAM BALLS

1½ lbs. ground beef	Topping:
1½ lbs. ground ham	1 c. brown sugar
2 c. graham cracker crumbs	1 tsp. mustard
2 well beaten eggs	1¼ c. vinegar
1 c. milk	¾ c. water

Mix all ingredients together. Form into small sized balls. Place in cake pan. Mix together topping ingredients in a sauce pan; bring to a boil. Pour over meat balls. Bake at 300 degrees for 1½ hours.

In Memory of Benjamin S. Meints  
Ann Brinton

## HOT ITALIAN PATTIES

1 can (8 oz.) tomato sauce	8 slices French bread (¾ inch thick)
¼ tsp. dried basil	1/4 - 1/2 c. butter or margarine, softened
1/8 tsp. garlic powder	
1 lb. bulk Italian sausage	
8 slices mozzarella cheese	

In a saucepan, combine tomato sauce, basil and garlic powder. Bring to a boil over medium heat. Reduce heat; simmer for 15 minutes. Meanwhile, shape sausage into four oval patties. In a skillet over medium heat, cook patties until no longer pink; remove from skillet. Place a slice of cheese on four slices of bread; top each with a sausage patty and remaining cheese. Top with remaining bread. Butter the outsides of sandwiches. Cook on a griddle or in a large skillet over medium heat

(continued)

until both sides are golden brown and cheese is melted. Serve with herbed tomato sauce for dipping. Yield: 4 servings.

In Memory of Ryan Moughin  
Patrick Moughin

### MAID RITES

**1 lb. hamburger  
1/2 c. chopped onion  
1/4 c. chopped green pepper  
1/4 c. chopped celery  
1/2 T. Worcestershire sauce**

**3/4 c. catsup  
1/4 c. water  
1 sm. can tomato sauce  
2 T. mustard**

Cook until hamburger is done and simmer until ready to serve.

In Memory of Justin Miller  
Virginia Legore

### MOIST'N CRISPY ONION CHICKEN

**1 envelope onion recipe soup mix  
3/4 c. fine dry bread crumbs**

**1 cut-up chicken  
1/2 c. real mayonnaise**

Place onion soup mix and bread crumbs in a large plastic food bag; shake to blend. Brush chicken on all sides with mayonnaise. Place 1 piece of chicken in bag at a time; close tightly and shake until coated. Place chicken on rack in broiler pan. Bake in 400 degree oven for 40-45 minutes or until golden brown and tender. Serves 4.

### MOM'S MINUTE STEAKS

**Lawry's seasoning  
salt  
flour  
6 minute steaks**

**3 T. oil  
1 can cream of mushroom soup  
1/2 soup can of water**

Sprinkle meat with Lawry's, then salt and flour both sides. Brown steaks in oil. Place in 9 x 13 inch pan and cover with soup and water. Cover pan with aluminum foil and bake at 350 degrees for 1 hour.

In Memory of Logan Grant Higginbotham  
Greg Higginbotham

### PORK CHOPS & STUFFING

**4-6 pork chops  
3 c. soft bread cubes  
2 T. chopped onion  
1/4 c. melted oleo or butter  
1/2 c. water**

**1/4 tsp. sage  
1/4 tsp. poultry seasoning  
1 can cream of celery soup  
1/3 c. water**

Brown chops on both sides; place in shallow baking dish. Lightly mix together bread cubes, onion, oleo, 1/2 c. water and seasonings. Place mound of stuffing on (continued)

each chop. Blend soup and  $\frac{1}{3}$  c. water; pour over chops and stuffing. Bake at 350 degrees for 1 hour.

In Loving Memory of Justin Miller  
by his Dad, Darius Miller

### ROUND STEAK SAUERBRATEN

1½ lbs. round steak, ½ in. thick	½ tsp. pepper
1 T. fat	½ tsp. ginger
2 bullion cubes	½ tsp. salt
2 c. water	1 tsp. Worcestershire sauce
1 T. instant minced onion	1 or 2 bay leaves
2 T. white wine vinegar	4 oz. can mushroom stems and
2 T. brown sugar	pieces, drained

Cut meat in 1 inch squares and coat with flour. Brown meat on all sides in hot fat. Dissolve bullion in water; add to meat and stir. Add remaining ingredients. Cover and simmer 1½ hours, stirring occasionally. Remove bay leaf. Serve meat over hot buttered noodles. Frozen noodles are best; this recipe usually coats 2 pkgs. of 12 oz. noodles. Serves 5-6.

In Memory of Matthew Samuelson  
Joel & Kelli Samuelson

### SINFUL BURRITOS

1 lb. ground beef	1 can refried beans
1 pkg. burrito seasoning	1 pkg. flour tortilla shells (smaller ones work best)
lettuce, shredded	
½ c. margarine	2 T. flour
salt and pepper	
½ lb. med. sharp cheddar cheese, cut up	

Melt butter in saucepan. Add flour and mix well over medium heat. Add milk. Add cheese. Stir occasionally. Heat over low heat until cheese is melted. Add salt and pepper to taste. Keep over low heat, stirring occasionally. Brown ground beef in skillet; drain, if necessary. Add burrito seasoning and water according to package directions. Add can of refried beans. Mix well until thoroughly heated. Spoon meat and beans mixture into tortilla shell and wrap with ends down. Pour some cheese sauce over wraps. Top with lettuce and any other burrito/taco topping to your liking.

Karey Shepherd

### SLOPPY JOE UNDER A BUN

1½ lbs. of ground beef	2 c. biscuit/baking mix
1 can (15½ oz.) sloppy joe sauce	2 eggs, beaten
2 c. (8 oz.) shredded cheddar cheese	1 c. milk

In a skillet, cook beef until no longer pink; drain. Stir in sloppy joe sauce; mix well. Transfer to a lightly greased 13 x 9 inch baking dish; sprinkle with cheese. In a bowl, combine biscuit mix, eggs and milk just until blended. Pour over cheese;

(continued)

sprinkle with sesame seeds. Bake, uncovered, at 400 degrees for 25 minutes or until golden brown. Yield: 8 servings.

In Memory of Ryan Moughin  
Brenda Moughin

### SWEDISH HAM BALLS

1 1/2 lbs. ground ham	1 c. milk
1 lb. ground pork	1 c. brown sugar
2 c. bread crumbs	1/2 c. vinegar
2 well beaten eggs	1 tsp. dry mustard

Mix meats, crumbs, eggs, and milk. Shape into balls and place in a baking dish. Mix remaining ingredients and pour over ham balls. Bake at 325 degrees for 1 hour.

### SWEDISH MEATBALLS

3/4 lb. hamburger	1/8 tsp. nutmeg
3/4 c. oatmeal	Sauce:
1/4 c. minced onion	3 T. flour
3/4 tsp. salt	3 c. water
3/4 tsp. cornstarch	3 beef bullion cubes
1 egg, slightly beaten	1/3 tsp. salt
3/4 c. milk	1/8 tsp. pepper

Mix meatball ingredients and shape into small balls. Brown in fat and remove from pan to a warm plate. Blend flour into remaining fat; stir in water, seasoning and bullion. Stir constantly until smooth and thick. Add meatballs. Cover and simmer for 30 minutes.

In Memory of Zackery Tyler Christenson  
Kimberly Christenson

### SWEET & SOUR PORK CHOPS

2 T. flour	1 green pepper, cut in strips
1 tsp. salt	1 onion, sliced
4 pork chops (1 in. thick)	2 T. molasses
1 T. bacon drippings	2 tsp. soy sauce
1 (4 oz.) can mushrooms	2 T. vinegar

Mix the flour and 1/2 tsp. salt and dredge pork chops through the flour mixture. Brown in bacon drippings in a skillet. Drain the mushrooms and reserve liquid. Add enough water to reserved liquid to make 1 cup liquid. Add to the pork chops; then add green pepper and onion. Sprinkle with remaining salt. Combine remaining ingredients; pour over chops. Cook over low heat for 45 minutes.

## SWEET-N-SOUR PORK

1 (20 oz.) can pineapple chunks	1 clove garlic
2 T. cornstarch	1/8 tsp. pepper
1/4 c. soy sauce	2 T. cooking oil
1 T. honey	3/4 lb. pork tenderloin, cut into bite-size pieces
1/2 tsp. instant chicken bouillon granules	1 green pepper

Drain pineapple, reserving juice. Add enough water to juice to equal 3/4 cup. Add cornstarch, soy sauce, honey, bouillon, garlic and pepper; set aside. Heat oil; cook and stir pork and green pepper. Stir pineapple mixture into skillet with pineapple. Cook until thickened and bubbly. Serve over rice. Makes 4 servings.

## SWEET-SOUR MEATBALLS

1 1/2 lbs. ground beef	1 onion, chopped
1/3 c. water	1 c. water
salt and pepper	3 T. vinegar
8-10 gingersnaps	3 T. sugar
Sauce:	Salt
8 oz. chili sauce	

Combine meat, water, salt and pepper. Shape into balls. Cook meatballs in sauce 1/2 hour. Crumble 8-10 gingersnaps and cook another 1/2 hour. Serve with potato pancakes, noodles or rice.

In Memory of Justin Miller  
Kay Triplett

## TANGY SWEET & SOUR MEATBALLS

1 lb. ground beef	2 T. bread crumbs
1/4 c. minced onion	Sauce:
2 T. minced parsley	1 (8 oz.) can tomato sauce
1 T. mustard	1/4 c. water
1 clove garlic, minced	2 T. soy sauce
1 tsp. oregano	2 T. lemon juice
2 tsp. Worcestershire sauce	2 packets Equal
1 egg white	

Combine meatball ingredients; shape into 1 inch balls. Brown in skillet sprayed with Pam. Turn to brown evenly. Mix sauce ingredients. Add to meatballs and simmer 20 minutes. Remove from heat. Stir Equal into sauce and pour over meatballs. Yield: 8 servings.

# Poultry

## AWESOME CHICKEN

6 boneless chicken breasts	1 pkg. dried beef
1 can cream of mushroom soup	1/2 lb. bacon
1 (4 oz.) container of sour cream	

Place 1/2 of the package of dried beef in bottom of 8 x 10 inch oven pan. Wrap chicken with bacon slices and place them on top of dried beef. Combine soup and sour cream. Pour over the top of the chicken. Place the remaining slices of dried beef on the very top. Cover pan. Bake at 350 degrees for 1 hour.

In Memory of Benjamin S. Meints  
Lisa & Rodney Meints

## BAKED CHICKEN & RICE

(Reduced Fat)

3 (10 3/4 oz.) cans cream of chicken soup (98% fat free)	1 1/4 c. uncooked rice (reg. or instant)
1 (10 3/4 oz.) soup can of skim milk	4 split chicken breasts with skin removed
4 T. oleo (light)	

Heat soup, milk and oleo. Mix in rice. Pour 3/4 of soup and rice mixture into 2 quart baking dish. Place chicken on top of rice mixture. Brush chicken with left-over oleo and sprinkle with paprika. Bake at 270 degrees for 2 1/2 hours. Do not cover.

In Memory of Carissa Ann Berns  
In Memory of Joe Berns  
Sharon Berns

## BATTERED CHICKEN FINGERS

3-4 chicken breasts	1 can of beer
1 egg	pinch of salt
1 tsp. baking powder	1 c. flour

Mix flour, baking powder and salt together; add egg. Add beer until like pancake batter. Cut chicken breasts in strips like your finger (can make thicker). Put chicken fingers in batter, then put in a deep fat fryer. Cook until they float. This batter is also very good with fish.

In Memory of Benjamin S. Meints  
Karen Crawford

## BERTHA'S ESCALLOPED CHICKEN

1 chicken, cooked	1 qt. broth
8 c. bread crumbs	1 med. onion
1 1/2 c. diced celery	2 eggs
1 1/2 c. milk	1 tsp. baking powder
Salt and pepper	3/4 tsp. sage

(continued)

Pour broth over top and bake. Top with crushed cornflakes or potato chips. Bake in 9 x 13 pan at 350 degrees for 35 minutes.

Variation by Corene Hammen: Add 3/4 tsp. sage and top with crushed cornflakes or potato chips.

In Memory of Justin Miller  
by Marcella Hammen

### CHEESY CHICKEN NUGGETS

<b>4 chicken breasts, boneless, skinless, cut into 2 inch cubes</b>	<b>1 tsp. oregano</b>
<b>1 c. bread crumbs</b>	<b>3/4 c. buttermilk</b>
<b>1/4 c. grated Parmesan cheese</b>	<b>2 T. butter</b>
<b>1/4 c. grated Romano cheese</b>	<b>3 T. vegetable oil</b>
<b>1 tsp. garlic powder</b>	<b>1/2 tsp. salt</b>
	<b>1/2 tsp. pepper</b>

In a shallow bowl, combine bread crumbs with all the spices and cheeses; mix well. In another bowl, submerge chicken in buttermilk and let stand for about 10 minutes. Coat chicken in bread crumb mixture. Place chicken on a plate lined with paper towels and let stand 5 minutes. In a large skillet, heat butter and oil over medium heat. Cook chicken in batches until meat is cooked through and juices run clear and the meat is no longer pink. Add more oil and butter if needed. Transfer chicken to a plate lined with paper towels to drain. Serve immediately.

In Memory of Justin Evan Miller

### CHICKEN & RICE

<b>1 c. cut-up chicken</b>	<b>1/2 c. uncooked rice</b>
<b>1 can tomato soup</b>	<b>1 can cream of mushroom soup</b>
<b>1 can water</b>	<b>Salt and pepper</b>

Put rice in bottom of pan. Add chicken. Pour soup over the top and add water. Salt and pepper. Cover dish. Bake at 350 degrees until tender.

In Memory of Justin Miller  
Vicky Simpson

### CHICKEN CHEESE ROLLS

<b>3 chicken breasts, boneless and split</b>	<b>6 slices bacon</b>
<b>1 (8 oz.) pkg. cream cheese</b>	<b>1 T. butter</b>

Place split breast between waxed paper; with smooth mallet, pound chicken to 1/2" thickness. Spread each with 3 T. cream cheese, dot with 1/2 tsp. butter. Roll up chicken breast. Wrap 2 slices of bacon around each roll. Place seam side down in shallow baking pan. Bake on top rack in 400 degree oven about 40 minutes

(continued)

or until chicken is tender and juices run clear when meat is pierced. Broil about 2 minutes or until bacon is crisp and golden.

NOTE: 3 servings - 400 calories per serving. Can easily be doubled. Low fat cream cheese works great.

In Memory of Nicholas William Zimmerman  
Christine Miller

### MARINATED CHICKEN BREASTS

<b>chicken breasts</b>	<b>1/4 c. lemon juice</b>
<b>1/2 c. soy sauce</b>	<b>1/4 c. vegetable oil</b>

Mix marinate ingredients together and pour over chicken. Refrigerate for 2-3 hours. Place on grill and sear both sides. Reduce temperature of grill and cook on low heat for 35 minutes. Turn every 7 minutes and baste with remaining marinate.

In Memory of Gable Greder  
Grandpa Joe

### NO PEEKEY CHICKEN

<b>1 c. Minute Rice, uncooked</b>	<b>3-4 chicken breasts</b>
<b>1 can cream of mushroom soup</b>	<b>1 packet Lipton onion soup mix</b>
<b>1 can cream of chicken soup</b>	

Mix rice with soups. Spread into 9 x 13 baking dish. Lay chicken breasts on top. Sprinkle dry Lipton onion soup mix on top. Cover with aluminum foil. Bake at 350 degrees for 2½ hours. Do not remove cover during baking.

In Memory of Ryan Mougin  
Angie Gent

### PARMESAN CHICKEN BREASTS

<b>6 boneless breasts (about 2 lbs.)</b>	<b>1 tsp. parsley</b>
<b>2 T. margarine, melted</b>	<b>1/4 tsp. paprika</b>
<b>1/2 c. grated Parmesan cheese</b>	<b>1/4 tsp. salt</b>
<b>1/4 c. dry bread crumbs</b>	<b>1/4 tsp. pepper</b>
<b>1 tsp. oregano</b>	

Heat oven to 400 degrees. Spray 15 x 10 pan. Dip chicken in margarine; coat with combined remaining ingredients. Place in pan and bake 20-25 minutes until tender.

In Memory of Ryan Mougin  
Brenda Mougin

### POPPY SEED CHICKEN

<b>6 c. cooked diced chicken</b>	<b>2 T. poppy seeds</b>
<b>2 cans cream of mushroom soup</b>	<b>1 stack Ritz crackers</b>
<b>1 c. sour cream</b>	<b>1 stick margarine</b>

(continued)

Mix first four ingredients together. Spread in 9 x 13 inch pan. Crush crackers; melt butter and add to crackers. Sprinkle over top of chicken mixture. Bake at 350 degrees for 45 minutes. Serve over rice.

In Memory of Ryan Mougin  
Pam Mougin

### SAVORY BAKED CHICKEN

**3 T. margarine**  
**1 c. instant potatoes (dry)**  
**1/3 c. grated Parmesan cheese**  
**2 tsp. Lawry's seasoning salt**

**chicken (your preference as to pieces, but must be skinless; best if boneless too)**  
**2 eggs, beaten**

Heat oven to 400 degrees. Heat butter in rectangular pan in oven until melted. Mix potatoes, cheese and seasoned salt in durable plastic bag. Dip chicken into eggs; then place in bag. Shake until well coated. Place chicken in buttered pan. Bake, uncovered, 45-50 minutes. Cut up to make sure thickest pieces are done.

Karey Shepherd

### THAI FRIED RICE & CHICKEN

**1/3 c. 1/4 inch diced cooked chicken  
(2 skinless boneless chicken  
breasts)**  
**2 T. oil**  
**3 c. cooked white rice, COLD**  
**3 green onions, sliced**  
**1 green bell pepper, cut into  
matchstick pieces**

**2 T. soy sauce (can add 1 T. more  
if you desire)**  
**2 T. water**  
**2 eggs, beaten**  
**1 small tomato, chopped**  
**1 packet Sun-Bird brand Thai Fried  
Rice Seasoning Mix**  
**sprinkle of toasted sesame seeds**

In a skillet heat oil; stir fry rice, green onions & bell pepper. Add seasoning packet, soy sauce and water; stir fry 1-2 minutes. Push rice to side, add eggs, scramble and stir into rice. Add tomato and chicken. Serve. Sprinkle individual servings with sesame seeds. Makes 5 servings, each 1 cup.

In Memory of Carson Jerome Stephens  
Mama, Daddy & Chase

### Seafood

### PASTA & SHRIMP ALFREDO

**2 med. zucchini (about 6 oz. each)**  
**8 oz. med. shrimp**  
**2 med. tomatoes**  
**12 oz. spaghetti or linguine**  
**1 T. olive oil**

**1/4 tsp. each: salt and pepper**  
**3/4 c. PLUS 2 tsp. Alfredo sauce (1/2  
of 17 oz. jar)**  
**Garnish: chopped parsley, grated  
Parmesan cheese**

Bring 3 qt. of lightly salted water to a boil in a covered large pot. Have a large deep skillet ready. While water comes to a boil, quarter zucchini lengthwise; then slice crosswise. Peel and devein shrimp; seed and dice the tomatoes. Add pasta

(continued)

to boiling water and cook, uncovered, stirring often, 7 minutes. Add zucchini and cook until pasta is firm-tender and zucchini is tender, about 3 minutes longer. Drain in colander. While pasta cooks, heat oil in skillet over medium-high heat. Add shrimp, salt and pepper. Sauté until shrimp turns pink. Add the drained cooked pasta and zucchini, tomatoes and Alfredo sauce. Stir gently until blended and heated through. Sprinkle with parsley. Serve immediately with grated Parmesan cheese.

In Memory of Colton Elder  
Sara Elder

### SHRIMP HAWAIIAN STYLE

1 lb. shrimp (fresh or frozen)	dash lemon pepper
6 canned pineapple slices	1/4 c. brown sugar
1 tsp. salt	1/4 c. butter or margarine

Thaw frozen shrimp. Place pineapple slices in baking dish. Place shrimp in center of the slices; sprinkle with salt, pepper and brown sugar. Dot with butter. Broil about 3 inches from source of heat for 8-10 minutes.

In Memory of Colton Elder

### SUNSET SHRIMP BAKE

1 c. chopped onions	4 eggs, slightly beaten
4 T. butter	2 c. herb stuffing cubes
1/2 tsp. salt	4 slices Swiss cheese
1/2 c. dry wine	1/2 c. water
1 lb. frozen or fresh shrimp	

Cook onion in butter until tender. Add water, wine and salt. Bring to a boil. Add shrimp and cook 5 minutes. Combine eggs and stuffing cubes. Stir in shrimp mixture; mix well. Put in casserole. Bake at 350 degrees for 15-25 minutes. Place cheese slices on top and return to oven until cheese melts.

In Memory of Colton Elder

# BREADS & ROLLS

## 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.

# Breads & Rolls

## Breads

### BANANA BREAD

3 c. white sugar	6 sm. or 3 lg. ripe bananas
4 eggs	1 c. sour milk
1 c. margarine	2 tsp. soda
dash of salt	4 c. flour

Cream sugar, eggs, margarine and salt together; add mashed bananas and soda. Add milk and flour alternately. Bake in 2 large or 4 small greased loaf pans. Bake at 350 degrees for approximately 50 minutes. Test with toothpick.

In Memory of Jordan Lee  
Carol Daniel

### BANANA NUT BREAD

3 or 4 ripe bananas, mashed	2 c. flour
1 c. brown sugar	1 tsp. baking soda
2 eggs	1/2 tsp. salt
1/2 c. oleo, softened	1/2 c. chopped walnuts
1 tsp. vanilla	

Cream bananas, sugar, eggs, oleo and vanilla. Add to flour, baking soda, salt and nuts; mix well. Bake in greased bread pan at 350 degrees for 45 minutes to 1 hour.

In Memory of Justin Miller  
Mrs. Keevan Hammen

### BRAN MUFFINS

3 c. sugar	2 tsp. salt
4 eggs	5 tsp. baking soda
1 qt. buttermilk	1 (15 oz.) box Raisin Bran cereal
5 c. flour	1/3 c. melted oleo

Beat eggs and sugar. Add milk, and fold in flour; add remaining ingredients. Bake 15 minutes at 375 degrees. Can store mixture for 6 weeks in refrigerator (never stir).

Jo Stewart

### FRENCH BREAD

1 T. dry yeast	5-6 T. whole-wheat flour
2 3/4 c. warm water	5 1/2-6 c. white flour, preferably
2 T. coarse salt OR 4 tsp. table salt	unbleached

Put yeast in a large bowl with 1 c. of the warm water. When dissolved, stir in remaining water, salt, whole-wheat flour and about 5 1/2 c. of the white flour, enough to make a dough that holds together. Turn out on floured work surface and let rest

(continued)

while you clean the bowl. Scrape the dough up. It will be quite soft and very sticky. Slop it down hard against the counter. Repeat several times; then start kneading, adding more flour as necessary. Knead until smooth and elastic (at least 5 minutes). Return to the clean ungreased bowl; cover with plastic wrap and let stand at no more than 68 degrees for at least 3 hours until triple in volume. This works even better in the wintertime when you can leave it on a cold window sill. After the first rising, turn the dough in the bowl; punch it down, cover with plastic, wrap again and allow to rise until double in volume (1½-2½ hours, depending on temperature of dough/room). Punch dough down and shape into round "cakes" about 7 inches across. Lightly oil cookie sheet and sprinkle with cornmeal. Place, seam side down; let rise until double in size, about 45 minutes. (Cover with a towel this time.) Prepare oven during the last rising: Place 9 x 13 inch pan of hot water on oven floor and turn oven to 450 degrees. When dough has risen, remove towel and place very quickly into hot, steamy oven. Bake 15 minutes at 450 degrees; then lower the heat to 375 degrees and continue baking for another 20 minutes or until the loaves are nicely browned, crusty and hollow sounding when tapped on the bottom. Every 10 minutes, open the oven door and give the loaves a generous misting of water with a spray bottle. Cool on racks. I add 1 T. honey to "feed" my yeast. I use more whole-wheat flour and less white. Makes 2 long loaves or 3 smaller, free form loaves.

Lee Ann Glade

### GRANDMA BAKER'S BANANA BREAD

½ c. butter or 1 cube Oleo	½ tsp. salt
1 c. sugar	1 tsp. vanilla
2 eggs	½ tsp. baking powder
3 crushed bananas	2 c. flour
1 tsp. soda	1 c. nut meats (optional)

Mix ingredients in order. Beat bananas to a pulp. Bake in oven at 350 degrees for 1 hour.

In Memory of Danielle Rae Thomas on her 14th birthday  
Carol Thomas

### HONEY MUFFINS

1 c. milk	3 c. sifted flour
½ c. honey	3 tsp. baking powder
½ c. sugar	¾ tsp. salt
3 eggs, beaten	¼ c. melted shortening

Blend milk, honey and sugar, stirring thoroughly. Combine with the flour, baking powder and salt. Add eggs and shortening; mix very lightly and quickly. Bake in well-greased muffin pans in 375-400 degree oven for about 20 minutes.

## MONKEY BREAD

**1/2 c. oleo  
1 c. brown sugar  
pinch of cinnamon  
4 tubes Pillsbury buttermilk  
biscuits**

**1 c. sugar  
1 tsp. cinnamon  
walnuts**

Cut each biscuit into fourths. Shake a few at a time in a container which has 1 c. sugar and 1 tsp. cinnamon mixed. Add some walnuts. Layer these biscuits in a bundt pan. Boil oleo, brown sugar and pinch of cinnamon. Pour over biscuits and bake at 350 degrees for 30-40 minutes. Turn over on plate and serve.

In Memory of Zackery Tyler Christenson  
Karen Christenson

## MUFFINS

**4 c. Kellogg's All-Bran  
2 c. Nabisco 100% Bran  
2 c. sugar  
1 c. oil  
4 eggs**

**5 c. flour  
2 T. salt  
5 tsp. soda  
1 qt. sour milk  
2 c. boiling water**

Pour boiling water and milk over both brans and let stand. Cream sugar, eggs and oil. Sift dry ingredients and add. Stir until just mixed. Store, covered, in refrigerator. Bake at 400 degrees for 15-16 minutes.

In Memory of Justin Miller  
Mrs. Keevan Hammen

## PARMESAN KNOTS

**1/2 c. vegetable oil  
1/4 c. grated Parmesan cheese  
1 1/2 tsp. dried parsley flakes**

**1 1/2 tsp. garlic powder  
3 cans (12 oz. each) refrigerated  
buttermilk biscuits**

In a small bowl, combine oil, cheese, parsley, oregano and garlic powder; set aside. Cut each biscuit in half. Roll each portion into a 6 inch rope; tie in a loose knot. Place on greased baking sheets. Bake at 450 degrees for 6-8 minutes or until golden brown. Immediately brush with Parmesan mixture, then brush again. Yield: 5 dozen.

In Memory of Ryan Mougin  
Brenda Mougin

## PEACH MUFFINS

**1/2 c. chopped peaches  
1/3 c. butter  
1/2 c. sugar  
1 egg  
1 1/2 c. flour  
1 1/2 tsp. baking powder  
1/2 tsp. salt**

**1/4 tsp. nutmeg  
1/2 c. milk  
Topping:  
1/2 c. sugar  
1 tsp. cinnamon  
1/2 c. melted butter**

(continued)

Cream butter and sugar; add egg. Stir in dry ingredients alternately with milk. Stir in peaches. Fill muffin cups  $\frac{2}{3}$  full. Bake 20-25 minutes at 350 degrees. For topping, dip baked muffin in butter, then sugar and cinnamon. Serve warm.

In Memory of Ryan Mougin  
Brenda Mougin

### POPPY SEED BREAD

1 yellow cake mix	1/2 c. oil
4 eggs	1 pkg. instant vanilla pudding
1 c. hot water	2 T. poppy seeds

Combine all ingredients and beat 4 minutes. Pour in 2 loaf pans. Bake at 350 degrees for 50 minutes.

In Memory of Justin Miller  
Patty (Legore) Sharkey

### PUMPKIN BREAD

3 1/3 c. flour	1 c. oil
2 tsp. soda	4 eggs
1 1/2 tsp. salt	2/3 c. water
1 tsp. cinnamon	2 c. pumpkin
1 tsp. nutmeg	3 c. sugar

Sift together dry ingredients. Make a well and add remaining ingredients. Mix well. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 60 minutes or until done.

In Memory of Rick Eugene Scholl  
Kathleen Pettengill

### RHUBARB MUFFINS

3/4 c. white sugar	1 tsp. salt
3/4 c. brown sugar	1 tsp. soda
1/2 c. oil	1 1/2 - 2 c. diced rhubarb
1 c. sour milk or buttermilk	Topping:
1 egg	1 T. soft margarine
1 tsp. vanilla	1/2 c. sugar
2 1/2 c. flour	1/2 tsp. cinnamon

Mix muffin ingredients together and pour into paper muffin liners. Mix topping ingredients together and sprinkle over each muffin. Bake at 350 degrees for 20-25 minutes.

In Memory of Ryan Mougin  
Denise Mougin

## SHEEPHERDER'S BREAD

2½ c. water  
1½ tsp. salt  
½ c. sugar

2 pkgs. yeast  
8 c. flour  
½ c. margarine

Heat water, salt, sugar, and margarine, stirring constantly. Remove from stove; pour into a large mixing bowl. Add yeast; let stand until bubbly; then stir in 4 c. flour to form thick batter. Then add 3 more cups of flour, 1 cup at a time, to make soft dough. Place on floured surface and knead in 1 c. flour (6-8 minutes). Shape into a ball. Place in greased bowl and cover; let rise until double. Punch down; form into a ball again and let rest 10 minutes. Then place into a well greased Dutch oven. Cover; let rise until dough is ½ inch from top of Dutch oven. Bake at 325 degrees for 55 to 60 minutes. May cover with foil if top gets too brown.

Norma Cox

## SPOON BREAD

1 c. cornmeal  
4 c. milk  
1/4 lb. butter  
pinch of salt

4 egg yolks, slightly beaten  
1/4 c. sugar  
4 egg whites

Put cornmeal, milk, butter, sugar, salt and egg yolks in a 2½ or 3 quart saucepan, stirring constantly. Beat egg whites until stiff. Fold into cooked mixture. Blend thoroughly. Coat the inside of a 2½ qt. casserole with oil. Pour in spoon bread. Bake at 400 degrees for 20-25 minutes. Serves 6-8.

## ZUCCHINI BREAD

2 c. sugar  
3 eggs  
1 c. oil  
2 c. zucchini  
3 c. flour  
1½ tsp. cinnamon  
1 tsp. baking soda  
1 tsp. baking powder

1 tsp. salt  
½ c. milk  
1 tsp. vanilla  
2/3 c. nuts  
raisins  
1 (15½ oz.) can crushed pineapple,  
drained

Blend by hand sugar, eggs and oil. Stir in zucchini. Add remaining ingredients, except for nuts and raisins. Stir; then add nuts and raisins. Grease and flour 2 loaf pans; bake at 350 degrees for 60-65 minutes.

In Memory of Mason Patrick Dean  
Kris Dean and Sandra Bennett

# Rolls

## BUTTER HORN ROLLS

2 pkgs. yeast	1 tsp. salt
1/4 c. warm water	1 1/2 c. milk, scalded and cooled
1/4 c. sugar	4 1/2 c. flour, sifted
1/2 c. shortening	3 eggs

Total time for making is 5 hours. Dissolve yeast in warm water. Mix with rest of ingredients. Let rise once and shape into rolls by dividing dough. Roll out lightly with rolling pin to shape of pie crust. Butter; then cut into fourths, then into eighths. Roll up, starting at outer edge. Let rise. Bake 10 minutes in 350 degree oven.

Jessie Payne

## CHEATER ROLLS

2 tubes Big Country biscuits	1 c. brown sugar
1 pt. heavy whipping cream	1 tsp. vanilla

Mix whipping cream, brown sugar, and vanilla; pour into greased 9 x 13 pan. Cut biscuits into quarters and put in cream mixture. Bake at 350 degrees for 20 minutes or until golden brown. Turn out onto a cookie sheet.

In Memory of Danika Jo James  
Carrie Wiskus

## CHEESE POPOVERS

1 c. sifted flour	3/4 c. milk
1/4 tsp. salt	1/2 c. grated cheese

Beat together flour, salt, milk and eggs on high speed for 1 minute. Stir in grated cheese. Fill muffin cups half full. Bake at 375 degrees. With sharp knife, slit each muffin. Bake 5 minutes more.

In Memory of Nicholas Robert Jackson  
Karen Jackson

## CINNAMON ROLLS

2 sticks margarine	1 egg
3 c. warm water	4 heaping cups flour
3 pkg. yeast	big dash salt
3/4 c. sugar	Cinnamon and sugar mixture

Mix margarine, warm water, yeast, sugar, egg, and 4 c. flour. Add 2 more cups of flour; then using your hands, add more flour until the dough does not stick to your hands. Put lid on bowl for 1 hour. After this time the bowl lid will pop up. Punch dough down and roll it long. Melt butter and spread on dough. If you like sticky caramel cinnamon rolls, put brown sugar on the top. Otherwise, spread

(continued)

cinnamon and sugar. Roll, cut into rolls and place in pan. Bake at 350 degrees for 20 minutes.

In Memory of Justin Miller  
Jackie Miller

## DINNER ROLLS

**3 pkg. dry yeast**  
**1/2 stick butter**  
**3 eggs**

**4-5 c. flour**  
**1 c. sugar**  
**3 c. warm water**

Dissolve yeast in warm water. Add sugar. Melt butter. Add 3 c. flour, eggs and salt. Add 1 more cup of flour. Then add butter. Knead 10 minutes (add more flour if you need to). Let rise until double in size (1-1 1/2 hours). Make into rolls; let rise until double in size (about 1 hour). Bake at 350 degrees for 20 minutes.

In Memory of Logan Grant Higginbotham  
Bev Stock

## FLAKY BAKING POWDER BISCUITS

**2 c. flour**  
**1 T. sugar**  
**4 tsp. baking powder**  
**1/2 tsp. salt**

**1/2 c. shortening**  
**1 beaten egg**  
**2/3 c. milk**

Sift flour, sugar, baking powder and salt. Cut in shortening. Combine egg and milk. Add to flour. Stir just enough to make a stiff dough. Knead 15 times. Roll out  $\frac{3}{4}$  inches thick. Cut and bake on ungreased baking sheet. Bake at 425 degrees for 12 minutes.

In Memory of Justin Miller  
His mom, Jackie Miller

## OVERNIGHT ROLLS

**2 c. water**  
**3/4 c. sugar**  
**1/2 c. margarine**  
**3 eggs, beaten**  
**1 pkg. yeast, dissolved in 1/4 c. warm water**

**1 1/2 tsp. salt**  
**7 1/2 c. flour**  
**Syrup ingredients:**  
**1 c. margarine**  
**4 tsp. white syrup**  
**2 c. brown sugar**

Boil water and sugar for 5 minutes. Add margarine. Dissolve yeast in  $\frac{1}{4}$  c. warm water. Add eggs, salt and flour. Mix well and let rise. After 4 hours, knead bread and let rise until double. After 4 more hours roll out; spread with butter, cinnamon and brown sugar. Make into rolls. Put rolls in 2 greased 9 x 13 inch pans. Let set on counter overnight. In the morning heat the syrup ingredients. Pour over rolls and bake 25 minutes in a 350 degree oven.

In Memory of Justin Miller  
Joan Kidney

## POWDER BISCUITS

4 tsp. baking powder  
1 tsp. salt

2 c. flour  
4 T. Crisco (heaping)

Blend with pastry blender; then add 1 c. milk and mix. Pat on floured surface about 1 1/4-1 1/2 in. thick; cut with floured cutter. Put in sprayed pan and bake at 350 degrees until golden brown. Brush with butter.

In Loving Memory of Justin Miller  
By his dad, Darius Miller

## SWEET ROLLS

2 c. milk, scalded  
1/2 c. shortening  
1/2 c. sugar  
2 tsp. salt  
2 eggs  
8 c. flour  
2 cakes yeast

1 c. lukewarm water  
dash of sugar  
Caramel Topping:  
2 c. brown sugar  
1/2 c. white syrup  
1/4 c. water  
1/2 c. butter

Mix yeast in lukewarm water with dash of sugar. Scald milk and add sugar, shortening and salt. Cool to lukewarm. Add eggs and yeast mixture. Gradually add flour and beat well. Cover and let rise until doubled in size. Roll into cinnamon rolls. Cut and let rise again. Heat caramel topping ingredients until dissolved. Put on bottom of pan; then add cinnamon rolls. Bake in 350 degree oven for 25-30 minutes.

In Memory of Justin Miller  
Marcella Hammen

## WHOLE-WHEAT-OAT CINNAMON BREAD

2 pkgs. dry yeast  
1/2 c. very warm water  
2 tsp. honey  
1/2 c. honey  
1/3 c. oil  
1 T. salt

2 c. buttermilk  
2 c. rolled oats  
3 c. whole-wheat flour  
2 c. (add last) white flour  
2-3 T. ground cinnamon  
honey

Proof yeast by mixing yeast, water and honey together in large crock. Let stand until bubbles form on top. Heat oil, honey, salt and milk to scalding point. Allow to cool to warm (not too warm or it will kill the yeast). When yeast had proofed, add above mixture, 2 c. oats, whole-wheat flour; then begin to add white flour until the bread holds together and no longer sticks to the sides of the crock. Turn out onto well-floured board (mass will be sticky) and knead for 10 minutes, adding small amounts of flour as needed to keep the bread from sticking to the board. Knead until smooth and elastic. Cover with dry towel and allow to rest for 10 minutes. Divide dough in half. Using rolling pin, roll out and drizzle with honey and sprinkle generously with ground cinnamon. Roll up, tuck ends under and place in loaf pan. You will have enough bread for 2 loaf pans or a 9 x 13 inch pan of rolls. Brush tops with melted butter and sprinkle with rolled oats. Let rise 30-45 minutes. Bake at 375 degrees for 25-30 minutes or until the bottom of the pans sound hollow when tapped with your finger and the tops are a nice golden brown. Allow

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to cool in pans a few minutes; then gently tap out and cool completely on wire rack. Enjoy!

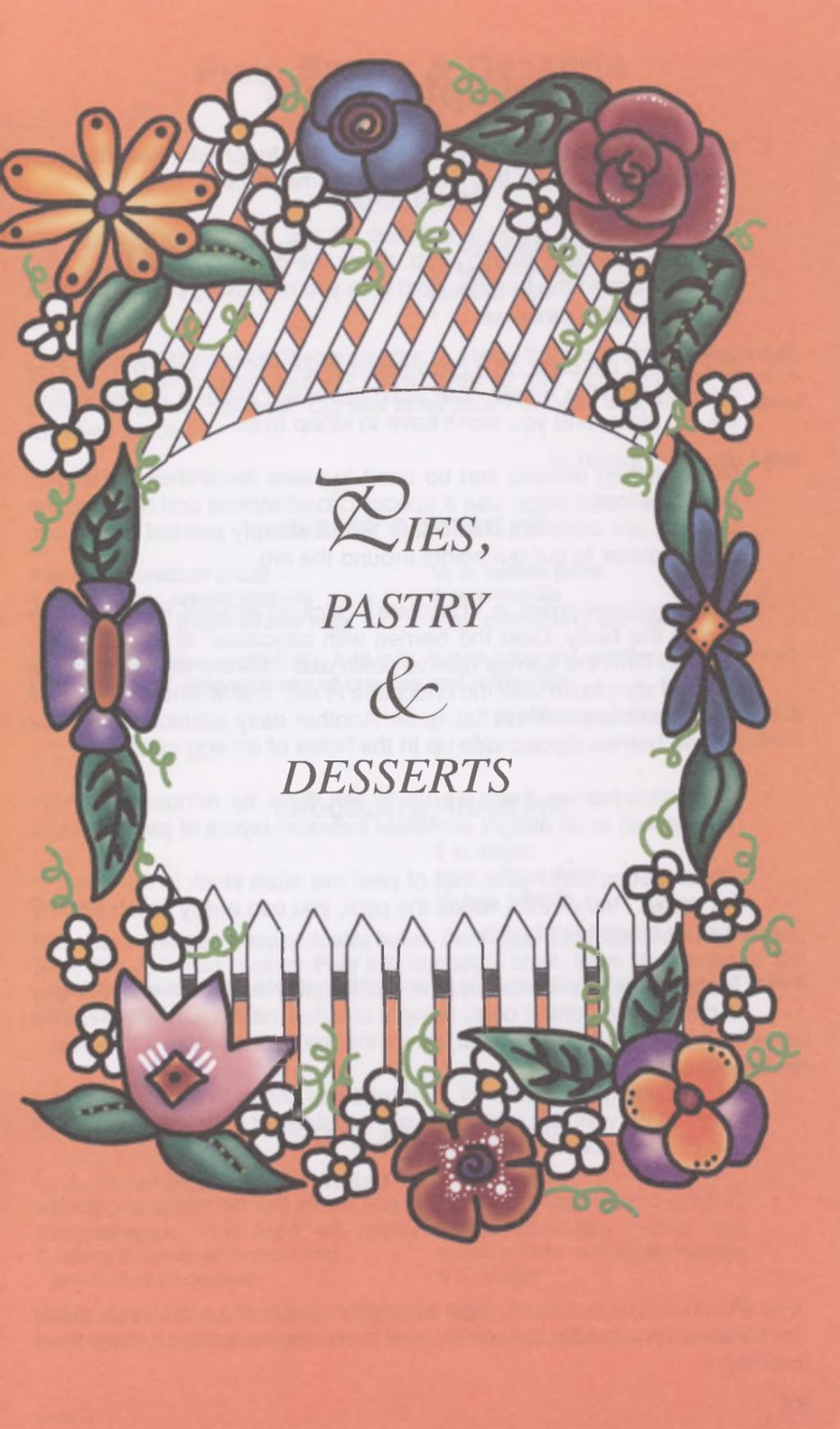
Lee Ann Glade

### **Recipe Favorites**



*BRAVE  
PASTRY  
&  
DESSERTS*





*PIES,*  
*PASTRY*  
*&*  
*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. Next time you're making pie, pull out the required crusts.
- 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.
- 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.
- 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 up dried fruit, it sometimes sticks to the blade of the 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.
- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.

# Pies, Pastry & Desserts

## Pies

### APPLE PIE

1 (9 in.) double crust pastry	1/4 tsp. cinnamon
6 c. peeled, sliced apples	1/4 tsp. nutmeg
3/4 - 1 c. sugar	dash of salt
3 T. flour	1 T. margarine or butter

Heat oven to 425 degrees. Prepare pastry. In a large bowl, combine apples, sugar, flour, cinnamon, nutmeg and salt. Toss lightly to mix. Turn into pan; dot with butter. Cover with top crust. Cut slits to let steam escape. Seal and flute. Bake for 40-45 minutes.

In Memory of Justin Miller

### CHERRY O CREAM PIE

1 graham cracker crust	1/3 c. lemon juice
1 (8 oz.) pkg. cream cheese	1 tsp. vanilla
1 (15 oz.) can Eagle Brand milk	1 lg. can cherry pie filling

Whip cream cheese until fluffy. Add milk, lemon juice and vanilla; pour into crust. Chill 2-3 hours. Add your can of cherries and refrigerate.

In Memory of Cody James Beck  
Kris Beck

### CHOCOLATE FUDGE PIE

1/4 c. cocoa	1 c. sugar
1/4 c. oleo	1/4 c. sifted flour
2 eggs	1/2 tsp. vanilla

Melt cocoa and oleo in top of double boiler. Beat eggs; add sugar, flour and vanilla. Beat. Add to cocoa mixture. Pour into uncooked crust. Bake 30 minutes at 350 degrees. Cool. Set in refrigerator 24 hours or longer. Serve with whipped cream or ice cream.

In Memory of Matthew Samuelson  
Alyce Samuelson

### CHOCOLATE FUDGE PIE

1/4 lb. butter (must use real butter)	1 tsp. vanilla
3/4 c. white sugar	pinch of salt
2 whole eggs	baked pie crust
2 tubes Nestles unsweetened premelted chocolate	small carton whipping cream 3 T. sugar

Blend butter well with mixer until light and fluffy. Add 3/4 c. sugar, 1 T. at a time, beating constantly. Add eggs one at a time. Beat well. Add chocolate, vanilla and

(continued)

salt. Mix well and pour into pie crust. Whip cream and 3 T. sugar. Top with chocolate swirls. Refrigerate.

In Memory of Benjamin David Person  
Judy and Dave Person

### COCONUT CREAM PIE

**2 sm. pkgs. vanilla instant pudding      pie crust  
3 c. milk      whipped topping  
1/4 c. coconut**

Beat pudding and milk together until thick. Add coconut. Place in pie crust. Top with whipped topping and garnish with browned coconut.

In Memory of Ryan Mougin  
Hannah Mougin

### FRENCH SILK PIE

**1/2 c. butter      2 eggs  
3/4 c. sugar      2 sq. semi-sweet chocolate  
2 c. Cool Whip      graham cracker crust**

Cream together butter and sugar. Beat in eggs, one at a time. Beat each for 5 minutes. Add melted and cooled chocolate. Gently stir in Cool Whip. Mix well. Put in graham cracker crust. Top with Cool Whip and a shaved chocolate bar. Refrigerate.

In Memory of Justin Miller  
His Sister, Cassie

### FRESH STRAWBERRY PIE

**1/4 c. sugar      1 c. water  
2 T. cornstarch      1 (3 oz.) pkg. strawberry Jello**

Cook sugar, cornstarch and water until clear. Add the Jello and cool slightly. Pour over fresh sliced strawberries in a baked pie shell. Chill. Serve with whipped topping.

In Memory of Danika Jo James  
Crista Wiskus

### FRESH STRAWBERRY PIE

**1 c. sugar      3 T. strawberry Jello  
1 c. water      4 c. sliced strawberries  
3 T. cornstarch**

Bring water and sugar to a boil until clear. Add Jello. Let cool. Stir in strawberries. Put in crust.

In Memory of Justin Miller  
Jackie Miller

## KEY LIME PIE

**4 egg yolks  
1/2 c. Key lime juice  
1 graham cracker crust**

**whipped topping  
strawberries**

Blend egg yolks and lime juice. Pour into crust. Bake at 350 degrees for 10 minutes. Remove; cool. Put in icebox. Add whipped topping and top with strawberries.

In Memory of Colton Elder  
Linda Paulos

## PAM'S PERFECT PEANUT BUTTER PIE

**1 c. light or dark corn syrup  
1 c. white or brown sugar  
1/2 tsp. vanilla  
3 eggs, slightly beaten**

**1/3 c. creamy or chunky peanut butter  
1 unbaked (9 in.) pie shell**

Mix together syrup, sugar, vanilla, eggs and peanut butter. Pour into unbaked pie shell. Bake in 350 degree oven for 45 minutes.

Note: I use light corn syrup with brown sugar or dark syrup with light sugar.

Pam Kappel

## PEACH MELLOW PIE

**36 lg. marshmallows  
1/4 c. milk  
2 T. butter**

**6 large peaches  
1 (9 oz.) container Cool Whip  
1 baked pie shell**

Melt marshmallows, milk, and butter over low heat; stir to prevent scorching. Let stand until cool. Slice peaches into cold mixture, coating well. Then add Cool Whip. Spoon into baked pie shell and refrigerate.

In Memory of Carissa Ann Berns  
Rose Ann Tewald

## PEACH PIE

**Crust:  
2 c. flour  
1 c. Crisco  
1/3 to 1/2 c. water or milk**

**2 T. cinnamon  
1/2 to 1 c. sugar (sweeten to taste)  
2 T. flour  
2 T. butter or margarine**

**Peach Mixture:  
2 qt. canned peaches (or 2 lg. cans), drained**

Crust: Mix in order given and divide into 2 balls. Roll out on lightly floured surface. Place 1 into large pie plate. Mix all of the peach mixture together and pour into pie plate. Cover with remaining rolled out crust. Sprinkle top with cinnamon and sugar; dot with butter. Seal edges. Bake at 350 degrees for 1 hour or until crust is done. Roll out remaining dough scraps and place on cookie sheet. Melt 1/2 stick margarine and brush on dough. Sprinkle dough with 1/2 c. sugar mixed with 1-2

(continued)

T. cinnamon. Bake at 350 degrees for approximately 15 minutes or until crust is done. Break into pieces and serve to the kids when it is cooled.

### PECAN PIE

1 c. white syrup	1 tsp. vanilla
1 c. dark syrup	3 eggs
$\frac{1}{3}$ tsp. salt	pecans
$\frac{1}{3}$ c. oleo, melted	

Mix syrups, salt, oleo, vanilla and eggs. Pour into pie shell. Top with pecans and bake 45 minutes at 375 degrees.

In Memory of Cody James Beck  
Kris Beck

### PECAN PUMPKIN PIE

3 eggs	$\frac{1}{2}$ c. sugar
1 c. Libby's solid pack pumpkin	3 T. melted butter
$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ tsp. vanilla
1 tsp. cinnamon	1 c. pecan halves
$\frac{2}{3}$ c. corn syrup	1 unbaked (9 in.) pastry shell

Stir together 1 slightly beaten egg, pumpkin,  $\frac{1}{3}$  c. sugar, and cinnamon. Spread over bottom of pie shell. Combine 2 beaten eggs, corn syrup,  $\frac{1}{2}$  c. sugar, butter and vanilla. Stir in nuts. Spoon over pumpkin mixture. Bake in moderate oven (350 degrees) for 50 minutes or until filling is set. Makes 1 pie. Be sure to put a cookie sheet under it. It can be messy.

In Memory of Ryan Moughin  
Brenda Moughin

### PUMPKIN PIE

1 c. white sugar	$\frac{1}{2}$ tsp. salt
2 c. milk	$2\frac{1}{2}$ tsp. cinnamon
1 (1 lb. 13 oz.) can pumpkin	2 tsp. ginger
4 eggs	$1\frac{1}{4}$ tsp. nutmeg
1 (13 oz.) can evaporated milk	2 unbaked pie shells
$\frac{1}{2}$ c. brown sugar	

Mix ingredients and pour into unbaked pie shells. Bake 10 minutes at 450 degrees. Reduce heat to 350 degrees and bake until filling is set. Makes 2 large pies.

In Memory of Justin Miller  
Joan Hammen

### RHUBARB CREAM PIE

3 c. rhubarb, cut into pieces	$\frac{1}{2}$ tsp. nutmeg
1 $\frac{1}{2}$ c. sugar	1 T. butter or margarine
3 T. flour	2 eggs, well beaten

(continued)

Blend sugar, flour, nutmeg and butter together. Add eggs and beat until smooth. Add rhubarb and pour into a 9 inch pastry lined tin pan. Top pie with crust. Bake in hot oven, 450 degrees for 10 minutes. Reduce oven to 350 degrees and bake for another 30 minutes.

In Memory of Dalton J. Bixby  
Cindy & Dave Bixby

### RHUBARB CUSTARD PIE

1 double pie crust	1/4 c. flour
3 c. cut rhubarb	1/2 c. sour cream
1 1/2 c. sugar	3 eggs
2 T. real vanilla	

Combine rhubarb, sugar and flour. Add sour cream, eggs and vanilla. Fill pie crust. Bake at 375 degrees for 1 hour.

In Memory of Nicholas Robert Jackson  
Aggie Hart

### SOUR CREAM RAISIN PIE

2 eggs	1 c. raisins
1 c. sugar	1 T. flour
1 (8 oz.) carton sour cream	Pastry for 9 in. double pie crust
1/2 tsp. cinnamon	1 T. milk
1/4 tsp. salt	1 T. sugar
1/4 tsp. cloves	

In medium bowl, beat eggs. Beat in 1 c. sugar, sour cream, cinnamon, salt and cloves. Stir in raisins and flour. Pour raisin mixture into pastry lined pie plate. Add top crust; seal and flute edges. Brush top crust with milk and sprinkle with sugar. Cut several slits so steam escapes. Cover edge of pie with foil. Bake at 350 degrees for 25 minutes. Remove foil and bake 20-25 minutes longer. Makes 8 servings.

### SQUASH PIE

2 c. squash	1 c. sugar
1 tsp. salt	1 tsp. cinnamon
1 1/2 c. evaporated milk	1/2 tsp. nutmeg
3 eggs	1/2 tsp. ginger

Put all ingredients in blender and process. Pour into shells and bake for 15 minutes at 425 degrees. Reduce to 350 degrees and bake for 30 more minutes. Makes 2 (9 inch) pies.

## SUMMER LEMONADE PIE

1 can sweetened condensed milk  
1 (8 oz.) can frozen pink lemonade  
1 (10 oz.) container Cool Whip (not frozen)

1 graham cracker pie shell

Combine first 3 items in mixing bowl. Blend quickly, not allowing the lemonade to thaw. Pour into pie shell and spread evenly. You may wish to top with Cool Whip and /or crushed lemon drop candy. Place in freezer for 2 hours. May be kept in refrigerator for several hours after that. Cut into pie slices. Makes a great summertime treat.

In Memory of Benjamin S. Meints  
Lisa & Rodney Meints

## SWEET POTATO PIE

2 c. sweet potato purée  
2 eggs, slightly beaten  
3/4 c. sugar  
1/2 tsp. salt  
1/2 tsp. ginger  
1/2 tsp. nutmeg

1 tsp. cinnamon  
1 tsp. vanilla  
1 2/3 c. light cream or evaporated milk  
1/2 stick butter, melted

Mix all ingredients. Pour into unbaked pie shell. Bake for 50 minutes at 400 degrees.

Pat Terrell

## Pastry

## APPLE DUMPLINGS

2 c. sugar  
2 c. water  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 c. butter or margarine  
6 apples

Dough:  
2 c. flour  
1 tsp. salt  
2 tsp. baking powder  
3/4 c. shortening (Crisco)  
1/2 c. milk

Divide dough into 6 balls. Roll out and fill with 8 apple slices. Add more sugar, cinnamon and butter. Can use canned pie filling. Make syrup of sugar, water, cinnamon, nutmeg and butter. Bring to a boil; then turn on low and keep hot. Pour over dumplings and bake at 375 degrees for 35 minutes.

Donna Gardner

## Desserts

### APPLE CRISP

**3/4 c. brown sugar, packed  
1/2 c. flour  
1/4 c. quick oats, uncooked  
1/3 c. margarine**

**1 tsp. cinnamon  
6 c. apples (4-6 apples)  
1 T. lemon juice  
1 T. water**

Combine sugar, flour, oats, butter and cinnamon; mix well. Set aside. Place apples in pan. Sprinkle with lemon juice and water. Sprinkle sugar mixture over apples. Bake. Serve cold or warm, plain, with cream or ice cream.

In Memory of Cody James Beck  
Kris Beck

### APPLE OR PEACH COBBLER

**1 c. sugar  
1 c. flour  
1 egg**

**1/2 c. oleo, melted  
apples or peaches**

Put sliced, peeled fruit in bottom of a greased 8 inch square casserole dish. Mix together ingredients; press this mixture over fruit and bake in 350 degree oven for 30 minutes. (If using raw apples, mix a little sugar and cinnamon with them and bake for 45-55 minutes).

In Memory of Danika Jo James  
Cleo Wiskus

### BLUEBERRY DELIGHT

**1 c. graham cracker crumbs  
1/4 c. brown sugar  
1 c. nuts, chopped  
1 stick margarine, melted**

**1 lg. carton Cool Whip  
1 (8 oz.) pkg. cream cheese  
3/4 c. sugar  
1 can blueberry pie filling**

Mix graham cracker crumbs, brown sugar, nuts and margarine. Press into baking dish and bake for 10-12 minutes at 350 degrees. Mix the remaining ingredients (except pie filling) and spoon into cooled crust. Top with blueberry pie filling. Chill and serve.

In Memory of Justin E. Miller  
Vicki Simpson

### BLUEBERRY DESSERT

**Bottom Layer:  
1 pkg. crushed graham crackers  
(about 10)  
1/2 c. powdered sugar  
1/2 c. oleo  
Center Layer:**

**30 marshmallows  
1/2 c. milk  
1/2 c. powdered sugar  
8 oz. cream cheese  
1 (8 oz.) container Cool Whip  
1 (21 oz.) can blueberry pie filling**  
(continued)

Blend bottom layer ingredients together with fork or pastry cutter and press into 9 x 13 inch cake pan. In a bowl, soften cream cheese and blend in powdered sugar. In a saucepan, melt marshmallows in milk on low. When cool, add cream cheese mixture. When smooth, fold in Cool Whip. Pour over crust. Refrigerate set. When center is set, spoon blueberry pie filling on top. Chill.

In Memory of Justin Miller  
Chris Ellis

### BLUSHING APPLE DESSERT

$\frac{1}{3}$ c. butter	2 T. sugar
1 egg	1 c. flour
1 T. milk	1 c. sugar
$\frac{3}{4}$ tsp. baking powder	$\frac{1}{2}$ c. butter or oleo
6 c. sliced apples	
1 (3 oz.) pkg. strawberry or cherry Jello	

Cream  $\frac{1}{3}$  c. butter; add egg and milk. Add baking powder. Put in 9 x 13 inch pan. Mix apples, Jello and sugar; arrange on top of first layer. Combine with pastry blender: flour, 1 c. sugar and  $\frac{1}{2}$  c. butter or oleo. Put on top of first 2 layers. Bake at 375 degrees for 1 $\frac{1}{2}$  hours or until golden brown. Serve with whipped cream or ice cream.

In Memory of Carissa Ann Berns & Joe Berns  
Sharon Berns

### BREAD PUDDING

4 beaten eggs	$\frac{1}{2}$ tsp. vanilla
2 c. milk	3 c. dry bread crumbs
$\frac{1}{3}$ c. sugar	$\frac{1}{3}$ c. raisins
$\frac{1}{2}$ tsp. cinnamon	

Beat together egg, milk, sugar, cinnamon and vanilla. Place bread cubes in an 8 x 8 inch dish. Sprinkle raisins over bread. Pour egg mixture over all. Bake 325 degrees for 30-40 minutes; cool slightly and serve warm.

In Memory of Justin Miller  
Virginia Legore

### BUSTER BAR DESSERT

1 reg. size pkg. Oreo cookies, crushed	$\frac{1}{2}$ c. margarine
$\frac{1}{2}$ c. margarine, melted	2 c. powdered sugar
$\frac{1}{2}$ gal. vanilla ice cream	$\frac{2}{3}$ c. chocolate chips
1 lb. salted Spanish peanuts	1 lg. can evaporated milk

Combine cookies with melted margarine. Place in bottom of 9 x 13 inch baking dish. Carefully spoon softened ice cream over crumb mixture. Sprinkle with nuts. Place in freezer. Combine remaining ingredients in saucepan; heat until chips melt.

(continued)

Bring to a boil and simmer 10 minutes. Let cool thoroughly. Pour over dessert and freeze until firm. Allow to soften slightly before serving (10 minutes in refrigerator).

Linda Carr

### BUSTER BAR DESSERT

1 (16 oz.) pkg. Oreos	1/2 gal. vanilla ice cream
1/2 c. margarine	1 med. size container whipped
1 jar Smuckers fudge topping	topping
1/2-1 pkg. peanuts	

Crush cookies in a Ziploc bag. Save 1 c. for topping. Melt margarine and mix with cookies and spread in 9 x 13 inch pan. Soften and spread ice cream on top of Oreos, add a layer of fudge, and a layer of peanuts. Freeze for 3-4 hours. Spread whipped topping on top and sprinkle with remaining Oreo crumbs.

In Memory of Ryan Mougin  
Pam Mougin

### BUSTER BARS

1 small package of Oreos	1 jar Smuckers hot fudge topping
1 stick margarine	Spanish peanuts
1/2 gal. vanilla ice cream	1 (9 oz.) container Cool Whip

Crush Oreos and mix with softened margarine. Reserve a little Oreos for the topping. Press in 9 x 13 pan. Spread softened ice cream over base. Freeze until firm enough to spread topping over ice cream. You can put the jar of topping in the microwave a few seconds to help soften. Layer peanuts over fudge topping. Spread Cool Whip over nuts, sprinkle remaining Oreos on top. Freeze; remove from freezer about 10 minutes before slicing.

In Memory of Benjamin Person  
Corrine Fortner

### CARAMEL BARS

1 pkg. German chocolate cake mix	1 lb. caramels
1 stick butter	1/3 c. evaporated milk
1/3 c. evaporated milk	1/2 bag mini chocolate chips

Mix cake mix, butter and 1/3 c. evaporated milk together. Press one half mixture into 9 x 13 inch cake pan. Bake at 350 degrees for 6 minutes, cool. Melt caramels and 1/3 c. evaporated milk together. Pour over cake mix. Sprinkle 1/2 bag mini chocolate chips over top. Pour remaining cake mixture over the top. Bake at 350 degrees for 20-25 minutes.

In Memory of Benjamin S. Meints  
Ann Brinton

### CHERRY DESSERT

1 (6 oz.) pkg. cherry Jello	1 c. whipped cream
1 can cherry pie filling	

(continued)

Prepare Jello as directed on package. Put in refrigerator until fully set. Add cherry filling and whipped cream. Stir well and serve.

In Memory of Ryan Mougin  
Brenda Mougin

### CHOCOLATE PUDDING PIZZA

1 pkg. (17½ oz.) peanut butter cookie mix	1 pkg. (3.9 oz.) instant chocolate pudding mix
1 carton (12 oz.) softened cream cheese	1 carton (8 oz.) frozen whipped topping, thawed
1¾ c. cold milk	1 Hershey candy bar

Prepare cookie mix dough according to package directions. Press into a greased 12 inch pizza pan. Bake at 375 degrees for 15 minutes or until set; cool. In a mixing bowl, beat cream cheese until smooth. Spread over crust. In another mixing bowl, beat milk and pudding mix on medium speed for 2 minutes. Spread over the cream cheese layer. Refrigerate for 20 minutes or until set. Spread with whipped topping. Sprinkle shaved Hershey candy bar over whipped topping. Chill for 1-2 hours. Yield: 12 servings.

In Memory of Ryan Mougin  
Haley Mougin

### CREAM CHERRY DESSERT

Graham cracker crust:	1 (8 oz.) pkg. cream cheese
1-2 c. graham cracker crumbs	1½ c. powdered sugar
¼ c. sugar	1 sm. carton Cool Whip
5 T. margarine	2 cans blueberry or cherry pie filling
Dessert:	

Mix ingredients for graham cracker crust; press firmly in a 9 x 13 inch pan. Bake 6 minutes at 350 degrees. Don't overbake. Cool. Mix cream cheese and powdered sugar together. Fold in Cool Whip. Put on top of crust in pan. Top with pie filling. Refrigerate.

In Memory of Justin Miller

### CREAM PUFF IN A PAN

1 c. water	4 c. milk
½ c. butter	1 (8 oz.) pkg. cream cheese
1 c. flour	8 oz. Cool Whip
6 eggs	Hershey's syrup
2 sm. boxes French vanilla pudding	nuts

Boil water and butter in pan to melt butter. Add flour all at once and stir to form a ball. Add eggs and beat well. Put in ungreased 11 x 15 jelly roll pan and bake 35 minutes at 375 degrees. Mix puddings, milk and softened cream cheese. Put over pastry. Top with Cool Whip, drizzle syrup, and sprinkle nuts.

In Memory of Zachery Tyler Christenson  
Kimberly Christenson

## FOUR LAYER DESSERT

### Layer 1:

1 c. flour  
1/2 c. melted oleo

1/2 c. chopped pecans

### Layer 2:

8 oz. pkg. softened cream cheese

1 c. powdered sugar

1 pkg. Dream Whip, whipped

### Layer 3:

2 pkgs. instant butterscotch  
pudding

3 c. milk

1 tsp. vanilla

1 tsp. burnt sugar flavoring

### Layer 4:

1 pkg. Dream Whip, whipped

3 T. sugar

1 Heath candy bar

chopped pecans

Mix ingredients for layer 1 and put in 9 x 13 pan; bake at 350 degrees for 10 minutes and cool. Mix layer 2 ingredients and spread over layer 1. Mix layer 3 ingredients and spread over layer 2; chill. Mix Dream Whip and sugar. Spread on layer 3. Shave candy bar on top and sprinkle with pecans.

In Memory of Zackery Tyler Christenson  
Kelly Christenson

## GRANDMA ANN'S JELLO DESSERT

1 pkg. orange Jello

1 can crushed pineapple, drained

1 can mandarin oranges, drained

### Topping:

1 beaten egg

1 c. pineapple juice

2 T. flour

2 T. butter

1/2 c. sugar

1 c. whipped cream

Cook Jello; add pineapple and oranges. Let set. Combine egg, pineapple juice, flour, butter and sugar. Heat over medium heat until thickened, stirring constantly. Remove from heat and cool. Add whipped cream, spread mixture over Jello.

In Memory of Benjamin S. Meints  
Lisa & Rodney Meints

## GRANDMA'S PUMPKIN BARS

2 c. flour

2 tsp. baking powder

1 tsp. soda

1/4 tsp. salt

2 tsp. cinnamon

1 tsp. pumpkin pie spice

2 c. sugar

1 c. salad oil

4 eggs

1 can (16 oz.) pumpkin

### Frosting:

1 pkg. (3 oz.) cream cheese

6 T. butter

1 tsp. vanilla

2 c. powdered sugar

1 tsp. milk

Combine all bar ingredients and mix until well blended. Pour on lightly greased baking sheet (17 x 11). Bake at 350 degrees for 20-25 minutes. Combine all frosting ingredients. Beat until smooth, adding milk if necessary. Frost partially cooled bars.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

## HAWAIIAN DESSERT

1 pkg. (18 1/4 oz.) yellow cake mix  
3 pkgs. (3.4 oz. each) instant  
coconut pudding or vanilla  
pudding mix (if using vanilla, add  
1 1/2 tsp. coconut extract)  
4 c. cold milk

1 pkg. (8 oz.) cream cheese,  
softened  
1 can (20 oz.) crushed pineapple,  
well drained  
2 c. Cool Whip  
2 c. flaked coconut, toasted

Mix cake batter according to package directions. Pour into 2 greased 13 x 9 inch baking pans. Bake at 350 degrees for 15 minutes or until cake test done; cool completely. In a large mixing bowl, combine pudding mixes and milk; beat for 2 minutes. Add the cream cheese and beat well. Stir in pineapple. Spread over cooled cake. Top with Cool Whip, sprinkle with coconut. Chill for at least 2 hours. Yields: 24 pieces.

Note: Prepared dessert can be covered and frozen for up to 1 month.

In Memory of Ryan Mougin  
Vivian Mougin

## HAWAIIAN LOAF

1 c. butter, softened  
2 c. sugar  
4 eggs  
1 c. mashed ripe bananas  
4 c. flour  
2 tsp. baking powder

1 tsp. baking soda  
3/4 tsp. salt  
1 (20 oz.) can crushed pineapple,  
undrained  
1 c. coconut

Beat butter with mixer until light and fluffy. Gradually beat in sugar until light. Add eggs; beat well. Stir in bananas. Combine flour, baking powder, baking soda and salt. Add to butter mixture, mixing just until smooth. Fold in pineapple and coconut. Spoon batter into 2 greased and floured 9 x 5 inch pans. Bake in a preheated 350 degree oven until a toothpick inserted in the center comes out clean, about 60-70 minutes.

In Memory of Justin Miller  
Jackie Miller

## LEMON PUDDING DESSERT

1 c. cold butter  
2 c. flour  
1 pkg. (8 oz.) cream cheese  
1 c. confectioners sugar

1 carton frozen whipped topping  
3 c. cold milk  
2 pkgs. (3.4 oz.) instant lemon  
pudding mix

Cut butter into flour until crumbly. Press into an ungreased 9 x 13 x 2 inch pan. Bake at 350 degrees for 18-22 minutes or until set. Combine cream cheese and sugar; beat until smooth. Fold in 1 c. of whipped topping. Spread over crust. Beat milk and pudding mixes on low speed 2 minutes. Spread over cream cheese layer and top with remaining whipped topping. Refrigerate at least one hour before serving. Makes 12-16 servings.

In Memory of Kory Lynn Dunkin  
Alice Dunkin

## ORANGE PARFAIT

1 (3 oz.) pkg. orange Jello	1/2 c. orange sections
1 c. boiling water	1/2 c. chopped apple
2 c. ice cubes	1/2 c. whipped topping

Dissolve gelatin in boiling water. Add ice cubes and stir constantly until gelatin starts to thicken, 3-5 minutes. Remove any unmelted ice. Layer gelatin in parfait glasses with fruit and whipped topping, beginning and ending with gelatin. makes 4 or 5 servings.

Loretta Guffey

## PISTACHIO DESSERT

1 stick oleo, melted	1/2 lg. size carton Cool Whip
1 1/4 c. flour	3 c. milk
1/2 c. pecans	2 sm. pkgs. instant pistachio
8 oz. cream cheese	pudding
1 c. powdered sugar	Ritz crackers

1st layer: Mix oleo, flour and pecans. Place in 9 x 13 inch pan; bake at 350 degrees for 20 minutes. 2nd layer: Mix cream cheese, powdered sugar and half of Cool Whip. 3rd layer: Mix milk and instant pudding. Add on top of 2nd layer. 4th layer: Add other half of Cool Whip. Top with pecans. Chill and serve with Ritz crackers.

In Memory of Colton Elder  
Sara Elder

## QUICK CHERRY DESSERT

Cream together:	Add:
1 c. oleo	2 c. flour
4 eggs	2 tsp. baking powder
1 tsp. almond flavoring	dash of salt
1 1/2 c. sugar	

Beat together. Add can of cherry pie filling on top. Bake in 9 x 13 inch pan at 350 degrees for 40 minutes.

In Memory of Danika Jo James  
Cleo Wiskus

## RHUBARB COBBLER

3/4 c. sugar	1 tsp. baking powder
3 T. butter	1/4 tsp. salt
1/2 c. milk	1 c. sugar
1 c. flour	1 T. cornstarch
3-4 c. rhubarb	1/4 tsp. salt
1 c. boiling water	

Cream sugar and butter. Add milk; mix together and add flour, baking powder and salt. In an 8 x 8 or 9 x 9 inch pan, spread rhubarb. Top with batter. Mix sugar,

(continued)

cornstarch and salt; sprinkle over batter. Pour 1 c. boiling water over. Dot with butter. Bake at 375 degrees for 1 hour.

In Memory of Justin Miller  
Linnette Johnson

### RHUBARB DESSERT

Layer ingredients in order as follows:

4 c. chopped rhubarb  
1 c. sugar

1 cake mix (yellow or white)  
1 (3 oz.) pkg. red Jello  
1 c. cold water  
1 stick oleo, melted

Bake in 350 degree oven for 30-40 minutes.

In Memory of Justin Miller  
Virginia Legore

### RHUBARB DESSERT

4 c. sliced rhubarb

1/2 c. sugar

1 3 oz. pkg. raspberry Jello

1 c. lukewarm water  
1 pkg. white or yellow cake mix  
1/2 c. margarine, melted

Place rhubarb in a 9 x 13 baking pan. Sprinkle sugar over rhubarb. Sprinkle Jello over sugar. Sprinkle cake mix over Jello; pour water over all. Drizzle margarine over all. Bake at 350 degrees for 40-45 minutes. Serve with ice cream or whipped cream. Easy and yummy.

In Memory of Rick Eugene Scholl

### STRAWBERRY BAVARIAN

6 oz. strawberry Jello

1/2 c. water

2 c. marshmallows

1/4 qt. strawberries, cut up and  
lightly sugared  
2 c. whipping cream, whipped

Put water in pan; boil. Add Jello and stir. Add marshmallows until melted. Remove from heat; cool to room temperature. Beat until fluffy. Beat in the strawberries. Fold in whipping cream. Refrigerate.

In Memory of Cody James Beck  
Kris Beck

### STRAWBERRY PRETZEL DESSERT

8 oz. crushed pretzels  
1 1/2 sticks margarine, melted  
3 T. sugar  
1 (8 oz.) pkg. cream cheese,  
softened  
1 carton Cool Whip (2 c.)

1 c. sugar  
2 pkgs. strawberry Jello  
3 c. boiling water  
1 lg. pkg. frozen strawberries OR 2  
sm. pkgs.

Mix pretzels, margarine and sugar; pat into 9 x 13 inch pan. Bake at 350 degrees for 10 minutes. Cool. Mix cream cheese, Cool Whip and sugar. Spread over cooled

(continued)

crust. Dissolve Jello in boiling water; add frozen strawberries. Allow to slightly thicken. Pour over cheese mixture.

In Memory of Ryan Mougin  
Vivian Mougin

## TRICKS WITH APPLES

**2½ c. flour**

**1 c. oleo**

**1½ T. sugar**

**pinch of salt**

**1 egg yolk PLUS milk to equal ½ c.**

**4 c. apples**

**1 c. sugar**

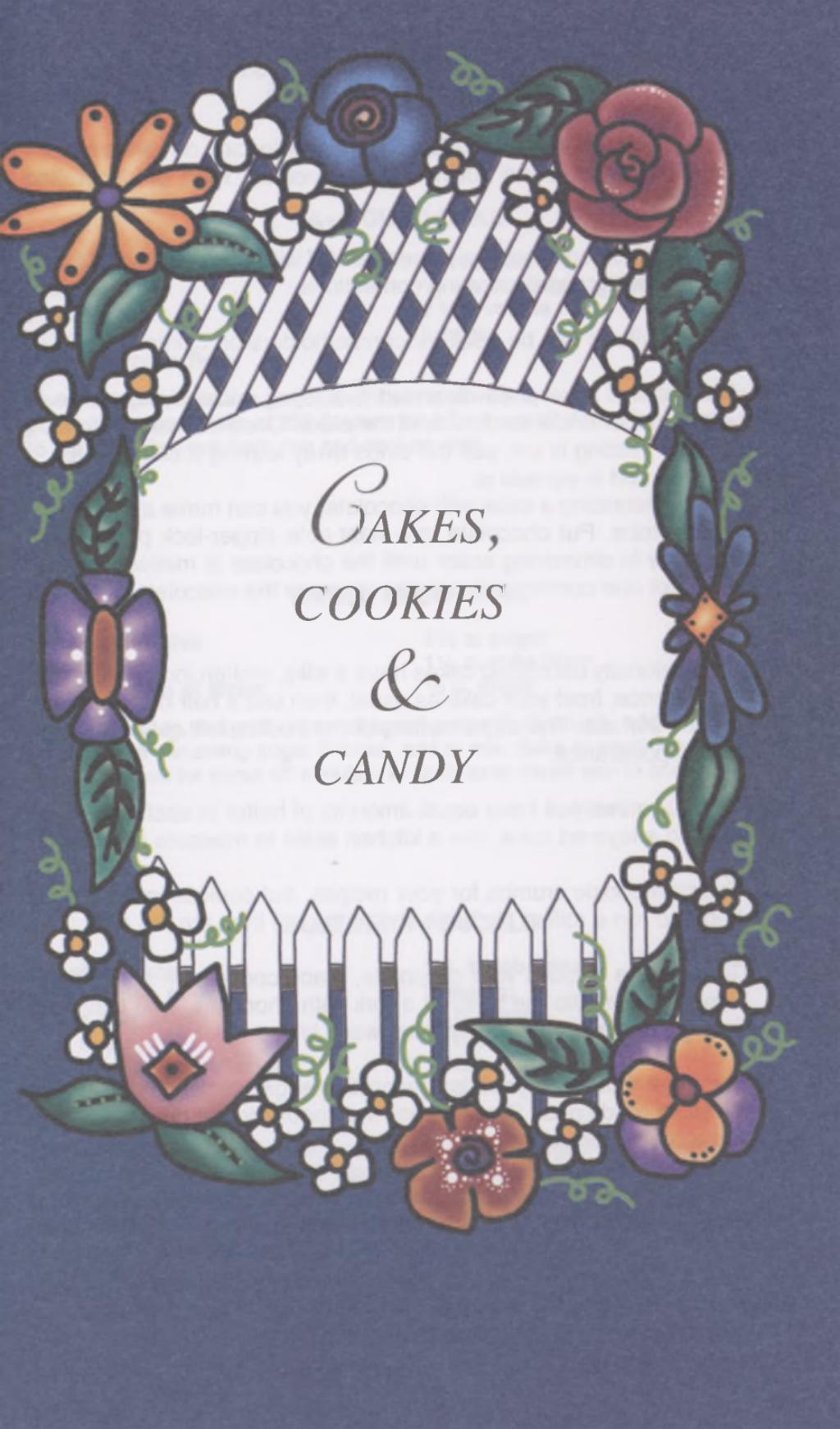
**1½ tsp. cinnamon**

Mix dough and roll out half of it in a 10 x 15 inch pan. Then mix apples, sugar and cinnamon. Put mixture on dough. Roll out other half of dough and put on top, pinching edges. Brush dough with egg white and bake 45 minutes at 350 degrees. Glaze when warm with thin mixture of powdered sugar frosting, if you want.

In Memory of Cody James Beck  
Kris Beck

## Recipe Favorites

## Recipe Favorites



*CAKES,*  
*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.
- Marshmallows can be used for candle holders on cakes.
- 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 you can 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. The slight melting of the frosting will give it that lustrous appearance.
- 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.
- 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.
- 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.

# Cakes, Cookies & Candy

## Cakes

### A+ POUND CAKE

1 c. shortening	1/2 tsp. salt
1 stick butter	1/2 tsp. baking powder
2 3/4 c. sugar	2 tsp. vanilla
1 c. milk	5 eggs
3 c. all-purpose flour	

Place all ingredients in a large bowl; beat until very smooth. Pour into a floured, greased tube pan. Bake at 350 degrees for 1 hour or until done. Cool in pan about 15 minutes. Remove from pan and cool on rack.

In Memory of Nathan Ryan Faga  
Christine Miller

### ANGEL FOOD CAKE

1 1/2 c. egg whites	1 1/3 c. sugar
1 tsp. salt	1 1/4 c. cake flour
1 1/2 tsp. cream of tartar	1/2 c. sugar

Beat egg whites, salt and cream of tartar until stiff. Gradually add 1 1/3 c. sugar. Sift flour and remaining sugar 3 times; add to mix. Bake in angel food cake pan at 350 degrees for about 40 minutes, or until done. Invert pan to cool.

In Memory of Justin Miller  
Jackie Miller

### BLUEBERRY BUCKLE

2 c. sifted flour	2 c. blueberries
2 tsp. baking powder	Topping:
1/2 tsp. salt	1/2 c. sugar
3/4 c. sugar	1/3 c. flour
1/4 c. margarine, softened	1/2 tsp. cinnamon
1 egg	1/4 c. margarine
1/2 c. milk	

Sift together flour, baking powder and salt. Cream margarine and sugar; beat in egg. Add flour mixture and milk. Stir just until dry ingredients are dampened. Fold in blueberries. Turn into greased 9 inch pan. Make topping by mixing ingredients until they look like coarse crumbs. Sprinkle on top of cake. Bake at 350 degrees for 45-50 minutes. Loosen edges; let cool. Cut into squares in pan and remove. Can serve warm.

In Memory of Carissa Ann Berns  
Barbara Berns Sorenson

## BOILED SPICE CAKE

1 c. sugar	1 c. water
1/4 c. Crisco	2 c. flour
1/2 tsp. cloves	1/2 tsp. baking powder
1/2 tsp. nutmeg	1/2 tsp. soda
2 tsp. cinnamon	1 c. raisins
pinch salt	1/2 c. walnuts

Boil sugar, Crisco, cloves, nutmeg, cinnamon, salt and water for 3 minutes; cool. Add flour, baking powder and soda. Mix together and fold in raisins and walnuts. Bake at 350 degrees for 40 minutes or until toothpick inserted comes out clean. Serve with whipped cream or cream cheese frosting.

In Memory of Joey Cusick  
Joe & Gloria Burkle, Grandparents

## BROWNIE CAKE

2 c. sugar	1 tsp. vanilla
2 c. flour	Icing:
2 sticks oleo	1 stick oleo
3 T. cocoa	2 T. cocoa
1 c. water	6 T. milk
2 beaten eggs	1 lb. powdered sugar
1 tsp. soda	1 tsp. vanilla
1/2 c. buttermilk or sour milk	

Mix sugar and flour; set aside. Bring to a boil oleo, cocoa and water. Pour over flour and sugar mixture. Add eggs, soda, buttermilk and vanilla. Pour into 11 x 16 inch sheet pan. Bake 25 minutes at 350 degrees. To make icing: bring oleo, cocoa and milk to a boil. Add vanilla and powdered sugar.

In Memory of Carissa Ann Berns  
Mildred Trul

## BROWNIES

1 1/2 c. flour	4 lg. eggs, beaten
1/2 tsp. salt	1 c. butter (2 sticks), melted
2 c. sugar	2 tsp. vanilla
1/2 c. cocoa	1 c. nuts

Mix sugar and cocoa. Add butter, eggs and vanilla. Add flour and salt to liquid. Don't mix very much. Add nuts. Spray cake pan. Bake at 350 degrees for 30 minutes. Sprinkle powdered sugar on top.

In Memory of Colton Elder  
Linda Paulos

## BUTTERMILK CHOCOLATE CAKE

2 c. sugar	1 tsp. soda
2 c. flour	1/2 tsp. salt
1/2 c. shortening	Frosting:
1 c. water	1 stick oleo
1 stick oleo	3 T. cocoa
3 T. cocoa	8 tsp. milk
1/2 c. buttermilk	2 c. powdered sugar
2 eggs	1 tsp. vanilla
1 tsp. vanilla	1 c. nuts (optional)

Sift flour and sugar together; set aside. In a small pan boil shortening, water, oleo and cocoa. After this boils, pour over sugar and flour mixture. Mix well and add buttermilk, eggs, vanilla, soda and salt. Mix well and pour into a sheet pan, 12 x 17 x 1. Bake at 350 degrees for 20 minutes. Five minutes before cake is done, make frosting by mixing and boiling oleo, cocoa and milk. When boiling, add powdered sugar, vanilla and nuts. Spread on cake as soon as it comes out of the oven. Cool and cut into bars.

In Memory of Justin Miller  
Frannie Morenz

## CAKE ICING

1 egg white	1/2 c. boiling water
1 c. sugar	1 tsp. vanilla
1/4 tsp. cream of tartar	

Make sure bowl is warm. Mix egg white, sugar and cream of tartar. Add boiling water. Beat mixture over pan of boiling water. Beat until stiff. Add vanilla. This will frost one angel food cake.

In Memory of Danielle Rae Thomas  
Susie Thomas

## CARROT CAKE

3 eggs	1 1/2 c. sugar
1/2 tsp. salt	1 c. oil
1 1/2 c. flour	2 1/2 T. hot water
1 tsp. brown sugar	1/2 tsp. soda
1/2 tsp. cinnamon	1/2 tsp. nutmeg
1 c. grated nuts	1 c. grated carrots

Mix sugar and oil together; add eggs. Beat. Add all other ingredients. Bake 1 hour at 350 degrees.

In Memory of Colton Elder  
Kim Ann Paulos

## CHOCOLATE APPLESAUCE CAKE

1/2 c. shortening	1 tsp. cinnamon
1 1/2 c. sugar	3 T. cocoa
2 eggs	Topping:
2 c. unsweetened applesauce	2 T. brown sugar
2 c. flour	1 c. chocolate chips
1 1/2 tsp. soda	1/2 c. chopped nuts

Beat together shortening, sugar, eggs and applesauce. Beat in flour, soda, cinnamon and cocoa. Pour batter into a greased and floured pan (9 x 13). Combine topping ingredients. Sprinkle over batter and bake at 350 degrees for 25 minutes. This is a good moist cake with NO frosting needed.

In Memory of Kory Lynn Dunkin  
Margery Six

## CHOCOLATE CAKE

1 stick margarine	2 eggs
3 T. cocoa	2 1/2 c. flour
1 c. buttermilk	2 tsp. baking soda
2 c. sugar	1/4 tsp. salt
1 1/2 tsp. vanilla	1 1/4 c. warm water

Melt margarine; add cocoa. Blend in buttermilk, sugar, vanilla and eggs. Combine dry ingredients. Add cocoa mixture to dry mixture. Stir in warm water. Bake at 350 degrees for 35-45 minutes in a greased and floured 9 x 13 inch pan.

In Memory of Megan Jo Wilson  
Bonnie D. Anderson

## CHOCOLATE CAKE

2 c. flour	1 c. water
2 c. sugar	1/2 c. buttermilk
1/4 c. cocoa	1 tsp. soda
1 stick butter	2 eggs
1/2 c. salad oil	

Boil margarine, oil and water. Beat into dry ingredients. Add buttermilk, soda and eggs. Pour into greased cake pan. Bake at 350 degrees for 35-40 minutes.

In Memory of Eric Felipe Curiel  
Dana Curiel

## CHOCOLATE MAYONNAISE CAKE

1 c. salad dressing	3 T. cocoa
1 3/4 c. white sugar	1/2 tsp. salt
1 c. water	1 tsp. vanilla
2 c. flour	

(continued)

Mix all ingredients together. Pour into 9 x 13 inch greased and floured cake pan. Bake at 350 degrees for 30 minutes or until done.

In Memory of Colton Elder

### COFFEECAKE

1 c. sugar  
4 eggs  
1 c. oil  
2 c. flour

1 tsp. baking powder  
1 can apricot pie filling (you can  
use any kind of filling)  
sugar and cinnamon

Mix all ingredients, except pie filling, sugar and cinnamon. Spread half of mixture into a 9 x 13 inch pan. Spread can of pie filling over it. Spread remaining batter over pie filling. Sprinkle with sugar and cinnamon. Bake at 350 degrees for 40 minutes.

In Memory of Ryan Mougin  
Vivian Mougin

### CRAZY CAKE

1 1/2 c. flour  
2 c. sugar  
1/2 c. cocoa  
2 tsp. soda  
1 tsp. salt

3/4 c. salad oil  
2 T. vinegar  
2 c. lukewarm water  
1 tsp. vanilla

Mix all ingredients together on low speed until well blended. Pour in a cake pan. Bake at 350 degrees for 35-40 minutes.

In Memory of Justin Miller  
His dad, Darius Miller

### CRUMB CAKE

2 c. brown sugar  
2 c. flour  
1/2 c. butter  
1 egg

1 c. sweet milk  
1 tsp. cinnamon  
1 tsp. baking soda

Cream together flour and sugar with hands. Then take out 1/2 c. of crumbs and set aside. To creamed mixture, add egg, sweet milk, cinnamon and baking soda. Put in a 9 x 13 inch pan. Sprinkle crumbs on top. Bake until done.

In Memory of Carissa Ann Berns  
Rose Ann Tewald

### DIABETIC WHITE CAKE

1 c. margarine or butter  
1/4 c. Equal (the baking kind)  
1 1/4 c. milk  
1 T. real vanilla or any kind of  
flavoring desired

2 c. self rising flour  
7 egg whites

(continued)

Cream butter and Equal; beat in milk, vanilla and flour. Beat egg whites with mixer and then fold into batter by hand. Pour into 9 x 13 glass pan. Bake at 325 degrees for 18-20 minutes; be sure not to overbake.

In Memory of Ryan Mougin  
Jane Gent

### ECLAIR CAKE

**1 stick butter**  
**1 c. water**  
**1 c. flour**  
**4 eggs**  
**1 lg. box vanilla instant pudding**

**3 c. milk**  
**8 oz. cream cheese**  
**whipped topping**  
**chocolate syrup**

Bring butter and water to a boil. Add flour; stir. Remove from heat and add eggs, one at a time. Pour into a lightly greased 9 x 13 inch pan. Bake at 400 degrees for 30 minutes. Cool. Mix pudding with milk. Add cream cheese. Pour on cooled crust. Refrigerate until firm. Top with whipped topping and drizzle with chocolate syrup.

In Memory of Ryan Mougin  
Angie Gent

### FUNNEL CAKE

**3 eggs**  
**2 c. milk**  
**4 c. flour**

**1/4 c. honey**  
**2 tsp. baking powder**  
**1 1/4-1/2 c. milk**

Beat eggs; add milk (heat until hot) and honey. Sift flour and baking powder together. Add; beat mixture until smooth. Drop from funnel into 375 degree oil. If too thick, add more milk (1 1/4-1/2 c.). Fry until brown and drain. Sprinkle with powdered sugar.

In Memory of Colton Elder  
His Brothers, Mason & Brennan

### GOOD BROWNIES

**1 1/2 c. flour**  
**2 c. sugar**  
**1/2 c. cocoa**  
**4 lg. eggs, beaten**

**1 c. butter (2 sticks), melted**  
**2 tsp. vanilla**  
**1 c. nuts**  
**1/2 tsp. salt**

Mix sugar and cocoa together. Add melted butter. Add beaten eggs, then vanilla. Mix flour and salt. Add flour and salt a little at a time into liquid. Don't mix much. Add nuts. Spray cake pan. Bake at 350 degrees for 30 minutes. Put powdered sugar on top.

In Memory of Colton Elder  
Linda Paulos

## LEMON CAKE

<b>3/4 c. salad oil</b>	<b>4 eggs</b>
<b>3/4 c. water</b>	<b>Frosting:</b>
<b>1 pkg. Betty Crocker velvet cake mix</b>	<b>2 c. powdered sugar</b>
<b>1 pkg. lemon Jello instant pudding</b>	<b>1/2 c. orange juice</b>
	<b>2 T. oil</b>

Put ingredients in large bowl; mix until smooth, about 10 minutes. Add eggs; beat. Pour into large greased pan. Bake at 350 degrees for 35-40 minutes. Remove and poke all over with a fork. Mix frosting ingredients together and pour on hot cake.

In Memory of Justin Miller  
Amy Courter

## MOON CAKE

<b>1 c. water</b>	<b>2 pkgs. (small) instant vanilla pudding</b>
<b>1/2 c. margarine</b>	<b>3 c. milk</b>
<b>1 c. flour</b>	<b>16 oz. Cool Whip</b>
<b>4 eggs</b>	<b>Hershey chocolate</b>
<b>1 (8 oz.) pkg. cream cheese</b>	

Bring water and margarine to a boil. Add 1 c. flour and stir thoroughly. Add eggs, 1 at a time, stirring well after each egg. Spread in jellyroll pan, sprayed with Pam. Bake at 400 degrees for 3 minutes. Cool. Beat cream cheese, pudding and milk with mixer. Spread over crust; top with Cool Whip and drizzle chocolate over top.

In Memory of Brandi Renee Drube  
Loretta Ford

## NEW YORK CHEESECAKE

<b>1 pkg. yellow cake mix</b>	<b>3 eggs</b>
<b>1 egg</b>	<b>1 1/2 c. milk</b>
<b>1 T. oil</b>	<b>3 T. lemon juice</b>
<b>2 (8 oz.) pkgs. cream cheese</b>	<b>4 T. sour cream</b>
<b>1/2 c. sugar</b>	<b>1 (21 oz.) can cherry pie filling</b>

Reserve 1 c. of cake mix and set aside. Mix rest of cake mix, egg and oil. Press into a greased 9 x 13 inch pan. To make filling: mix cream cheese, sugar, 3 eggs and reserved 1 c. of cake mix. Slowly add milk and lemon juice. Beat until smooth. Pour over crust. Bake at 300 degrees for 45-55 minutes until center is firm. Cool. Spread with sour cream and top with cherry pie filling.

In Memory of Nicholas William Zimmerman  
Christine Miller

## PINEAPPLE CAKE

2 eggs	1 T. vanilla
1/2 tsp. salt	1/2 c. chopped pecans
2 c. sugar	Frosting:
2 T. cooking oil	1(8 oz.) pkg. cream cheese
2 c. flour, sifted	1 stick oleo
2 tsp. soda	1 tsp. vanilla
2 1/4 c. crushed pineapple (juice and all)	1 3/4 c. powdered sugar

Cream sugar, eggs and oil. Sift flour, soda and salt together. Add pineapple and flour alternately with sugar mixture; beat well. Add vanilla and nuts. Pour into greased and floured 9 x 13 inch pan. Bake for 30-35 minutes in 350 degree oven. To make frosting: Blend cheese and oleo. Add vanilla and powdered sugar. Beat until smooth. Frost cooled cake and sprinkle with nuts.

In Memory of Colton Elder  
His Brothers, Mason & Brennon

## PINEAPPLE CHEESECAKE

1 lg. can crushed pineapple, drained	1 (16 oz.) pkg. sour cream
1 pkg. vanilla instant pudding	graham cracker crust

Add pineapple to pudding mix; mix well. Add sour cream; mix well. Pour the mixture into crust and chill until ready to serve.

In Memory of Gable August Kenneth Greder  
Grandma Vicki

## POPCORN CAKE

4 qt. popped popcorn	1 lb. M & M's
1 lb. salted peanuts	1/2 c. butter
1 lb. marshmallows	1/2 c. oil

Mix together the popcorn, peanuts and M & M's. Melt the marshmallows, butter and oil. Pour over popcorn mixture. Press into a greased angel food or bundt pan; cool and turn out. Instead of M & M's, you can use 1 lb. of gumdrops and 1/2 lb. salted peanuts.

In Memory of Justin Miller  
Diane Isaacs

## PUDDING IN A CAKE

1 pkg. cake mix	1 c. powdered sugar
2 (4 serving) pkgs. instant pudding	4 c. cold milk

(continued)

Bake cake following directions on box. Poke holes in cooled, baked cake (9 x 13 inch). Then combine pudding mix and sugar. Gradually stir in milk. Pour over cake. Put in refrigerator until pudding is set.

In Memory of Ryan Mougin  
Brenda Mougin

### PUMPKIN BARS

2 c. sugar  
2 c. flour  
2 c. pumpkin  
1 c. oil  
4 eggs  
1 tsp. vanilla  
1 tsp. baking soda  
1 tsp. cinnamon

2 tsp. baking powder  
1/2 tsp. salt  
**Frosting:**  
2 c. powdered sugar  
3 oz. cream cheese  
3/4 stick soft margarine  
1 tsp. vanilla

Combine all bar ingredients and pour into a 15 x 10 inch cookie sheet. Bake at 350 degrees for 20-30 minutes. Cool. Mix frosting ingredients and frost.

In Memory of Ryan Mougin  
Brenda Mougin

### PUMPKIN BARS

2 c. sugar  
1 c. oil  
4 eggs  
1 1/2 tsp. cinnamon  
2 c. flour  
2 tsp. soda

2 c. pumpkin  
**Topping:**  
3 c. powdered sugar  
3 oz. cream cheese, softened  
3/4 stick margarine, softened  
1 tsp. vanilla

Mix bar ingredients together and bake at 350 degrees for 20 minutes. Cool; then make frosting by beating ingredients together until smooth with electric mixer. Frost.

In Memory of Katie Rose McKenna  
Jennie McKenna

### PUMPKIN TORTE

24 graham crackers, crushed  
1/3 c. sugar  
1/2 c. butter  
2 eggs, beaten  
3/4 c. sugar  
8 oz. pkg. cream cheese  
2 c. canned pumpkin  
3 egg yolks, beaten  
1/2 c. sugar

1/2 c. milk  
1/2 tsp. salt  
1 tsp. cinnamon  
1 envelope plain gelatin  
1/4 c. cold water  
3 egg whites  
1/4 c. sugar  
Cool Whip

Mix graham crackers, keeping a few crumbs for top, 1/3 c. sugar and 1/2 c. sugar and 1/2 c. butter. Press into a 9 x 13 inch pan. Mix 2 beaten eggs, 3/4 c. sugar and cream cheese and pour over crust. Bake 25-30 minutes at 350 degrees. Cook

(continued)

pumpkin, 3 beaten egg yolks,  $\frac{1}{2}$  c. sugar, milk, salt and cinnamon until it thickens. Remove from heat, add gelatin dissolved in  $\frac{1}{4}$  c. water. Cool. Beat 3 egg whites with  $\frac{1}{4}$  c. sugar. Fold into pumpkin mixture. Pour over cooled crust. Top with Cool Whip and graham cracker crumbs.

In Memory of Robert Scott Murray  
Marcia Murray

### RAW APPLE CAKE & SAUCE

4 c. chopped, peeled apples	1 T. cinnamon
2 c. sugar	1 c. chopped nuts
2 eggs	Sauce:
$\frac{1}{2}$ c. oil	1 c. sugar
2 T. vanilla	$\frac{1}{2}$ c. butter
2 c. flour	$\frac{1}{2}$ c. half & half
2 T. soda	vanilla
$\frac{1}{2}$ tsp. salt	

Combine apples and sugar. Let stand  $\frac{1}{2}$  hour. Beat egg; add oil and vanilla. Mix and sift flour, soda, cinnamon and salt. Stir in alternately with apple-sugar mixture; stir in nuts. Bake in greased 9 x 13 inch pan at 350 degrees for 1 hour and cool. Cook sauce ingredients a short time. Serve warm over cake.

In Memory of Ryan Mougin  
Becky Halsch

### RHUBARB COFFEE CAKE

2 c. brown sugar, packed	1 tsp. soda
$\frac{1}{2}$ c. margarine	2 c. chopped rhubarb
1 tsp. vanilla	Topping:
$2\frac{1}{4}$ c. flour	1 c. white sugar
2 eggs	1 tsp. cinnamon
1 c. sour milk	chopped pecans
$\frac{1}{4}$ tsp. salt	2 T. margarine

Mix cake ingredients, except for rhubarb, in a bowl. Add rhubarb and pour into greased 9 x 13 pan. Mix topping ingredients until crumbly. Pour on top of cake mix. Bake at 350 degrees for 35 minutes.

In Memory of Ryan Mougin  
Jane Gent

### RHUBARB UPSIDE-DOWN CAKE

2 c. rhubarb	1 c. flour
1 c. brown sugar	1 tsp. baking powder
1 egg	$\frac{1}{2}$ c. milk
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. vanilla

(continued)

Put chopped rhubarb in a 9 x 13 inch pan. Sprinkle with brown sugar. Mix remaining ingredients until smooth. Pour batter over rhubarb. Bake for 20 minutes or more until done, when toothpick comes out of middle clean.

In Memory of Carissa Ann Berns  
Linda Schaa

### SALTED PEANUT CAKE

**1 1/2 c. flour  
1/2 c. shortening  
1 c. sugar  
1 egg  
1/2 tsp. baking soda**

**1 tsp. baking powder  
1/4 tsp. salt  
1 c. sour milk or buttermilk  
1 c. ground salted nuts**

Mix all together and put in 6 x 10 inch loaf pan. Bake 45 minutes at 350 degrees.

In Memory of Carissa Ann Berns & Joe Berns

### SALTED PEANUT COOKIES

**1 c. shortening  
1 1/2 c. brown sugar  
2 eggs  
1/2 tsp. salt  
2 tsp. vanilla**

**1 tsp. baking powder  
2 c. flour  
2 c. cornflakes  
2 c. oatmeal  
1 1/2 c. peanuts**

Mix thoroughly and drop by teaspoonfuls onto cookie sheet; bake at 350 degrees for 7-8 minutes.

In Memory of Carissa Ann Berns  
Rose Ann Tewald

### SOUR CREAM SPICE CAKE

**1 1/2 c. flour  
1 c. sugar  
1 tsp. cloves  
1 tsp. cinnamon  
1 tsp. allspice**

**1 tsp. baking soda  
pinch of salt  
2 eggs, beaten  
1 c. sour cream**

Mix dry ingredients, then eggs and sour cream. Add raisins, if desired. Bake at 350 degrees until done.

In Memory of Carissa Ann Berns  
Rose Ann Tewald

### STRAWBERRY REFRIGERATOR CAKE

**1 pkg. Duncan Hines moist deluxe  
strawberry supreme cake mix  
2 (10 oz.) pkgs. sweetened frozen  
sliced strawberries, thawed  
Topping:**

**1(4 serving) pkg. vanilla instant  
pudding  
1 c. milk  
2 c. whipped topping**

(continued)

Prepare cake as directed in 13 x 9 x 2 inch pan. Cool cake. Poke holes 1 inch apart. Purée thawed strawberries with juice in blender. Spoon over top of cake. For topping, prepare pudding mix using 1 c. milk. Fold whipped cream into mixture and spread over cake. Refrigerate at least 4 hours. Garnish with fresh berries. Serves 12.

In Memory of Ryan Moughin  
Brenda Moughin

## STRAWBERRY RHUBARB COFFEECAKE

### Filling:

3 c. sliced fresh or frozen rhubarb  
1 qt. fresh strawberries, mashed  
1/3 c. cornstarch  
2 T. lemon juice  
1 c. sugar

**Cake:**  
3 c. all-purpose flour  
1 c. sugar  
1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. salt  
1 c. butter, cut into pieces  
1 1/2 c. buttermilk  
2 eggs  
1 tsp. vanilla extract

**Topping:**  
1/4 c. butter  
3/4 c. sugar  
3/4 c. flour

In a large saucepan, combine rhubarb, strawberries and lemon juice. Cover and cook over medium heat; about 5 minutes. Combine sugar and cornstarch; stir in saucepan. Bring to a boil, stirring constantly until thickened; remove from heat and set aside. In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Beat buttermilk, eggs and vanilla; stir into crumb mixture. Spread half of the batter evenly into a greased 9 x 13 inch baking dish. Carefully spread filling on top. Drop remaining batter by teaspoonfuls over filling. For topping, melt butter in a saucepan over low heat. Remove from heat; stir in flour and sugar until mixture resembles coarse crumbs; sprinkle over batter. Lay foil on lower rack to catch any juice spillover. Place coffeecake on middle rack; bake at 350 degrees for 40-45 minutes. Cool in pan. Cut into squares.

In Memory of Danika Jo James  
Carla James

## SURPRISE COFFEECAKE

1 c. sugar  
1 c. brown sugar, packed  
1 c. oil  
4 eggs

2 c. flour  
1 tsp. baking powder  
1 (21 oz.) can of your favorite fruit

Mix sugar, brown sugar, oil and eggs. Add flour and baking powder; mix well. Pour half of the batter into greased 9 x 13 inch pan. Pour fruit on top, then rest of batter. Bake 30-35 minutes at 350 degrees. Serve with Cool Whip or cinnamon and sugar.

In Memory of Cody James Beck  
Mary Beck

## TEXAS BROWNIES

**2 c. flour**  
**2 c. sugar**  
**1/2 c. butter or margarine**  
**1/2 c. shortening**  
**1 c. strongly brewed coffee or water**  
**1/4 c. dark unsweetened cocoa**  
**1/2 c. buttermilk**  
**2 eggs**

**1 tsp. baking soda**  
**1 tsp. vanilla**  
**Frosting:**  
**1/2 c. butter or margarine**  
**2 T. dark cocoa**  
**1/4 c. milk**  
**3 1/2 c. unsifted powdered sugar**  
**1 tsp. vanilla**

In a large mixing bowl, combine flour and sugar. In a heavy saucepan, combine butter, shortening, coffee or water and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar into the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well, using a wooden spoon or high speed on an electric mixer. Pour into a well buttered  $17\frac{1}{2}$  x 11 inch jellyroll pan. Bake at 400 degrees 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 constantly. 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 and cut into bars. Tips: If you don't have buttermilk on hand, substitute 2 tsp. vinegar or lemon juice, mixed into  $\frac{1}{2}$  c. milk or use powdered buttermilk.

In Memory of Alex Gregory Weldon  
Lori Weldon

## TWINKIE CAKE

**1 yellow cake mix**  
**5 T. flour**  
**1 c. milk**  
**1 c. sugar**

**1/2 c. Crisco**  
**1/2 c. oleo**  
**2 tsp. vanilla**

Bake cake mix in 9 x 13 pan lined with waxed paper according to box directions. Cool. Cut lengthwise with string, taking off top layer. Cook milk and flour until thick and let cool. Add sugar, Crisco, oleo and vanilla; mix with mixer until fluffy. Spread on bottom layer. Top with the other layer and refrigerate. Also can use chocolate cake mix.

In Memory of Cody James Beck  
Scott Beck

## Cookies

### ALMOND BARK COOKIES

**1 c. chunky peanut butter**  
**2 lbs. any flavor almond bark**  
**6 c. Rice Krispies**

**8 oz. jar dry roasted peanuts**  
**1 c. small marshmallows**

(continued)

Melt oven bark in 200 degree oven; approximately 20 minutes. Add peanut butter and stir well. Add Rice Krispies, peanuts and marshmallows. Drop by teaspoonfuls on waxed paper and let set. This recipe will make approximately 6 dozen.

In Memory of Kory Lynn Dunkin  
Margery Six

### APPLESAUCE RAISIN COOKIES

1 pkg. white cake mix	2 T. cooking oil
1/2 c. applesauce	1 egg
2 T. water	1/2 c. chopped nuts

Combine all ingredients; mix well. Drop from teaspoon 2 inches apart. Bake at 375 degrees for about 10 minutes.

In Memory of Carissa Ann Berns  
Maxine Feekes

### BEST EVER CHOCOLATE CHUNK COOKIES

5 c. quick cooking oatmeal	2 tsp. baking soda
2 c. unsalted butter, softened	1 tsp. salt
2 c. granulated sugar	12 oz. semi-sweet chocolate chips
2 c. brown sugar	12 oz. white chocolate squares, chopped
4 eggs	8 oz. milk chocolate candy bars, chopped
2 tsp. vanilla	3 1/2 c. chopped walnuts (optional)
4 c. all-purpose flour	
2 tsp. baking powder	

Preheat oven to 375 degrees. Thoroughly blend butter, sugars, eggs and vanilla. Mix in oatmeal. In a separate bowl combine the flour, baking powder, baking soda and salt. Gradually blend with butter mixture. Stir in chocolate chunks and nuts if desired. Mix well (dough will be stiff). Shape into golf ball sized balls; place on ungreased cookie sheets. Bake 8 minutes.

In Memory of Alec John Schlotfeldt

### CHOCOLATE CHIP COOKIES

2 c. white sugar	1 tsp. soda
1 c. brown sugar	2 tsp. salt
1 1/2 c. shortening	2 tsp. vanilla
3 eggs	12 oz. chocolate chips
4 c. flour	nuts, if desired

Cream sugar and shortening. Add beaten eggs, flour, soda, salt and vanilla. Add chips and nuts. Drop from teaspoon. Bake at 350 degrees for 12 minutes.

In Memory of Carissa Ann Berns & Joe Berns  
Sharon Berns

## CHOCOLATE CHIP COOKIES

1 c. Crisco	2 1/2 c. flour
1 c. sugar	1/2 tsp. soda
1 c. packed brown sugar	1 pkg. chocolate chips
2 eggs	

Mix Crisco, sugar, brown sugar, eggs and vanilla. Add flour and soda; mix well. Add chocolate chips. Drop cookies on greased pan. Bake 8-10 minutes at 375 degrees.

In Memory of Cody James Beck  
Judy Lennon

## CHOCOLATE PEANUT BUTTER COOKIES

1 pkg. (18 1/4 oz.) devil's food cake mix	1/3 c. vegetable oil
2 eggs	1 pkg. (10 oz.) peanut butter chips

In a mixing bowl, beat cake mix, eggs and oil (batter will be very stiff). Stir in chips. Roll into 1 inch balls. Place on lightly greased baking sheets; flatten slightly. Bake at 350 degrees for 10 minutes or until a slight indentation remains when lightly touched. Cool for 2 minutes before removing to a wire rack. Yield: 4 dozen.

In Memory of Ryan Mougin  
Brenda Mougin

## CHOCOLATE REVEL BARS

1 c. butter	1 tsp. baking powder
2 c. brown sugar	1 pkg. milk chocolate chips
2 eggs	1 (14 oz.) can sweetened
1 tsp. salt	condensed milk
2 tsp. vanilla	2 T. butter
3 c. oatmeal	1/2 tsp. salt
2 1/2 c. flour	1 c. chopped nuts

In a large mixing bowl, cream together 1 c. butter, brown sugar; beat in eggs and vanilla. Stir together flour, soda and salt. Stir in oatmeal. Mix dry ingredients into creamed mixture. Set aside. In heavy saucepan over low heat, melt chocolate chips, butter and salt; stir to melt. Add condensed milk; stir until smooth. Add nuts. Pat 2/3 of oatmeal mixture into bottom of 15 x 10 inch sprayed pan. Spread chocolate mixture over layer; dot with rest of oatmeal mixture. Bake at 350 degrees for 25-30 minutes. Cool; cut into bars.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

## CHRISTMAS SHORTBREAD SQUARES

1 c. butter or oleo	2 1/2 c. flour
1 egg	1/2 tsp. salt
1 tsp. vanilla	1 1/4 c. oatmeal
1/2 c. sugar	

(continued)

Mix butter, egg, vanilla and sugar. Add flour, salt and oatmeal. Roll to a 14 x 2 x 1/4 inches on a board that was coated with powdered sugar. Decorate with sprinkles and cut into squares. Bake on greased pan 12 minutes at 350 degrees.

In Memory of Cody James Beck  
Susan Willroth

### CORN FLAKE COOKIES

1 c. white corn syrup	1 c. white sugar
2 c. (scant) peanut butter	5 c. corn flakes

Mix syrup and sugar; heat until dissolved, not boiling. Take off heat and add peanut butter and corn flakes. Mix well and drop by tablespoons onto wax paper.

In Memory of Logan Grant Higginbotham  
Bev Stock

### COWBOY COOKIES

1 1/2 c. margarine	1 1/2 tsp. baking soda
1 1/2 c. granulated sugar	1 tsp. salt
1 1/2 c. brown sugar	3 c. Quick Quaker Oats
3 eggs	6 oz. semi-sweet chocolate chips
1 1/2 tsp. vanilla	1 c. butterscotch chips (optional)
3 c. flour	1 c. chopped nuts (optional)
3/4 tsp. baking powder	

Cream margarine and sugars together. Add eggs and vanilla. Then add flour, baking powder, baking soda, salt and mix well. Add oatmeal, chips and nuts. Mix well again. Refrigerate dough for an hour or so. Drop cookies onto ungreased cookie sheet. Bake at 350 degrees for 8-10 minutes. These taste best when undercooked just a bit. Recipe makes 5-6 dozen cookies.

In Memory of Robert Scott Murray  
Marcia Murray

### CRACKED SUGAR COOKIES

1 c. butter	3 c. flour
1 c. brown sugar	2 tsp. cream of tartar
1 c. white sugar	2 tsp. soda
2 eggs	1/2 tsp. salt
1 tsp. vanilla	

Cream oleo, brown and white sugar. Add eggs and vanilla. Sift and add flour, cream of tartar, soda and salt. Use 1 T. dough and roll into a ball; roll in sugar. Place on cookie sheet and flatten. Bake at 400 degrees for 8 minutes.

In Memory of Ryan Mougin  
Becky Halsch

## CUT-OUT COOKIES

Mix with beater:  
4 c. sugar  
3 c. margarine  
8 eggs

2 tsp. vanilla  
1 tsp. salt  
2 tsp. baking powder

Add 10 cups of flour, working in 1 at a time. Chill overnight. Bake at 350 degrees for 7-8 minutes. Make sure you don't overbake or roll out too thin.

In Memory of Ryan Mougin  
Brenda Mougin

## DANISH SUGAR COOKIES

1 c. shortening  
1 c. sugar  
1 beaten egg  
2 c. flour  
pinch of salt

1/2 tsp. soda  
1/2 tsp. cream of tartar  
1/2 tsp. vanilla  
1/2 tsp. almond extract

Mix all ingredients together. Form dough into balls; roll in sugar and press with a fork. Bake at 350 degrees until the edges start to get brown. Can add 1/2 pkg. chocolate chips if desired.

In Memory of Matthew Aaron Campbell  
Jennifer Campbell

## DELICIOUS COOKIES

1 c. oleo  
1 c. salad oil  
1 c. brown sugar  
1 c. white sugar  
1 egg  
1 tsp. soda and salt  
1/2 tsp. butter flavoring

1 tsp. cream of tartar  
1 c. oatmeal  
1 c. Rice Krispies  
1 c. coconut  
1 c. chocolate chips  
2 tsp. vanilla  
1/2 tsp. coconut flavoring

Mix all ingredients. Spoon onto cookie sheet. Bake 10-12 minutes at 350 degrees.

In Memory of Matthew Timothy Otten  
Tim & Angela Otten

## EASTER STORY COOKIES

1 c. whole pecans  
1 tsp. vinegar  
3 egg whites  
pinch salt  
1 c. sugar

zipper baggie  
wooden spoon  
tape  
Bible

Preheat oven to 300 degrees (this is important-don't wait until you're half done with the recipe). Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested He was beaten by the Roman soldiers. Read John 19:1-3. Let each child smell

(continued)

the vinegar. Put into mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28-30. Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27. So far the ingredients are not very appetizing. Add 1 c. sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalms 34:8 and John 3:16. Beat with a mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3. Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60. Put the cookie sheet in the oven, close the door and turn the oven to OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66. GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9

In Memory of Rick Eugene Scholl

### FRENCH COOKIES

**4 c. flour  
3½ c. sugar  
10 medium eggs  
1 lb. oleo**

**3 tsp. vanilla  
1 tsp. almond extract  
nuts, optional**

Mix all ingredients well and refrigerate overnight. Drop in waffle iron on low; takes about 4 minutes.

In Memory of Lori Ann Bennett  
Kris Dean and Sandra Bennett

### FROSTED PUMPKIN BARS

**4 eggs, beaten  
2 c. sugar  
1 c. salad oil  
1 c. pumpkin  
½ tsp. salt  
1 tsp. soda  
1 tsp. baking powder  
2 c. flour**

**1 c. nuts or raisins  
Frosting:  
3 oz. cream cheese  
¾ lb. or 1½ c. powdered sugar  
1 tsp. milk  
6 T. oleo  
1 tsp. vanilla**

Mix bar ingredients in order; put in 11 x 16 inch pan which has been buttered. Bake at 350 degrees for 20-25 minutes. Cool, then frost. To make frosting mix all ingredients; do not overbeat.

In Memory of Carissa Ann Berns  
Jodi Berns-Lennon

## GINGERSNAPS

**2/3 c. lard  
1 c. sugar  
1 egg, beaten  
4 T. molasses  
2 c. flour**

**1/4 tsp. salt  
2 tsp. soda  
1/2 tsp. ginger  
1/2 tsp. cloves  
1 tsp. cinnamon**

Sift dry ingredients; add lard, eggs and molasses. Roll a piece of dough size of hickory nut in sugar. Place on ungreased cookie sheet. Bake at 400 degrees for 8-10 minutes. Cookies puff up at first; then flatten out with crinkled top.

In Memory of Danika Jo James  
Carla James

## KID'S MICROWAVE OATMEAL SQUARES

**2 c. quick oatmeal  
1/2 c. brown sugar  
1/2 c. soft margarine**

**1/4 c. white corn syrup  
3 oz. chocolate chips  
1/2 c. chunky peanut butter**

Mix oatmeal, brown sugar, margarine, and corn syrup in a 9 inch glass dish. Press evenly into dish and microwave on high for 3-4 minutes until bubbly over entire top. Let stand until cool. In a 4 cup glass measuring cup, combine remaining ingredients. Microwave 1 minute until melted, stirring often. Spread chocolate mix over the oatmeal base. Cool and cut in squares. Keep refrigerated.

In Memory of Justin Evan Miller

## LOW FAT CHOCOLATE CHIP COOKIES

**1/4 c. low fat margarine (40%)  
1/4 c. applesauce  
3/4 c. brown sugar  
3/4 c. white sugar  
1 tsp. vanilla**

**2 1/4 c. flour  
1 tsp. soda  
1/2 tsp. salt  
1 container Egg Beaters (2 eggs)**

Cream margarine, applesauce, sugars and vanilla. Add Egg Beaters; then add flour, soda and salt. Stir in low fat chips. Bake at 350 degrees on greased cookie sheet.

In Memory of Ryan Mougin  
Becky Halsch

## MAGIC PEANUT BUTTER COOKIES

**1 1/4 c. flour  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. baking soda  
1/2 c. brown sugar**

**1/2 c. sugar  
1/2 c. peanut butter  
1 egg  
1 tsp. vanilla**

(continued)

Preheat oven to 350 degrees. Cream egg, sugar, peanut butter and butter. Sift dry ingredients and add to creamed mixture. Add vanilla. Drop by teaspoonfuls onto greased cookie sheets. Bake 8-10 minutes.

In Memory of Colton Elder  
Sara Elder

### MINT DELIGHTS

**3/4 c. margarine  
1 1/2 c. brown sugar  
2 T. water  
2 c. chocolate chips  
2 eggs**

**2 1/2 c. flour  
1 1/2 tsp. soda  
1/2 tsp. salt  
2 boxes Andes candies**

Melt margarine in pan on stove, add brown sugar and mix until smooth. Add chocolate chips and water until melted. Remove from heat and add eggs;; beat well. Add dry ingredients to mixture. Chill dough about 1/2 hour. Roll into walnut sized balls and place on ungreased cookie sheet. Bake at 350 degrees for 8-10 minutes. Do not overbake. Remove from oven and place one mint on top of each cookie. Return to oven for 2 minutes until mint melts. Swirl the mint with spoon and cool. Makes about 5 dozen. VARIATION: Same as above except 1 pkg. Andes mints and 1 1/4 tsp. soda.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

### NO-BAKE COOKIES

**2 c. sugar  
1/2 c. cocoa  
1/2 c. milk  
1 stick margarine**

**3 c. oatmeal  
1 tsp. vanilla  
1/2 c. peanut butter**

Bring sugar, cocoa, and milk to boil; add margarine. Stir until melted. Then add oatmeal. Add vanilla and peanut butter. Drop by teaspoonful on cookie sheet. Cool and eat.

In Memory of Colton Elder  
Sara Elder

### NON-BAKES

**2 c. sugar  
1/2 c. milk  
1 stick butter  
pinch of salt**

**4 T. cocoa  
1/2 c. peanut butter  
1 tsp. vanilla  
2-3 c. oatmeal**

Spread out tinfoil or wax paper, and get all ingredients ready beforehand. This recipe moves very quickly. Stir sugar, milk, butter, salt and cocoa in a sauce pan over medium high heat. Bring to a boil. Boil for 2 minutes stirring constantly. Turn heat off and add peanut butter and vanilla. Stir and then add oatmeal, one cup at a time, testing the consistency. Sometimes it will start setting with only 2 cups.

(continued)

Drop spoonfuls on tinfoil or wax paper. You must do this quickly, or it will set in your pan. Allow to cool.

In Memory of Tad Jacob Gehner  
Kelly S. Dalgliesh

### OATMEAL COOKIES

**1 1/4 c. flour  
1 tsp. soda  
1 c. margarine  
1/4 c. sugar  
3/4 c. brown sugar**

**1 pkg. vanilla instant pudding  
1 tsp. vanilla  
2 eggs  
1 c. raisins (if desired)  
3 1/2 c. oats**

Mix flour and soda. Combine butter, sugars, pudding and vanilla. Boil raisins in water for 1 minute; drain and add to mixture. Add eggs and flour mixture. Add oats. Bake on greased cookie sheet at 350 degrees for 7 minutes for chewy cookies.

In Memory of Matthew Paul Eckerman  
Mary & Rick Eckerman

### OATMEAL RAISIN COOKIES

**1 c. sugar  
1 c. shortening  
2 eggs  
2 c. oatmeal  
2 c. flour  
1/2 tsp. salt**

**1 tsp. soda  
1 tsp. cinnamon  
1 c. raisins  
1 c. water  
2 tsp. vanilla**

Cream shortening and sugar. Add eggs. Cook raisins in water; cool. Add cooked raisins and 8 T. water from raisin juice to creamed mixture. Add vanilla. Add dry ingredients and mix well. Drop by teaspoonfuls on lightly greased cookie sheet and bake 12-15 minutes in 350 degree oven.

In Memory of Ryan Mougin  
Vivian Mougin

### OREO COOKIES

**1 pkg. Betty Crocker devils food  
cake mix  
1/2 c. oil  
2 eggs  
1 tsp. vanilla  
Filling or Frosting:**

**1/2 c. Crisco  
1 T. milk  
2 c. powdered sugar  
1 tsp. vanilla  
1 (7 oz.) jar marshmallow creme**

Mix cookie ingredients together. Let set 10 minutes. Roll into balls (nickel size). Bake at 350 degrees for 8-10 minutes. To make filling/frosting, beat Crisco, milk, sugar, and vanilla together; add marshmallow creme. Frost cookies and then place another cookie on top for an Oreo cookie.

In Memory of Logan Grant Higginbotham  
Greg Higginbotham

## PUMPKIN SPICE COOKIES

1 c. all-purpose flour	4 T. unsalted butter, softened
1 c. whole-wheat flour	1/2 c. packed brown sugar
1 tsp. baking powder	1/4 c. PLUS 2 T. nonfat plain yogurt
1/4 tsp. salt	2 tsp. vanilla extract
1 tsp. cinnamon	1 c. canned unsweetened pumpkin
1/4 tsp. cloves	1 c. raisins

Preheat oven to 375 degrees. Grease 2 large baking sheets. Sift together both flours, baking soda, salt and spices; set aside. In bowl, cream together butter and sugar. Mix in yogurt, vanilla and pumpkin. Add dry ingredients and mix until just combined. Add raisins. Drop batter by tablespoons onto cookie sheet and pat down. Bake 15 minutes or until lightly browned.

In Memory of Cody James Beck  
Kris Beck

## QUICK COOKIES

1 box dry cake mix (any kind)	2-3 eggs
1/2 c. vegetable oil	

Mix all ingredients together and drop by tablespoons on cookie sheet. Bake at 350 degrees for 8-12 minutes. Can add nuts, chocolate chips, coconut or M & M's.

In Memory of Ryan Mougin  
Alyssa Mougin

## RAINBOW CHIP COOKIES

1 pkg. super moist rainbow chip cake mix	3/4 c. water
	2 eggs

Beat cake mix, water and eggs in a large bowl. Drop dough by tablespoonfuls 3 inches apart onto greased cookie sheet. Bake 8-11 minutes. Cool, frost and decorate. Makes 24 cookies.

In Memory of Carissa Ann Berns  
Rose Ann Tewald

## SANDIES

1 c. butter	2 c. sifted all-purpose flour
1/3 c. sugar	1 c. chopped pecans
2 tsp. water	powdered sugar
2 tsp. vanilla	

Cream butter and sugar; add water and vanilla. Mix well. Add flour and pecans; chill 3-4 hours. Shape into balls or fingers. Bake on ungreased cookie sheet in slow oven (325 degrees) about 20 minutes. Cool slightly; roll in powdered sugar. Makes 3 dozen.

In Memory of Colton Elder  
His Brothers, Mason & Brennon

## STAR COOKIES

1/2 c. shortening	2 T. milk
1/2 c. peanut butter	1 3/4 c. flour
1/2 c. sugar	1 tsp. soda
1/2 c. brown sugar, packed	1/2 tsp. salt
1 egg	1 pkg. chocolate stars

Mix shortening, peanut butter, sugar, brown sugar, egg and milk. Add flour, soda and salt; mix. Drop on ungreased cookie sheet. Bake 8 minutes at 375 degrees. Take out; place star candy on each and bake 2 more minutes.

In Memory of Cody James Beck  
Scott Beck

## SUGAR COOKIES

1/2 c. oleo	1 tsp. vanilla
3/4 c. sugar	1 1/4 c. flour
1 egg	1/4 tsp. salt
1 T. milk	1/4 tsp. baking powder

Mix oleo, sugar, egg, milk and vanilla. Add dry ingredients. Refrigerate dough for a couple of hours. Roll out and cut. Bake on greased cookie sheet 10 minutes at 400 degrees. Sprinkle with candies before baking or frosting.

In Memory of Cody James Beck  
Millie Westlake

## Candy

### BLACK WALNUT BRITTLE

1 c. sugar	1/4 c. water
1/2 c. butter (no substitutions)	1/2 tsp. soda
1/2 c. corn syrup	1 1/2 c. black walnuts

Cook sugar, corn syrup and water until sugar dissolves and mixture comes to a boil. Add butter and cook until 280 degrees on a candy thermometer. Stir in walnuts and cook to 300 degrees (hard crack stage). Remove from heat. Stir in soda. Spread on greased cookie sheet. When cool, break into pieces.

In Memory of Kory Lynn Dunkin  
Margery Six

### CARAMEL RICE CHEX MIX

1/2 c. oleo	1 tsp. soda
1 c. brown sugar	1 tsp. vanilla
1/2 c. white Karo	12 oz. Rice Chex
1/2 tsp. salt (not needed, if using salted peanuts)	1 c. dry roasted peanuts

(continued)

Mix oleo, brown sugar, Karo and salt in large bowl; microwave on high for 8 minutes, stirring every 2 minutes. Add (mixture will foam) soda and vanilla. Pour over Chex and peanuts. Pour in paper sack. Microwave on high 1½ minutes. Stir. Shake and microwave on high 1½ minutes more. Repeat again for 1 minute. Shake. Spread on cookie sheet to cool. May use substitutes (I use Crispix). Makes 1 large bowl of mix.

In Memory of Ryan Mougin  
Vivian Mougin

### CHRISTMAS FUDGE

**2 sticks butter**  
**4 c. sugar**  
**1 c. milk**

**25 lg. marshmallows**  
**13 oz. Hershey's chocolate bars**  
**12 oz. chocolate chips**

Heat all but chocolate until boiling. Take off heat and add chocolate; stir until melted. Add 1 c. nuts, if you wish. Pour into greased 13 x 9 inch pan; cool and cut.

In Memory of Nicholas Robert Jackson  
Aggie Hart

### GOLDEN GRAHAMS SMORES

**¾ c. corn syrup**  
**3 tsp. margarine or butter**  
**1 pkg. Nestle's milk chocolate chips**

**1 tsp. vanilla**  
**1 (12 oz.) pkg. Golden Grahams cereal**  
**3 c. Kraft mini marshmallows**

Grease 13 x 9 inch pan. Heat syrup, margarine and morsels to boiling, stirring constantly. Remove from heat; stir in vanilla. Pour over cereal in bowl. Toss until coated. Fold in marshmallows, 1 c. at a time. Press in pan with buttered back of spoon. Cut into 2 inch squares. Store loosely covered at room temperature up to 2 days.

In Memory of Zachary Van Vleet  
Diana Van Vleet

### JELLO POPCORN BALLS

**1 (3 oz.) pkg. any flavor Jello**  
**1 c. white syrup**

**12 c. popcorn, lightly salted**

Bring sugar and corn syrup to boil. Add dry Jello. Stir well. Pour over popcorn; mix well. Make into balls. Butter your hands. Form balls. Makes 10-12 balls.

In Memory of Brandi Ahrens  
Mom

### OATMEAL CANDY

**2 c. sugar**  
**1 stick butter**  
**4 T. cocoa**

**½ c. milk**  
**2½ c. quick oats**  
**½ tsp. vanilla**

(continued)

Combine sugar, butter, cocoa and milk; cook on low heat. Boil for approx. 1 minute to the softball stage on candy thermometer. Add oats and vanilla. Stir until mixed well. Drop by spoonfuls onto wax paper; cool.

In Memory of Rick Eugene Scholl  
Kathleen Pettengill

### OVEN CARAMEL CORN

6 qt. popped popcorn	1 tsp. salt
2 c. brown sugar	1 tsp. baking powder
2 sticks butter	1 tsp. butter flavoring
1/2 c. light corn syrup	nuts (optional)

Boil brown sugar, butter and corn syrup for 3 minutes. Add salt, baking powder and butter flavoring. If desired, add nuts. Pour hot mixture over popcorn in two large cake pans. Bake in 200 degree oven for 1 hour. Stir every 15 minutes and enjoy!

In Memory of Darian Bea O'Connell  
Dave & Karla O'Connell

### PEANUT BUTTER BALLS

1 stick margarine, melted	1 1/2 c. Rice Krispies
1 (18 oz.) jar chunky peanut butter	1 (12 oz.) pkg. chocolate chips
3 1/2 c. powdered sugar	1 1/2 sq. paraffin wax

Mix together margarine, peanut butter, powdered sugar and Rice Krispies. Shape into 1 inch balls. Melt chocolate chips and paraffin wax together; stir well. Dip balls in chocolate with toothpicks and let set on waxed paper.

In Memory of Our Baby Brother, Jordan Lee  
Jesse & Jarrod Daniel

### SCOTCHEROO BARS

1 c. white sugar	6 c. Rice Krispies
1 c. light corn syrup	1 c. (6 oz.) chocolate chips
1 c. peanut butter	1 c. (6 oz.) butterscotch chips

Combine sugar and syrup in a saucepan. Cook over medium heat, stirring frequently until mixture boils. Remove from heat and add peanut butter and Rice Krispies. Press into buttered 9 x 13 pan. Melt chips together over hot water. Frost Rice Krispies mixture. Cut into bars when frosting has set.

In Memory of Lindsey Marie Krusemark  
Joel & Krissa Krusemark

### SPECIAL K BARS

1 c. sugar	6 c. Special K cereal
1 c. Karo syrup	1 pkg. chocolate chips
1 c. peanut butter	2 T. butter

(continued)

Bring sugar and syrup to a boil; add peanut butter and cereal. Spread out in a greased pan. Melt chocolate chips and butter. Spread over the top of bars.

In Memory of Sarah Flickinger  
Barb Flickinger

## SUPER CHOCOLATE SNACK BARS

60 vanilla wafers crushed or enough to make 2 c. of crumbs	1 c. miniature marshmallows
1/4 c. sugar	1 c. sweetened condensed milk
1 c. cocoa, divided	1 c. shelled nuts, coarsely chopped
1 c. cold butter or margarine, divided	1 c. thin pretzels or pretzel sticks broken into 1/2 inch pieces
	coconut

Heat oven to 350 degrees. Grease bottom and sides of 13 x 9 x 2 inch baking pan. In a bowl combine the wafer crumbs, sugar and half of the cocoa. With a pastry blender or two table knives, cut 3/4 c. (1 1/2 sticks) cold butter or margarine into mixture until it is crumbly. Press the mixture evenly on bottom and 1/2 inch up sides of prepared pan. Sprinkle marshmallows and coconut on top. In a microwave safe bowl combine sweetened condensed milk with remaining cocoa and butter. Microwave on HIGH for 60-90 seconds or until mixture is smooth when stirred. Pour the butter and chocolate evenly over coconut and marshmallows. Sprinkle nuts and pretzel pieces on top. Press firmly. Bake 25-30 minutes or just until bubbly on top. Cool completely; cut into bars. Store leftovers tightly covered at room temperature. Makes 36 bars.

In Memory of Justin Miller  
Jackie Miller

## SWEET NOTHINGS

1 (12 oz.) pkg. chocolate chips	8 c. Crispix cereal
1/2 c. peanut butter	1 lb. powdered sugar
1/2 c. margarine	

Melt first 3 ingredients in large pan. Stir in very carefully Crispix cereal. Put powdered sugar in large grocery bag. Add cereal mixture. Shake gently until separated and coated.

In Memory of Ryan Mougin  
Brenda Mougin

## WHITE CHOCOLATE PARTY MIX

1 pkg. (10 oz.) mini pretzels	1 lb. M & M's
5 c. Cheerios	2 pkgs. (12 oz. each) vanilla chips
5 c. Corn Chex	3 T. vegetable oil
2 c. salted peanuts	

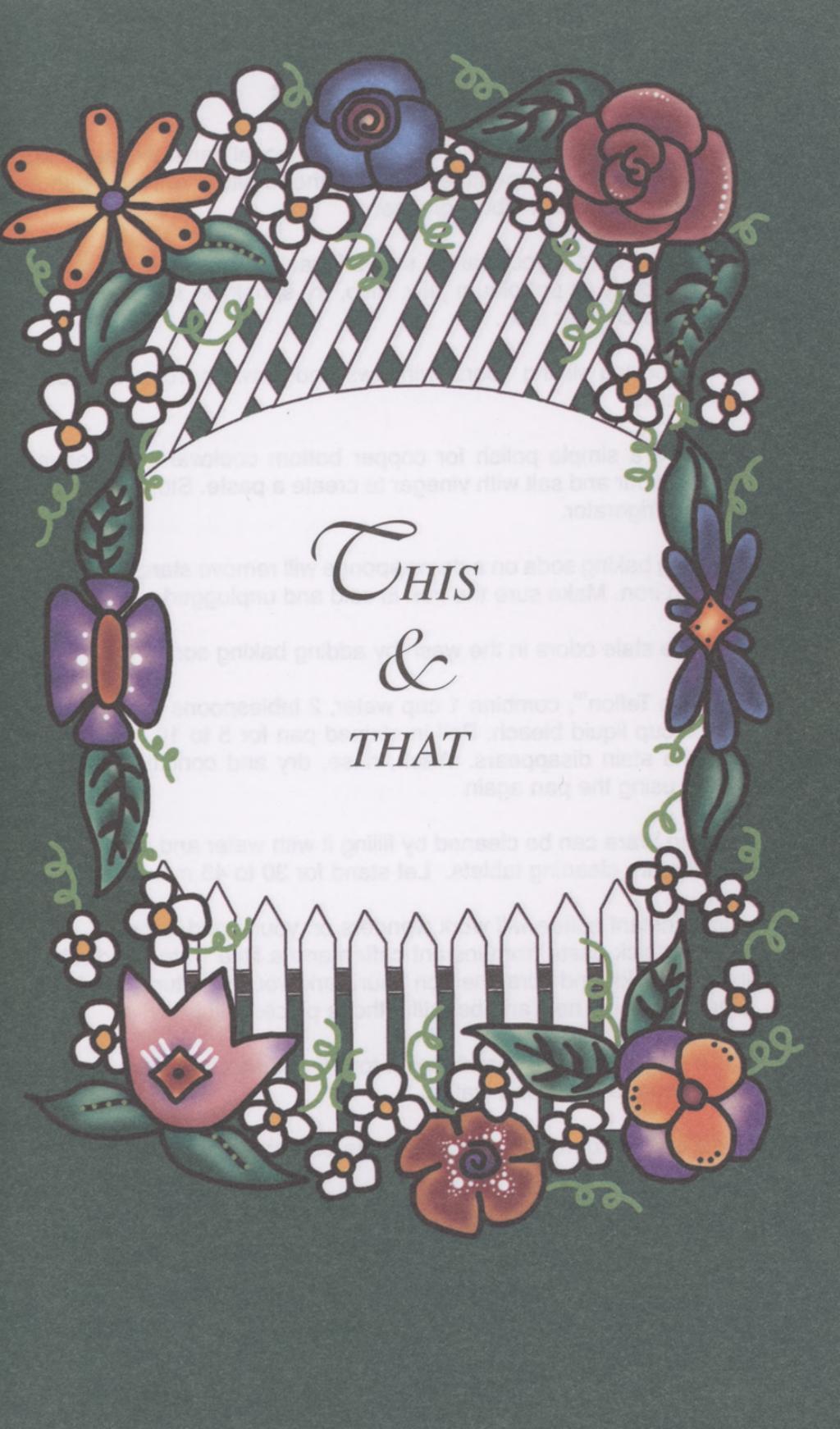
In a large bowl, combine first five ingredients; set aside. In a microwave safe bowl, heat chips and oil on medium high for 2 minutes, stirring once. Microwave on high  
(continued)

for 10 seconds; stir until smooth. Pour over cereal mixture and mix well. Spread onto 3 waxed paper lined baking sheets. Cool; break apart. Store in an airtight container.

In Memory of Ryan Mougin  
Vivian Mougin

### **Recipe Favorites**

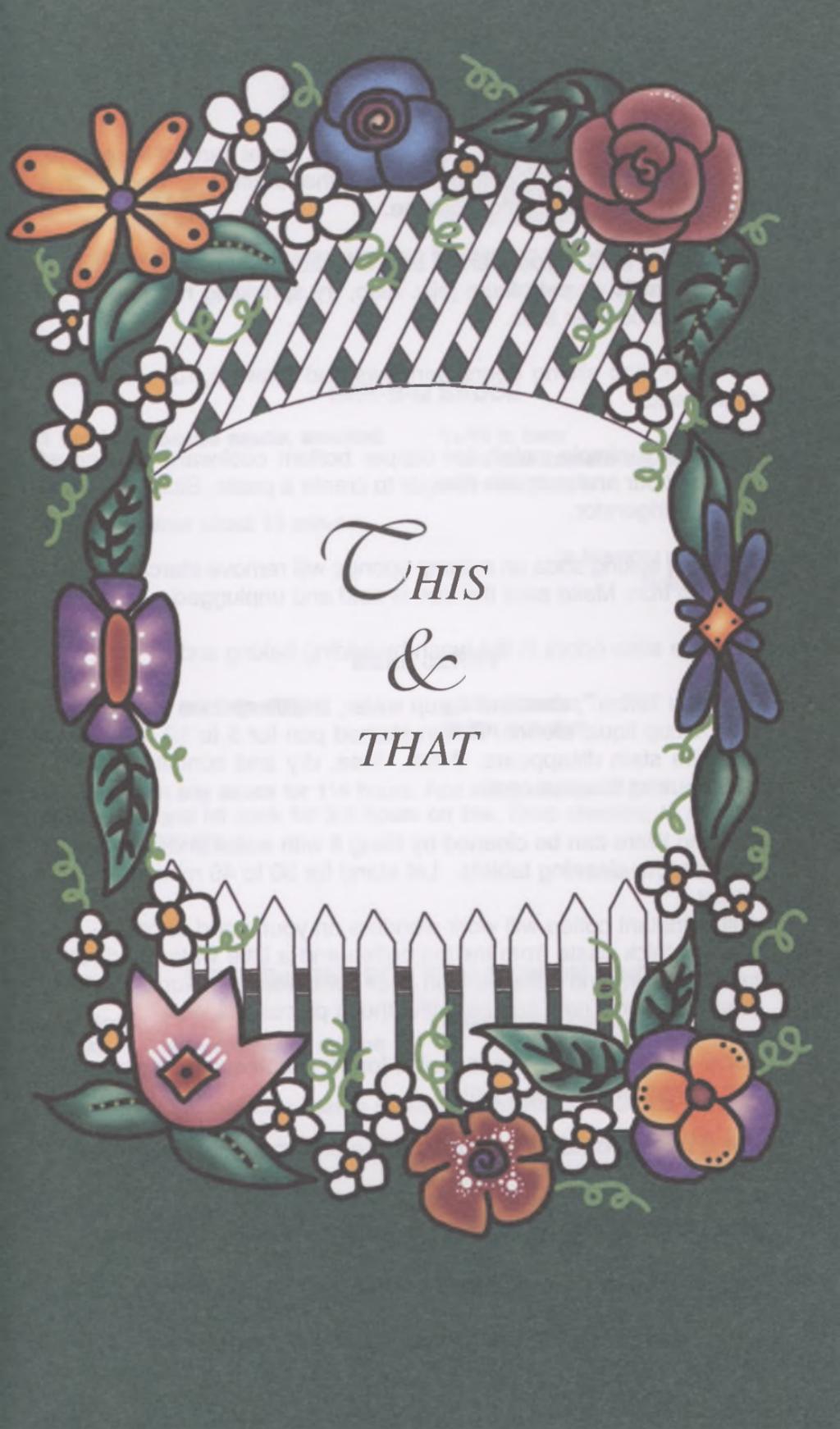




THIS  
&  
THAT

## 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.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.



THIS  
&  
THAT

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# This & That

## ALL SEASONING SALT

1 c. salt	1 tsp. black pepper
1/4 tsp. celery salt	1 tsp. paprika
1/4 tsp. white pepper	1/4 tsp. garlic salt

Keep it in a big shaker on your stove so its ready to use when you need it.

In Memory of Kory Lynn Dunkin  
Alice Dunkin

## BAR-B-Q SAUCE

1 bottle barbecue sauce, smoked	1 1/2-2/3 c. beer
1/3 c. sugar	1 sm. can tomato sauce or purée
1/3 c. vinegar	salt and pepper

Stir and simmer about 10 minutes.

In Memory of Colton Elder  
Bob & Sara Elder

## BEEF JERKY

round steak, cut into strips	garlic powder
soy sauce	onion powder
pepper	

Soak meat in soy sauce for 1 1/2 hours. Add a few dashes of each spice. Put on oven racks and let cook for 3-4 hours on low. Keep checking to make sure it doesn't get too dry.

In Memory of Justin Miller  
Jackie Miller

## BEER BATTER FOR FISH & ONION RINGS

1 c. flour	1 can warm beer
1/2 pkg. 1 cello wrapper of saltine crackers, crushed	

Mix together. Add enough beer to make the consistency what you want.

In Memory of Danika Jo James  
Cleo Wiskus

## BUTTER CREAM FROSTING

3 sticks sweet butter	8 egg whites
1 1/2 c. solid shortening	1 T. vanilla extract
2 1/2 lbs. confectioners' sugar	1 1/2 tsp. lemon juice

(continued)

Using an electric mixer with a flat paddle, cream together the butter and shortening until smooth. Add the sugar; continue mixing until smooth. Add egg whites, vanilla extract and lemon juice gradually, continuing to mix. Change the flat paddles and use beaters to whip at high speed until light and smooth. Makes 4 1/2 pounds butter cream, enough to ice a small, 3 tier wedding cake.

In Memory of Colton Elder  
Linda Paulos

### CARAMEL FRUIT DIP

8 oz. soft cream cheese	1/2 tsp. double strength vanilla
1/2 c. brown sugar	3/4 tsp. caramel flavoring

Stir together; serve and enjoy. Delicious with apple slices, bananas, grapes, etc.

In Memory of Justin Miller  
Maxyne Johnson

### CHIP DIP

2 boxes Philadelphia cream cheese	celery
2 c. shredded cheddar cheese	season salt
chopped green pepper	garlic salt
chopped onion	

Mix with hands and shape into ball.

In Memory of Colton Elder  
Carole Paulos

### CHOCOLATE SYRUP FOR ICE CREAM

1 c. sugar	1/3 c. water
2 rounded tsp. cocoa	evaporated milk
1/3 c. white syrup	

Allow first 4 ingredients to come to a full boil. Add vanilla; let cool. Do not beat (like candy). Add enough evaporated milk for desired thinness, about 1/3 c. Will store in refrigerator a long time.

In Memory of Danika Jo James  
Cleo Wiskus

### DELICIOUS SANDWICHES

2 c. cubed, cooked turkey, ham or chicken	1 c. thinly slice celery
1 c. halved (or sliced) seedless red grapes	Miracle Whip

Mix meat, grapes, celery and enough Miracle Whip to moisten. Let stand, covered, in the refrigerator at least an hour to blend flavors. Cut pita bread in 2 pieces.

(continued)

Spread Miracle Whip inside and spoon filling into pockets. The grapes give this sandwich a very exotic flavor.

In Memory of Justin Miller  
Ruth PeCoy

### GRANDMA KAY'S POTATO PANCAKES

**4 lbs. potatoes, grated  
3 lg. onions, grated**

**3 (heaping) T. flour  
salt and pepper to taste**

Mix together; brown in hot oil (small pancake size) until brown on both sides. Put in large casserole as they brown. Steam in oven 20-25 minutes at 300 degrees. Serve with applesauce and sweet-sour meatballs or any beef main dish.

In Memory of Justin Miller  
Kay Triplett

### HOMEMADE ICE CREAM

**5 beaten eggs  
1½ c. sugar  
vanilla**

**1 can evaporated milk  
1 gal. milk**

Mix. Put in ice cream freezer and freeze.

In Memory of Justin Miller  
Blanch Lewis

### HOMEMADE NOODLES

**Mix the following well:  
1/3 c. milk  
1/4 c. oil  
3 eggs**

**Add:  
3 c. flour  
1 tsp. salt**

Mix well. Roll in a ball and wrap in Handi-Wrap. Let stand for 1 hour to rest. Roll in cornstarch; cut and cook. Don't have to dry.

In Memory of Danika Jo James  
Christopher James

### HOMEMADE ONION RINGS

**2 onions  
milk**

**flour**

Slice the onions very thin; separate the rings. Dip in milk, then flour. Deep fat fry until they are golden brown.

In Memory of Justin Miller  
B. Miller

## HOMEMADE PIZZA

1 pkg. yeast	3 T. oil
1 tsp. salt	2 1/2 - 3 c. flour
1 c. warm water	6-7 oz. pizza sauce
1 T. sugar	4 c. cheese

Dissolve yeast in water. Add salt, sugar, and oil. Then add enough flour to form a large ball ready to roll out. Roll out dough to fit a large pizza pan or cookie sheet. Add pizza sauce and whatever toppings you want. Bake at 425 degrees until the bottom of the crust is light brown. Pull out and add cheese. Bake until cheese has melted.

In Memory of Benjamin Person  
Ryan & Jody Person

## HUSH PUPPIES

2 c. cornmeal	2 T. baking powder
1 tsp. soda	1 egg
1 tsp. salt	2 c. buttermilk
6 T. chopped onion	red pepper to taste

Mix all dry ingredients; add chopped onion, then milk and eggs, beaten together. Drop by small spoonfuls into frying pan with 1/2 inch of grease. Brown one side; turn and brown the other.

In Memory of Colton Elder  
Linda Paulos

## KRINGLA

1/2 c. margarine	2 1/2 tsp. baking powder
1 c. sugar	1 tsp. soda
1 egg or 2 egg yolks	1 tsp. vanilla
1 c. buttermilk	1/4 tsp. salt
3 c. flour	

Cream margarine and sugar. Add egg and buttermilk; blend. Add remaining ingredients, but add only 1 c. of flour at a time. Bake on highest rack of oven at 450 degrees.

In Memory of Zackery Tyler Christenson  
Mildred Hoeft

## MICROWAVE CARAMEL CORN

1 c. brown sugar	4 qt. popped popcorn
1/2 c. oleo	1/4 tsp. soda
1/4 c. white syrup	1 tsp. vanilla
dash of salt	

(continued)

Cook 2 minutes on high in microwave. Stir. Cook 2 more minutes. Take out and add soda and vanilla. Pour over popcorn. Stir with wooden spoon. Cook 1½ minutes more. Pour on cookie sheet.

In Memory of Justin Miller  
Bernice Barton

### MINTS

**2 oz. cream cheese  
1/4 tsp. flavoring (mint)**

**1 2/3 c. powdered sugar  
food coloring**

Mash cheese; add flavoring and color, then the sugar. Knead until like pie dough consistency. Make little round balls in your hand. Dip molds into regular sugar first.

In Memory of Justin Miller  
Jackie Miller

### PECAN GRAHAMS

**1 c. brown sugar  
2 sticks butter**

**1 c. crushed pecans  
graham crackers**

Bring sugar and butter just to a boil and add pecans. Pour over graham crackers on cookie sheet. Bake at 350 degrees for 10 minutes.

In Memory of Brooke Goodyk  
Corey Goodyk

### PIZZA DOUGH

**1 pkg. yeast  
1 T. sugar  
1 c. warm milk  
flour**

**1/2 c. warm water  
1 tsp. salt  
1/4 c. oil**

Dissolve yeast into water; add sugar, salt, warm milk and oil. Beat in enough flour to make a soft dough (4-5 cups). Put in greased bowl and let rise until double. Roll out for 2 pizzas.

In Memory of Justin Miller  
Jackie Miller

### PLAY DOUGH

**2 1/2 - 3 c. flour  
1/2 c. salt  
1 T. powdered alum**

**2 c. boiling water  
1 T. vegetable oil  
food coloring**

Mix flour, salt and alum together. Add oil and boiling water; mix. Knead; divide dough and knead in color. Keep in covered container in refrigerator. Will keep a long time.

In Memory of Justin Miller  
Jackie Miller

## REDI MIX

4½ c. flour  
2 T. baking powder

2 tsp. salt  
⅔ c. Crisco

Blend well with fingers. Store at room temperature. For pancakes: use 2 c. mix, 1¼ c. milk and 2 eggs. For waffles, add 2 T. oil. For biscuits, use 2 c. mix and ⅔ c. milk.

In Memory of Nicholas Robert Jackson  
Karen Jackson

## RIB RUB

3 c. barbecue spice  
5 c. sugar  
1 c. Lawry's seasoning salt  
1 c. salt

1 tsp. garlic powder  
1 tsp. paprika  
2 T. mustard seed

Let stand at least 1 hour. Mix and rub generous amounts on both sides of meat.

In Memory of Colton Elder  
Linda Paulos

## ROASTED PUMPKIN SEEDS

2 c. seeds  
1 T. oil

½ tsp. salt

Toss with oil and place on cookie sheet. Bake at 350 degrees for 20 minutes. Toss every 5-7 minutes until golden. Remove from oven; salt and enjoy.

In Memory of Brooke Goodyk  
Corey Goodyk

## SALSA (Hot Sauce)

32 med. to lg. tomatoes  
4 green bell peppers, seeded and  
chopped  
4 med. onions, chopped

½ c. sugar  
4 tsp. salt  
3-4 jalapeño pepper, chopped with  
seeds

Use more peppers if you like it hotter. Cook, uncovered, until mixture has cooked down to one half its pot. Put in jars and seal.

## SPINACH DIP

1 (8 oz.) pkg. cream cheese  
1 pkg. frozen chopped spinach,  
thawed and drained  
1 pkg. Knorr dried vegetable soup  
mix

1 tsp. dried minced onion  
12-16 oz. sour cream  
1 can sliced water chestnuts  
1 c. mayonnaise

(continued)

Mix together. Serve with crackers, chips, bread sticks or whatever you like.

In Memory of Ryan Mougin  
Vivian Mougin

## SWEET DILL PICKLES

**1 gal. dill pickles, sliced**

**4 c. sugar**

Drain juice from the pickles; add sugar. Shake vigorously to distribute sugar through the slices. This will make its own juice, then will be ready for use.

In Memory of Danika Jo James  
Cleo Wiskus

## Recipe Favorites

## Recipe Favorites

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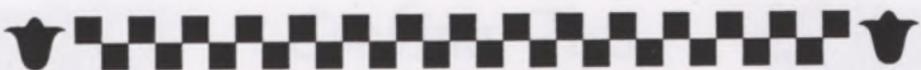
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# Cooking Tips

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

<b>Marjoram</b>	May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
<b>Mint</b>	Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
<b>Oregano</b>	Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
<b>Paprika</b>	A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
<b>Parsley</b>	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.
<b>Rosemary</b>	Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
<b>Saffron</b>	Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
<b>Sage</b>	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.
<b>Tarragon</b>	Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
<b>Thyme</b>	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 steamed	40 min. 45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled steamed	20-40 min. 60 min.
beans, string	boiled steamed	15-35 min. 60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled steamed baked	30 min. 60 min. 70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled steamed	10-20 min. 25 min.
carrots, cut across	boiled steamed	8-10 min. 40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled steamed baked	5-10 min. 15 min. 20 min.
corn on the cob	boiled steamed	8-10 min. 15 min.
eggplant, whole	boiled steamed baked	30 min. 40 min. 45 min.
parsnips	boiled steamed baked	25-40 min. 60 min. 60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled steamed baked	20-40 min. 60 min. 45-60 min.
pumpkin or squash	boiled steamed baked	20-40 min. 45 min. 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

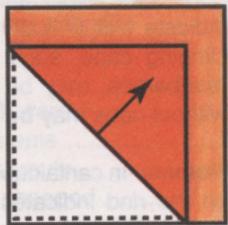
## General Tips:

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.

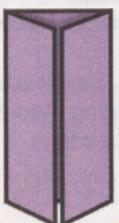
## Rosette

Elegant on plate.

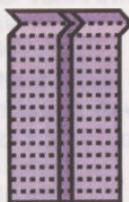
### Instructions:

1. Fold left and right edges to center, leaving  $1/2"$  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.

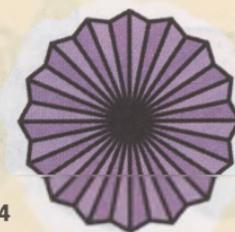
1



2



3

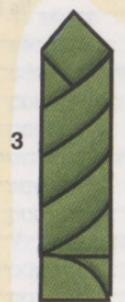
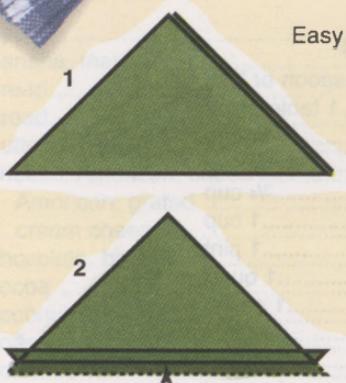


4

# Napkin Folding

## Candle

Easy to do; can be decorated.



### Instructions:

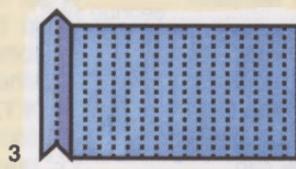
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Fan

Pretty in napkin ring or on plate.

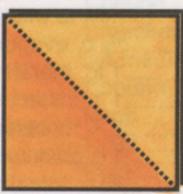
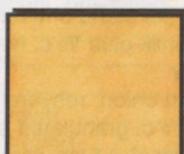
### Instructions:

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

Ingredient	Quantity	Substitute
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 cups

# Food Quantities

## For Large Servings

### 25 Servings

### 50 Servings

### 100 Servings

#### Beverages:

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 .....	1/2 pound and .....	1/6 pound and .....	1/3 pound and .....
	1 1/2 gallons water	3 gallons water	6 gallons water

#### Desserts:

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 .....

#### Ice cream:

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 .....

#### Meat, poultry or fish:

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 .....

#### Salads, casseroles:

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 .....

#### Sandwiches:

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 enhances 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, 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 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
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## 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.

**Crudités:** 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, cornmeal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid 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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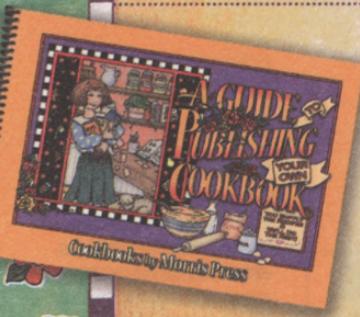
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