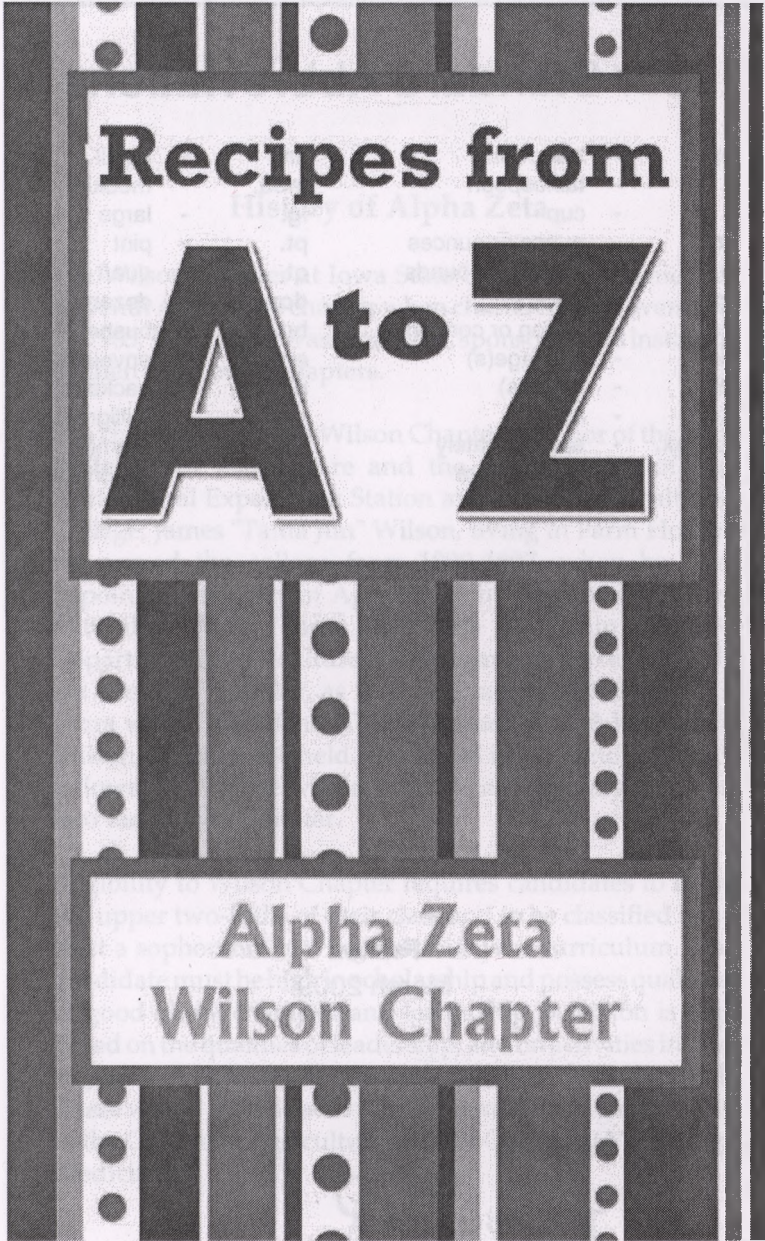




**Recipes from**

**A to Z**

**Alpha Zeta  
Wilson Chapter**



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**A to Z**

**Alpha Zeta  
Wilson Chapter**


This cookbook is a collection of recipes  
submitted by Alpha Zeta members  
and people within the  
College of Agriculture and Life Sciences

# Our Standard Abbreviations

<b>tsp.</b>	-	teaspoon	<b>sm.</b>	-	small
<b>T.</b>	-	tablespoon	<b>med.</b>	-	medium
<b>c.</b>	-	cup	<b>lg.</b>	-	large
<b>oz.</b>	-	ounce or ounces	<b>pt.</b>	-	pint
<b>lb.</b>	-	pound or pounds	<b>qt.</b>	-	quart
<b>sq.</b>	-	square	<b>doz.</b>	-	dozen
<b>ctn.</b>	-	carton or container	<b>bu.</b>	-	bushel
<b>pkg.</b>	-	package(s)	<b>env.</b>	-	envelope(s)
<b>btl.</b>	-	bottle(s)	<b>pkt.</b>	-	packet(s)
<b>liter</b>	-	liter	<b>mg</b>	-	milligram(s)
<b>approx.</b>	-	approximately	<b>gm</b>	-	gram(s)
<b>temp.</b>	-	temperature	<b>gal.</b>	-	gallon(s)

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## History of Alpha Zeta

The Wilson Chapter at Iowa State University became the eleventh Alpha Zeta chapter when chartered on November 27, 1905. The chapter was organized, sponsored and installed by men from other chapters.

The chapter was called Wilson Chapter in honor of the first Professor of Agriculture and the first Director of the Agricultural Experiment Station at the Iowa Agricultural College, James "Tama Jim" Wilson, living in Farm House. He served the college from 1890-1897, when he was appointed Secretary of Agriculture by President William McKinley. Under "Tama Jim's" able leadership, the U.S. Department of Agriculture was reorganized and expanded. He was very popular, as well, and continued to serve 13 years under Presidents Teddy Roosevelt and Woodrow Wilson, a record still held. He retired in 1913 and returned to Iowa. In 1913, he was initiated as an honorary member into the Wilson Chapter.

Eligibility to Wilson Chapter requires candidates to be in the upper two-fifths of their class and to be classified as at least a sophomore in a regular four-year curriculum. The candidate must be high in scholarship and possess qualities of good moral character and leadership. Selection is also based on the qualities of leadership, and on activities in that segment of agriculture of most interest to the individual. These would include activities in the various organizations of the College of Agriculture and the College of Veterinary Medicine.

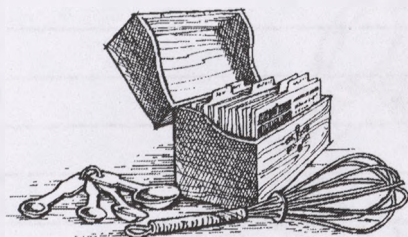
**Alpha Zeta Wilson Chapter  
Current Members  
2007-2009**

Adrienne Jacobson	Jenny Lichty
Alicia Rasmussen	Jessica Slavik
Allison Doll	Jill Madden
Alyce Gehling	Josh Williams
Alyse Herr	Josei Rudolphi
Andy Jennett	Kassi Williams
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Christopher Brown	Matthew Heims
Christopher Thomson	Melissa Vail
Courtney Taglauer	Michelle Euken
Daniel Murray	Missy Merwald
Danielle Holmes	Molly Mayer
Deanne Day	Neil Heithoff
Drew Simonsen	Nick Beedle
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Holly Lenz	Rachel Kreis
Jacob Mayer	Rebecca Burch
Janelle Jamison	Richardo Acevedo
Jared Elbert	Sarah Ingwersen
Jason Wellman	Trever Shipley
Jennie Hansen	

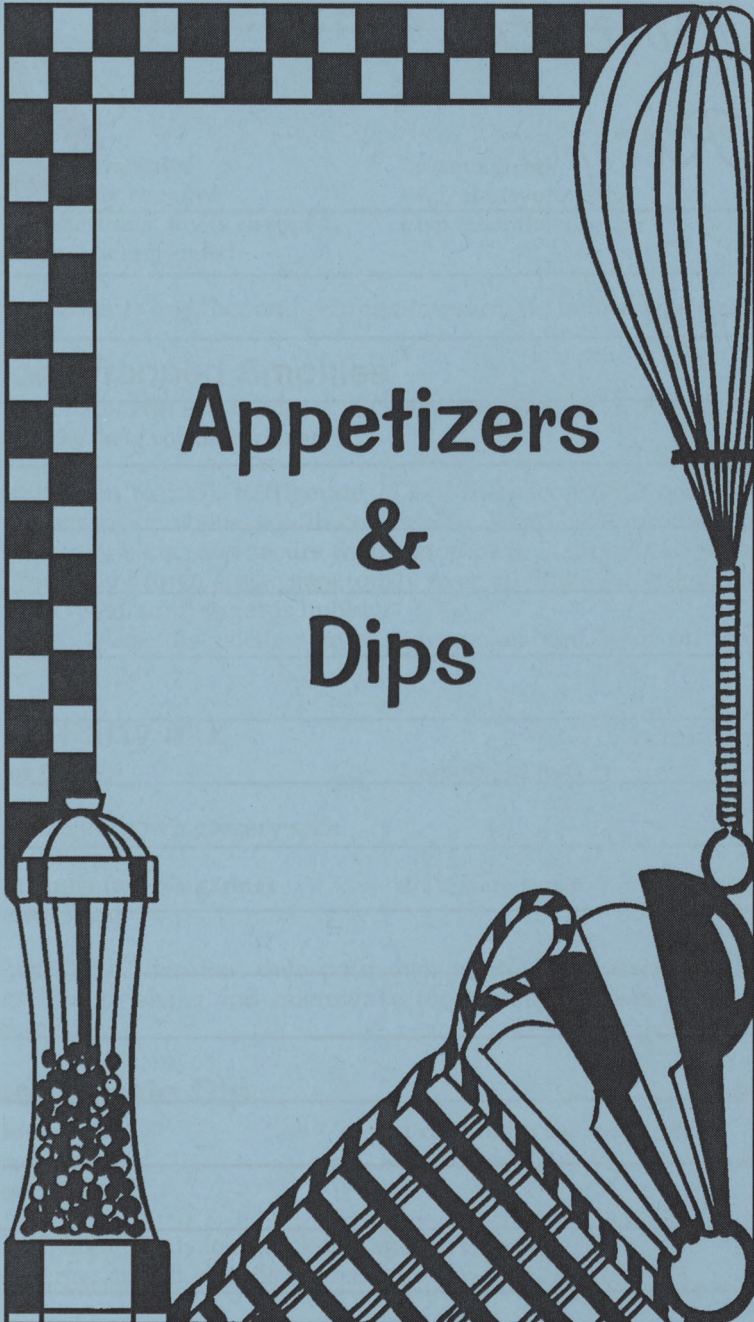
Advisor: Dr. Russell Mullen

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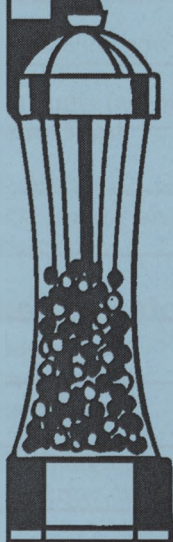
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**Appetizers  
&  
Dips**





# Appetizers & Dips

## Crab Dip

Jessica Slavik

- |                                      |                         |
|--------------------------------------|-------------------------|
| 2 to 4 c. mock crabmeat              | 1 c. sour cream         |
| 1 c. celery, finely chopped          | 1 c. real mayonnaise    |
| 1 c. water chestnuts, finely chopped | 1 tsp. granulated sugar |
| 1 c. Cheddar cheese, grated          |                         |

Stir ingredients together and refrigerate overnight before serving.

## Bacon-Wrapped Smokies

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1 lb. sliced bacon, cut into thirds   | 3/4 c. brown sugar, or to taste |
| 1 (14 oz.) pkg. beef cocktail wieners |                                 |

Preheat oven to 325°. Refrigerate 2/3 of the bacon until needed. It is easier to wrap the wieners with cold bacon. Wrap each cocktail wiener with a piece of bacon and secure with a toothpick. Place on a large baking sheet. Sprinkle brown sugar generously over all. Bake for 40 minutes in preheated oven, until sugar is bubbly.

To serve, place the wieners in a slow-cooker and keep on the low setting.

## Sweet Party Mix

Chris Thomson

- |                   |                  |
|-------------------|------------------|
| 1 lg. box Crispix | 1 can mixed nuts |
|-------------------|------------------|

Combine in brown grocery sack.

Mix:

- |  |                   |
|--|-------------------|
| 2 sticks <u>butter</u> (not margarine) | 1/2 c. Karo syrup |
| 2 c. brown sugar                       |                   |

Boil for 1 1/2 minutes, then pour over mixture and microwave for 1 minute. Stir or shake and microwave for 4 minutes. Pour onto cookie sheets to cool.

## Baked Potato Dip

Katie Tuttle

- |                    |                               |
|--------------------|-------------------------------|
| 8 oz. sour cream   | 1 c. Cheddar cheese, shredded |
| 8 oz. cream cheese | 1 c. bacon bits               |
| 3 green onions     |                               |

Add all ingredients to a crock-pot and set on low.  
For a larger crowd, double the recipe.

**Cheerio and M&M Snack Mix**

Missy Merwald

Boil for 2 minutes:

1 c. brown sugar  
1/2 c. oleo1/4 c. corn syrup  
1/2 tsp. salt

Add:

1/2 tsp. salt

Remove from heat.

Pour over:

6 c. Cheerios  
1 c. raisins

2 c. M&amp;M's

Put all in paper bag. Microwave for 3 minutes on HIGH POWER, shaking every minute. When done, lay out to cool.

**Cheesy Taco Dip**

Missy Merwald

1 lb. Velveeta cheese  
1 lb. hamburger, browned & drained  
1/2 can mild enchilada sauce1/2 T. chili powder  
1/2 tsp. paprika  
1/2 tsp. garlic salt

Heat all ingredients over double boiler; pour into small crock-pot.  
Serve with chips.

**Bagel Dip**

Chris Thomson

1 c. sour cream  
1 c. mayonnaise or Miracle Whip  
1 T. parsley flakes  
1 T. dill weed2 T. chopped onion  
Few shakes of Lawry's seasoned salt  
2 pkg. corned beef, chopped

Mix all ingredients together.  
Serve with 2 packages bagels, cut into wedges.

## Old Dutch Caramel Corn

Kristi Hetland

1 (8 oz.) bag Old Dutch puffcorn  
curls or popcorn

Place corn curls in large roaster pan.

### CARAMEL SAUCE:

In a 2-quart saucepan, cook together for 2 minutes:

1/2 lb. butter

1/2 c. light corn syrup

1 c. brown sugar

Add 1 teaspoon baking soda to mixture. This will cause mixture to foam, so 2-quart saucepan is necessary. Pour caramel mixture over corn curls and stir until mixed. Place in 250° oven for 45 minutes. Stir at least every 10 to 15 minutes. Remove from oven; pour on waxed paper and break apart.

Enjoy!!

## Taco Dip

Laura Bortz

8 oz. cream cheese

8 oz. sour cream

Blend until smooth and spread over 13x15-inch or 10x13-inch pan. Sprinkle 1 package dry taco seasoning over sour cream mixture. Brown 1 pound hamburger; drain and crumble. Sprinkle over pan and press into sour cream mixture. Pour 1 (8-ounce) jar taco sauce over hamburger and spread. Follow with placing 8 to 16 ounces shredded cheese over top.

May add chopped tomatoes, onion, olives, lettuce, etc. to taste.

Serve with tortilla chips.

## Sweet Chex Mix

Sarah Ingwersen

12 oz. Crispix

1/4 c. Karo syrup

1 stick butter

1/2 tsp. baking soda

1 c. brown sugar

Nuts

Mix together in microwave and boil for 2 minutes. Stir and add 1/2 teaspoon baking soda, and stir in. Add Crispix to combination and add nuts. Microwave for 2 minutes and stir.

## Oyster Snack Crackers

Sarah Ingwersen

2 pkg. oyster crackers

1 pkt. Hidden Valley Ranch dry original mix

Stir in:

1/2 tsp. garlic salt

1 tsp. dill weed

1 tsp. lemon juice

1 c. cooking oil

Mix this with Hidden Valley and pour over crackers. Mix well and let stand 10 minutes before serving.

## Easy Guacamole

Sarah Ingwersen

2 ripe avocados

2 tsp. chopped onion

1 plum tomato, chopped

1 tsp. snipped fresh cilantro

1/2 c. sour cream

1 tsp. lime juice

2 tsp. chopped, pitted ripe olives

3/4 tsp. salt

Mash avocados and mix everything together.

## Chunky Artichoke Salsa

Sarah Ingwersen

1 (6 oz.) jar marinated artichoke hearts

1 clove garlic, chopped

1/2 c. sliced ripe olives

3 T. snipped fresh basil leaves, or

2 T. coarsely-chopped red onion

2 tsp. dried basil

3 med. plum tomatoes, coarsely chopped

Salt &amp; ground black pepper, to taste

## Apple Berry Salsa

Sarah Ingwersen

2 med. apples

1 sm. orange

1 pt. strawberries, diced (about 1/2 c.)

2 T. packed brown sugar

2 kiwi, peeled &amp; diced

2 T. apple jelly or apricot jam

Peel, core and slice apples. Coarsely chop apple slices. Dice strawberries and kiwi. Place fruit in small bowl. Zest orange to measure 1 teaspoon zest. Juice orange to measure 2 tablespoons juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve. Spoon into serving bowl. Yield: about 3 cups.

Serve with baked cinnamon chips.

## Sour Cream and Roasted Red Pepper Dip

Sarah Ingwersen

15 oz. roasted red peppers, packed in water, drained	1/2 tsp. garlic powder
1 c. fat-free sour cream	1/8 tsp. salt
1/2 c. basil (fresh)	1/2 tsp. pepper

In a blender, combine roasted peppers, sour cream, basil and garlic powder; purée until smooth. Season to taste with salt and black pepper. Yield: about 1/2 cup per serving.

## Buffalo Chicken Cream Cheese Dip

Stacey Noe

1 (8 oz.) pkg. cream cheese, softened	1/2 c. buffalo wing sauce
1 (6 oz.) pkg. oven-roasted chicken breast cuts, or 1/2 lb. cooked chicken, chopped	1/4 c. blue cheese crumbles
	1/4 c. sliced green onions

Spread cream cheese onto bottom of microwavable 9-inch pie plate. Mix chicken and sauce; spoon over cream cheese. Sprinkle with blue cheese and onions. Microwave on HIGH for 2 minutes, or until heated through.

Serve warm with celery sticks and snack crackers.

## Quick Cheese Fondue

Deanne Day

1 (10 3/4 oz.) can condensed Cheddar cheese soup	1/2 c. (2 oz.) cubed Swiss cheese
	1 med. garlic clove

In saucepan, heat soup, cheese and garlic until cheese is melted; stir now and then. Remove garlic. Serve hot. Yield: 1 1/2 cups.

Ideas for dunking: French bread, cooked ham cubes, raw cauliflower buds, olives, cooked shrimp.

## Stuffed Mushrooms

Steph Scott

Baby Bella mushrooms	Zesty Italian dressing
Mozzarella cheese	

Remove stems from mushrooms and discard. Clean the mushrooms with a damp cloth. Place in desired baking dish. Chop the cheese as finely as you can, using a food processor if able. Press the cheese firmly into the mushroom tops until full. Top with enough Italian dressing to cover each mushroom and leave a little in the bottom of the pan to prevent sticking. Bake at 350° for 20 to 25 minutes, until mushrooms are tender.

## Jalapeño Bacon Peppers

Steph Scott

Fresh jalapeños

Bacon

Cream cheese

Remove both ends from the jalapeños (the stem and the tip). Slice each pepper into 1/2- to 3/4-inch sections, making approximately 3 rings from each pepper. Fill the ringlet with cream cheese. Use 1/3 to 1/2 a slice of bacon to wrap around each pepper slice to hold in the cream cheese. Use a toothpick to secure the bacon to the pepper. Place on a baking sheet and bake at 350° for 25 to 30 minutes.

If desired, you can cook these on the grill for the same amount of time. Just make sure to use a grill-safe baking sheet!

## Fruit Dip

Molly Mayer

1 (8 oz.) ctn. Philadelphia cream  
cheese

1/4 c. white sugar

1/2 c. brown sugar

1 tsp. vanilla

Mix well in medium-size bowl until well blended.

Serve with apples.

## Smoky Bacon Wraps

Holly Lenz

1 lb. sliced bacon

1 c. packed brown sugar

1 (16 oz.) pkg. Little Smokies

Cut each bacon strip in half lengthwise. Wrap 1 piece bacon around each sausage. Place in foil-lined 10x15x1-inch baking pan. Sprinkle with brown sugar. Bake, uncovered, at 400° for 30 to 40 minutes, or until bacon is crisp and sausage is heated through. Yield: 3 1/2 dozen.

## Almond Cream Dip

Paige Schoeberl

Assorted fresh fruit

1 c. milk

1 sm. box vanilla instant pudding

1/2 tsp. almond extract

2 c. whipping cream

Wash and prepare fruit. Pat dry and chill. Combine pudding mix and remaining ingredients in large mixing bowl; beat at low speed with an electric mixer until blended. Beat at high speed until soft peaks form (about 8 minutes). Serve with fresh chilled fruit.

## Main Dip

Drew Simonsen

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 (16 oz.) can refried beans | 1/3 c. diced onions              |
| 1 sm. ctn. guacamole dip     | 1 (3 oz.) can diced black olives |
| 1 (16 oz.) ctn. sour cream   | 1 bag tortilla chips             |
| 1 c. shredded Cheddar cheese |                                  |

On a large dinner plate, spread out the refried beans. Layer over top with guacamole. The next layer is sour cream. Sprinkle Cheddar cheese, then onions and lastly, add black olives on top. Serve with tortilla chips.

**Note:** May use fat-free refried beans. It just doesn't spread out as easily, but works well.

## Soft Pretzel Wreath and Mustard Butter

Michelle Euken

### SOFT PRETZELS:

- |  |  |
|--|--|
| 1 (11 oz.) can Pillsbury refrigerated soft breadsticks | Sesame seeds, poppy seeds or coarse salt |
| 1 egg, beaten  |  |

### MUSTARD BUTTER:

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1/2 c. unsalted butter, softened | 1/2 to 1 tsp. caraway seeds |
| 2 T. Dijon mustard               |                             |

**Pretzels:** Heat oven to 350°. Lightly grease cookie sheet. Remove breadsticks from can and separate into 8 pieces. Unroll and shape each stick into a 15-inch rope; form into a pretzel. Arrange pretzels, side-by-side, to form a 10-inch circle on prepared cookie sheet. Lightly brush pretzel wreath with beaten egg. Sprinkle with sesame seeds, poppy seeds or coarse salt. Bake at 350° for 15 to 18 minutes, or until golden brown. Serve warm. Yield: 8 servings.

**Mustard Butter:** In small bowl, beat butter until light and fluffy. Add mustard; beat well. Fold in caraway seeds. Yield: 3/4 cup.

## Veggie Bars

Alicia Rasmussen

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 2 pkg. crescent rolls                | 3/4 c. finely-chopped broccoli    |
| 2 (8 oz.) pkg. cream cheese          | 3/4 c. finely-chopped cauliflower |
| 1 pkt. Hidden Valley Ranch mix       | 3/4 c. finely-chopped carrots     |
| 3/4 c. Miracle Whip (not mayonnaise) | 3/4 c. finely-chopped tomatoes    |
| 4 oz. shredded Cheddar cheese        | A few finely-chopped radishes     |

Press Crescent rolls into jellyroll pan. Bake at 350° for 8 to 10 minutes. Cool. Mix cream cheese, powdered ranch packet and Miracle Whip. Put 3/4 of vegetables into mixture; spread on crust. Top with remaining vegetables and shredded cheese.

## Fresh Tomato Salsa

Michelle Euken

4 med. tomatoes, chopped  
 1 med. onion, chopped  
 1/2 c. chopped green pepper  
 1/2 c. chopped fresh cilantro

2 T. lemon juice  
 1 T. lime juice  
 1 jalapeño chili, finely chopped  
 Tortilla chips

In medium bowl, combine ingredients; mix well. Refrigerate 1 to 2 hours to blend flavors. Serve with tortilla chips. Yield: 3 cups.

**Note:** Salsa can be stored, covered, in refrigerator for 5 days.


## Happy Hour Caviar

Michelle Euken

1 can hominy  
 1 can black-eyed peas  
 1 (3 oz.) pkg. pepperoni, diced  
 1 (8 oz.) pkg. grated Mozzarella  
 cheese

1 (20 oz.) jar picante salsa or sauce  
 8 green onions, diced  
 2 tomatoes, diced

Mix all ingredients and chill for 2 hours.  
 Serve with tortilla chips.



# Breads & Rolls

# Ways to Use Leftovers

If it's good food, don't throw it away. Little leftovers, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there — and your leftovers are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for French toast. Other leftovers have a way of adding food value or a fresh new touch — such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which leftovers may be used.

## **Cooked snap beans, lima beans, corn, peas, carrots, *in***

Meat and vegetable pie  
Soup  
Stew  
Stuffed peppers  
Stuffed tomatoes  
Vegetables in cheese sauce

## **Cooked leafy vegetables, chopped, *in***

Creamed vegetables  
Soup  
Meat loaf  
Meat patties  
Omelet  
Souffle

## **Cooked or canned fruit, *in***

Fruit cup  
Fruit sauces  
Jellied fruit  
Quick breads  
Shortcake  
Upside-down cake  
Yeast breads

## **Cooked meats, poultry, fish, *in***

Casserole dishes  
Hash  
Meat patties  
Meat pies  
Salads  
Sandwiches  
Stuffed vegetables

## **Cooked wheat, oat, or corn cereals, *in***

Fried cereal  
Meat loaf or patties  
Sweet puddings

## **Cooked rice, noodles, macaroni, spaghetti, *in***

Casseroles  
Meat or cheese loaf  
Timbales

## **Bread**

Slices, *for*  
French toast  
Dry crumbs, *in*  
Brown Betty  
Croquettes  
Fried chops  
Soft crumbs, *in*  
Meat loaf  
Stuffings

## **Cake or cookies, *in***

Brown Betty  
Icebox cake  
Toasted, with sweet topping for dessert

## **Egg yolks, *in***

Cakes  
Cornstarch pudding  
Custard or sauce  
Pie filling  
Salad dressing  
Scrambled eggs

## **Egg whites, *in***

Custard  
Fruit whip  
Meringue  
Souffles

## **Hard-cooked egg or yolk, *in***

Casserole dishes  
Garnish  
Salads  
Sandwiches

## **Sour cream, *in***

Cakes, cookies  
Dessert sauce  
Meat stews  
Pie filling  
Salad dressing  
Sauce for vegetables

## **Sour milk, *in***

Cakes, cookies  
Quick breads

## **Cooked potatoes, *in***

Croquettes  
Fried or creamed potatoes  
Meat pie crust  
Potatoes in cheese sauce  
Stew or chowder

# Breads & Rolls

## Cinnamon Coffee Ring

Barb Osborn

1 c. butter, softened  
 2 3/4 c. sugar  
 4 eggs  
 2 tsp. vanilla  
 3 c. flour  
 2 tsp. baking powder

1 tsp. baking soda  
 1 tsp. salt  
 2 c. (16 oz.) sour cream  
 2 T. cinnamon  
 1/2 c. chopped walnuts

Cream butter and 2 cups sugar. Add eggs, one at a time, beating after each addition. Add vanilla and mix. Mix flour, baking powder, baking soda and salt together; add alternately with sour cream to creamed mixture. Spoon 1/3 of the batter into a greased bundt pan. Combine cinnamon, nuts and remaining 3/4 cup sugar. Sprinkle 1/3 of that mixture over batter and repeat those layers twice. Bake at 350° for 65 to 70 minutes. Cool for 10 minutes.

## Sky High Biscuits

Katie Tuttle

2 c. all-purpose flour  
 1 c. whole wheat flour  
 4 1/2 tsp. baking powder  
 2 T. sugar  
 1/2 tsp. salt

3/4 tsp. cream of tartar  
 3/4 c. margarine  
 1 egg, beaten  
 1 c. milk

In a bowl, combine flour, baking powder, sugar, cream of tartar and salt. Cut in margarine until mixture resembles coarse cornmeal. Add egg and milk, stirring quickly. Knead lightly on floured board. Roll and pat gently to 1-inch thickness. Cut into 1- to 2-inch biscuits. Place on greased cookie sheet. Bake at 450° for 12 to 15 minutes. Yield: 20 biscuits.

I cut it down by a third and still use 1 egg.

## Pumpkin Bread

Missy Merwald

### Cream:

2 2/3 c. sugar

2/3 c. salad oil

### Add:

4 eggs, beaten

2/3 c. water

2 c. pumpkin

1 1/2 tsp. vanilla

### Sift together:

3 1/2 c. flour

2 tsp. cinnamon

1 1/2 tsp. salt

1/2 tsp. ground allspice

1/2 tsp. baking powder

1/2 tsp. ground cloves

2 tsp. baking soda

1/2 tsp. ginger

Add to pumpkin mixture; mix well. Stir in as desired, 2/3 cup chopped nuts or raisins. Grease and flour 2 loaf pans. Bake in 350° preheated oven for 1 hour. Cool 10 minutes.

## Pumpkin Bread

Sarah Ingwersen

3 c. sugar

1 1/2 tsp. salt

1 c. oil

1/2 tsp. cloves

4 eggs

1/2 tsp. nutmeg

1 1/2 c. pumpkin

1/2 tsp. cinnamon

3/4 c. water

2 tsp. baking soda

3 1/3 c. flour

1/2 tsp. baking powder

Mix in order. Spray bread pan with Pam. Pour batter into pans 1/2- to 3/4-full. Bake at 350° for 30 to 45 minutes.

## Banana Bread

Neil Heithoff

1 c. sugar

1/2 c. vegetable shortening

2 eggs

1 c. bananas, mashed

1/2 tsp. salt

1 tsp. baking powder

1 tsp. vanilla

2 c. flour

1/2 c. nuts

Combine all ingredients and put into bread pan. Bake at 350° for 1 hour.

## Cornmeal Cheddar Biscuits

Barb Osborn

1 1/2 c. all-purpose flour	1/4 tsp. salt
1/2 c. yellow cornmeal	1/2 c. butter or margarine
2 tsp. sugar	1/2 c. shredded Cheddar cheese
1 T. baking powder	1 c. milk

In a bowl, combine dry ingredients; cut in butter until crumbly. Stir in cheese and milk just until moistened. Drop by 1/4 cupfuls onto an ungreased baking sheet. Bake at 450° for 12 to 15 minutes, or until light golden brown. Serve warm.

## Buns

Barb Osborn

1 c. boiling water	1 tsp. salt
1 c. milk	1/2 c. sugar
1 pkg. dry yeast	1 egg
2 T. butter or lard	

Mix shortening and boiling water; when lukewarm, add yeast, which has been dissolved in a little warm water. Add salt and sugar. Add flour and mix well. Let stand in the refrigerator overnight, or let rise and make into buns right away. When risen, bake in 350° oven for 25 to 30 minutes.

## Oatmeal Rolls

Barb Osborn

1 c. quick oatmeal	2 pkg. yeast, softened in 1/3 c. warm water
2 c. boiling water	1 T. sugar
3 T. butter	1 1/2 tsp. salt
2/3 c. brown sugar	5 c. flour

Mix quick oats, boiling water and butter. Set aside and let cool. When oat mixture is cool, add brown sugar, yeast, sugar, salt and flour. Mix well together. Let rest for 10 minutes and knead, adding any extra flour needed. Let rise twice and bake at 350° for about 20 minutes. Yield: 35 to 40 rolls.

## Banana Bread

Barb Osborn

2 lg. mashed bananas	1/4 tsp. salt
1 c. sugar	1/2 tsp. baking soda
2 eggs	1/2 tsp. baking powder
3 T. milk	1/2 c. melted oleo
2 c. sifted flour	1 tsp. vanilla

Beat bananas, sugar and eggs until light. Stir in milk. Stir flour, salt, baking soda and baking powder together and add to first mixture. Stir in oleo and vanilla. Pour into a greased and floured loaf pan and bake at 275° for 1 hour, or until a tester comes out clean. Cool thoroughly, preferably overnight, before slicing.

## Banana Bread

Barb Osborn

Mix:	
3 ripe bananas, mashed	1 tsp. baking soda
2 eggs	1 tsp. baking powder
1/3 c. oil	1 tsp. cinnamon
1 tsp. vanilla	1/2 c. sugar
2 c. flour	

Mix bananas, eggs, oil and vanilla. Add and mix flour, baking soda, baking powder, cinnamon and sugar. Bake at 325° for 40 to 45 minutes.

## Cinnamon Rolls

Barb Osborn

2 pkg. Rapid-Rise yeast	3/4 c. warm milk
1 tsp. salt	2 eggs
1/2 c. warm water	1/4 c. sugar
1/3 c. butter	4 1/2 c. flour

Dissolve yeast in a large mixing bowl; let stand 5 minutes. Add milk, sugar and salt; stir well. Beat in shortening, eggs and 1 cup flour. Add enough remaining flour to make the dough soft. Turn out on a floured surface. Knead until smooth and no longer sticky. Place in greased bowl and turn over once to grease top. Let rise in warm place until doubled. Punch dough down and divide in half. Place a half on a floured board and roll out until the dough takes a rectangular shape. Brush on melted butter, then sprinkle on cinnamon (use as much as you would like). Roll dough up; cut with thread and place in a pan. Bake at 350° for 20 minutes, or until golden brown.

## Zucchini Bread

Michelle Euken

2 c. coarsely-shredded zucchini	1/4 tsp. baking powder
3 c. all-purpose flour	3/4 c. applesauce
1 3/4 c. sugar	1/2 c. egg
1 tsp. salt	1/3 c. vegetable oil
1 tsp. baking soda	1 T. vanilla extract
1 tsp. ground cinnamon	

Preheat oven to 350°. Place zucchini on several layers of paper towels and cover with additional paper towels. Let stand 5 minutes, pressing down occasionally; set zucchini aside. Combine flour and next 5 ingredients in a large bowl, and stir well. Make well in center of mixture. Combine zucchini, applesauce, egg, oil and vanilla; add to dry ingredients, stirring just until ingredients are moistened. Spoon batter evenly into 2 (7 1/2 x 3-inch) pans, coated with cooking spray. Bake at 350° for 1 hour and 15 minutes, or until wooden toothpick inserted in center comes out clean. Let cool. Remove from loaf pans. Yield: 2 loaves (28 servings).

## Cheddar Shortbread

Paige Schoeberl

1 c. butter	1 tsp. garlic salt
1 1/2 c. Cheddar cheese, shredded	1/8 tsp. cayenne pepper
2 c. whole wheat flour	Sesame seeds

Heat oven to 375°. Grease a cookie sheet. In a large bowl, cream butter, cheese, flour, salt and cayenne pepper. Turn onto floured surface; knead lightly to blend well. Pat out into a large square and cut into bars. Bake on prepared cookie sheet for 20 minutes, or until golden brown. Serve hot or cold. Yield: about 16 bars.

## Hot Rolls

Dr. Cheryll Reitmeier

3/4 c. vegetable shortening	2 eggs
2 c. hot water	2 pkg. active dry yeast
3 tsp. salt	5 to 6 c. flour
1/2 c. sugar	

Melt shortening in hot water. Dissolve salt and sugar in hot water. Blend in eggs. Cool mixture to lukewarm. Add yeast. Add flour to form soft dough. Knead 10 minutes\*. Shape into rolls. Let rise in warm place for 30 minutes. Bake 12 to 15 minutes at 400°.

\*Refrigerate dough overnight.

## Dumplings

Dr. Cheryll Reitmeier

1 1/2 c. all-purpose flour  
2 tsp. baking powder  
3/4 tsp. salt

3 T. vegetable shortening  
3/4 c. milk

Sift together flour, baking powder and salt in 10-inch mixing bowl. Cut shortening into dry ingredients. Add milk, all at once, to flour and shortening. Mix to form ball. Drop dumplings onto boiling soup or stew. Cook, uncovered, for 10 minutes. Cover and cook 10 minutes. Yield: 6 to 8 dumplings (4 servings).

## Melt-in-Your-Mouth Biscuits

Andy Jennett

2 c. flour  
4 tsp. baking powder  
1/2 tsp. cream of tartar  
1/2 tsp. salt

2 T. sugar  
1/2 c. shortening  
1 egg  
2/3 c. milk

Sift dry ingredients together; cut in shortening until mixture resembles coarse meal. Pour milk in slowly. Add egg; stir well. Knead 5 times on lightly-floured surface. Pat or roll 1/2-inch thick; cut with floured cutter. Place on baking sheet. Bake 10 to 15 minutes at 450°. Yield: 10 biscuits.

## Honey Cornbread

Andy Jennett

1 c. flour  
3/4 c. cornmeal  
1 T. baking powder  
1/2 tsp. salt

1 c. milk  
1/4 c. honey  
1 egg, beaten  
2 T. butter, melted

Stir together flour, cornmeal, baking powder and salt. Add milk, honey and eggs; stir in butter. Pour batter into 8x8x2-inch baking pan. Bake at 400° for 25 minutes.

## Johnny Cake (Moist Cornbread)

Jennie Hansen

1 c. flour  
1/2 c. yellow cornmeal  
1/2 c. sugar  
1/2 tsp. salt

2 level tsp. baking powder  
1 c. milk  
1 egg  
1 T. melted butter

Mix flour, cornmeal, sugar, salt and baking powder together in a bowl. Beat the egg with milk and add to the dry ingredients. Beat well. Beat in melted butter. Pour in greased muffin tins or a round 9-inch layer cake pan. Bake at 350° for 20 minutes.

## Scottish Shortbread

Dr. Anna Butters-Johnson

This shortbread is made in one piece in a tin, then cut into wedges after baking. The addition of fine semolina gives it a crunchier texture.

6 oz. butter or margarine, room temp.	3 oz. fine semolina
3 oz. caster sugar	Icing sugar, for dusting
6 oz. plain flour, sifted	

Preheat oven to 300°. Use an 8-inch fluted flan tin with a loose base. First of all, beat butter in a bowl with a wooden spoon to soften it, then beat in sugar followed by sifted flour and semolina. Work the ingredients together with a spoon, pressing them to the side of the bowl, then finish off with your hands until you have a dough that doesn't leave any bits in the bowl. Next, transfer the dough to a flat surface and roll it out lightly to a round (giving it quarter turns as you roll), then transfer the round to the tin. Lightly press the mixture evenly into the tin, right into the fluted edges (to make sure it's even, you can give it a final roll with a small glass tumbler). Now you must prick the shortbread all over with a fork or it will rise up in the center while it's baking. Bake the shortbread for 1 to 1 1/4 hours on the center shelf. Using a palette knife, mark out the surface into 12 wedges while it's still warm. Leave it to cool in the tin, then remove the rim of the tin; cut the shortbread into wedges. Dust with icing sugar and store in an airtight tin.

**Strawberry Shortcake:** In the summer a round of shortbread made as above and left whole can be spread with whipped cream or fromage frais, and topped with strawberries just before serving.

This makes a really delicious pud for a summer dinner party, or tea in the garden.

## Chocolate Zucchini Bread

Katherine Frels

2 c. flour	2 c. sugar
1/2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. baking soda	3 sq. unsweetened chocolate, melted
1/2 tsp. salt	1 c. nuts
3 eggs, beaten	2 c. grated zucchini
1 c. oil	

Sift dry ingredients. Add eggs, oil, sugar, vanilla and chocolate to dry ingredients. Mix well. Fold in zucchini and nuts. Pour into 2 greased pans. Bake at 350° for 55 minutes. Let stand a few minutes before removing from pan. Yield: 2 loaves.

## Banana Nut Bread

Deanne Day

1/3 c. shortening  
 1/2 c. sugar  
 2 eggs  
 1 3/4 c. sifted flour  
 1 tsp. baking powder

1/2 tsp. baking soda  
 1/2 tsp. salt  
 1 c. mashed ripe banana  
 1/2 c. chopped walnuts

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients. Add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 5x9x3-inch loaf pan. Bake in moderate oven (350°) for 45 to 50 minutes, or until done. Remove from pan; cool on rack. Wrap and store overnight.

## Pumpkin Bread

Deanne Day

3 1/2 c. flour  
 3 c. sugar  
 1 1/2 tsp. salt  
 1 tsp. cinnamon  
 1 tsp. nutmeg

1 c. oil  
 4 eggs  
 2/3 c. water  
 2 tsp. baking soda  
 2 c. canned pumpkin

Sift together dry ingredients. Make a well in center and add all remaining items. Mix until smooth. Put into 4 greased 1-pound metal coffee cans. Bake at 350° for 1 hour, or more. Turn onto racks to cool.

## White Bread

Chris Olsen

5 c. warm water  
 1 1/2 T. yeast  
 1/4 c. sugar

1/2 c. oil  
 1 T. salt  
 Almost 5 lb. white flour

Dissolve yeast in water. Stir in sugar, salt and oil. Stir in flour until it is too thick to stir. Knead in flour and continue to knead (about 10 minutes) until dough is smooth and elastic. Oil large bowl. Turn dough into bowl to coat with oil. Cover with plastic wrap. Let rise until double in bulk. Punch down; let rise again. Punch dough down. Let rest 10 minutes. Shape into 4 loaves. Grease 4 bread pans and put dough in. Cover loosely with plastic wrap and let rise. Remove wrap and bake at 350° for about 30 minutes.



**Soups  
&  
Side Dishes**

# Equivalent Can Sizes

Can Size	Approximate Net Weight	Approximate Cups
No. 1/4	4 to 4 1/2 ounces	1/2 cup
No. 1/2	8 ounces	1 cup
No. 1	9 1/2 to 13 ounces	1 1/4 cups
No. 1 (tall)	16 ounces	2 cups
No. 2	20 ounces	2 1/2 cups
No. 2 1/2	29 ounces	3 1/2 cups
No. 3	3 pounds 3 ounces	5 3/4 cups
No. 10	6 1/2 to 7 pounds 5 ounces	12 to 13 cups
6 ounce	6 ounces	3/4 cup
8 ounce	8 ounces	1 cup
12 ounce	12 ounces	1 1/2 cups
No. 300	14 to 16 ounces	1 3/4 cups
No. 303	16 to 17 ounces	2 cups

# Alternate Cake Pans

## If a recipe calls for:

## Use:

Two 8 x 1 1/2 - inch round pans

18 to 24 (2 1/2") cupcake pan cups

Three 8 x 1 1/2 - inch round pans

Two 9 x 9 x 2 - inch square pans  
or one 13 x 9 x 2 - inch oblong pan

Two 9 x 1 1/2 - inch round pans

Two 8 x 8 x 2 - inch square pans

One 9 x 5 x 3 - inch loaf pan

One 9 x 9 x 2 - inch square pan

Two 9 x 5 x 3 - inch loaf pans

One 10 x 4 - inch tube pan

One 8 x 4 x 3 - inch loaf pan

One 8 x 8 x 2 - inch square pan

One 9 x 3 1/2 - inch angel cake pan

One 10 x 3 3/4 - inch bundt pan  
or one 9 x 3 1/2 - inch fancy tube pan

# Soups & Side Dishes

## Grandma's Rice Bake

Karleen Gillen

1 (10 3/4 oz.) can consommé soup  
(Campbell's)  
1 (10 3/4 oz.) can French onion soup  
(Campbell's)

1 sm. can sliced mushrooms (do not  
throw out juice)  
1 c. rice (not Minute Rice)  
4 T. butter or margarine

Preheat oven to 350°. Pour soups into oven-safe glass dish, then add mushrooms (and the juice) and rice. Stir mixture. Lay butter on top of mixture. Cover and bake for 1 hour.

**Microwave Directions:** Use microwave-safe bowl. Bake for 25 minutes at 6 POWER. Watch carefully for any burning, not all microwaves cook the same. Check at 20 minutes.

## Potato Casserole

Mat Vaughn

2 lb. frozen hash browns  
1/2 c. melted margarine  
1 tsp. salt  
1/2 tsp. pepper  
2 T. minced onion

1 can cream of chicken soup  
1 pt. sour cream  
2 c. grated American cheese  
1/4 c. margarine  
2 c. crushed corn flakes

Thaw potatoes before mixing. Mix first 8 ingredients and put in 9x13-inch buttered casserole. Put 1/4 cup margarine in corn flakes over top. Bake at 350° for 45 to 60 minutes.

## Pecan Crumble Sweet Potato Casserole

Sarah Ingwersen

5 lb. sweet potatoes (4 to 5 lg.)  
1/2 c. butter, divided  
1 c. coarsely-crushed graham crackers  
1 c. pecan halves, coarsely chopped

1/2 c. packed brown sugar  
1 tsp. ground cinnamon  
1/2 tsp. salt  
1/4 tsp. ground black pepper

Preheat oven to 350°. Prick sweet potatoes with fork. Microwave on HIGH for 18 to 20 minutes, or until very soft. Let stand until cool enough to handle.

Meanwhile, melt 5 tablespoons butter. Combine melted butter, graham crackers, pecans, brown sugar and cinnamon in small bowl; set aside.

Peel sweet potatoes and place in large bowl. Using mix and masher, mash sweet potatoes with remaining 3 tablespoons butter, salt and black pepper. Spoon sweet potato mixture into oval baker. Top evenly with pecan mixture. Bake 20 to 25 minutes, or until topping is golden brown. Yield: 12 servings.

## Tater Tot Casserole

Sarah Ingwersen

1 lb. hamburger  
1 can cream of celery soup

1 can green beans  
Tater Tots

Brown hamburger and drain. Add cream of celery soup and green beans. Put Tater Tots on top. Bake at 400° for about 20 minutes.

## Copper Pennies

Janelle Jamison

5 c. sliced carrots

Cook carrots and drain.

Mix the following and pour over carrots:

1 onion  
1 sm. green pepper  
1 can tomato soup  
1 c. sugar

1 tsp. pepper  
1/2 c. salad dressing  
1 tsp. Worcestershire sauce  
3/4 c. cider vinegar

Marinate in refrigerator 12 hours and serve cold.

## Broccoli-Corn Casserole

Chris Thelen

1 (10 oz.) pkg. chopped broccoli  
1 tsp. salt  
1 egg  
Dash of pepper

1 can creamed corn  
3 T. melted butter  
1 T. grated onion  
1 c. herb stuffing mix

Pour boiling water over broccoli and drain at once. Combine egg, broccoli, onion, corn, salt and pepper. Combine butter with stuffing mix. Reserve 1/4 of the mixture for topping. Combine stuffing mix and broccoli and pour into greased casserole. Top with remaining stuffing mix. Bake, uncovered, in 350° oven for 35 minutes, or until done.

## Rice and Broccoli Casserole

Chris Thelen

1 can cream of chicken soup  
1 pkg. frozen chopped broccoli,  
thawed  
1 jar Cheez Whiz

1/4 c. onion  
1/4 c. celery  
1 1/2 c. Minute Rice, cooked  
according to pkg. instructions

Mix well. Bake 30 minutes at 350°.

## Corn Casserole

Chris Thelen

- |                              |                          |
|------------------------------|--------------------------|
| 1 can cream-style corn       | 1 c. sm. macaroni shells |
| 1 can whole corn, with juice | 2 c. grated cheese       |

Combine all ingredients and place mixture into a greased 2-quart casserole. Bake, covered, in a medium oven for about 30 minutes, or until the shells are done.

**Note:** Don't double and put in 2-quart casserole as it will overflow.

This recipe is an easy way to complete a meal plan, and it is delicious as well.

## Corn and Noodle Casserole

Barb Osborn

- |                       |                                |
|-----------------------|--------------------------------|
| 1 pt. whole corn      | 1 1/2 tsp. paprika             |
| 2 c. cooked noodles   | 1 c. cracker crumbs            |
| 2 T. chopped onion    | 1/2 c. Velveeta cheese, cut up |
| 2 T. chopped celery   | 1 c. milk                      |
| 1/2 c. butter, cut up | Salt, to taste                 |

Stir all together and put in casserole; bake for 35 minutes at 375°.

## Broccoli-Rice Casserole

Laura Bortz

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 pkg. cooked broccoli           | 1/2 c. milk                          |
| 1 c. Minute Rice                 | 1/4 c. water                         |
| 1 can cream of chicken soup      | 1/4 c. Velveeta cheese or Cheez Whiz |
| Chopped onion, sautéed in butter | Salt, to taste                       |

Mix all ingredients together thoroughly. Place all ingredients in buttered 1 1/2-quart casserole dish. Bake 30 to 40 minutes at 350°.

## Hearty Lasagna Soup

Laura Bortz

- |   |  |
|---|--|
| 1 lb. ground beef                                   | 1/4 tsp. dried Italian seasoning             |
| 1/4 tsp. garlic powder                              | 1 1/2 c. uncooked mafalda or corkscrew pasta |
| 2 (14 oz.) cans Swanson seasoned broth, with onions | 1/4 c. grated Parmesan cheese                |
| 1 (14.5 oz.) can diced tomatoes                     |  |

In a pot, brown ground beef with garlic. Add broth, tomatoes and seasoning. Bring to a boil. Stir in pasta. Cook over medium heat for 10 minutes, or until pasta is done. Stir in cheese and serve.

## Cream Can Stew

Kristi Hetland

We used to make this in a cream can over a fire, but have found it's easier to use the turkey cookers that are now available. The amounts below are estimates only. Adjust the amounts to fit your pot.

Layer ingredients as follows, bottom to top:

- |  |  |
|--|--|
| 12 to 16 ears sweet corn (depending on size; can stand them on end or lay them down, whichever works best for pot) | 2 med. heads cabbage, cleaned & halved |
| 12 to 16 potatoes, cleaned & halved  | 2 to 3 onions, cleaned & halved        |
| 1 to 2 lb. whole carrots, peeled & halved  | 2 to 4 rings bologna                   |
|  | Salt & pepper, to taste                |

Fill pot with enough water to cover corn. Put lid on. Bring to boil; boil 20 minutes and dump it out onto a table covered with several layers of newspaper.

Serve with lots of butter and napkins!

## Wild Rice Soup

Sarah Ingwersen

- |   |   |
|---|---|
| 1 lb. browned hamburger   | 1 can cream of celery soup                    |
| 1/2 c. uncooked wild rice (can precook by boiling the rice in a small amount of water until it just begins to open) | 2 cans milk                                   |
| 1 can cream of potato soup  | 1 c. Cheddar cheese                           |
|   | A couple sprinkles of garlic powder, to taste |

Can warm this all together on the stove or in the crock-pot on a low setting.

## Chicken Enchilada Soup

Laura Bortz

- |   |  |
|---|--|
| 1 c. Velveeta cheese, cut in sm. chunks | 2 cans mild Ro-Tel (can use 1 can Ro-Tel & 1 jar mild salsa) |
| 2 cans chicken broth                    | 8 oz. sour cream   |
| 2 cans cream of chicken soup            | 2 cans chicken, drained a little & cut up                    |

Add everything to a crock-pot; heat through.

Crunch up Tostitos or Doritos on top when you serve.

## Camping Potatoes

Pam Owenson

- |                            |                                      |
|----------------------------|--------------------------------------|
| 6 to 8 potatoes, sliced    | 1 stick butter                       |
| 1 onion, sliced into rings | 1 pkg. shredded cheese (your choice) |
| Salt & pepper, to taste    |                                      |

In an aluminum pie pan, layer potatoes, onions, butter, salt and pepper; repeat process until done. Double wrap pie pan with foil and seal edges. Place on grill and cook 30 minutes; turn over and continue to cook another 30 minutes, until potatoes are tender. Top with cheese; cover and let set until cheese has melted.

## Nacho Potato-Hamburger Soup

Mat Vaughn

- |  |                                      |
|--|--------------------------------------|
| 1 (5 1/4 oz.) box Hy-Vee au gratin potato mix (used dry) | 1 lb. ground beef, browned & drained |
| 1 (16 oz.) can whole kernel corn, drained                | 2 c. water                           |
| 1 (12 oz.) can tomato & green chilies, undrained         | 2 c. milk                            |
|  | 2 c. cubed Velveeta processed cheese |
|  | 1 pkg. nacho chips (opt.)            |
|  | 1 ctn. sour cream (opt.)             |

Combine browned ground beef, dry potato mix, corn, tomatoes and water in crock-pot. Cook on high for 3 1/2 hours. Add milk and cheese. Heat on low for 1/2 hour more, or until cheese is melted. Serve with crushed nacho chips and dollop of sour cream. Yield: 6 to 8 servings.

## Homemade Chicken Noodle Soup

Neil Heithoff

- |                       |                       |
|-----------------------|-----------------------|
| 3 cut chicken breasts | 1/2 c. grated carrots |
| 1/4 c. chopped onion  | 3 T. chicken base     |
| 1 tsp. parsley        | 3 c. noodles          |

Boil chicken breast until done. Cut breasts into 1/2-inch pieces and put in soup pan. Add grated carrots, onions, dry chicken base and parsley. Add water until pan is approximately half-full. Bring to boil. Add noodles and cook at low boil until noodles are done. Add water to thin to taste.

## Green Bean Casserole

Neil Heithoff

- |                            |                      |
|----------------------------|----------------------|
| 1 can green beans          | French's onion rings |
| 1 can cream of celery soup |                      |

Mix green beans and cream of celery soup together. Bake in oven for 1/2 hour. Top with French's onion rings.

## Fancy Hash Browns

Barb Osborn

- |  |  |
|--|--|
| 1 (2 lb.) pkg. frozen hash browns,<br>partially thawed | 1 can cream of chicken soup  |
| 1 tsp. salt  | 2 c. shredded Cheddar cheese   |
| 1/4 tsp. pepper  | 3/4 c. melted margarine (save 1/4 c.<br>for mixing with 2 c. crushed corn<br>flakes) |
| 3 to 4 green onions                                    |  |
| 1 pt. sour cream                                       |  |

Combine all ingredients, except corn flakes. Put in 9x13-inch pan. Top with corn flakes and butter mixture. Bake at 350° for 45 minutes.

Cubed ham may be added to make a complete meal.

## Cheesy Rice Casserole

Nicole Stoll

- |                        |                  |
|------------------------|------------------|
| Cream of mushroom soup | Frozen broccoli  |
| Cheez Whiz             | Boil-in-bag rice |

Spray 2-quart casserole dish with Pam. Put thawed broccoli in dish. Melt small jar Cheez Whiz and cream of mushroom soup, and put rice into this mixture. (You have already cooked the rice ahead of time.) Pour over thawed broccoli and bake at 350° for 45 minutes.

## Taco Soup

Nicole Stoll

- |  |  |
|--|--|
| 1 lg. onion, chopped                               | 1 can Ro-Tel tomatoes & green chilies    |
| 1/2 lb. 90% lean hamburger                         | 1 (16 oz.) can pinto beans               |
| 2 lg. cloves garlic, or 1 tsp. garlic<br>powder    | 1 (16 oz.) can kidney beans              |
| 1 (15 1/2 oz.) can yellow hominy, or<br>1 can corn | 1 pkg. taco seasoning                    |
| 2 (14 1/2 oz.) cans diced stewed<br>tomatoes       | 1 pkg. ranch dressing mix                |
|  | 1/2 tsp. pepper                          |
|  | 1 1/2 c. water                           |
|  | 1 (4 oz.) can diced green chilies (opt.) |

Cook together onion, hamburger and garlic, and drain grease. Add entire contents of the remainder of the ingredients. Simmer on medium heat for 30 minutes. Yield: 12 (1-cup) servings.

## Stuffed Green Pepper Soup

Nicole Stoll

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 lb. lean ground beef          | 2 c. chopped green peppers  |
| 1 c. diced onion                | 1 (15 oz.) can tomato sauce |
| 1/2 tsp. basil                  | 3 c. water                  |
| 1/2 tsp. oregano                | 1 T. beef bouillon          |
| 1 (14.5 oz.) can diced tomatoes | 1 c. cooked brown rice      |

Brown beef with onion. Place in slow-cooker with remaining ingredients on low for 6 to 8 hours, or place in large soup pot and simmer for 1 hour. Yield: 12 cups.

## Cottage Potatoes with Hash Browns

Deanne Day

- |  |                                |
|--|--------------------------------|
| 2 lb. frozen hash brown potatoes,<br>thawed  | Dash of pepper                 |
| 2 c. sour cream                              | 1 med. onion, chopped          |
| 1 (10 3/4 oz.) can cream of mushroom<br>soup | 2 c. Velveeta cheese, shredded |
|  | 3/4 tsp. salt                  |
|  | 1/4 tsp. pepper                |

Combine all ingredients, except potatoes, in large bowl; fold in potatoes. Spoon mixture into slow-cooker or crock-pot. Cover and cook on high for 1 1/2 hours; turn to low and cook 2 to 2 1/2 hours longer. Yield: 10 servings.

## Hash Brown Casserole

Andy Jennett

- |                              |                              |
|------------------------------|------------------------------|
| 2 lb. shredded hash browns   | 2 c. shredded Cheddar cheese |
| 1 can cream of chicken soup  | 1/2 c. margarine, melted     |
| 1 can cream of mushroom soup | 8 oz. sour cream             |
| 1 tsp. salt                  | 1 med. onion                 |
| 1/4 tsp. pepper              | 2 c. crushed corn flakes     |

Blend all ingredients together in 9x13-inch pan and bake for 45 minutes. Add corn flakes and bake 15 more minutes.

## Potato Cheese Chowder

Robert and Darla Hartzler

- |                                      |   |
|--------------------------------------|---|
| 1 med. onion, chopped                | 4 c. water  |
| 2 to 4 garlic cloves, minced         | 1 lb. frozen tofu, rinsed, squeezed<br>dry & crumbled |
| 1 to 3 T. oil                        | 1 to 2 tsp. miso                                      |
| 3 med. potatoes, cut into 1/2" cubes | 1 1/4 c. grated Cheddar cheese (opt.)                 |
| 16 oz. tomato sauce                  |   |

Sauté onion and garlic for 3 minutes in oil. Add the potatoes for an additional 2 minutes. Add other ingredients; bring to a boil, then reduce heat. Cover and simmer for 20 minutes, or until the potatoes are cooked, but not mushy. If desired, remove from heat and stir in the Cheddar cheese until cheese is melted and well integrated. Yield: 4 to 6 servings.

## Creamed Corn

Jennie Hansen

- |                    |                           |
|--------------------|---------------------------|
| 1 can creamed corn | 1 egg                     |
| 1 can regular corn | 1 c. sour cream           |
| 1 stick oleo       | 1 box Jiffy cornbread mix |

Mix all ingredients well. Bake for 1 hour at 350°.

## Creamy Hash Browns

Holly Lenz

- |  |   |
|--|---|
| 1 (2 lb.) pkg. frozen cubed hash brown potatoes              | 1 (10 3/4 oz.) can condensed cream of chicken soup, undiluted |
| 2 c. cubed or shredded American cheese                       | 1 lb. sliced bacon, cooked & crumbled                         |
| 2 c. sour cream  | 1 lg. onion, chopped  |
| 1 (10 3/4 oz.) can condensed cream of celery soup, undiluted | 1/4 c. butter, melted   |
|  | 1/4 tsp. pepper   |

Place potatoes in 5-quart slow-cooker. In a bowl, combine the remaining ingredients. Pour over potatoes and mix well. Cover and cook on low for 4 to 5 hours, or until potatoes are tender and heated through. Yield: 14 servings.

## Party Potatoes

Alyce Gehling

- |                                 |                           |
|---------------------------------|---------------------------|
| 12 oz. sour cream               | 1 sm. onion               |
| 1 pkg. Cheddar cheese, shredded | 1 (2 lb.) bag hash browns |
| 2 cans cream of mushroom soup   | Dash of pepper            |
| 1/2 c. melted oleo              |                           |

Mix together. Bake at 350° for 50 minutes.

## Broccoli and Rice Casserole

Molly Mayer

- |                              |                           |
|------------------------------|---------------------------|
| 1/2 c. chopped celery        | 1/2 c. water              |
| 1/2 c. chopped onion         | 8 oz. Cheez Whiz          |
| 1 c. margarine               | 10 oz. chopped broccoli   |
| 1 can cream of mushroom soup | 7 oz. Minute Rice, cooked |

Sauté celery, mushrooms and margarine in large frypan until soft. Add cream of mushroom soup, water and Cheez Whiz to the frypan. Mix ingredients with rice and broccoli, and put in a casserole dish, covered. Bake at 350° for 45 minutes.

## Potato Soup

Molly Mayer

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1/2 c. butter or margarine         | 1 T. instant chicken bouillon         |
| Couple sprinkles of instant garlic | 1 1/2 lb. shredded frozen hash browns |
| 2 c. water                         |                                       |
| 2 c. chopped ham                   | 1 frozen box Wisconsin cheese soup    |
| 1 T. minced onion                  |                                       |

Thaw frozen soup in boiling water. While soup is thawing, mix together remaining ingredients and put on low heat. Add soup and allow to simmer for 30 minutes.

Soup will thicken as it cooks, add milk for desired consistency.

Note: Freezes well.

## Do-Ahead Garlic Mashed Potatoes

Michelle Euken

3 lb. potatoes, peeled & cut into  
pieces

6 cloves garlic, peeled

3/4 c. milk

1/2 c. whipping (heavy) cream

1/2 c. butter

1 tsp. salt

Dash of pepper

Place potatoes and garlic in 3-quart saucepan. Add enough water (salted if desired) to cover. Cover and heat to boiling. Reduce heat; simmer, covered, for 20 to 25 minutes, or until tender. Drain. Shake pan with potatoes over low heat to dry. Mash potatoes and garlic in pan with potato masher or electric mixer until no lumps remain. Heat milk, whipping cream, butter, salt and pepper over medium-low heat, stirring occasionally, until butter is melted; reserve and refrigerate 1/4 cup mixture. Add remaining milk mixture in small amounts to potatoes, mashing after each addition, until potatoes are light and fluffy. (Amount of milk needed to make potatoes smooth and fluffy depends on potatoes used.) Grease 2-quart casserole. Spoon potatoes into casserole; cover and refrigerate up to 24 hours.

Heat oven to 350°. Pour reserved milk mixture over potatoes. Bake, uncovered, for 40 to 45 minutes, or until hot. Stir potatoes before serving. Yield: 8 servings.

• If you aren't serving gravy with the mashed potatoes, you could try these ideas:

- Sprinkle 1 cup crushed herb-seasoned croutons over potatoes.
- Sprinkle 1 can French-fried onions over potatoes.
- Place purchased pesto in a resealable plastic bag; snip off a tiny corner and drizzle pesto over potatoes.
- Sprinkle shredded Parmesan cheese over potatoes.

# Notes & Recipes




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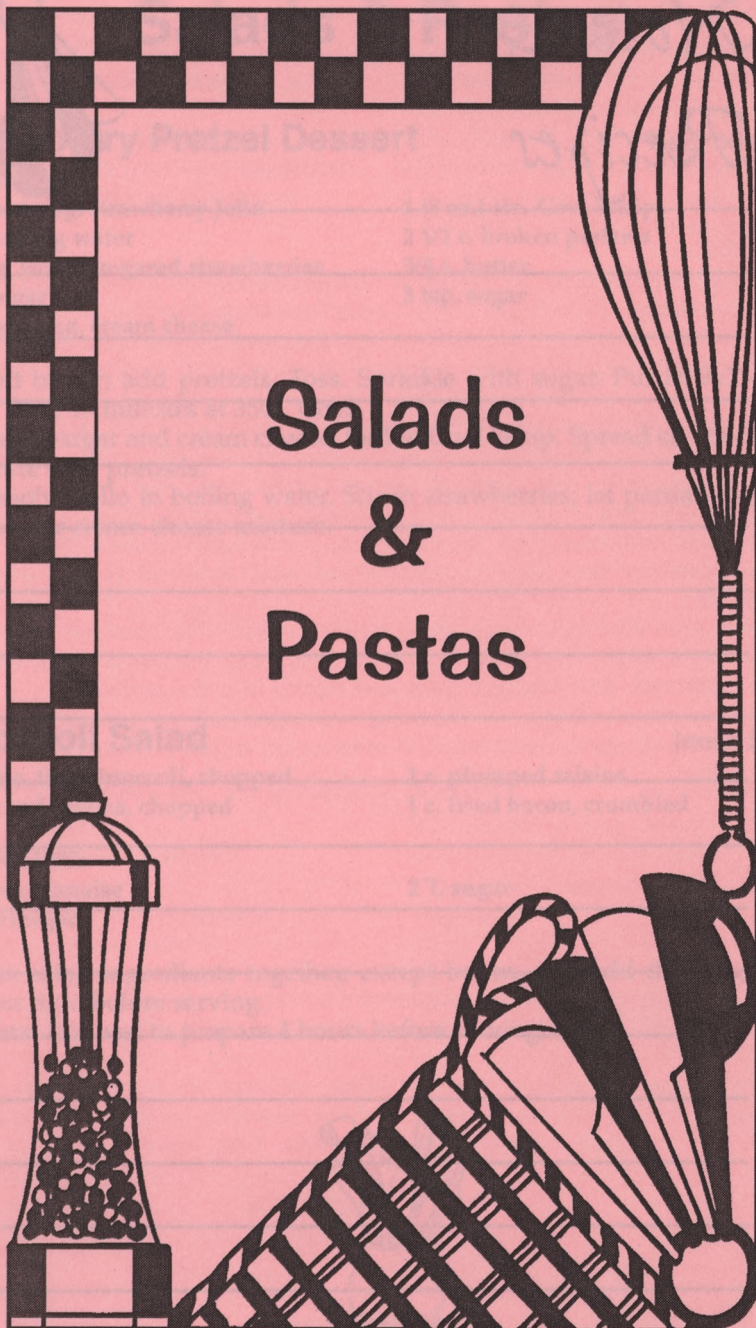


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# Salads & Pastas





# Salads & Pastas

## Strawberry Pretzel Dessert

Kelcy Schroder

(Salad)

- |                                    |                          |
|------------------------------------|--------------------------|
| 2 (3 oz.) pkg. strawberry Jello    | 1 (8 oz.) ctn. Cool Whip |
| 2 c. boiling water                 | 2 1/2 c. broken pretzels |
| 2 pkg. frozen sugared strawberries | 3/4 c. butter            |
| 1 c. sugar                         | 3 tsp. sugar             |
| 1 (8 oz.) pkg. cream cheese        |                          |

Melt butter; add pretzels. Toss. Sprinkle with sugar. Put in 9x13-inch pan. Bake 10 minutes at 350°. Cool.

Cream sugar and cream cheese; fold in Cool Whip. Spread cream cheese mixture over pretzels.

Dissolve Jello in boiling water. Stir in strawberries; let partially set up. Pour over cream cheese mixture.

## Broccoli Salad

Jessica Slavik

- |                                   |                            |
|-----------------------------------|----------------------------|
| 4 to 5 c. fresh broccoli, chopped | 1 c. plumped raisins       |
| 1/2 c. red onions, chopped        | 1 c. fried bacon, crumbled |

### DRESSING:

- |                 |            |
|-----------------|------------|
| 1 c. mayonnaise | 2 T. sugar |
| 2 T. vinegar    |            |

Mix salad ingredients together, except bacon, and add dressing. Add bacon right before serving.

**Note:** It is best to prepare 4 hours before serving.



## Mandarin Orange Salad

Beth Weiser

2 heads iceberg lettuce  
 1 bunch green onions, chopped  
 1 (8 oz.) can mandarin oranges,  
 drained  
 1 pkg. slivered almonds  
 1/4 c. sugar

1 bunch celery  
 1 pkg. Chinese chow mein noodles  
 (opt.)  
 1 can water chestnuts, sliced &  
 drained

### DRESSING:

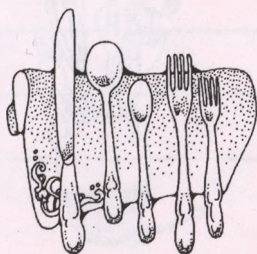
1/2 c. vegetable oil  
 4 T. cider vinegar  
 1/2 c. water  
 4 pkt. Equal sugar

1 dash of salt  
 1 dash of pepper  
 8 drops of Tabasco sauce

**Almonds:** Using a small skillet, place the sugar in skillet. Add slivered almonds. Cook over medium heat, stirring constantly. Continue to cook until sugar melts and coats almonds. (Make sure you watch and stir constantly so sugar doesn't burn.) Remove from heat immediately. Cool almonds on waxed paper. When cooled, break apart. Store in a container until ready to use. (May make ahead and store in tightly-covered container.)

**Salad:** Mix all other ingredients, except chow mein noodles, in a large bowl, preferably clear glass bowl. Add slivered almonds. Toss onions, celery, almonds and oranges until well mixed into the lettuce.

Right before serving, pour dressing over salad and again toss to coat the salad. Sprinkle chow mein noodles over top of salad, if using them. Yield: 12 servings.



## Chicken Lasagna Alfredo

Sarah Ingwersen

10 uncooked lasagna noodles	1 can artichoke hearts, in water, drained & chopped
1 jar white alfredo pasta sauce	4 oz. crumbled Feta cheese
1/4 c. milk	1/2 c. chopped red bell pepper
1 1/2 tsp. dried oregano	1/4 c. finely-chopped onion
3 c. coarsely-chopped cooked chicken	1 garlic clove, pressed
3 c. shredded Mozzarella cheese	2 c. packed fresh baby spinach leaves

Preheat oven to 375°. Cook noodles according to package directions; drain and set aside. In medium bowl, whisk together alfredo sauce, milk and oregano until blended. In large bowl, combine chicken, Mozzarella cheese, artichokes, Feta cheese, bell pepper, onion and garlic; mix well.

To assemble lasagna, spread 2/3 cup of the alfredo sauce mixture over bottom of rectangular baker. Top with half of noodles, overlapping to fit. Layer half of the spinach over noodles; top with half the chicken mixture. Repeat layers, starting with half the remaining sauce. After layering, pour remaining sauce over top of lasagna. Cover baker with aluminum foil. Bake for 45 minutes. Remove foil; bake, uncovered, for 10 to 15 minutes, or until bubbly. Remove from oven; let stand 15 minutes before serving.

## Layered Greek Vegetable Salad

Sarah Ingwersen

2 plum tomatoes	1/2 c. crumbled Feta cheese
1/2 sm. seedless cucumber	1/4 c. sliced pitted ripe olives
1/2 sm. red onion	1/2 c. Greek vinaigrette salad dressing
1 sm. yellow summer squash	
4 c. torn romaine lettuce	

Using ultimate mandoline with v-shaped blade, slice tomatoes. Using thin-slicing blade, slice cucumber and onion. Using crinkle blasé, slice summer squash.

Arrange lettuce on serving plate. Arrange tomatoes, cucumber and yellow squash over lettuce in an overlapping circular pattern. Top with onion, Feta cheese and olives. Drizzle with dressing and serve immediately.

## Mexican Fiesta Salad Pizza

Sarah Ingwersen

2 pkg. refrigerated crescent rolls	2 plum tomatoes, seeded & sliced
1 1/4 lb. 93% lean ground turkey	2 green onions with tops, thinly sliced
1 1/4 c. med. thick & chunky salsa	1/2 c. shredded Cheddar cheese
1 env. taco seasoning mix	1/4 c. pitted ripe olives, coarsely chopped
2 cloves garlic, pressed	Additional salsa (opt.)
1 c. sour cream	
2 c. thinly-sliced iceberg lettuce	

Preheat oven to 375°. Unroll crescent dough; separate into 16 triangles. Arrange 14 triangles in a circle on lightly-floured round baking stone with wide ends even with edge of baking stone and points toward the center. Place the remaining 2 triangles in the center, pinching seams to seal. Roll dough to create a smooth surface. Bake 15 to 18 minutes, or until golden brown. Remove from oven; cool completely.

In skillet, cook ground turkey over medium heat for 10 to 12 minutes, or until no longer pink, breaking turkey into crumbles, then drain. Combine salsa, seasoning mix and garlic in medium bowl; mix well. Add to turkey in skillet; toss to coat.

Spread sour cream over crust. Spoon turkey mixture over sour cream. Top with lettuce, tomatoes, onions, cheese and olives. Serve immediately with additional salsa, if desired.

## Baked Spaghetti

Ron and Lynn Deiter

1 1/2 lb. Italian sausage	8 oz. Parmesan cheese
1/2 diced onion	2 T. brown sugar
1 box spaghetti noodles	16 oz. cottage cheese
16 oz. Mozzarella cheese	1 stick butter
1 (32 oz.) jar spaghetti sauce (your choice)	1 clove garlic, minced
3 beaten eggs	1 T. basil
	1 T. oregano

Cook sausage and drain. Add sautéed onion, spaghetti sauce and spices; simmer. Cook spaghetti; drain. Add melted butter, beaten eggs, Parmesan cheese and half the Mozzarella cheese, and mix together. Pat this mixture into 9x13-inch pan. Press mixture down, then cover this with cottage cheese. Pour spaghetti sauce on top and poke holes with a wooden spoon to allow sauce to seep into noodles. Bake for 20 minutes at 350°. Take out to add rest of Mozzarella cheese to the top and bake another 10 to 20 minutes, until cheese melts.

Enjoy with a green salad.

## Taco Salad

Sarah Ingwersen

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 head lettuce, chopped        | 4 oz. shredded cheese       |
| 4 tomatoes                     | 1 lg. bag crushed chips     |
| 1 onion                        | 1 lb. cooked hamburger      |
| 1 (8 oz.) btl. French dressing | 1 (15 oz.) can kidney beans |
| 4 T. taco sauce                |                             |

Mix all ingredients in large bowl. Add chips just before serving.

## Orange Pudding Salad

Jennie Hansen

- |                                |                        |
|--------------------------------|------------------------|
| 1 pkg. instant tapioca pudding | 1 can mandarin oranges |
| 1 pkg. instant vanilla pudding | 1 ctn. whipped topping |
| 1 pkg. orange Jello            |                        |

Put Jello and puddings in a heavy saucepan and mix with 2 cups cold water. Cook over heat until mixture thickens. Let cool completely and add whipped topping and mandarin oranges. Refrigerate.

## Southwestern Layered Salad

Jennie Hansen

- |  |  |
|--|--|
| 8 c. shredded romaine                      | 1 (16 oz.) can black beans, rinsed & drained |
| 8 hard-cooked eggs, sliced                 | 1/2 c. thinly-sliced green onions            |
| 3 1/2 c. cherry tomatoes, quartered        | 2 med. ripe avocados, peeled & diced         |
| 2 (11 oz.) cans whole kernel corn, drained | 1 T. lime juice                              |

### CILANTRO DRESSING:

- |                       |  |
|-----------------------|--|
| 1 1/2 c. mayonnaise   | 1/2 tsp. chili powder  |
| 2/3 c. salsa          | 1 1/4 c. minced fresh cilantro                                       |
| 2 T. lime juice       | Sliced ripe olives, cherry tomatoes & shredded Cheddar cheese (opt.) |
| 1/2 tsp. ground cumin |  |

Place romaine in a large salad bowl. Arrange some egg slices around edge of bowl; place remaining eggs over romaine. Top with tomatoes. Combine corn, beans and onions; spoon over tomatoes. Toss avocados with lime juice, cumin and chili powder. Stir in cilantro. Spoon over avocados, spreading to sides of bowl. Garnish with olives, cherry tomatoes and cheese, if desired. Yield: 16 servings.

## Crunchy Tuna Salad

Matt Heims

- |  |                           |
|--|---------------------------|
| 1 (6 oz.) can water-packed Albacore tuna | 1/4 c. diced apple        |
| 1/4 c. diced celery                      | 2 1/2 T. light mayonnaise |
|  | 2 1/2 T. sweet relish     |

Combine tuna, mayonnaise and relish; mix well. Fold in celery and apple. Refrigerate for about 1 hour before serving. Yield: 2 servings.

Serve on salad greens or as sandwich filling on hearty whole-grain bread.

## Raspberry Salad

Chris Thomson

- |                                |                           |
|--------------------------------|---------------------------|
| 2 (3 oz.) pkg. raspberry Jello | 2 pkg. frozen raspberries |
| 2 c. boiling water             | 2 c. applesauce           |

Mix Jello with water. Add raspberries and applesauce. Refrigerate. Top with Cool Whip, if desired.

## Goat Cheese Pasta

Becky Johnson

- |  |   |
|--|---|
| 2 lg. garlic cloves, minced  | 1/4 c. sliced pitted Calamata or other brine-cured black olives |
| 3/4 c. finely-chopped onions   | 1/3 c. finely-chopped fresh parsley leaves                      |
| 2 T. olive oil   | 1/2 lb. med.-sized pasta shells                                 |
| 2/3 c. chopped drained sun-dried tomatoes, packed in oil (about 1/4 lb.) | 3 oz. mild goat cheese (such as Montrachet), crumbled           |
| 1/2 c. chicken broth   |   |

In a small skillet, cook garlic, onion, salt and pepper to taste in oil over moderately-low heat, stirring until the onion is soft. Add tomatoes and broth; simmer the mixture until the liquid is reduced by about one-third. Stir in the olives, parsley, salt and pepper to taste; keep mixture warm. In a kettle of boiling salted water, cook the pasta until it is al dente and drain it well, reserving 1/3 cup of cooking water. In a serving bowl, whisk 3 ounces of the goat cheese with the reserved mixture until smooth. Add the pasta and the tomato mixture, and toss the mixture well. Yield: 4 servings.

## Mostaccioli Salad

Kristi Hetland

1 lb. mostaccioli noodles, cooked & drained

1 cucumber, thinly sliced  
1 sweet onion, thinly sliced

Mix together and set aside in a large bowl.

### DRESSING:

1 1/2 c. sugar

1/2 tsp. garlic salt

1 1/2 c. oil

Pepper, to taste

1 1/2 c. white vinegar

2 T. parsley flakes

2 T. minced onion

Combine dressing ingredients and mix well in a blender. Pour over the noodle mixture. Stir and cover and refrigerate overnight.

## Broccoli Salad

Carla Persaud

2 to 3 c. broccoli flowerets

1 c. golden raisins

1/4 to 1/3 c. red or Vidalia onion,  
chopped fine

1/4 to 1/3 c. pecans or walnuts

### DRESSING:

3 T. vinegar

1/3 c. sugar

1/3 c. mayonnaise

Mix all ingredients. Refrigerate at least 1 hour before serving.

## Snicker Salad

Carla Persaud

1 (3 oz.) pkg. vanilla instant pudding

4 Granny Smith apples, diced, with  
or without skin

1 c. milk

1 (8 oz.) ctn. Cool Whip

4 to 6 Snicker bars, diced

Mix pudding and milk; let set for 1 hour. Fold in whipped topping. Add apples and Snickers just before serving.

## Broccoli Salad

Sarah Ingwersen

4 c. chopped broccoli

8 strips bacon, crisply fried &  
crumbled

1/2 c. raisins

1/2 c. chopped red onion

1/2 c. sunflower seeds

Toss together.

### DRESSING:

1/2 c. Miracle Whip

1 T. vinegar

1/4 c. sugar

Toss salad with dressing. Refrigerate overnight.

## Grape Salad

Dr. Maynard Hogberg

1 (8 oz.) pkg. cream cheese, softened  
 1 c. sour cream  
 1/2 c. sugar  
 1/2 tsp. vanilla

4 lb. seedless grapes (variety of colors), washed & patted dry  
 1 c. chopped pecans  
 1/2 c. brown sugar

Mix cream cheese, sour cream, white sugar and vanilla together. Add washed grapes and blend well. Place in glass serving bowl. Mix chopped pecans and brown sugar together. Sprinkle on top of grape mixture. Cover with plastic wrap; refrigerate at least 2 hours (overnight is better). Yield: 15 to 18 servings.

## Broccoli-Raisin Salad

Beth Weiser

2 bunches broccoli  
 10 slices bacon, cooked crisp

1/2 c. raisins  
 1 onion, diced

### SAUCE:

2 T. cider vinegar  
 1/2 c. sugar

1/2 c. mayonnaise

Fry bacon; crumble. Cut the broccoli into small flowerets. Mix the first 4 ingredients together. Mix sauce ingredients together. Pour sauce over broccoli mixture. Cover and let stand in the refrigerator for 3 to 4 hours (best if the day before). Yield: 8 servings.

## Pasta Salad

Janelle Jamison

1 green pepper  
 1 red pepper  
 1 yellow pepper  
 2 peeled cucumbers or zucchini  
 2 c. halved cherry tomatoes

2 boxes bow-tie pasta  
 Salt & pepper  
 2 btl. Italian dressing (more or less, to taste)

Boil pasta in water until tender. Cut vegetables into small pieces. Mix pasta with vegetables and Italian dressing in large bowl. Salt and pepper to taste.

## Popcorn Salad

Sarah Ingwersen

1/2 lb. bacon, fried crisp & crumbled

2 c. grated Cheddar cheese

Add to dressing of:

2 c. mayonnaise

2/3 c. sugar

2 to 3 T. apple cider vinegar

Mix together and let stand to marinate.

Several hours before serving, add all to 6.5-ounce package of Old Dutch gourmet popcorn. Mix well.

## Salad Bar Pasta Salad

Sarah Ingwersen

5 oz. whole wheat bow-tie pasta,  
cooked & drained

2 marinated artichoke hearts,  
chopped

1 c. shredded carrots

2 T. lemon juice

1 c. chopped, seeded red or green bell  
pepper

4 tsp. olive oil

1 c. bean sprouts

1/2 tsp. salt

1 c. chopped cherry tomatoes

1/2 tsp. ground black pepper

1/4 c. crumbled Feta cheese

Several dashes of hot red pepper  
sauce

1/4 c. sliced green olives

Toss all ingredients in a large salad bowl until well blended. Serving size: 1 1/4 cups.

## Spinach-Strawberry Salad

Dr. Russ Mullen

9 c. torn spinach (or use baby  
spinach)

1/2 c. slivered almonds, toasted  
lightly in oven

1 pt. strawberries, halved

### DRESSING:

Mix together in blender:

1/4 c. vegetable oil

1 tsp. poppy seeds

2 T. sugar

1 tsp. sesame seeds

2 T. cider vinegar

1/4 tsp. paprika

1 T. chopped onion

1/8 tsp. Worcestershire sauce

## Snicker Salad

Danielle Holmes

1 (8 oz.) ctn. Cool Whip

3 lg. Snickers bars, chopped

4 c. chopped apples

1 c. milk

1 (3 oz.) pkg. instant vanilla pudding

Combine pudding with milk. Fold in Cool Whip. Add chopped apples and Snickers. Refrigerate and serve.

## Fresh Vegetable Salad

Barb Osborn

Fresh broccoli  
Cauliflower  
Carrots

Sm. onion  
Green pepper

### DRESSING:

1 c. real mayonnaise  
1/4 c. Western dressing

1/4 c. sour cream

Cut up above in small pieces. Pour dressing over vegetables; mix and refrigerate overnight.

## Orange Pudding Salad

Barb Osborn

1 pkg. vanilla tapioca pudding  
1 pkg. vanilla instant pudding

1 pkg. orange Jello  
1 can mandarin oranges

Put Jello and puddings in a heavy saucepan and mix with 2 cups cold water. Cook over heat until mixture thickens. Let cool completely. Add 1 small carton whipped topping and drained mandarin oranges. Put in a bowl and refrigerate.

## Mexican Corn Salad

Nicole Stoll

2 cans corn, drained  
1/2 med. red onion, chopped  
1 stalk celery, chopped  
1/2 red bell pepper, chopped  
1/2 green bell pepper, chopped

1/2 c. mayonnaise  
3 T. ranch dressing  
1 c. cheese (your choice, I use Mexican)  
Fritos (nacho) or Doritos

Put first 5 ingredients in a bowl. In a small bowl, mix mayonnaise and dressing; pour into first bowl and stir up. Cover with cheese, then with chips.

## Green Bean and Cherry Tomato Salad

Katherine Frels

1 1/4 lb. green beans, trimmed  
1 1/4 lb. cherry tomatoes, quartered  
1 tsp. chopped fresh basil  
1 T. chopped shallots

2 T. red wine vinegar  
2 1/2 tsp. extra-virgin olive oil  
1/2 tsp. salt  
1/4 tsp. freshly-ground black pepper

Cook beans in boiling water for 7 minutes, or until tender. Drain. Place beans, tomatoes and basil in a large bowl; toss gently to combine. Combine shallots and vinegar, stirring with a whisk. Let vinegar mixture stand 10 minutes. Add oil, salt and pepper to vinegar mixture, stirring with a whisk, until well blended. Pour vinaigrette over bean mixture. Toss well. Yield: 8 servings.

## New Potato Salad

Katherine Frels

### DRESSING:

- |                                  |                         |
|----------------------------------|-------------------------|
| 1/3 c. olive oil                 | 2 tsp. prepared mustard |
| 1/3 c. red wine or cider vinegar | 1 1/2 tsp. salt         |
| 2 T. chopped fresh parsley       | 1 1/4 tsp. sugar        |
| 1 T. chopped fresh chives        | 1/4 tsp. pepper         |

### SALAD:

- |   |                            |
|---|----------------------------|
| 4 lb. sm. red potatoes, unpeeled,<br>boiled until tender & cut in<br>quarters (about 10 1/2 c.) | 3 ribs celery, sliced thin |
|---|----------------------------|

Pour dressing over potatoes and celery. Toss. Cover and refrigerate for 3 hours, or overnight. Stir before serving. Yield: 12 servings.

## Winter Fruit Salad

Dawn Mayer

### DRESSING:

- |                             |                  |
|-----------------------------|------------------|
| 1/2 c. sugar                | 1/2 tsp. salt    |
| 1/3 c. lemon juice          | 2/3 c. oil       |
| 2 tsp. finely-chopped onion | 1 T. poppy seeds |
| 1 tsp. Dijon mustard        |                  |

### SALAD:

- |  |                                    |
|--|------------------------------------|
| 1 lg. head romaine lettuce, torn into<br>bite-sized pieces (about 10 c.) | 1/4 c. sweetened dried cranberries |
| 4 oz. (1 c.) shredded Swiss cheese                                       | 1 apple, cubed                     |
| 1 c. cashews   | 1 pear, cubed (Anjou or Bose)      |

In blender container or food processor bowl with metal blade, combine sugar, lemon juice, onion, mustard and salt. Cover. Process until blended. With machine running, add oil in slow steady stream, processing until thick and smooth. (If you don't have a blender or food processor, may use bowl and wire whisk.) Add poppy seeds last and process a few seconds to mix.

In large serving bowl, combine all salad ingredients, toss to mix. Pour dressing over salad just before serving, as will wilt lettuce. Toss to coat. Yield: 12 (1-cup) servings.

**Nutritional Information Per Serving:** 280 calories. Dietary Exchange: 1 starch, 1 vegetable, 4 fats.

## Salami and Shells Salad

Dawn Mayer

- |                             |  |
|-----------------------------|--|
| 7 oz. sm. pasta shells      | 1 (6 oz.) block Mozzarella cheese, cut in thin strips (or 1 c. shredded) |
| 1 c. halved cherry tomatoes | 1/2 c. chopped green pepper  |
| 1 c. halved ripe olives     | 4 oz. salami, cut in thin strips   |

### DRESSING:

- |                       |                        |
|-----------------------|------------------------|
| 1/3 c. oil            | 1 tsp. dried basil     |
| 3 T. red wine vinegar | 1 tsp. oregano leaves  |
| 1 tsp. salt           | 1/4 tsp. garlic powder |

Cook pasta according to directions; drain and rinse in cold water. Place in large bowl, add remaining salad ingredients. Combine dressing ingredients in a jar with a tight-fitting lid. Shake well. Pour over salad and toss to coat.

**Note:** Best if made ahead of serving time so dressing can combine with salad.

## Crunchy Tuna or Chicken Salad

Jennie Hansen

- |   |  |
|---|--|
| 2 (6 oz.) cans water-packed tuna or chicken     | 1 (8 oz.) can bamboo shoots, drained & cut |
| 1/4 c. chopped onion                            | 1 c. Miracle Whip                          |
| 1/2 c. chopped celery                           | 1 T. lemon juice                           |
| 1 (8 oz.) can water chestnuts, drained & sliced | 1 tsp. dill weed                           |
|   | 1/8 tsp. pepper                            |

Combine and chill.

## Pink Salad

Jennie Hansen

- |                             |                              |
|-----------------------------|------------------------------|
| 1 pkg. cherry Jello         | 1 c. crushed pineapple       |
| 1 c. boiling water          | Nutmeats                     |
| 1/4 c. sugar                | 1 c. cream or condensed milk |
| 1 (3 oz.) pkg. cream cheese |                              |

Dissolve Jello, sugar and boiling water. Add and beat with mixer the cream cheese, cream and nutmeats. Chill in refrigerator.

## Seven-Layer Salad

Andy Jennett

- |                            |                                    |
|----------------------------|------------------------------------|
| Shredded lettuce           | 1 (10 oz.) box frozen peas, cooked |
| 1/2 lb. bacon, crumbled    | 3/4 c. sour cream                  |
| 6 hard-boiled eggs, sliced | 3/4 c. Miracle Whip                |
| 1/2 c. onion, chopped      | 1 c. grated cheese                 |

Place first 5 ingredients as listed in a 9x13-inch pan. Mix sour cream and Miracle Whip, and spread over salad. Top with cheese.

## Nutty Broccoli Salad

Holly Lenz

- |   |                                  |
|---|----------------------------------|
| 1 (3 oz.) pkg. chicken Ramen noodles        | 1 c. sunflower kernels, toasted  |
| 1 (16 oz.) pkg. broccoli slaw mix           | 1/2 c. slivered almonds, toasted |
| 2 c. sliced green onions (2 bunches)        | 1/2 c. vinegar                   |
| 1 1/2 c. broccoli florets                   | 1/2 c. sugar                     |
| 1 (6 oz.) can ripe olives, drained & halved | 1/2 c. olive oil                 |

Set aside the noodle seasoning packet. Crush the noodles and place in a large bowl. Add the slaw mix, onion, broccoli, olives, sunflower kernels and almonds.

In a jar with a tight-fitting lid, combine sugar, vinegar, oil and contents of seasoning packet; shake well. Drizzle over salad and toss to coat. Serve immediately. Yield: 16 servings.

## Cabbage Slaw

Holly Lenz

- |                 |                  |
|-----------------|------------------|
| 2 heads cabbage | 3/4 c. oil       |
| 2 to 3 onions   | 2 T. salt        |
| 1 c. vinegar    | 2 T. celery seed |
| 1 c. sugar      | 1 T. dry mustard |

Chop cabbage into slivers. Chop onions. Bring vinegar, sugar, oil, salt, celery seed and dry mustard to a boil. Pour liquid over cabbage and onion. Place salad into sealed container and keep in refrigerator overnight.

## Fruit Salad for 20

Alyce Gehling

- |                         |                                 |
|-------------------------|---------------------------------|
| 2 lg. cans pineapple    | 1 (6 oz.) pkg. strawberry Jello |
| 3 cans mandarin oranges | Strawberries                    |
| 1 lg. can peaches       | 2 regular pkg. vanilla pudding  |
| 4 bananas               | 2 T. tapioca                    |

Drain fruit. Measure 4 cups juice. Mix Jello, pudding, juices and tapioca. Cook until thick. Let cool completely. Mix over fruit.

## Winter Fruit Salad

Molly Mayer

### DRESSING:

- |                             |                  |
|-----------------------------|------------------|
| 1/2 c. sugar                | 1/2 tsp. salt    |
| 2 tsp. finely-chopped onion | 2/3 c. oil       |
| 1/3 c. lemon juice          | 1 T. poppy seeds |
| 1 tsp. dry mustard          |                  |

### SALAD:

- |                             |                                    |
|-----------------------------|------------------------------------|
| About 10 c. romaine lettuce | 1/4 c. sweetened dried cranberries |
| 1 c. grated Parmesan cheese | 1 apple, diced                     |
| 1 c. cashews                | 1 pear, cubed                      |

Whisk dressing ingredients together in small bowl and set aside. Combine all salad ingredients; toss to mix. Pour dressing over salad.

## Seven-Layer Salad

Drew Simonsen

- |                      |                                |
|----------------------|--------------------------------|
| 1 head lettuce       | 1 c. diced celery              |
| 1 can peas, drained  | 2 c. mayonnaise                |
| 1 c. shredded cheese | 1 lb. bacon, cooked & crumbled |
| 1/2 c. diced onions  |                                |

Wash and shred lettuce (or use bagged lettuce). Place in a 9x13-inch pan. Layer peas over the top. Layer celery, then onions. Spread mayonnaise for the next layer. Sprinkle cheese over top for the next layer and lastly, crumble bacon over the top. Yield: 12 servings.

This makes 12 servings unless your family is like mine and loves salad, then it feeds six.

## Good and Tasty Pasta Salad

Michelle Euken

- |  |                                 |
|--|---------------------------------|
| 1 (1 lb.) box penne pasta, cooked according to pkg. directions | 1 1/2 c. white balsamic vinegar |
| 2 c. cherry tomatoes, halved                                   | 1 tsp. salt                     |
| 2 sm. cucumbers, sliced & quartered                            | 1/2 tsp. pepper                 |
| 2 T. oil   | 1 tsp. garlic powder            |
|  | 1 tsp. mustard (dried, ground)  |

Cook pasta according to box directions. Drain. Drizzle with oil; toss to coat and let cool slightly. Mix all other ingredients well. Put pasta in large bowl; pour dressing over pasta, tomatoes and cucumbers. Refrigerate for at least 4 hours before serving. (Mix well several times while refrigerating.)

**Note:** Stores well for 2 to 3 days.

## Southwest Cornbread Salad

Michelle Euken

3/4 c. ranch salad dressing  
 3/4 tsp. curry powder  
 15 slices bacon, cooked  
 8 c. cubed cornbread  
 1 med. tomato, diced

1/4 c. chopped red onion  
 1/4 c. chopped fresh cilantro  
 1 (11 oz.) can Green Giant mexicorn  
 (whole kernel corn with red &  
 green peppers), drained

In 1-cup glass measuring cup, combine salad dressing and curry powder; mix well. Let stand 5 to 10 minutes to blend flavors.

Meanwhile, cook bacon as directed on package until crisp. Drain on paper towel; crumble.

In large bowl, combine cornbread, tomato, onion, cilantro and corn. Add bacon and dressing mixture. Toss gently to coat. Yield: 15 servings.

## Pesto Chicken-Potato Salad

Michelle Euken

2 lb. Yukon Gold potatoes, cut into  
 3/4" cubes (about 6 potatoes)  
 1 ctn. refrigerated pesto  
 1/2 c. mayonnaise  
 2 T. cider vinegar  
 2 tsp. Dijon mustard  
 3/4 tsp. salt

2 c. chopped deli rotisserie-cooked  
 chicken  
 1 c. sliced celery  
 1/2 c. sliced green onions  
 2 med. tomatoes, chopped  
 Boston leaf lettuce (opt.)

In 3 1/2-quart saucepan, combine potatoes and enough water to cover potatoes by 1 inch. Bring to a boil over medium-high heat. Reduce heat to medium; cover and cook 12 to 15 minutes, or until tender. Drain. Cool 15 minutes, or until slightly cooled.

Meanwhile, in large serving bowl, combine pesto, mayonnaise, vinegar, mustard and salt. Mix well. Add cooked potatoes and all remaining ingredients, except lettuce, to pesto mixture; toss gently until evenly coated. Cover and refrigerate for at least 2 hours, or overnight to blend flavors. If desired, serve on lettuce-lined plates. Yield: 6 servings.



## Fruit Salad with Orange Poppy Seed Dressing

Michelle Euken

1/4 c. orange juice	1/2 c. canola or corn oil
3 T. cider vinegar	1 T. poppy seeds
3 T. Dijon mustard	6 c. fruit (orange segments, cantaloupe, watermelon, honeydew, blueberries, blackberries, grapes, strawberry slices, pomegranate, etc.)
2 T. honey	
1 T. Worcestershire sauce	
1 tsp. grated orange peel	
1/2 tsp. salt	

To prepare dressing, place juice, vinegar, mustard, honey, Worcestershire sauce, orange peel and salt in blender or food processor. Cover and process until well blended. Gradually add oil in a steady stream, processing until very smooth. Stir in poppy seeds. Spoon dressing over fruit just before serving. Yield: about 6 servings.

## Seven-Layer Salad

1 head lettuce  
1/2 cup mayonnaise  
1/2 cup dressing  
1/2 cup sliced carrots  
1/2 cup sliced celery  
1/2 cup sliced onions  
1/2 cup sliced mushrooms  
1/2 cup sliced tomatoes  
1/2 cup sliced cucumbers  
1/2 cup sliced bell peppers  
1/2 cup sliced olives  
1/2 cup sliced hard-boiled eggs  
1/2 cup sliced chives

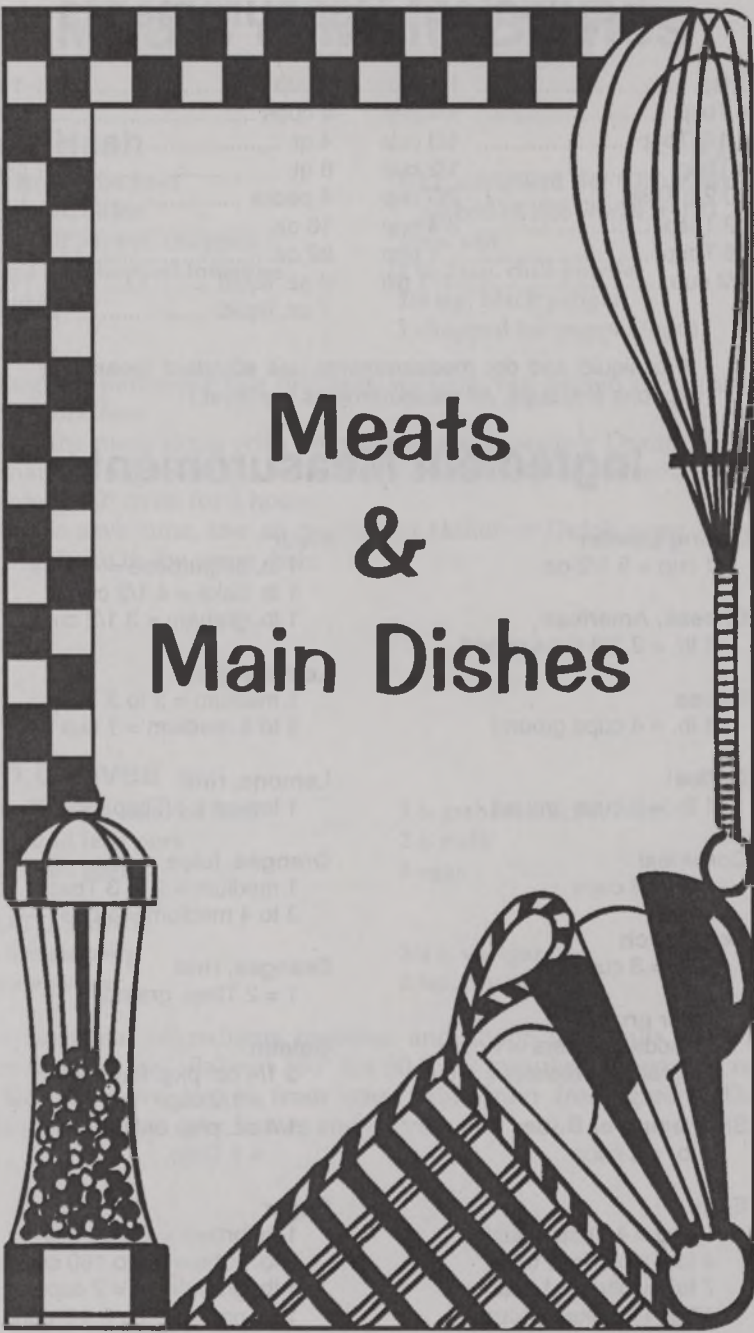
## Good and Tasty Pasta Salad

1/2 cup mayonnaise  
1/2 cup dressing  
1/2 cup sliced carrots  
1/2 cup sliced celery  
1/2 cup sliced onions  
1/2 cup sliced mushrooms  
1/2 cup sliced tomatoes  
1/2 cup sliced cucumbers  
1/2 cup sliced bell peppers  
1/2 cup sliced olives  
1/2 cup sliced hard-boiled eggs  
1/2 cup sliced chives

1/2 cup mayonnaise  
1/2 cup dressing  
1/2 cup sliced carrots  
1/2 cup sliced celery  
1/2 cup sliced onions  
1/2 cup sliced mushrooms  
1/2 cup sliced tomatoes  
1/2 cup sliced cucumbers  
1/2 cup sliced bell peppers  
1/2 cup sliced olives  
1/2 cup sliced hard-boiled eggs  
1/2 cup sliced chives

Note: Store well for 2 to 3 days.





**Meats  
&  
Main Dishes**

# Equivalent Measurements

3 tsp. ....	1 Tbsp.	2 cups .....	1 pt.
4 Tbsp. ....	1/4 cup	4 cups .....	1 qt.
5 1/3 Tbsp. ....	1/3 cup	4 qt. ....	1 gal.
8 Tbsp. ....	1/2 cup	8 qt. ....	1 peck
10 2/3 Tbsp. ....	2/3 cup	4 pecks .....	1 bu.
12 Tbsp. ....	3/4 cup	16 oz. ....	1 lb.
16 Tbsp. ....	1 cup	32 oz. ....	1 qt.
1/2 cup .....	1 gill	8 oz. liquid .....	1 cup
		1 oz. liquid .....	2 Tbsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

# Ingredient Measurements

## Baking powder

1 cup = 5 1/2 oz.

## Cheese, American

1 lb. = 2 2/3 cups cubed

## Cocoa

1 lb. = 4 cups ground

## Coffee

1 lb. = 5 cups ground

## Cornmeal

1 lb. = 3 cups

## Cornstarch

1 lb. = 3 cups

## Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

## Shortening or Butter

1 lb. = 2 cups

## Eggs

1 egg = 4 Tbsp. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

## Flour

1 lb. all-purpose = 4 cups

1 lb. cake = 4 1/2 cups

1 lb. graham = 3 1/2 cups

## Lemons, juice

1 medium = 2 to 3 Tbsp.

5 to 8 medium = 1 cup

## Lemons, rind

1 lemon = 1 Tbsp. grated

## Oranges, juice

1 medium = 2 to 3 Tbsp.

3 to 4 medium = 1 cup

## Oranges, rind

1 = 2 Tbsp. grated

## Gelatin

3 1/4 oz. pkg. flavored

= 1/2 cup

1/4 oz. pkg. unflavored

= 1 Tbsp.

## Sugar

1 lb. brown = 2 1/2 cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = 3 1/2 cups

# Meats & Main Dishes

## Texas Hash

Carla Persaud

- |   |  |
|---|--|
| 1 lb. lean ground beef                          | 1/2 c. uncooked rice (Uncle Ben's<br>parboiled rice works well*) |
| 1 c. chopped onion                              | 1 tsp. salt  |
| 1 green bell pepper, chopped                    | 1 to 2 tsp. chili powder   |
| 1 (16 oz.) can chopped tomatoes<br>(about 2 c.) | 1/8 tsp. black pepper  |
|   | 1 chopped hot pepper (opt.)                                      |

\*Using the parboiled rice prevents sticking, but brown or regular rice should work fine.

Brown the meat along with onions and green pepper. Drain off fat. Stir in remaining ingredients. Bake in a covered 2-quart casserole dish in preheated 350° oven for 1 hour.

**Note:** To save time, use an ovenproof skillet or Dutch oven to brown meat and bake in the same dish.

## Ham Loaves

Jessica Slavik

- |                             |                            |
|-----------------------------|----------------------------|
| 2 1/2 lb. ground smoked ham | 3 c. graham cracker crumbs |
| 2 lb. ground lean pork      | 2 c. milk                  |
| 1 lb. ground beef           | 3 eggs                     |

### TOMATO SAUCE:

- |                   |                    |
|-------------------|--------------------|
| 1 can tomato soup | 3/4 c. vinegar     |
| 1 c. brown sugar  | 2 tsp. dry mustard |

Mix ham loaf ingredients together and shape into balls, individual loaves or large loaf. Bake at 350° for 50 to 60 minutes, depending on the loaf size. Remove loaves from oven and drain from grease. Drizzle tomato sauce glaze over loaves and serve.

## Coconut Shrimp

1 egg  
 1/2 c. all-purpose flour  
 2/3 c. beer  
 1 1/2 tsp. baking powder

1/4 c. all-purpose flour  
 2 c. flaked coconut  
 24 shrimp  
 3 c. oil, for frying

In medium bowl, combine egg, 1/2 cup flour, beer and baking powder. Place 1/4 cup flour and coconut in two separate bowls. Hold shrimp by tail and dredge in flour, shaking off excess flour. Dip in egg-beer batter; allow excess to drip off. Roll shrimp in coconut and place on a baking sheet lined with waxed paper. Refrigerate for 30 minutes.

Meanwhile, heat oil to 350° in a deep-fryer. Fry shrimp in batches; cook, turning once, for 2 to 3 minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain.

Serve warm with your favorite dipping sauce.

## Farmer's Casserole

Danielle Holmes

1 (32 oz.) pkg. frozen hash browns  
 6 eggs, beaten  
 2 c. shredded Cheddar cheese

3/4 c. milk  
 2 c. diced ham

Spray 9x13-inch pan. Layer hash browns, cheese and ham. Mix eggs and milk; pour over top. Refrigerate, covered, overnight. Bake at 350° for 40 to 55 minutes.

**Variation:** Can use bacon or sausage instead of ham.

## Cheeseburger Casserole

Danielle Holmes

2 lb. hamburger  
 6 c. shredded Cheddar cheese

1 sm. can Manwich  
 2 tubes biscuits

Brown hamburger and drain grease. Add Manwich and put in 9x13-inch pan. Add cheese. Put biscuits on top and bake at 350° until biscuits are brown.

## Easy Lasagna

Chris Thelen

1/2 to 1 lb. ground beef	8 to 10 uncooked lasagna noodles
1/2 tsp. pepper	1 1/2 c. ricotta or cottage cheese
1 (32 oz.) jar spaghetti sauce	1/2 c. Parmesan cheese
1/2 lb. grated Mozzarella cheese	1 egg
1/2 c. water	1 can mushrooms

Brown ground beef; drain. Add beef and water to spaghetti sauce. Separately mix egg, pepper and ricotta or cottage cheese. In microwave-safe oblong 2 1/2-quart dish, layer ingredients as follows: 1/2 cup sauce, 4 uncooked lasagna noodles, 1/2 cup cheese and egg mixture, and 1/2 cup Mozzarella cheese. Repeat and end with sauce. Cover with Saran Wrap. Cook on HIGH for 8 minutes. Turn 1/4 turn and cook for 30 minutes on 50% POWER. After baking, sprinkle on Parmesan cheese. Let stand 15 minutes before serving.

## Pork Chop-Rice Casserole

Dr. Maynard Hogberg

6 to 8 American-cut pork chops	1 can cream of celery soup
2 c. instant rice (white or brown)	1 can cream of mushroom soup
2 c. milk	1 env. dehydrated onion soup mix

Spread rice in buttered 9x13-inch baking dish. Lay pork chops on uncooked rice. Mix together milk and soups. Pour over pork chops. Sprinkle the dry onion soup mix over top. Cover with foil and bake in 325° oven for 2 hours. Yield: 6 to 8 servings.

## Breakfast Pizza

Kristi Hetland

1 pkg. crescent rolls	5 eggs
1 c. thawed hash browns	1/4 c. milk
1 lb. browned sausage	Salt & pepper, to taste
1 c. shredded Cheddar cheese	Onion, diced (opt.)

Press crescent rolls to make crust on pizza pan or 9x13 inch. Layer hash browns, drained sausage and cheese. Beat eggs and milk; add onion, salt and pepper. Pour over layered mixture and bake 25 to 30 minutes at 350°.

## Deep-Dish Chicken Pot Pie

Stacey Noe

- |  |  |
|--|--|
| 1 lb. boneless, skinless chicken breasts, cut into 1" pieces   | 1/2 c. fat-free reduced-sodium chicken broth               |
| 1/4 c. Italian dressing  | 1 (10 oz.) pkg. frozen California mixed vegetables, thawed |
| 8 oz. Neufchatel cheese, 1/3-less fat than cream cheese, cubed | 1 refrigerated pie crust (1/2 of a 15 oz. pkg.)            |
| 2 T. flour   |  |

Preheat oven to 375°. Cook chicken in dressing in large skillet on medium heat for 2 minutes. Add Neufchatel cheese; cook and stir until melted. Add flour; mix well. Add broth and vegetables; simmer 5 minutes. Pour mixture into deep-dish 10-inch pie plate. Arrange pie crust over filling; flute edges. Cut 4 slits in crust to allow steam to escape. Bake for 30 minutes, or until crust is golden brown.

## Tostado Casserole

Carol Elliott

- |                              |   |
|------------------------------|---|
| 1 lb. ground beef            | 2 (15 oz.) cans refried beans, with green chilies |
| 1 onion, chopped             | 4 oz. shredded Cheddar cheese                     |
| 2 (15 oz.) cans tomato sauce | 1 pkg. Doritos or corn chips                      |
| 1 (8 oz.) can tomato sauce   |   |
| 1 env. taco mix              |   |

Brown ground beef and onion; drain. Add 15 ounces tomato sauce and taco mix. Stir. Line bottom of 7x11x2-inch baking dish with 2 cups (or half package) of chips (crush remaining chips and reserve for the topping). Spoon the meat mixture on the top of the chips. Combine the remaining tomato sauce with the refried beans. Spread this mixture over the meat layer. Bake at 375° for 25 minutes. Remove from oven and sprinkle the Cheddar cheese and the crushed chips over the top. Bake until the cheese melts (about 5 minutes).

## Crock-Pot Pork Chops

Matt Dirksen

- |                              |                           |
|------------------------------|---------------------------|
| 4 lb. boneless pork chops    | 3 T. Worcestershire sauce |
| 1 can cream of mushroom soup | 4 lg. onions              |
| 1/2 c. ketchup               |                           |

Slice onions. Place in bottom of crock-pot and lay pork on top. Mix other ingredients and pour over meat. Place on low and cook for 8 to 10 hours, or on high for 6 to 8 hours.

## Matt's Ham Balls

Matt Dirksen

3 lb. ham loaf mix	1 can tomato soup
1 1/2 c. graham cracker crumbs	1 c. brown sugar
2 eggs	1 tsp. dry mustard
1 c. milk	1/3 c. vinegar

Combine first 4 ingredients and shape into 1- to 1 1/2-inch balls. Place in 9x13-inch pan (may need additional small baking pan as well). Combine last 4 ingredients in a small saucepan and boil. Pour sauce over ham balls and bake in 350° oven for 1 hour.

## "Papa John's" Pizza Crust

Matt Dirksen

3 c. bread flour	1 T. olive oil
1 c. + 2 T. water (120°)	2 tsp. salt
1 T. sugar	1 1/2 tsp. yeast
1 T. honey	

Mix flour, sugar and salt. Put yeast and half the flour mixture in a mixer. Add honey, oil and hot water into the mixer. Using dough hook, stir for about 2 minutes. Stop the mixer and add the rest of the flour. Stir until dough pulls away from the sides of the bowl. Let rest for 5 minutes. Knead with dough hook on medium speed for 12 minutes. On lightly-floured surface, shape into ball. Place in refrigerator in a lightly-sealed container, coated with olive oil overnight, or up to 3 days.

Remove from refrigerator 3 hours before using. Toss dough out into 16- to 18-inch pizza, or 2 (12-inch) pizzas. Brush with olive oil and bake for 10 minutes at 400°. Remove from oven and top with toppings. Return to oven and bake until cheese is golden.

## Dirksen Pot Roast

Matt Dirksen

1 (3 to 5 lb.) roast	Carrots
1 pkt. au jus seasoning	Onions
1 pkt. Italian dressing seasoning	Potatoes
1 can beef broth	Celery

Place roast and vegetables in crock-pot. Mix au jus seasoning, Italian dressing seasoning and broth together, and pour over roast. Set crock-pot on low for 10 hours, or high for 8 hours.

## Barbecue Beef

Matt Dirksen

- |   |                            |
|---|----------------------------|
| 1 (6 lb.) beef roast, cooked & shredded | 1/2 c. apple cider vinegar |
| 1 c. juices, from the roast             | 1/2 c. brown sugar         |
| 1 c. ketchup                            | 2 T. yellow mustard        |

Warm up roast with juices in large pan. In a small pan, heat the remaining ingredients. Stir the sauce mixture into the roast.

Serve over toasted buns or baquettes.

## Chicken-Veg Casserole

Kelcy Schroder

- |                                    |  |
|------------------------------------|--|
| 1/2 to 1 lb. cubed Velveeta cheese | 1 cooked chicken, deboned                      |
| 1 can cream of mushroom soup       | Cooked, chopped broccoli (as much as you like) |
| 1 can cream of celery soup         | Bread crumbs, for top                          |
| 1 1/2 c. cooked rice               |  |

Bake in greased casserole dish at 350° for 40 minutes.

## Bubble Pizza

Jennie Hansen

- |   |   |
|---|---|
| 1 1/2 lb. ground beef                             | 1 1/2 c. (6 oz.) shredded Mozzarella cheese |
| 1 (15 oz.) can pizza sauce                        | 1 c. (4 oz.) shredded Cheddar cheese        |
| 2 (12 oz.) tubes refrigerated buttermilk biscuits |   |

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in pizza sauce. Cut each biscuit into quarters; place in a greased 9x13x2-inch baking dish. Top with beef mixture. Bake, uncovered, at 400° for 20 minutes. Sprinkle with cheeses. Bake 5 to 10 minutes longer, or until cheese is melted. Let stand for 5 minutes before serving.

## Creamy Baked Macaroni

Jennie Hansen

- |   |  |
|---|--|
| 1 2/3 c. uncooked elbow macaroni                              | 1/4 tsp. hot pepper sauce                            |
| 1 (10 3/4 oz.) can condensed cream of chicken soup, undiluted | 1 1/2 c. (6 oz.) Gouda or Cheddar cheese, 1/2" cubes |
| 1 c. milk   | 2 T. dry bread crumbs                                |
| 1 T. minced chives  | 1 T. butter, melted                                  |
| 1/2 tsp. ground mustard                                       |  |

Cook macaroni according to package directions; drain. In a large bowl, combine soup, milk, chives, mustard and hot pepper sauce. Stir in macaroni and cheese. Spoon into greased shallow 2-quart baking dish. Combine bread crumbs and butter; sprinkle over the top. Bake, uncovered, at 400° for 25 to 30 minutes, or until heated through and bubbly.

## Cheesy Salsa Chicken

Matt Heims

4 skinless chicken breasts or thighs  
1 (16 oz.) jar chunky salsa

4 slices Monterey Jack cheese

Lay chicken in 9x13-inch pan; top with salsa and bake for 45 minutes, covered. Top with cheese and heat to melt cheese. Yield: 4 servings.

## Barbecued Ribs

Barb Osborn

1 1/2 c. ketchup  
1 1/2 T. brown sugar

1 1/2 T. prepared mustard  
2 T. Worcestershire sauce

Mix all ingredients together well.

Brown about 3 pounds ribs. Put a little bit of sauce in the bottom of an electric frypan or roaster; put in ribs and pour the rest of the sauce over the ribs. Bake at 325° for about 2 hours.

**Note:** You may need to add a little water after an hour.

## Honey Sesame Tenderloin

Dr. David J. Meisinger

1 (1 lb.) tenderloin  
1/2 c. soy sauce  
2 cloves garlic, minced  
1 T. grated fresh ginger, or 1 tsp. dry  
ginger

1 T. sesame oil  
1/4 c. honey  
2 T. brown sugar  
4 T. sesame seeds

Combine soy sauce, garlic, ginger and sesame oil. Place tenderloin in a heavy plastic bag; pour soy mixture over to coat. Let marinate 2 hours at room temperature, or overnight in refrigerator. Remove pork from marinade; pat dry. Mix together honey and brown sugar in a shallow plate. Place sesame seeds on separate shallow plate. Roll pork well in honey mixture, coating well, then roll in sesame seeds. Roast in a shallow pan at 400° for 20 to 30 minutes, until meat thermometer inserted registers 155°. Remove to serving platter; slice thinly to serve. Yield: 4 servings.

Preparation time: 10 minutes. Cooking time: 30 minutes.

## Homemade Mac and Cheese

Sylvia Anderson

7 oz. elbow macaroni, cooked & drained

4 oz. Co-Jack cheese, shredded

6 oz. Velveeta cheese, cubed or shredded

1/4 c. Parmesan cheese

### WHITE SAUCE:

4 T. butter

4 T. flour

2 c. milk

1/2 tsp. salt

1/4 tsp. pepper

Add cheese and macaroni to white sauce and put in a greased baking dish. Top with crushed Waverly wafers mixed with some butter (approximately 1/2 sleeve of crackers and 2 tablespoons butter). Bake for 30 to 45 minutes at 350°.

## Spicy Cajun Shrimp

Carla Persaud

1/4 tsp. cayenne pepper

1/4 tsp. black pepper

1/4 tsp. crushed red pepper

1 tsp. crushed basil leaves

1/2 tsp. thyme leaves

1/2 tsp. oregano leaves

1/2 tsp. salt

2 cloves crushed garlic, or 1 tsp. garlic powder

1 tsp. Worcestershire sauce

1/4 c. butter or margarine

In skillet, fry the above on medium-high heat until butter is melted, then add about 2 cups (or less) diced fresh tomato; heat through. Add 2 pounds raw cleaned shrimp (can use precooked shrimp, but should be thawed). Cook about 5 minutes.

Serve with rice.

## Gary's Meat Loaf

Sarah Ingwersen

3 lb. hamburger

1 c. milk

1 can peas & carrots, drained

1/2 c. chopped onion

3/4 sleeve crushed saltines

2 eggs, beaten fluffy

2 to 3 T. Heinz 57 sauce

Mix well in large bowl. Put into large pan and shape into loaf, then cover with heavy ketchup and brown sugar mix. Bake for 1 1/2 hours at 350°.

## Spicy Barbecued Meat Balls

Laura Bortz

2 lb. ground beef  
1 c. oatmeal  
1 onion

2 eggs  
1/2 c. milk  
Salt & pepper

### TOPPING:

1 c. catsup  
1 T. mustard

1/2 c. brown sugar  
2 T. Worcestershire sauce

Grease 8x11-inch pan. Mix all ingredients, except toppings, together. Shape into balls and place in pan. Mix topping ingredients together. Pour over meat balls in pan. Bake 1 hour, depending on size of meat balls, at 350°.

## Chicken Enchiladas

Laura Bortz

1 med. onion, chopped  
2 to 3 T. butter  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 (4 oz.) can chopped green chilies

1 cooked, boned & cut-up chicken or turkey  
1 lb. grated cheese  
1 bouillon cube, in 1 c. boiling water  
1 doz. flour tortillas

Sauté onion in butter. Combine with soups, broth and chilies. Add chicken and mix well. In a large casserole, put a layer of tortillas, torn up in small pieces. Follow with a layer of chicken mixture and a layer of cheese. Repeat 2 times, ending with a layer of cheese. Bake for 45 to 50 minutes at 350°.

## Asian Beef Noodles

Laura Bortz

2 1/2 c. water  
2 c. frozen stir-fry vegetables

2 pkg. Oriental-flavored Ramen noodles  
1 lb. ground beef

Brown hamburger and add 1 flavor packet from Ramen noodles. Remove hamburger from skillet. In skillet, combine water, noodles, vegetables and other seasoning packet. Cook until soft, then add hamburger and serve.

## Bacon and Blue Cheese-Stuffed Cheeseburger

Pam Owenson

4 slices applewood smoked bacon or any type bacon  
 1 sm. red onion, finely chopped  
 2 T. crumbled blue cheese (or any other choice)

1 T. softened butter  
 1 1/2 lb. lean ground beef  
 Salt & black pepper, to taste  
 4 onions or regular hamburger buns  
 Lettuce (opt.)

Cook bacon in skillet over medium-high heat until chewy; drain on paper towels and chop into small pieces. Add onion to same skillet. Cook and stir until soft. Spread on plate to cool. Combine bacon, onion, blue cheese and butter in small bowl; mix well.

Divide ground beef into 8 equal pieces. Place one piece on cutting board; divide in half. Flatten each half into thin patty 4-inches wide. Season each half with salt and pepper. Place 2 tablespoons bacon mixture in center of one patty; cover with other patty. Pinch edges together to seal. Shape burger until round and slightly flattened; season again with salt and pepper, if desired. Repeat with remaining beef and filling.

Spray grill grid with nonstick cooking spray. Preheat grill to medium-hot. Grill burgers about 6 minutes per side or until desired doneness. Do not flatten burgers with spatula. Remove from grill; let stand 2 minutes before serving. Place cooked burgers on onion rolls and garnish with lettuce, if desired.

## Applesauce Hamburgers

Pam Owenson

1 lb. lean ground hamburger  
 1/4 c. applesauce (use exact amount)

Salt & pepper, to taste

Mix hamburger and applesauce together. Form into patties. Double line aluminum foil and turn up edges and seal (like a cookie sheet). Heat grill and place foil on grill. Place hamburgers on foil. (Need to use foil or hamburger will fall through grates.) Cook until done.

## Ham Loaf

Beth Weiser

1 lb. ham loaf (I prefer ham loaf from Fareway)      6 to 7 sq. graham crackers, crumbled  
1 egg      1/3 c. milk

### TOPPING:

1 (10 3/4 oz.) can tomato soup      1/2 c. + 1 T. brown sugar  
3 T. vinegar (less if cider)      1/2 tsp. dry mustard

Mix first 4 ingredients. Form into balls, about 12; place in cooking pan. Mix topping and pour over balls. Bake for 1 hour at 325°. Drain off fat, if needed, using a spoon. Yield: 4 to 5 servings.

**Note:** Recipe can be mixed up ahead of time and refrigerated to be cooked 1 hour prior to serving. Leftovers can be frozen and reheated in microwave.

I serve with rice and a green vegetable.

## Fried Chicken

Janelle Jamison

1/2 c. oil      1 c. flour, or more, if needed  
Cut-up chicken

Put flour in Ziploc bag. Shake 2 or 3 pieces of chicken at a time. Put in skillet with hot oil. Brown 15 minutes. Turn. Lightly salt and pepper. Cook 15 minutes on that side. Put in a baking dish in the oven at 350° for 40 minutes.

## Ham Balls

Janelle Jamison

2 1/2 lb. ham loaf      1/2 tsp. salt  
2 eggs      1/2 tsp. onion salt  
1 c. milk      1/4 tsp. pepper  
1 1/2 c. crushed graham crackers

Slightly beat eggs. Add cracker crumbs, milk, salt and pepper. Add meat and mix. Form into balls. Place in cake pan for baking.

### SAUCE:

1 can tomato soup      1 1/2 c. brown sugar  
1/3 c. white vinegar      1 tsp. dry mustard

Mix and pour over ham balls before baking. Bake at 350° for 1 hour.

## Speedy Chicken Stir-Fry

Sarah Ingwersen

8 oz. angel hair pasta	1/4 tsp. ginger
2 c. broccoli florets	1/4 tsp. garlic
1 lb. chicken breasts, cut into thin strips	1/4 tsp. sweet red pepper
1/2 c. toasted sesame dressing	1/3 c. peanuts

Cook pasta. Cook meat. Add dressing, soy sauce, ginger, garlic and pepper. Serve over pasta.

## Goulash

Sarah Ingwersen

1 lb. hamburger	1 can tomato soup
Chopped onion	1 c. elbow macaroni
Parsley	1 can diced tomatoes
Chili powder	

Brown hamburger, then drain. Add onions, parsley and chili powder to taste. Cook pasta and add to hamburger. Stir in tomato soup and diced tomatoes.

## Oven-Fried Paprika Chicken Cutlets

Sarah Ingwersen

2 sprays cooking spray	1/4 tsp. black pepper
1/2 c. fat-free yogurt	16 oz. uncooked boneless, skinless chicken breast (4 oz. thin pieces)
1 T. paprika	1 T. parsley
15 saltine crackers, crushed into crumbs	1/2 med. lemon, cut into 4 wedges
1 tsp. salt	

Preheat broiler and coat a baking sheet with cooking spray. Place yogurt and 1 teaspoon paprika in a small shallow bowl; mix to combine. Combine cracker crumbs, salt, pepper and remaining 2 teaspoons paprika on a large shallow pie plate; stir to combine. Place each chicken cutlet in yogurt mixture and turn to coat. Next, place chicken in crumb mixture, turning to coat both sides, pressing lightly to make crumbs stick. Place coated chicken on prepared baking sheet and lightly spray with cooking spray. Broil 3 to 4 inches from heat source until golden brown and cooked through, flipping once, about 4 to 5 minutes per side.

To serve, sprinkle with parsley and garnish with lemon wedges. Serve 1 piece of chicken per serving.

## Bow-Ties with Wild Mushrooms, Baby Spinach and Pine Nuts

Sarah Ingwersen

1/2 oz. dried mushrooms (porcini or shiitake)	1/4 c. water (cold)
1 c. water, boiling	1/8 tsp. salt
8 oz. uncooked bow-tie pasta	1/8 tsp. black pepper
2 tsp. olive oil	5 c. spinach, baby leaves
2 c. cremini mushrooms, sliced	2 T. grated Parmesan cheese
1 T. cornstarch	2 med. garlic cloves, minced
	2 T. pine nuts, lightly toasted

Place dried mushrooms in a medium bowl and cover with boiling water. Let stand 15 minutes. Drain mushrooms through a paper towel-lined sieve, reserving soaking liquid. Rinse mushrooms to remove any leftover grit and chop into small pieces; set mushrooms and soaking liquid aside.

Meanwhile, cook pasta according to package directions without added fat or salt. Transfer to a large bowl and cover with foil to keep warm. Heat oil in a large saucepan over medium heat. Add garlic and fresh and dried mushrooms, and cook until fresh mushrooms wilt and release juice, 3 to 5 minutes. Dissolve cornstarch in cold water and add to skillet with reserved mushroom soaking liquid. Simmer 1 minute, until sauce thickens. Season to taste with salt and pepper. Pour hot mushroom sauce over pasta; add spinach and toss to combine. Add Parmesan cheese and pine nuts and mix well.

Yield: 1 1/2 cups per serving.

## Grilled Mahi Mahi Tuna Sandwich

Mike Gaul

Marinate tuna steaks (6 to 8 ounces) in soy sauce, orange juice and ginger mixture for approximately 5 minutes on each side of the fillet. Generously coat with crushed pepper mix. Grill on medium heat for approximately 2 minutes per side. Do not overcook, fillet must remain very pink inside to maximize true flavor.

Serve on ciabatta bread (preferably from The Café) lightly coated with a mayonnaise-Dijon mustard mix. Complementary sides include black beans, coleslaw and cold beverage of choice. Enjoy!

## Meat Loaf

Neil Heithoff

1 lb. hamburger	1 T. brown sugar
1 1/2 c. crushed soda crackers	2 eggs
1/2 c. milk	1/2 c. ketchup
1/4 c. onions	

Preheat oven to 350°. Mix all ingredients together and put in 9x9-inch pan. Bake for 45 minutes.

## Homemade Macaroni and Cheese

Neil Heithoff

2 c. uncooked macaroni  
1/3 c. milk

8 to 12 oz. Velveeta cheese, to taste

Boil macaroni in water until pasta is tender. Drain. Add Velveeta cheese and milk while on low temperature burner, while stirring continuously. If the milk evaporates too much, add a dash more.

## Hamburger Casserole

Neil Heithoff

1 lb. hamburger  
1 c. peas  
1 can mushroom soup  
1/2 pkg. Tater Tots

1 c. sliced carrots  
1 c. corn  
1 c. water

Brown hamburger, and cook carrots, peas and corn. Mix hamburger, cooked carrots, cooked peas and cooked corn together in casserole dish. Mix water and mushroom soup together in a separate dish. Put Tater Tots on top of mixture in casserole dish and pour mushroom soup over Tater Tots. Bake 1 hour at 350°, or until Tater Tots are brown.

## Upside-Down Pizza

Neil Heithoff

1 1/2 lb. ground beef  
1 (15.5 oz.) can pizza sauce (or spaghetti sauce)  
1/2 c. Parmesan cheese  
1 tsp. oil  
1 c. flour

2 eggs  
1 med. onion, chopped  
1/2 tsp. garlic salt  
1 c. milk  
1/2 tsp. salt  
8 oz. Mozzarella cheese

Brown and drain beef and onion. Blend in spaghetti sauce and garlic salt. Put mixture into a 9x13-inch pan. In a small mixing bowl, mix eggs, milk, oil and flour. Pour this mixture over the meat mixture and sprinkle with Mozzarella cheese. Bake at 350° for 30 minutes. Sprinkle Parmesan cheese as desired.

## Easy Chicken with Swiss Cheese

Daniel Murray

4 chicken breasts  
4 slices Swiss cheese  
1 can cream of chicken soup

1/2 pkg. Pepperidge Farm stuffing  
1/4 c. melted butter

Place the chicken breasts in a casserole dish (8x8 inch is a nice size). No need to cook them first. Cover chicken breasts with Swiss cheese. Pour the soup over top of chicken and cheese. Evenly sprinkle the stuffing mix over everything. Drizzle melted butter on top of that. Cover dish with aluminum foil and bake at 350° for 1 hour.

## Bubble Pizza

Daniel Murray

1 can refrigerator biscuits  
1 c. pizza sauce

1/2 c. Mozzarella cheese  
1/2 c. miscellaneous toppings (opt.)

Cut biscuits into quarters. Combine in bowl with sauce, 1/4 cup cheese and additional toppings, if desired. Grease 9x13-inch baking pan. Pour ingredients into pan. Bake at 350° for 25 minutes. Top with remaining 1/4 cup cheese. Bake another 5 minutes.

## Chicken Cilantro Enchiladas

Dr. Michael Retallick

Sure to satisfy your craving for Mexican.

### RECIPE FOR 10 SERVINGS:

2 lb. boneless, skinless chicken  
breasts  
2 c. water  
1 onion, diced  
1 clove garlic, minced  
2 to 3 sprigs fresh cilantro  
1 1/3 c. chicken broth  
2 (10 oz.) cans mild enchilada sauce

4 c. grated Monterey Jack cheese  
8 green onions, sliced  
2 T. chopped cilantro leaves  
1/2 tsp. salt  
1/4 tsp. pepper  
Tabasco sauce, to taste  
10 corn tortillas

### RECIPE X3:

6 lb. boneless, skinless chicken  
breasts  
6 c. water  
3 onions, diced  
3 cloves garlic, minced  
6 to 9 sprigs fresh cilantro  
4 c. chicken broth  
6 (10 oz.) can mild enchilada sauce

12 c. grated Monterey Jack cheese  
24 green onions, sliced  
1/3 c. chopped cilantro leaves  
1 1/2 tsp. salt  
3/4 tsp. pepper  
Tabasco sauce, to taste  
30 corn tortillas

### RECIPE X6:

12 lb. boneless, skinless chicken  
breasts  
12 c. water  
6 onions, diced  
6 cloves garlic, minced  
12 to 18 sprigs fresh cilantro  
8 c. chicken broth  
12 (10 oz.) cans mild enchilada sauce

24 c. grated Monterey Jack cheese  
48 green onions, sliced  
3/4 c. chopped cilantro leaves  
1 T. salt  
1 1/2 tsp. pepper  
Tabasco sauce, to taste  
60 corn tortillas

*Continued on following page.*

*Continued from preceding page.*

**RECIPE X9:**

18 lb. boneless, skinless chicken  
breasts  
18 c. water  
9 onions, diced  
9 cloves garlic, minced  
18 to 27 sprigs fresh cilantro  
12 c. chicken broth  
18 (10 oz.) cans mild enchilada sauce

36 c. grated Monterey Jack cheese  
72 green onions, sliced  
1 c. chopped cilantro leaves  
4 1/2 tsp. salt  
2 1/4 tsp. pepper  
Tabasco sauce, to taste  
90 corn tortillas

Bring chicken breasts to boil in water with onion, garlic and cilantro sprigs. Reduce heat and simmer until chicken is tender, about 10 minutes. Remove chicken from broth and cool. Shred meat; strain broth. Add 1 1/3 cups chicken broth to enchilada sauce; set aside.

**Filling:** Combine chicken, 2 cups cheese, green onions and chopped cilantro leaves with salt, pepper and Tabasco sauce to taste. Add 1 cup enchilada sauce-broth mixture to moisten filling.

To assemble, warm tortillas on hot skillet or griddle until flexible, turning once. Dip each corn tortilla in enchilada sauce mixture until coated on each side and lay flat. Fill with 2 to 3 tablespoons chicken filling and roll tortilla. Place filled tortillas, seam-side down, in lined 9x13-inch baking dish.

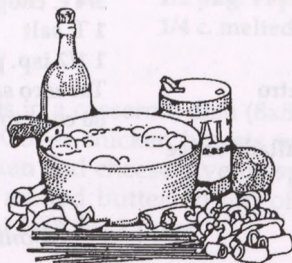
## Italian Chicken

Nicole Stoll

1 (3 lb.) bag frozen chicken breasts  
3 pkt. dry Zesty Italian dressing

1 (15 oz.) can chicken broth

Put all ingredients into slow-cooker. Cook on low all day. Shred chicken with fork or tongs. Place chicken on bun and top with Provolone cheese. Yield: approximately 16 sandwiches, depending on appetite.



## Shepherd's Pie

Nicole Stoll

- |                                      |   |
|--------------------------------------|---|
| 2 lb. potatoes, peeled & cubed       | 1/4 c. ketchup  |
| 1 T. olive oil (opt.)                | 1/2 c. peas (frozen)                                      |
| 1 3/4 lb. ground beef or lamb        | 2 T. sour cream   |
| 1 or 2 carrots, peeled & sliced thin | 1/2 c. cream  |
| 1 onion, chopped                     | 1 tsp. paprika  |
| 2 T. butter                          | 2 T. flat-leaf parsley, if fresh, or a<br>sprinkle if dry |
| 2 T. all-purpose flour               | Salt & pepper   |
| 1 c. beef broth                      |   |
| 2 tsp. Worcestershire sauce          |   |

In a large pot, boil potatoes in salted water until tender, about 12 minutes.

While potatoes boil, heat a large skillet over medium-high heat. (Add oil to hot pan.) Add beef or lamb; season to taste with salt and pepper. Brown for 3 to 4 minutes. (Spoon fat out if using lamb.) Add carrots and onion; cook another 5 minutes. Yield: 8 servings.

## Sloppy Joes

Chris Olsen

- |                    |                     |
|--------------------|---------------------|
| 2 lb. ground beef  | 2 T. onion, chopped |
| 1/3 c. vinegar     | 1 T. mustard        |
| 1/3 c. brown sugar | 1 T. flour          |
| 2/3 c. water       | Salt, to taste      |
| 1/2 c. ketchup     |                     |

Brown beef and onion. Drain. Mix all remaining ingredients with beef and onion.

Serve on a bun.

## Special Barbecued Ribs

Deanne Day

- |                    |                          |
|--------------------|--------------------------|
| 1 T. celery seed   | 1 tsp. paprika           |
| 1 T. chili powder  | 2 1/2 lb. loin back ribs |
| 1/4 c. brown sugar | 1 c. tomato sauce        |
| 1 T. salt          | 1/4 c. vinegar           |

Combine celery seed, chili powder, sugar, salt and paprika. Rub 1/3 of the mixture on ribs. To remaining, add tomato sauce and vinegar. Heat and use to baste ribs. Yield: 4 servings.

Cook ribs over hot coals until tender, basting occasionally with the sauce.

## Biscuit Stroganoff

Deanne Day

1 lb. ground beef  
 1 (4 oz.) can mushrooms, drained  
 1 (3 1/2 oz.) can French-fried onion rings

1 (10 1/2 oz.) can cream of mushroom soup  
 1/2 c. sour cream  
 1 (10 oz.) can buttermilk flaky biscuits

### TOPPING:

1/2 c. sour cream  
 1 egg

1/2 tsp. celery seed  
 1/2 tsp. salt

Preheat oven to 375°. Brown ground beef and drain. In shallow 3-quart casserole, combine ground beef, mushrooms and French-fried onions. Heat soup until bubbly. Stir in sour cream. Pour over meat mixture. Separate biscuit dough into 10 biscuits. Cut each one in half. Place them, cut-side down, around edge of casserole. Sprinkle reserved 1/2 cup onions in center. Combine topping ingredients; pour over biscuits. Bake for 30 to 40 minutes, until golden brown. Yield: 5 to 6 servings.

## Chicken Breasts in Wine Sauce

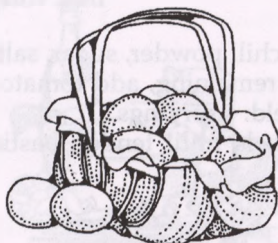
Deanne Day

3 whole chicken breasts, halved  
 2 T. butter  
 1/2 tsp. salt  
 1/2 tsp. pepper  
 1/2 c. drained mushroom stems & pieces

3 med. carrots, thinly sliced  
 1/4 c. white wine or milk  
 1 (10 1/2 oz.) can condensed cream of chicken soup

In frypan, brown chicken breasts in hot butter. Add remaining ingredients. Cover and simmer 20 minutes, or until chicken and carrots are tender. Yield: 4 to 5 servings.

Serve with rice or noodles.



## Honey-Orange Chicken

MJR

3/4 c. orange juice  
 1 T. honey  
 1 tsp. grated ginger  
 1 tsp. garlic  
 1 tsp. orange zest  
 1 tsp. salt

1/8 tsp. pepper  
 4 boneless, skinless chicken breasts  
 (about 5 to 6 oz. each)  
 1 tsp. vegetable oil  
 1 tsp. sesame oil, toasted  
 1 tsp. sesame seeds, toasted

Combine orange juice, honey, ginger, garlic, orange zest, salt and pepper in a bowl (large enough for all ingredients and chicken). Add chicken breasts to bowl and refrigerate, covered, for 30 minutes. Heat a large skillet over about medium heat until pan is hot. Add vegetable oil to skillet and coat pan by swirling. Lift chicken from marinade and add chicken to skillet when oil is hot in pan. Cook chicken over medium heat 3 minutes per side, or until golden brown. Add the rest of the marinade to the pan and boil over medium-high heat, turning chicken until it is cooked through and sauce is reduced to about half (3 to 5 minutes). Transfer chicken to serving platter; stir sesame oil into thickened sauce and spoon it over the chicken. Sprinkle chicken with sesame seeds.

Total time: about 1 hour. Preparation time: 40 minutes. Cook time: about 15 minutes.

## Easy Cheesy Chicken and Rice

MJR

1 T. oil  
 4 boneless, skinless chicken breast  
 halves (about 1 lb.)  
 1 (10 1/2 oz.) can chicken broth

2 c. instant white rice, uncooked  
 2 c. fresh broccoli florets  
 6 oz. Cheddar cheese, cut up

\*If using a regular skillet, increase oil to 2 tablespoons.

Heat oil in large nonstick skillet on medium-high heat. Add chicken; cover. Cook 4 minutes on each side, or until cooked through. Remove chicken from skillet. Add chicken broth to skillet and bring to boil. Stir in rice, broccoli and cheese. Top mixture with chicken and cover. Cook on low heat for 5 minutes. Stir until cheese is melted.

Total time: 20 minutes. Preparation time: 5 minutes. Cook time: 15 minutes.

## Hearty Beef Enchiladas

Andy Jennett

- |   |   |
|---|---|
| 4 lb. ground beef                         | 1 (16 oz.) jar divided salsa              |
| 4 med. onions, chopped                    | 28 (8") tortilla shells                   |
| 4 (15 1/2 oz.) cans undrained chili beans | 4 c. shredded Cheddar cheese              |
| 4 (10 oz.) cans divided enchilada sauce   | 2 (2 1/4 oz.) cans sliced olives, drained |

Brown and drain ground beef and onions. Stir in beans, enchilada sauce and salsa. In a skillet, heat 1/4 inch oil. Dip tortillas in oil for 3 seconds. Drain on paper towels. Top each tortilla with 2/3 cup beef mixture. Roll up and place, seam-side down, in 4 (9x13x2-inch) pans. Drizzle with remaining enchilada sauce and salsa. Sprinkle cheese and olives. Bake at 350° for 20 to 25 minutes, or until bubbly. Yield: 28 servings.

## Chicken and Rice

Holly Lenz

- |                          |                             |
|--------------------------|-----------------------------|
| 1 c. raw rice            | 1 can cream of celery soup  |
| Chicken breasts          | 1 can cream of chicken soup |
| 1 stick oleo (margarine) | 1 c. milk (soup can)        |

Place rice in 9x13-inch pan. Place chicken (salted) on top of rice. In a saucepan, heat cream of celery and cream of chicken soups, oleo (margarine) and milk. Pour over chicken in pan. Bake at 300° for 2 1/2 hours.

## Chicken-Macaroni Casserole

Alyce Gehling

- |                              |                       |
|------------------------------|-----------------------|
| 2 c. chopped cooked chicken  | 2 c. milk             |
| 2 c. uncooked macaroni       | 1 sm. onion           |
| 1 can cream of mushroom soup | 1/4 lb. grated cheese |
| 1 can cream of chicken soup  | Salt & pepper         |

Combine all and let stand in refrigerator for 5 to 6 hours. Bake at 350° for 1 hour. Top with crushed chips and bake for 15 more minutes.

## Chicken Hot Dish

Molly Mayer

- |  |                             |
|--|-----------------------------|
| 1 (6 oz.) pkg. Stove Top dressing (chicken flavor) | 1 can cream of chicken soup |
| 3 c. cooked, diced chicken                         | 2/3 c. milk                 |
| 1 can cream of mushroom soup                       | 2 c. chicken broth          |
|  | 2 beaten eggs               |

Put half of dressing with all the seasoning in the bottom of a 9x13-inch pan. Cover with chicken. Combine soups and milk, and pour over chicken. Sprinkle remaining dressing over top. Pour chicken broth over all, then pour eggs on top of the dish. Bake at 350° for 1 hour.

## Bubble Pizza

Alicia Rasmussen

2 tubes buttermilk biscuits,  
quartered  
1 1/2 lb. ground beef, browned &  
drained

1 (16 oz.) jar pizza sauce  
2 c. shredded Mozzarella cheese  
2 c. shredded Cheddar cheese

Mix together quartered biscuits, beef and sauce. Pour into greased 9x13-inch pan. Bake at 350° for 20 minutes. Sprinkle cheese on top. Bake another 10 minutes before serving.

## 25-Minute Beef Stroganoff

Michelle Euken

1 lb. sirloin steak  
2/3 c. water  
1 pkg. sliced mushrooms (fresh)  
1 env. onion soup mix

2 T. flour, + enough to dredge meat  
strips in  
1 c. light or nonfat sour cream  
Oil, to brown meat  
Cooked rice or noodles

Trim fat from meat. Cut meat diagonally across the grain into 1 x 1/2-inch strips. Heat oil in skillet. Dredge meat in flour, then brown in skillet. In separate skillet, sauté mushrooms. In meat skillet, add water, sautéed mushrooms and soup mix. Cook for 20 minutes. Mix sour cream with 2 tablespoons flour. Blend sour cream mixture with meat mixture. Heat until thickened. Do not boil. Remove from heat. Serve immediately with cooked rice or noodles.

## Spicy Chicken and Bow-Tie Pasta Salad

Michelle Euken

8 oz. uncooked bow-tie pasta  
1 c. mayonnaise  
1 (4.5 oz.) can Old El Paso chopped  
green chilies  
1 (9 oz.) pkg. frozen Southwestern-  
flavored cooked chicken breast  
strips, thawed, cut into bite-size  
pieces

2 med. tomatoes, chopped  
1 med. bell pepper, chopped  
2 oz. (1/2 c.) shredded Cheddar  
cheese (taco-flavored)  
3 med. green onions, chopped

Cook pasta as directed on package. Drain. Rinse with cold water to cool. Drain well.

Meanwhile, in large serving bowl, combine mayonnaise and green chilies; mix well. Add chicken, tomatoes, bell pepper and cheese. Add cooked pasta to chicken mixture; toss gently to coat. Serve immediately, or cover and refrigerate until serving. Sprinkle with green onions. Yield: 5 servings.

## Cowboy Chili

Michelle Euken

- |  |  |
|--|--|
| 2 lg. onions, chopped  | 1 (15 to 19 oz.) can red kidney beans, undrained |
| 2 lb. boneless top round or sirloin steak, cut into 1/2" cubes | 1/3 c. hot sauce                                 |
| 1 lb. ground beef  | 2 pkg. chili seasoning                           |
| 1 (28 oz.) can whole tomatoes, in purée, undrained             |  |

Cook and stir onions in 1 tablespoon hot oil in a large pot. Transfer to bowl. Cook steak cubes and ground beef in batches in 3 tablespoons hot oil until well browned. Drain well. Add onions, 3/4 cup water and remaining ingredients to pot. Heat to boiling, stirring. Reduce heat to medium-low. Cook, partially covered, for 1 hour, until meat is tender, stirring often. Garnish as desired. Yield: 10 servings.

## Cheesy Broccoli and Rice with Chicken

Michelle Euken

- |   |                                       |
|---|---------------------------------------|
| 1 1/2 lb. boneless, skinless chicken, cut into strips | 1 1/3 c. French-fried onions, divided |
| 1 (4.4 oz.) pkg. chicken-flavor rice & sauce mix      | 1 c. chopped broccoli                 |
|   | 1 c. red bell pepper, chopped         |
|   | 1 c. cubed pasteurized process cheese |

Heat 1 tablespoon oil in large skillet or wok until hot. Stir-fry chicken for 5 minutes, or until browned. Add rice mix and 2 cups water; heat to boiling. Stir in 2/3 cup French-fried onions, vegetables and cheese. Simmer, uncovered, for 10 minutes, or until rice is tender, stirring. Sprinkle remaining 2/3 cup onions over rice just before serving. Yield: 6 servings.

## Crispy Onion Chicken

Michelle Euken

- |                                       |   |
|---------------------------------------|---|
| 1 1/3 c. French's French-fried onions | 4 to 6 boneless, skinless chicken breast halves |
| 2 to 3 T. honey mustard               |   |

Preheat oven to 350°. Place French-fried onions in plastic bag. Press with rolling pin until onions are lightly crushed. Transfer to sheet of waxed paper. Spread mustard evenly on chicken. Coat with onion crumbs, pressing gently to adhere. Place in baking pan. Bake 20 minutes, or until chicken is no longer pink. Yield: 4 to 6 servings.

## Crescent Chicken Bundles

Michelle Euken

2 (3 oz.) pkg. cream cheese, softened	1/4 tsp. pepper
4 T. butter, divided	4 c. cubed cooked chicken
2 T. minced chives	2 (8 oz.) tubes refrigerated crescent rolls
2 T. milk	
1/2 tsp. salt	1 c. crushed seasoned stuffing

In a small bowl, beat cream cheese, 2 tablespoons butter, chives, milk, salt and pepper until blended. Stir in chicken. Unroll the crescent roll dough and separate into 8 rectangles; press perforations together. Spoon about 1/2 cup chicken mixture in the center of each rectangle. Bring edges up to the center and pinch to seal. Brush with remaining butter. Sprinkle with crushed croutons, lightly pressing down. Transfer to 2 ungreased baking sheets. Cover one baking sheet and freeze until firm. Transfer squares to a covered freezer container. May be frozen for up to 2 months. Bake remaining squares at 350° for 20 to 25 minutes, or until golden brown.

For frozen dish, thaw in refrigerator and bake.

# Notes & Recipes



## Cheesy Broccoli and Rice with

1 1/2 lb. boneless, skinless chicken

1 1/2 c. French-fried onions

1 1/2 c. cheddar cheese

1 c. hot pepper sauce

1. Preheat oven to 350°. Place French-fried onions in plastic bag. Place chicken in a 9x13 inch baking dish. Spread mustard evenly on chicken. Coat with onion powder. Bake until chicken is no longer pink. Yield: 4-6 servings.

## Crispy Onion Chicken

—Michelle Taylor

2 to 3 T. honey mustard

breast halves

Preheat oven to 350°. Place French-fried onions in plastic bag. Place chicken in a 9x13 inch baking dish. Spread mustard evenly on chicken. Coat with onion powder. Bake until chicken is no longer pink. Yield: 4-6 servings.



**Cookies,  
Bars  
&  
Candies**

# Equivalents & Proportions

## Proportions

Pour batter .....	1 cup liquid to 1 cup flour
Drop batter or sponge .....	1 cup liquid to 2 cups flour
Soft dough .....	1 cup liquid to 3 cups flour
Stiff dough .....	1 cup liquid to 4 cups flour

## Salt Proportions

Soups and sauces .....	1 tsp. salt to 1 qt. of sauce
Dough .....	1 tsp. salt to 4 c. flour
Cereals .....	1 tsp. salt to 2 c. liquid
Meat .....	1 tsp. salt to 1 lb. meat
Vegetables .....	1/2 tsp. salt to 1 lb., using 1/4 c. water
Vegetables .....	1/2 tsp. salt, using 1 qt. water

## Egg Equivalents

8 to 10 egg whites .....	1 cup
10 to 14 egg yolks .....	1 cup
4 to 6 whole eggs .....	1 cup
10 average eggs (without shells) .....	1 pound
7 to 8 large eggs with shell .....	1 pound
9 to 10 medium eggs with shell .....	1 pound
11 to 12 small eggs with shell .....	1 pound

# Cookies, Bars & Candies

## Chocolate Mint Dessert

Katie Tuttle

Crush enough Oreo cookies to line bottom of 9x13-inch pan. Slightly soften 1 quart of peppermint ice cream; spoon on top of cookies. Drizzle 1 jar caramel ice cream topping over. Drizzle 1 jar hot fudge topping over the caramel. Let freeze for a couple of hours. Spread Cool Whip over top and sprinkle with nuts. Keep frozen until ready to serve.

## Snickerdoodle Cookie Recipe

Alicia Rasmussen

1/2 c. butter, softened	1/2 tsp. vanilla
1 c. sugar	1 1/2 c. all-purpose flour
1/4 tsp. baking soda	4 T. granulated sugar
1/4 tsp. cream of tartar	1 1/2 tsp. cinnamon
1 lg. egg	

Preheat oven to 375°. In a mixing bowl, beat the butter on medium speed for 30 seconds. Add 1 cup sugar, baking soda and cream of tartar. Beat until combined, scraping sides of bowl occasionally. Beat in egg and vanilla until well blended. Beat in as much flour as you can with the mixer and stir in remaining flour. Cover with plastic wrap and chill for 1 hour.

Combine 4 tablespoons sugar and cinnamon. Shape the dough into 1-inch balls and roll in cinnamon-sugar mixture to coat. Place balls of dough, 2 inches apart, on an ungreased cookie sheet. Bake for 10 to 11 minutes, or until edges are beautifully golden. Transfer cookies to a wire rack to cool.

## Sugar Cookies

Alicia Rasmussen

1 c. sugar	3 c. flour
1 c. butter	1 tsp. baking soda
2 eggs, beaten	2 tsp. cream of tartar
2 T. sweet milk	2 tsp. vanilla

Mix ingredients in order given (adding dry to wet). Roll out dough with rolling pin, thin and cut. Bake at 350° for 10 minutes, or until edges turn golden brown.

Recipe from the 1960's.

## World's Easiest Chocolate Chip Cookies

Alicia Rasmussen

2 c. flour	2 sticks butter, melted
1 1/2 c. sugar	2 eggs
1/2 bag chocolate chips (sm.)	

Combine ingredients; mix well. Grease cookie sheet. Preheat oven to 350°. Spoon-drop or roll out cookies; put in pan and bake at 350° for 8 to 10 minutes.

## Chocolate Mint Cookies

Alicia Rasmussen

3/4 c. butter	2 1/2 c. all-purpose flour
1 1/2 c. firmly-packed dark brown sugar	1 1/4 tsp. baking soda
2 T. water	1/2 tsp. salt
2 c. semi-sweet chocolate chips	Green mint wafers (or mix peppermint chocolate as directed below)
2 lg. eggs	

In a large saucepan over low heat, cook butter, sugar and water until butter is melted. Add chocolate chips and stir until partially melted. Remove from heat and continue to stir until chocolate is completely melted. Pour into a large mixer bowl and let stand 10 minutes to cool. Mix at high speed and beat in eggs, one at a time. Reduce speed to low and add dry ingredients. Mix until just blended. Cover dough tightly with plastic wrap and chill for at least 1 hour, until dough is easy to handle.

Preheat oven to 350°. Line 2 cookie sheets with foil. Roll teaspoonfuls of dough onto cookie sheets 2 inches apart. Bake for 12 to 13 minutes and no longer. Cookies should come out of the oven looking slightly underdone. They will crisp when cool. Immediately after taking the cookies out of the oven, place 1 mint wafer on top of each cookie. Allow mints to soften, then swirl to cover cookie.

Peppermint chocolate can be placed on top of cookies instead of wafers. Sprinkles can be added at this point, if desired.

## Double Chocolate Peanut Butter Cookies

Alicia Rasmussen

16 oz. semi-sweet chocolate chips	1 c. unsalted butter
2 c. flour	1 c. creamy peanut butter
1/2 tsp. baking soda	2 eggs
1/4 tsp. salt	2 tsp. vanilla
3/4 c. brown sugar	6 oz. milk chocolate chips
3/4 c. sugar	6 oz. peanut butter chips

Preheat oven to 325°. Melt semi-sweet chocolate chips, stirring until smooth. In small bowl, whisk together flour, baking soda and salt. In a medium bowl, whisk together sugars. Add butter and beat until well combined. Add peanut butter and beat until smooth. Add eggs and vanilla; beat until just combined. Add flour mixture, milk chocolate chips and peanut butter chips. Beat until no streaks of flour are visible. Pour in melted chocolate; mix until marbled. Drop dough in 3 tablespoon mounds, 2 inches apart, on ungreased baking sheet. Bake for 15 to 18 minutes, or until just set, but still soft. Cool on cookie sheet, then transfer to wire rack.

## Dutch Letter Bars

Beth Weiser

1 stick margarine	2 c. sugar
1 stick butter	2 c. flour
2 eggs	1 pkg. sliced almonds
1 (8 oz.) can almond paste	

Preheat oven to 350°. Cream butter and eggs with mixer. Add almond paste and continue creaming mixture. Add dry ingredients and mix. Spread into greased 9x13-inch pan. Sprinkle top with a small amount of sugar and sliced almonds. Bake 30 to 35 minutes at 350°, until top is browned and center is well cooked. Yield: 36.

## Microwave Peanut Brittle

Barb Osborn

1 c. sugar	1 tsp. vanilla
1/2 c. corn syrup	1 tsp. baking soda
1 c. raw peanuts	Dash of salt
1 tsp. butter	

In a 2-quart glass bowl or Corning casserole dish, mix sugar, syrup and peanuts. Microwave on HIGH for 4 minutes. Stir. Microwave on HIGH for 4 minutes. Add butter and vanilla. Microwave on HIGH for 2 minutes. Quickly add baking soda and pour immediately on greased brownie pan.

## Cherry Breakfast Bars

Katie Tuttle

Mix 1/2 cup butter and 1 cup sugar together. Add 2 eggs, 1/4 teaspoon salt and 1 teaspoon vanilla. Continue to mix until creamy. Add 1 1/2 cups flour and 1 teaspoon baking powder. Spread in a greased 9x13-inch pan. Save 1/2 cup for top. Spread 1 can cherry pie filling in lines over top of batter. Drop the rest of the batter by spoonfuls on top of the cherries. Bake for 45 minutes at 350°.

## Buttermilk Brownies

Kelcy Schroder

Grease and flour a 12x18-inch cookie sheet.

Sift together:

2 c. flour

2 c. sugar

Pinch of salt

1 tsp. baking soda

Melt together and boil rapidly:

2 sticks margarine

5 T. cocoa

1 c. water

Pour over dry mixture and mix.

Add:

1/2 c. buttermilk

2 eggs

1 tsp. vanilla

Mix until lumps are out. Bake at 350° for 20 minutes.

### FROSTING:

Put on cake while still warm.

1 stick margarine

3 T. cocoa

6 T. buttermilk

Bring to boil. Beat in 1 pound powdered sugar, 1 teaspoon vanilla and 1 cup chopped nuts, if desired. Mix until lumps are out (wire whisk works well).

I just use milk, soured with lemon juice, instead of buttermilk.

## Waffle Cookies

Missy Merwald

Mix well:

1 1/2 c. sugar

1 c. melted margarine

4 eggs

Add:

2 tsp. vanilla

1/2 c. cocoa

2 c. flour

Dash of salt

Spray waffle iron with nonstick cooking spray. Drop by teaspoonful onto waffle iron. Bake approximately 2 minutes on medium-low to high heat.

Frost with chocolate frosting.

## Caramel Fudge Bars

Chris Thomson

1 bag caramels

3 T. cream

3 T. margarine

Melt in microwave.

CRUST:

3/4 c. margarine

1 c. flour

1 c. oatmeal

3/4 c. brown sugar

1 tsp. baking soda

1/2 tsp. salt

Mix crust together and press 3/4 of the mixture into a 9x13-inch pan. Bake 10 minutes at 350°. Pour caramel mixture over the crust. Add 6 ounces milk chocolate chips over caramel mixture. Top with rest of crust and bake 10 minutes more.

## Milnamow Elfin Shortbread Cookies

Allyson Chwee

1 1/4 c. flour

3 T. sugar

1/2 c. butter

Blend flour and sugar. Use pastry cutter to cut in butter. Use hands to work dough into a ball. On ungreased cookie sheet, flatten dough into 8x12-inch rectangle. Cut into 1/2-inch squares and spread out on pan. Bake at 375° for about 8 to 10 minutes. Cool on pan for about 5 minutes, then remove to cool.

**Variation:** For chocolate chip, add 1/2 cup miniature chocolate chips. For butter pecan, use brown sugar instead of white sugar and add 1/2 cup of finely-chopped pecans.

## Soft Chocolate Chip Cookies

Allyson Chwee

1 c. margarine, room temp.	2 1/4 c. flour
3/4 c. brown sugar	1 tsp. baking soda
1 pkg. sugar-free instant vanilla or chocolate pudding	12 oz. chocolate chips
2 eggs	2 c. chopped nuts (opt.)

Beat butter, sugar, dry pudding mix and eggs. Add flour and baking soda. Mixture will be stiff. Stir in chocolate chips and nuts. Chill overnight in refrigerator or place in freezer for 1 hour. Drop cookies by rounded teaspoonfuls, about 2 inches apart, onto greased cookie sheets. Bake at 350° for 10 to 12 minutes. Yield: about 2 dozen cookies.

## Mrs. Thelen's Cookie Dough Brownies

Allyson Chwee

### BROWNIES:

2 c. sugar	1 c. vegetable oil
1 1/2 c. flour	4 eggs
1/2 c. baking cocoa	2 tsp. vanilla
1/2 tsp. salt	1/2 c. chopped nuts (opt.)

Combine dry ingredients. Add wet and beat on medium speed for 3 minutes. Stir in nuts. Pour into 9x13-inch pan. Bake at 350° for 25 to 30 minutes. Cool completely.

### FILLING:

1/2 c. butter or margarine	2 T. milk
1/2 c. packed brown sugar	1 tsp. vanilla
1/4 c. white sugar	1 c. flour

Cream butter and sugars. Add milk and vanilla; mix well. Beat in flour. Spread over brownies and chill until firm.

### GLAZE:

1 c. semi-sweet chocolate chips	3/4 c. chopped walnuts or pecans
1 T. shortening	

Melt chocolate chips and shortening in a saucepan. Stir until smooth. Spread over filling. Sprinkle with nuts.

## Reese's Peanut Butter Cup Cookies

Michele Rogers

1/2 c. sugar	1/2 tsp. salt
1/2 c. brown sugar	2 T. milk
1/2 c. creamy peanut butter	1 3/4 c. flour
1/2 c. butter or margarine	1 tsp. baking soda
1 egg	1 bag sm. Reese's peanut butter cups
1 tsp. vanilla	

Mix above, excluding peanut butter cups. Place a ball of dough in each spot in miniature muffin pan. Bake at 350° for 8 minutes. Remove from oven and insert peanut butter cup in each cookie, and bake an additional minute or two.

## Oreo Balls

Michele Rogers

1 pkg. Oreos	1/2 pkg. white almond bark
8 oz. cream cheese	

Cream Oreos and cream cheese together (this usually requires your hands or good mixer). Form into quarter-size balls. Cool in refrigerator for 1 hour. Melt almond bark and dip each Oreo ball into, then place on waxed paper to harden.

Enjoy!

## Ranger Cookies

Sarah Ingwersen

1 c. brown sugar	1/2 tsp. salt
1 c. white sugar	2 c. oatmeal
1 c. butter or margarine, softened	2 c. flour
2 eggs	1 c. chopped nuts
1 tsp. vanilla	1 c. coconut
1/2 tsp. baking soda	2 c. crushed Wheaties or Total cereal

Cream softened butter with sugars, eggs and vanilla. Mix in rest of the ingredients. Drop by spoonfuls. Press down with fork. Bake 10 to 12 minutes at 325°.

## Pumpkin Squares

Beth Weiser

### CRUST:

1 pkg. butter pecan cake mix  
1/3 c. margarine, melted

1 egg

### PIE:

2 (16 oz.) cans pumpkin  
1 1/3 c. evaporated low-fat milk  
1 c. brown sugar  
2 tsp. vanilla

2 tsp. nutmeg

1 tsp. salt

4 eggs

### TOPPING:

1 c. English walnuts  
1 tsp. cinnamon

1/4 c. margarine, softened, but not  
melted

1 ctn. Cool Whip

**Crust:** Take out 1/2 cup cake mix and set aside as a topping. Mix the rest of the cake mix, margarine and egg together, and put into a 9x13-inch greased pan.

**Pie:** Mix pumpkin, evaporated milk, brown sugar, eggs and spices together. Pour over cake mixture in the pan.

**Topping:** Sprinkle the top with approximately 1 cup chopped English walnuts. Mix leftover cake mix with cinnamon and 1/4 cup margarine. This will form a crumbly mixture. Sprinkle this mixture over the top of the cake. Bake for 50 minutes at 350°. Do not overbake. Serve with Cool Whip. Yield: 12 servings.

## Snickerdoodles

Janelle Jamison

1 c. shortening  
1 1/2 c. sugar  
2 eggs  
1 tsp. salt

2 3/4 c. flour  
2 tsp. cream of tartar  
1 tsp. baking soda

Mix all the ingredients together. Roll in balls, then in 4 teaspoons sugar and 2 teaspoons cinnamon. Bake at 350° to 375° for 8 to 10 minutes.

## Peanut Butter Bars

Sarah Ingwersen

1 stick margarine or butter  
1 (16 oz.) bag marshmallows  
10 c. Rice Krispies

2 c. peanut butter  
1/2 bag M&M's

Melt butter first. Add marshmallows and peanut butter. Melt 1 minute at a time. Stir in Rice Krispies and M&M's. Yield: 1 (9x13-inch) pan.

## Chewy Chocolate Cookies

Sarah Ingwersen

1 1/4 c. butter	3/4 c. cocoa
2 c. sugar	1 tsp. baking soda
2 eggs	Salt
2 tsp. vanilla	Nuts or chocolate chips (opt.)
2 c. flour	

Bake at 350°.

## Brownies

Mat Vaughn

4 eggs	1/4 tsp. salt
2 c. sugar	1 tsp. vanilla
1 c. shortening	4 T. cocoa
1 1/2 c. flour	1/2 to 1 c. chopped walnuts (opt.)

Mix all ingredients together; put in greased or sprayed 9x13-inch baking dish or pan. Bake at 350° for 30 to 35 minutes.

## Banana Oatmeal Cookies

Mat Vaughn

1 c. oatmeal	2/3 c. shortening
1 1/2 c. flour	1 c. sugar
1/4 tsp. nutmeg	1 egg
3/4 tsp. cinnamon	1 c. mashed bananas
1/2 tsp. baking soda	1/2 c. nuts

Cream sugar and shortening. Add eggs and bananas, and beat. Add oatmeal and other dry ingredients. Drop by teaspoonfuls on baking sheet. Bake for 10 to 15 minutes in 350° oven.

## Best-Ever Chocolate Chip Cookies

Neil Heithoff

2/3 c. vegetable shortening (Crisco)	2/3 c. oleo
1 c. sugar	1 c. brown sugar
2 eggs	2 tsp. vanilla
3 1/4 c. flour	1 tsp. salt
1 1/2 tsp. baking soda	1 (12 oz.) bag chocolate chips

Mix vegetable shortening, oleo, sugar, brown sugar, eggs and vanilla. Add rest of ingredients and mix well. Shape into balls and flatten with palm of hand on an ungreased cookie sheet. Bake at 350° for 8 to 10 minutes, or until light brown.

## Banana Cookies

Barb Osborn

2 1/2 c. flour	1 c. sugar
2 tsp. baking powder	2/3 c. shortening
1/4 tsp. baking soda	2 eggs
3/4 tsp. salt	1 tsp. banana extract
1 tsp. vanilla	1 c. mashed bananas

Cream sugar and shortening. Add eggs, flavorings and dry ingredients. Mix well by hand. Stir in mashed bananas. Drop by teaspoonfuls on greased cookie sheet. Bake at 375° for 10 to 12 minutes. Frost with vanilla frosting while warm. Yield: 4 1/2 to 5 dozen small cake cookies.

### FROSTING:

1 c. powdered sugar	1 T. butter
1 tsp. vanilla	

Mix and add enough milk to spread.

## Frosted Raspberry Bars

Barb Osborn

1 c. butter, softened	2 eggs
1 1/2 c. sugar	1/2 c. milk
3 c. flour	1 tsp. vanilla
3 tsp. baking powder	1 can raspberry pie filling
1 tsp. salt	

Cream butter, eggs and sugar together. Stir in flour, baking powder, salt, milk and vanilla. Divide dough in half. Chill 2 hours. Roll into a rectangle to fit in a 10x15x2-inch pan. Roll rest of dough into 1/4-inch thickness. Cut into 1/2-inch strips and make a lattice design on the top. Bake at 350° for 30 minutes.

Can frost with any white frosting.

## Bavarian Mints

Jessica Slavik

12 oz. milk chocolate chips	1 can sweetened condensed milk
12 oz. semi-sweet chocolate chips	1 tsp. peppermint extract
2 T. butter	

Melt together chocolate chips, butter and milk over low heat in a heavy kettle or microwave on low. Stir together. Add peppermint extract. Pour into 9x13-inch buttered pan and chill. Cut into small pieces and cover well.

## Peanutty Cream Bars

Daniel Murray

1 1/4 c. original Bisquick mix  
 1/2 c. powdered sugar  
 1/4 c. firm butter or margarine  
 1 T. hot water

3/4 c. whipping (heavy) cream  
 1 (10 oz.) bag peanut butter chips  
 (1 2/3 c.)  
 1/2 c. dry-roasted peanuts

Heat oven to 350°. Mix Bisquick mix and powdered sugar in a medium bowl. Cut in butter, using pastry blender or criss-crossing 2 knives until mixture is crumbly. Stir in hot water. Press mixture firmly on bottom of ungreased 8x8-inch or 9x9x2-inch square pan. Bake 15 to 20 minutes, or until set and golden brown around edges.

Heat whipping cream and peanut butter chips in 1-quart saucepan over medium heat, stirring constantly, until smooth. Pour over baked crust; spread evenly. Sprinkle with peanuts. Refrigerate at least 2 hours until set.

For bars, cut into 5 rows-by-5 rows.

## Brownie Napoleons

Dr. Michael Retallick

1 (19.8 oz.) box dark chocolate fudge  
 brownie mix  
 1/2 c. creamy peanut butter  
 1 (3 oz.) pkg. soft cream cheese

1 c. confectioners' sugar  
 1 (8 oz.) ctn. frozen whipped topping  
 (like Cool Whip), thawed  
 1 (16 oz.) can chocolate frosting

Heat oven to 375°. Prepare brownie mix according to fudge brownie directions. Spread in parchment-lined 11x17-inch jellyroll pan. Bake 12 minutes. Turn out onto cooling rack; remove parchment paper. Cool completely.

In bowl of electric mixer, beat peanut butter and cream cheese for 1 minute. Gradually beat in confectioners' sugar for 1 minute. Fold in whipped topping. Spoon into piping bag fitted with star tip.

Using 2 1/2-inch biscuit cutter, cut brownie into 18 rounds. Pipe topping onto each. Stack 3 topped rounds. Repeat with remaining brownies. Microwave chocolate frosting (lid and foil removed) for 45 seconds, or until melted, stirring once. Pour 2 tablespoons frosting over each stack. Yield: 6 servings.

Preparation time: 5 minutes. Total time: 20 minutes.

**Nutritional Information Per Serving:** 1048 calories, 11 gm protein, 136 gm carbohydrate, 4 gm fiber, 49 mg cholesterol, 614 mg sodium, 19 gm saturated fat, 7 gm trans fat, 17 gm mono, 19 gm poly.

## Surprise Bars

Ann Knapp

- 4 c. oatmeal  
1 c. brown sugar

1 c. melted butter

### FROSTING:

- 1/2 c. peanut butter (chunky)  
1 (6 oz.) pkg. chocolate chips (semi-sweet)

Melt butter. Add to bowl with oatmeal and brown sugar; mix well. Press firmly into 9x13-inch greased pan. Bake at 425° for 8 to 10 minutes (edges barely brown). Chill.

**Frosting:** Melt peanut butter and chocolate chips until smooth. Spread over chilled bars.

## Buster Bar Dessert

Andy Jennett

- 1 regular pkg. Oreos, crushed  
1/2 gal. vanilla ice cream, softened  
2 c. powdered sugar  
2/3 c. chocolate chips

1/2 c. melted butter

1 (9 oz.) can party peanuts, chopped

1/2 c. butter

1 (12 oz.) can evaporated milk

**First Layer:** Crush Oreos and melted butter in bottom of 9x13-inch pan.

**Second Layer:** Spread softened ice cream on top of Oreo crust.

**Third Layer:** Sprinkle chopped peanuts on ice cream.

**Fourth Layer:** Heat powdered sugar, chocolate chips, butter and evaporated milk to melt. Simmer 10 minutes. Cool completely and spread on peanut layer.

Freeze until solid. Serve after thawing 10 minutes in refrigerator.

## Chocolate Chip Cookies

Chris Olsen

- 1 c. Crisco  
1 c. brown sugar  
1 c. white sugar  
2 eggs  
1 tsp. salt

1 tsp. vanilla

1 tsp. baking soda

2 c. + 4 T. flour

Chocolate chips

In medium bowl, mix ingredients in order given. Form into cookies on sheet. Bake at 325° for 10 minutes.

## Babe Ruth Bars

Deanne Day

1 c. white Karo syrup

1/2 c. white sugar

1/2 c. brown sugar

1 c. peanut butter

1 c. Spanish peanuts

6 c. corn flakes

5 or 6 regular-size Hershey bars

Bring syrup and sugars just to a boil. Add peanut butter and mix. Stir in peanuts and cereal. Press into buttered 9x13-inch pan. Put candy bars on top. Place in 350° oven just until candy bars melt, then spread evenly.

## Ho-Ho Bars

Katherine Frels

1 chocolate cake mix

1 1/2 c. milk

5 T. flour

1 c. sugar

1 c. Crisco

1/2 c. oleo

1 tsp. vanilla

### FROSTING:

1 c. sugar

1/2 c. milk

1/2 c. oleo

1 c. brown sugar

1 c. chocolate chips

1 tsp. vanilla

Bake chocolate cake as directed in 2 (9x13-inch) pans for 15 minutes. Cool. Combine milk and flour. Cook until thickened. Cool. Beat until creamy the sugar, Crisco, oleo and vanilla. Add cooled flour mixture and beat for 8 minutes. Spread on cooled cakes. Refrigerate for 1 hour and frost.

**Frosting:** Mix together sugar, milk, oleo and brown sugar. Boil for 2 minutes. Remove from heat; add chocolate chips and vanilla. Pour over filling. Refrigerate.

**Note:** Freezes very well.



## Choco-Cherry Cheesecake Bars

MJR

1 (16.5 oz.) roll refrigerated sugar cookies	3 drops of red food coloring
1 egg, separated	1 (10 oz.) jar maraschino cherries, finely chopped & drained on paper towels
1 (8 oz.) pkg. cream cheese, softened	1 (12 oz.) bag semi-sweet chocolate chips (2 c.)
2 eggs	1/2 c. butter or margarine
1 (14 oz.) can sweetened condensed milk (not evaporated)	1/2 c. whipping cream
1/4 tsp. almond extract	

Heat oven to 350°. In ungreased 9x13-inch pan, break up cookie dough. With floured fingers, press dough evenly in bottom of pan to form a crust. Bake 10 to 15 minutes, or until light golden brown.

Meanwhile, in a small bowl, beat 1 egg white until frothy. Brush egg white over crust and bake 3 minutes longer, or until egg white is set.

While this is baking, beat cream cheese with an electric mixer on medium speed until smooth (in large bowl). Add egg yolk, 2 eggs, condensed milk, almond extract and food coloring; beat until well blended. Stir in cherries. Pour cherry mixture evenly over crust. Bake 16 to 20 minutes longer, or until set. Cool completely (about 45 minutes).

Meanwhile, in a medium saucepan, heat chocolate chips and butter over low heat, stirring frequently, until melted and smooth. Remove from heat and cool for 20 minutes. Stir whipping cream into chocolate mixture until well blended. Spread over cooled bars. Refrigerate for about 30 minutes, or until chocolate is set. Cut into bars. Keep stored in the refrigerator. Yield: about 48 bars.

Total time: 2 hours and 10 minutes. Preparation time: 35 minutes.

## Sugar Cookies

Jennie Hansen

1 c. oleo	1 beaten egg
1 c. powdered sugar	2 c. flour
1 tsp. cream of tartar	1/2 tsp. baking soda
1 tsp. vanilla	

Cream together powdered sugar and oleo. Add vanilla and beaten egg. Mix thoroughly. Add flour, baking soda and cream of tartar, and mix well. Chill overnight. Roll in balls about a teaspoon of dough and place on greased and floured cookie sheet. Press with fork tines, sugared. Bake at 350° for 8 to 12 minutes.

## Corn Flake Bars

Andy Jennett

1 c. white sugar  
1 c. white corn syrup

2 c. peanut butter  
7 to 8 c. corn flakes

Grease 11x13-inch pan. Simmer sugar and syrup until sugar is dissolved. Remove from heat and add peanut butter and corn flakes. Melt 1/2 cup chocolate chips and 1/2 cup butterscotch chips, and spread on top.

## Buttermilk Brownies

Andy Jennett

2 c. sugar  
2 c. flour  
3 T. cocoa  
1 c. water  
1/2 c. oleo

1/2 c. salad oil  
1 tsp. baking soda  
1/2 c. buttermilk  
2 eggs

Sift together twice the first 3 ingredients. Boil next 3 ingredients and cool; add to first 3 ingredients. Add last 3 ingredients to the mixture. Beat together (the batter is thin). Bake in 10 1/2 x 15 1/2 x 1-inch pan for 15 minutes at 400°. Remove and top with your choice of icing.

## Peanut Clusters

Andy Jennett

2 (20 oz.) pkg. almond bark  
2 1/2 (11.5 oz.) bags chocolate chips  
2 (10 oz.) pkg. peanuts, roasted & salted

6 c. Rice Krispies  
3 c. mini marshmallows

Melt almond bark and chocolate chips. Add peanuts, Rice Krispies and marshmallows. Scoop ingredients onto waxed paper to desired size. Chill.

## Brian's Coconut Dessert

Paige Schoeberl

1 pkg. coconut  
1/2 c. brown sugar  
1/4 c. flour  
1/2 c. butter

1 ctn. Cool Whip  
2 pkg. vanilla  
1 c. milk

Mix coconut, brown sugar, flour and butter. At 325°, bake on cookie sheet for 40 to 45 minutes, or until golden brown. Mix remaining ingredients. Place 3/4 of toasted mixture on bottom of cake pan. Place vanilla Cool Whip mixture on top of this. Place the rest of toasted mixture on top to finish. Chill dessert in refrigerator.

**Special K Bars**

Alyce Gehling

1/2 c. sugar	1/2 c. peanut butter
1/2 c. white syrup	3 1/2 c. Special K cereal

**FROSTING:**

6 oz. chocolate chips	6 oz. peanut butter
-----------------------	---------------------

Bring sugar and syrup to boil. Remove from heat. Add peanut butter. Let melt, then add cereal.

**Peanut Butter Balls**

Alicia Rasmussen

2 c. powdered sugar	1/4 c. margarine
1 (1 lb.) jar peanut butter	1 pkg. chocolate almond bark

Mix together sugar, peanut butter and margarine. Form into balls. Chill until firm. Melt almond bark in microwave. Dip balls into melted bark. Put on waxed paper. Let chocolate harden.

**Magic Cookie Bars**

Michelle Euken

1/2 c. (1 stick) butter	1 c. peanut butter chips or white chocolate chips
1 1/2 c. graham cracker crumbs	1 1/3 c. flaked coconut
1 (14 oz.) can sweetened condensed milk	1 c. chopped nuts or chocolate-covered peanuts
1 c. chocolate chips	

Preheat oven to 350°. In 9x13-inch baking pan, melt butter in oven. Sprinkle crumbs over butter. Pour evenly over graham cracker crumbs. Top with remaining ingredients; press down firmly with fork. Bake 25 minutes, or until lightly browned. Cool. Chill, if desired. Cut into bars. Store, loosely covered, at room temperature.

## Toffee-Top Cheesecake Bars

Michelle Euken

1 1/4 c. all-purpose flour	1 (14 oz.) can sweetened condensed milk
1 c. powdered sugar	2 eggs
1/2 c. unsweetened cocoa powder	1 tsp. vanilla extract
1/4 tsp. baking soda	1 1/2 c. (8 oz. pkg.) English toffee bits, divided
3/4 c. (1 1/2 sticks) butter, softened	
1 (8 oz.) pkg. cream cheese, softened	

Heat oven to 350°. Combine flour, powdered sugar, cocoa and baking soda in medium bowl. Cut in butter until mixture is crumbly. Press into bottom of ungreased 9x13-inch baking pan. Bake 15 minutes. Beat cream cheese until fluffy. Add sweetened condensed milk, eggs and vanilla; beat until smooth. Stir in 1 cup English toffee bits. Pour mixture over hot crust. Bake 25 minutes, or until set and edges just begin to brown. Remove from oven. Cool 15 minutes. Sprinkle remaining 3/4 cup English toffee bits evenly over the top. Cool completely. Refrigerate several hours, or until cold. Store leftovers, covered, in refrigerator.

## Crunchy Brownie Bars

Michelle Euken

### CRUNCHY LAYER:

3/4 c. flour	1/4 tsp. baking soda
1/4 tsp. salt	1 1/2 c. quick oatmeal
3/4 c. brown sugar	3/4 c. butter, melted

### BROWNIE AND FROSTING LAYERS:

Betty Crocker Hershey-frosted supreme brownie mix

**Crunchy Layer:** Melt butter and stir in other ingredients for the crunch layer. Pat into bottom of 9x13-inch pan. Bake at 350° for 10 minutes.

**Brownie Layer:** Mix brownie mix as directed on box. Pour over crunch layer. Return to oven and bake until done. Let cool. Frost.



## Nutty Marshmallow Bars

Michelle Euken

1 c. chopped salted peanuts	1/2 tsp. salt
3/4 c. all-purpose flour	1 egg
3/4 c. quick-cooking or old-fashioned oats	1/3 c. butter, softened
2/3 c. packed brown sugar	1 (7 oz.) jar marshmallow creme
1/2 tsp. baking soda	2/3 c. caramel topping
	1 1/2 c. cocktail peanuts

Heat oven to 350°. Mix 1 cup chopped peanuts, flour, oats, brown sugar, baking soda, salt and egg in large bowl with spoon. Cut in butter, using fork, until mixture is crumbly. Press in ungreased rectangular pan, 9x13x2 inch. Bake 10 minutes. Spoon small amounts of marshmallow creme over hot baked crust; spread evenly. Drizzle caramel topping over marshmallow creme. Sprinkle with peanuts. Bake about 20 minutes, or until golden brown; cool.

For bars, cut into 6 rows-by-4 rows, using wet knife.

## Caramel Corn

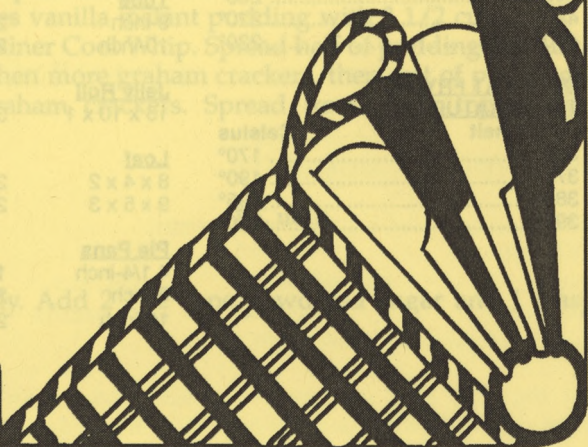
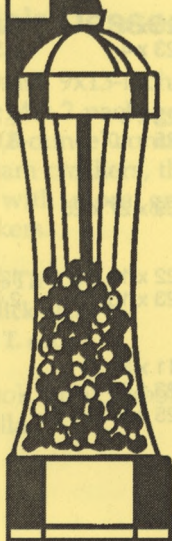
Michelle Euken

6 c. popped popcorn	1/2 c. butter
1/2 c. toasted, slivered almonds (opt.) (peanuts or pecans could also be used)	2 T. water
3/4 c. firmly-packed brown sugar	2 T. light corn syrup
	1/8 tsp. salt
	1/4 tsp. baking soda

Heat oven to 250°. Spread popcorn in 10x15-inch baking pan. Sprinkle almonds, peanuts or pecans over popcorn. In large saucepan, combine brown sugar, butter, water, corn syrup and salt. Mix well. Bring to a boil over medium heat. Boil 2 minutes, stirring constantly. Remove saucepan from heat. Stir in baking soda until well mixed. Immediately pour mixture over popcorn and nuts. Toss until coated. Bake at 250° for 15 minutes. Stir; bake an additional 15 minutes. Stir. Bake 5 minutes. Immediately spread on foil or waxed paper. Cool 30 minutes before serving. Yield: 6 (1-cup) servings.



# Cakes & Pies



# Converting to Metric Measurements

## MEASURES:

<u>English</u>	<u>Metric</u>
1/4 tsp. ....	1 ml
1/2 tsp. ....	2 ml
1 tsp. ....	5 ml
1 tbsp. ....	15 ml
2 tbsp. ....	.25 ml
1/4 cup ....	50 ml
1/3 cup ....	75 ml
1/2 cup ....	125 ml
2/3 cup ....	150 ml
3/4 cup ....	175 ml
1 cup ....	250 ml
1 1/2 cups ....	375 ml
2 cups ....	500 ml

## WEIGHTS

For fish, meat, poultry and bulk fruits and vegetables

<u>English</u>	<u>Metric</u>
1 lb. ....	500 g
3/4 lb. or 12 oz. ....	375 g
1/2 lb. or 8 oz. ....	250 g
1/4 lb. or 4 oz. ....	125 g

## OVEN TEMPERATURES

<u>Fahrenheit</u>	<u>Celsius</u>
300° .....	150°
325° .....	160°
350° .....	180°
375° .....	190°
400° .....	200°
425° .....	220°
450° .....	230°

## DEEP-FAT FRYING TEMPERATURES

<u>Fahrenheit</u>	<u>Celsius</u>
350° .....	170°
375° .....	190°
385° .....	195°
395° .....	200°

## CANDY-MAKING TEMPERATURES

Thread Stage .....	110°-112° C. (230°-234° F.)
Soft-Ball Stage .....	112°-115° C. (234°-240° F.)
Firm-Ball Stage .....	118°-120° C. (244°-248° F.)
Hard-Ball Stage .....	121°-130° C. (250°-266° F.)
Soft-Crack Stage .....	132°-143° C. (270°-290°)
Hard-Crack Stage .....	149°-154° C. (300°-310° F.)

## PAN SIZES

<u>Inches</u>	<u>Centi- meters</u>	<u>Capacity (Liters)</u>
<u>Rectangular</u>		
10 x 6 x 1 1/2	25 x 15 x 4	1.5
11 x 7 x 1 1/2	28 x 18 x 4	1.8
12 x 7 1/2 x 2	30 x 19 x 5	2.5
13 x 9 x 2	33 x 23 x 5	3.5
<u>Square</u>		
8 x 8 x 2	20 x 20 x 5	1.8
9 x 9 x 2	23 x 23 x 5	2.4
<u>Round</u>		
8 x 1 1/2	20 x 4	1.2
9 x 1 1/2	23 x 4	1.5
<u>Tube</u>		
9-inch	23 x 9	2.7
10-inch	25 x 10	3.1
<u>Jelly Roll</u>		
15 x 10 x 1	39 x 27 x 25	
<u>Loaf</u>		
8 x 4 x 2	22 x 11 x 6	1.5
9 x 5 x 3	23 x 13 x 8	2.0
<u>Pie Pans</u>		
4 1/4-inch	11 x 3	
9-inch	23 x 3	
10-inch	25 x 4	

# Cakes & Pies

## Peach Cobbler

Jennie Hansen

1 c. flour  
1/8 tsp. salt  
1/4 c. milk  
1/3 c. sugar

1 T. butter  
4 to 5 sliced fresh peaches  
1 tsp. baking powder

Sift flour with baking powder and salt. Cut in butter with a fork or pastry blender. Add milk. Turn onto a lightly-floured bread board and knead lightly. Pat in a sheet 1/3-inch thick, the size of the casserole dish you are putting it in. Place the sliced peaches in the bottom of the casserole dish and sprinkle with 1/3 cup sugar. Place the sheet of dough on top of the peaches. Cut slits in the dough to let the steam escape. Bake in a hot oven at 450° for 20 minutes.

Take off the stove and add 1/2 teaspoon vanilla. When the cobbler has baked 20 minutes, pour the vanilla mixture over the cobbler and return to the oven for 10 minutes.

## Éclair Dessert

Marcia Berrett

Grease 9x13-inch pan. Line whole graham crackers in the bottom of pan. Mix 2 packages vanilla instant pudding with 3 1/2 cups milk. Fold in 1 (8-ounce) container Cool Whip. Spread half of pudding mixture over graham crackers, then more graham crackers, then rest of pudding, then top with more graham crackers. Spread frosting on top of graham crackers.

### FROSTING:

1/2 stick oleo  
2 1/2 T. cocoa

3 T. milk

Cook until bubbly. Add 2 1/2 cups powdered sugar and 1 teaspoon vanilla.

## Angel Food Dessert

Danielle Holmes

- |                            |                             |
|----------------------------|-----------------------------|
| 1 angel food cake, baked   | 2 env. Dream Whip           |
| 4 c. milk                  | Cool Whip                   |
| 2 sm. pkg. instant pudding | Heath bars or Butterfingers |

Break cake into pieces in 9x13-inch pan. Beat pudding, milk and Dream Whip for 1 to 2 minutes. Pour over cake; refrigerate for 30 minutes. Top with Cool Whip and Heath bars or Butterfingers.

Butter pecan or butterscotch pudding works great!

## Peach Dessert

Barb Osborn

- |                       |                                |
|-----------------------|--------------------------------|
| 1 c. flour            | 1/2 c. sugar                   |
| 1 stick oleo          | 1 T. cornstarch                |
| 1 c. water            | 1 (3 oz.) box Jello            |
| 3 T. white corn syrup | 5 to 6 (or more) fresh peaches |

**Crust:** Combine flour and oleo and pat in 9x13-inch pan. Bake at 350° for 15 minutes. Cool.

**Filling:** Bring water, corn syrup, sugar and cornstarch to a boil and cook until clear, stirring constantly. Remove from stove and add Jello; stir in, and cool.

Slice peaches into the filling and pour in crust. Chill.

Serve with whipped topping.

## Sour Cream Cupcakes

Kelcy Schroder

Put egg in cup and fill with sour cream.

Sift together:

- |                      |                |
|----------------------|----------------|
| 1 c. sugar           | A little salt  |
| 1 1/4 c. flour       | 1 tsp. vanilla |
| 1/2 tsp. baking soda |                |

Mix together and put in a cupcake pan. Sprinkle with snowflake confetti cake decorations. Bake at 350° until golden brown.

## No-Bake Fruit Cheesecake

Matt Dirksen

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 2 c. graham cracker crumbs            | 3/4 c. sugar                         |
| 6 T. butter, melted                   | 1 (12 oz.) pkg. frozen mixed berries |
| 3 T. sugar                            | 1 (8 oz.) ctn. Cool Whip             |
| 4 pkg. cream cheese (may use low-fat) |                                      |

Line 9x13-inch pan with foil, folding foil up and over sides of pan. Mix together crumbs, butter and 3 tablespoons sugar. Press into bottom of prepared pan. Place in refrigerator while you make filling.

Beat cream cheese and 3/4 cup sugar in mixer. On low speed, add drained berries. Fold in whipped topping. Spoon onto crust. Refrigerate until firm (4 hours).

Use the foil to lift cheesecake from pan before serving. This makes it easier to cut into pieces and serve.

## Strawberry Pie

Katie Tuttle

- |  |                                 |
|--|---------------------------------|
| 2 (8" or 9") baked & cooled pie shells | 1 (3 oz.) pkg. strawberry Jello |
| 2 c. sugar                             | 2 qt. strawberries              |
| 6 T. cornstarch                        | 2 c. water                      |

Mix sugar, cornstarch, Jello and water in pan. Cook until thick and clear. Arrange strawberries in shells. Pour thickened Jello mixture over strawberries. Chill until cool. Top with Cool Whip.

## Applesauce Coffeecake

Katie Tuttle

### TOPPING:

- |                    |                 |
|--------------------|-----------------|
| 1/2 c. brown sugar | 1 tsp. cinnamon |
| 2 T. butter        |                 |

### CAKE:

- |                      |                 |
|----------------------|-----------------|
| 2 c. flour           | 2 eggs          |
| 2/3 c. sugar         | 1 c. applesauce |
| 1 tsp. baking powder | 1/2 c. oil      |
| 1/2 tsp. baking soda | 1 tsp. vanilla  |
| 1/2 tsp. salt        |                 |

Grease a 9x13-inch pan. Preheat oven to 350°. Mix all of cake ingredients together with a mixer until batter is smooth. Mix topping and sprinkle on top. Bake in oven for 20 to 25 minutes, or until golden brown.

## Chocolate Cake

Kelcy Schroder

- |                    |                   |
|--------------------|-------------------|
| 2 c. flour         | 4 T. Miracle Whip |
| 1 c. sugar         | 1 c. milk         |
| 2 tsp. baking soda |                   |

Grease a 9x13-inch pan. Mix wet ingredients together. Add sugar. Mix in flour and baking soda. Bake at 350° for 35 minutes.

## Cheesecake

Kelcy Schroder

- |  |                  |
|--|------------------|
| 1 3/4 c. crushed graham crackers + 1 T.<br>sugar | 1 c. sugar       |
| 5 T. melted butter                               | 4 eggs           |
| 2 pkg. Philadelphia cream cheese                 | 1 pt. sour cream |
|  | 1 tsp. vanilla   |

Grease sides of a springform pan with butter and sprinkle dried crumbs over the sides. Make paste with the remainder of crumbs and butter. Line bottom of pan with 2/3 of the paste. Cream the cream cheese; add sugar and beat. Add 1 whole egg at a time, beating after each addition. Add sour cream; beat. Add vanilla and beat. Pour mixture into spring pan. Cover top evenly with remainder of crumbs. Bake at 350° for 30 minutes. Turn oven off. Do not open oven. Leave cake in oven for an additional hour. Open oven; leave cake in oven until it reaches room temperature. Chill. Overnight is best.

## Angel Whip Cake

Kelcy Schroder

- |   |                                    |
|---|------------------------------------|
| 2 (3 oz.) pkg. strawberry or raspberry<br>Jello | 2 pkg. frozen sugared strawberries |
| 2 c. boiling water                              | 1 (8 oz.) ctn. Cool Whip           |
|   | 1 loaf-size angel food cake        |

Tear angel food cake into bite-size pieces. Put in 9x13-inch pan. Dissolve Jello in boiling water. Add at once the frozen strawberries. When chilled, but not stiff, fold in Cool Whip, then pour mixture over angel food cake and keep in refrigerator.

## Heath Candy Bar Cake

Kelcy Schroder

- |                          |                  |
|--------------------------|------------------|
| 2 c. flour               | 1/2 c. margarine |
| 2 c. brown sugar, packed |                  |

Mix well and take out 1 cup crumbs for topping.

To remaining crumbs, add:

- |                |                    |
|----------------|--------------------|
| 1 egg          | Pinch of salt      |
| 1 tsp. vanilla | 1 tsp. baking soda |
| 1 c. milk      |                    |

Beat with mixer. Pour in greased 9x13-inch pan.

Crush 8 Heath bars and 1/2 cup nuts. Add to 1 cup crumbs. Put on top of batter. Bake at 350° for 30 to 40 minutes.

### SUZY Q FILLING:

Mix:

- |            |           |
|------------|-----------|
| 5 T. flour | 1 c. milk |
|------------|-----------|

Cook, stirring until thick. Cool in refrigerator.

In mixing bowl, combine:

- |               |                  |
|---------------|------------------|
| 1 c. sugar    | 1/2 c. margarine |
| 1/2 c. Crisco | 1 tsp. vanilla   |

Beat until fluffy; add cooled mixture. Beat again until fluffy.

Bake cake mix in a 9x13-inch pan as directed. Cut in half with a bread knife. Put filling in between layers.

## Carrot Cake

Kelcy Schroder

- |                    |                     |
|--------------------|---------------------|
| 2 c. flour         | 1 1/2 c. oil        |
| 2 tsp. baking soda | 2 c. grated carrots |
| 2 tsp. cinnamon    | 4 eggs              |
| 1 tsp. salt        | 1/2 c. chopped nuts |
| 2 c. sugar         |                     |

Combine dry ingredients. Add oil, carrots and eggs, beating well after each addition. Add nuts. Bake at 375° for 30 minutes for layers, or 45 minutes for 9x13-inch pan.

### FROSTING:

- |                             |                  |
|-----------------------------|------------------|
| 1 (8 oz.) pkg. cream cheese | 1/4 c. margarine |
| 1 lb. powdered sugar        | 2 tsp. vanilla   |

Beat together until creamy and spread on cake.

## Better-Than-Sex Cake

Matt Heims

1 German chocolate cake mix

Bake cake as usual. Punch holes in cake while hot with a wooden spoon. Let cool.

Mix:

1 can sweetened condensed milk

1 jar Mrs. Richardson's caramel sauce

Pour over cooled cake.

Top with:

1 (8 oz.) ctn. Cool Whip

2 Heath bars, crushed

## Raquel's Cheesecake

Tom Brumm

A classic cheesecake that I swore never to reveal the recipe for. (Sorry Raquel!)

1 1/2 c. graham cracker crumbs

1/2 c. melted butter

1/2 c. sugar

Combine crust ingredients. Lightly oil the bottom of a 10-inch springform pan. Put mixture in pan and pat into place (don't press hard). Bake for 5 minutes at 350°, and cool.

3 (8 oz.) pkg. cream cheese, softened  
(you can substitute low-fat cream  
cheese)

1 tsp. vanilla (real Mexican vanilla is  
best)

3/4 c. sugar

5 eggs

Cream the cream cheese. Add sugar and vanilla; cream again. Add eggs, one at a time, beating well after each one. Pour over the crust and bake 40 to 45 minutes at 350°. Cool at least 15 minutes before adding the topping.

2 c. sour cream

1 tsp. vanilla (real Mexican vanilla is  
best)

1 1/2 c. sugar

Mix thoroughly and pour over the cheesecake. Sprinkle with cinnamon and bake 10 minutes at 350°. Chill 12 to 24 hours before serving.

## Coffeecake

Sylvia Anderson

3 c. flour  
1 1/2 c. sugar  
1/2 tsp. salt  
1 c. shortening

3 tsp. baking powder  
3 eggs  
1 c. milk  
1 tsp. vanilla

### TOPPING:

1 c. brown sugar  
3 tsp. cinnamon

1 c. pecans

Mix batter. Alternate batter and sugar mixture, making 2 layers in a 9x13-inch pan. Pour 1/2 stick melted margarine over the top and bake 40 to 45 minutes at 350°.

## Twinkie Cake

Janelle Jamison

1 cake mix (yellow, chocolate or other)

### FILLING:

5 T. flour  
1 c. sugar  
1/2 c. margarine  
1 tsp. vanilla

1 c. milk  
1/2 tsp. salt  
1/2 c. Crisco

Bake cake in 2 layers.

**Filling:** Put flour and milk in saucepan and bring to a boil. Cook until thick, stirring constantly. In large mixer bowl, beat until fluffy the remaining ingredients. Add cool milk mixture. Beat until fluffy. Put half on 1 layer of cake. Put rest on top layer.

## Wacky Cake

Danielle Holmes

1 1/2 c. flour  
1 tsp. baking soda  
1 c. sugar  
1 T. vinegar

3 T. cocoa  
1 c. water  
1 1/2 sticks melted butter  
1/2 tsp. salt

Mix ingredients well and bake in greased and floured jellyroll pan at 350° until firm, or for 20 to 30 minutes.

Frost with chocolate frosting.

## Delicious Coffeecake

Barb Osborn

1/2 c. butter	2 eggs
1/2 tsp. salt	2 tsp. baking powder
1 c. sugar	1 c. milk
2 1/2 c. flour	1 tsp. vanilla

### FILLING:

1 c. brown sugar	1 tsp. cinnamon
1 c. chopped nuts	1 T. softened butter

Mix and set aside.

Cream butter and sugar. Add eggs and stir. Add milk and stir. Add sifted dry ingredients and mix well. Add vanilla and pour half of the batter into a 9x13-inch pan. Add 2/3 of the filling. Pour remainder of the batter on this and top with remainder of filling. Bake at 350° for 30 minutes, or until toothpick inserted comes out clean.

## Moist Apple Caramel Cake

Stacey Noe

1 (2-layer-size) pkg. yellow cake mix	1/3 c. oil
1 (4-serving-size) pkg. vanilla or French vanilla flavor instant pudding & pie filling	3 med. Granny Smith apples, peeled & coarsely chopped
1 c. water	20 caramels, unwrapped
4 eggs	3 T. milk

Preheat oven to 350°. Grease and flour 12-cup fluted tube pan or 10-inch tube pan. Beat cake mix, dry pudding mix, water, eggs and oil in large bowl with electric mixer on low speed until blended. Beat on high speed for 2 minutes. Gently stir in apples. Pour into prepared pan. Bake for 50 minutes to 1 hour, or until toothpick inserted in center comes out clean. Cool 20 minutes; remove from pan. Cool completely on wire rack.

Microwave caramels and milk in microwavable bowl on HIGH for 1 1/2 minutes, stirring every 30 seconds, until blended. Cool 10 minutes, until slightly thickened. Drizzle over cake.

## Oatmeal Cake

Jessica Slavik

1 c. oatmeal  
 1 1/2 c. boiling water  
 1/2 c. butter  
 2 eggs  
 1 c. brown sugar

1 c. white sugar  
 1 1/2 c. flour  
 1 tsp. baking soda  
 1 tsp. salt  
 1 tsp. cinnamon

### FROSTING:

1 c. brown sugar  
 1 T. milk  
 1/2 c. butter

1 egg  
 1 c. chopped nuts (opt.)

Mix oatmeal with boiling water. Let cool and add butter. Mix all cake ingredients and stir until lumps are gone. Pour batter in a 12x18-inch greased pan. Bake for 25 minutes at 350°.

**Frosting:** Mix frosting ingredients, except nuts, and bring to a boil. Cook 1 minute and add nuts, if desired. Frost when cake is cool.

## Fluffy Cheesecake

Daniel Murray

1 (8 oz.) pkg. Philadelphia cream  
 cheese, softened  
 1/3 c. sugar

1 (8 oz.) ctn. Cool Whip whipped  
 topping, thawed  
 1 (6 oz. or 9") prepared graham  
 cracker crumb crust

Beat cream cheese and sugar in a large bowl with wire whisk or electric mixer on high speed until smooth. Gently stir in whipped topping. Spoon into crust. Refrigerate 3 hours, or until set. Garnish as desired. Yield: 8 servings.

## Easiest "Healthy" Cupcakes Ever

Nicole Stoll

1 box chocolate cake mix

1 can pumpkin

Mix ingredients together. (Makes thick batter.) Place in oven at 350° for about 20 minutes. Yield: 1 dozen cupcakes.

Very moist! Pumpkin adds fiber.

## French Silk Pie

Chris Olsen

1 c. butter, softened  
 1 1/2 c. sugar  
 1 tsp. vanilla

6 T. baking cocoa  
 2 T. vegetable oil  
 4 eggs or equivalent substitute

### CRUST:

1 1/2 c. crushed graham crackers  
 3 T. sugar

5 1/3 T. melted butter or margarine

**Filling:** Beat butter and sugar. Add vanilla. Add eggs, one at a time, and beat each about 5 minutes. Let stand a few minutes. Pour into graham cracker crust.

**Crust:** Mix together; press into pie pan and bake for 9 to 10 minutes at 350°. Let cool.

## Dutch Apple Pie

Chris Olsen

### CRUST:

Makes two.

2 c. flour  
 1 tsp. salt

2/3 c. lard  
 5 to 7 T. cold water

### TOPPING FOR 1 PIE:

1/2 c. sugar  
 3/4 c. flour

5 1/3 T. butter

**Crust:** Cut lard into flour and salt. Flip water into mixture with fork, one tablespoon at a time, until you have added enough water to hold the flour together. Roll out between 2 sheets of waxed paper. Peel off 1 sheet of waxed paper and flip crust into pie pan. Trim edges.

Slice 4 to 6 apples into bowl and mix in 1 teaspoon cinnamon and 1/2 cup sugar. Place in 1 pie crust.

**Topping:** Cut butter into flour and sugar until crumbly. Sprinkle over apples. Bake at 450° for 15 minutes. Reduce heat to 350° and bake 30 minutes more.

## Quick Almond Hershey Pie

Deanne Day

2 giant almond Hershey bars  
 4 T. hot water

1 pt. heavy cream, whipped  
 1 (9") baked pie shell

Melt the chocolate in the water in the top of a double boiler. Cool and fold in cream. Pour into pie shell and chill.

## Delicious Cake Balls

MJR

1 (18.25 oz.) pkg. cake mix (chocolate or funfetti mix recommended)

1 (16 oz.) ctn. prepared frosting of choice (chocolate or cream cheese recommended)

1 (3 oz.) bar chocolate-flavored confectioners' coating

Prepare cake mix according to package instructions. When cake is done, while warm, crumble into a large bowl and stir in the frosting until well blended.

Melt chocolate coating in a bowl in the microwave, stirring occasionally, until smooth. (Chocolate coating can also be heated in a bowl over a pan of simmering water.)

Use a melon baller or small scoop to form balls of the cake and frosting mixture. Dip the balls into the chocolate, using a toothpick or fork. Place dipped balls on waxed paper to set. Add sprinkles or other toppings as preferred.

Total time: 1 hour and 10 minutes. Preparation time: 40 minutes. Bake time: 30 minutes.

## Rhubarb Custard Pie

Dawn Mayer

3 c. rhubarb, cut in 1" pieces

2 eggs, beaten

2 T. milk

1 1/2 c. sugar

3 T. flour

1/4 tsp. salt

1/2 tsp. cinnamon

1 T. butter or margarine

### CRUMB TOPPING:

1/2 c. margarine

1/2 c. brown sugar

1 c. flour

Line 9-inch pie pan with pastry. Combine eggs, milk, sugar, flour, salt and cinnamon. Mix with rhubarb. Pour into unbaked crust. Dot with butter on top.

Blend together crumb topping ingredients and put on top of pie. Bake for 50 to 60 minutes in 350° oven, until rhubarb is done.

## Black Forest Pudding Cake

Paige Schoeberl

1 1/4 c. granulated sugar  
 1 c. all-purpose flour  
 3 T. cocoa powder  
 2 tsp. baking powder  
 1/4 tsp. salt  
 1/2 c. milk  
 1/3 c. butter, melted

1 1/2 tsp. vanilla  
 1/2 c. packed light brown sugar  
 1/4 c. cocoa powder  
 1 1/4 c. hot water  
 1/4 c. Kirsch (cherry-flavored liqueur)  
 Cherry pie filling

Heat oven to 350°. Combine 3/4 cup sugar, flour, 3 tablespoons cocoa, baking powder and salt in large bowl. Add milk, melted butter and vanilla extract; beat until smooth. Spread into 8- or 9-inch square baking pan. Stir together remaining 1/2 cup sugar, brown sugar and 1/4 cup cocoa in small bowl; sprinkle mixture evenly over batter. Combine hot water and Kirsch; pour over batter. Bake 40 minutes. Let stand 15 minutes. Spoon into dessert dishes, spooning sauce from bottom of pan over top. Serve with cherry pie filling. Yield: 8 to 10 servings.

## Butterscotch Coffeecake

Drew Simonsen

1 plain yellow cake mix  
 2 eggs  
 1 ctn. whipped topping (Cool Whip)  
 1 (12 oz.) pkg. butterscotch chips

1 (15 oz.) can butterscotch pudding  
 (may substitute 4 snack-size puddings)

Grease and flour a 9x13-inch pan. Mix cake mix right out of the box with eggs and pudding. Mix by hand until most large lumps are broken up. Pour into pan and top with butterscotch chips. May add chopped nuts over the top, if desired. Bake in 350° oven for 35 minutes.

May serve warm or cool, but serve with whipped topping. Yield: 12 servings.



## Apple Cream Cheese Coffeecake

Michelle Euken

### CREAM CHEESE FILLING:

1 (8 oz.) pkg. cream cheese  
1/3 c. sugar

1 tsp. grated lemon peel  
2 tsp. lemon peel

### COFFEECAKE:

1 (3 oz.) pkg. cream cheese  
1/4 c. firm butter  
2 c. Bisquick mix  
1/3 c. milk

2 T. sugar  
1/2 tsp. ground cinnamon  
1 (21 oz.) can apple pie filling  
1/4 c. chopped walnuts

**Coffeecake:** Heat oven to 425°. Lightly grease cookie sheet with shortening.

Make cream cheese filling. Cut cream cheese and butter into Bisquick mix in medium bowl, using pastry blender or crisscrossing 2 knives, until crumbly. Stir in milk until soft dough forms. Place dough on surface well-dusted with Bisquick mix. Roll in Bisquick mix to coat. Knead 8 to 10 times. Roll dough into 8x12-inch rectangle. Make 2 1/2-inch cuts at 1 inch intervals on 12-inch sides of rectangle. Fold strips over filling, overlapping strips. Mix sugar and cinnamon; sprinkle over top. Bake for 12 to 15 minutes, or until golden brown; cool 10 minutes. Carefully place on wire rack; cool completely, about 2 hours. Spoon pie filling down center of coffeecake. Sprinkle with walnuts. Store in refrigerator. Yield: 10 servings.

**Cream Cheese Filling:** Beat all ingredients with electric mixer on medium speed until smooth.

## Frozen Peanut Butter Pie

Michelle Euken

Chocolate Crunch Crust (recipe follows)

1 (8 oz.) pkg. cream cheese, softened  
1 (14 oz.) can sweetened condensed milk

3/4 c. peanut butter  
2 T. lemon juice, from concentrate  
1 tsp. vanilla extract  
1 c. whipped cream  
Chocolate fudge ice cream topping

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk, then peanut butter until smooth. Stir in lemon juice and vanilla. Fold in whipped cream. Turn into prepared crust. Drizzle topping over pie. Freeze 4 hours, or until firm. Return leftovers to freezer.

**Chocolate Crunch Crust:** In heavy saucepan over low heat, melt 1/3 cup margarine or butter and 1 package semi-sweet chocolate chips. Remove from heat; gently stir in 2 1/2 cups oven-toasted rice cereal until completely coated. Press on bottom and up side to rim of buttered 9-inch pie plate. Chill 30 minutes.

## Sour Cream Apple Pie

Michelle Euken

### CRUST:

1 Pillsbury refrigerated pie crust,  
softened as directed

### FILLING:

1 1/4 c. sour cream

3/4 c. granulated sugar

1/4 c. all-purpose flour

1/4 tsp. salt

2 tsp. vanilla

1 egg

6 c. sliced, peeled baking apples  
(about 6 med.)

### TOPPING:

1/2 c. all-purpose flour

1/2 c. chopped walnuts

1/4 c. granulated sugar

1/4 c. packed light brown sugar

1/2 tsp. ground cinnamon

3 T. cold butter

Dash of salt

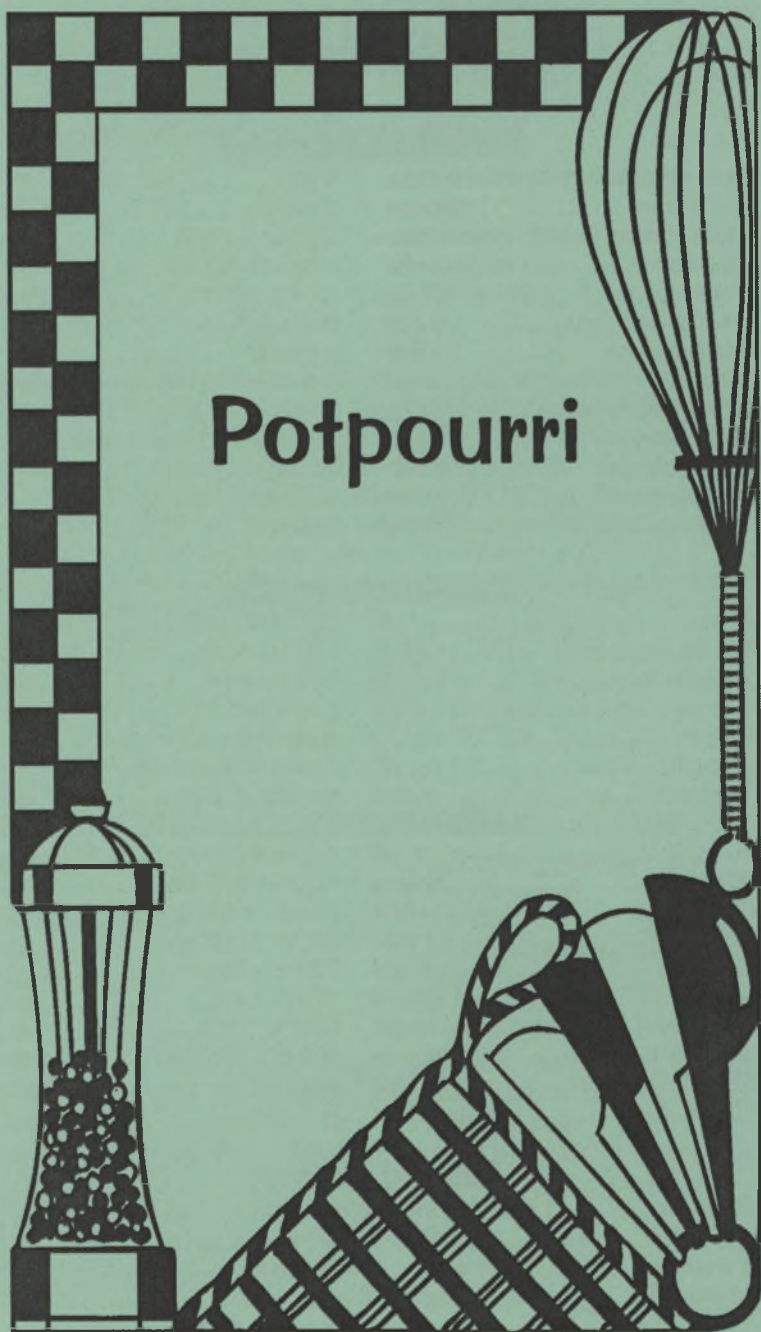
Heat oven to 400°. Place pie crust in 9-inch glass pie plate as directed on box for 1-crust filled pie. In large bowl, beat all filling ingredients, except apples, with wire whisk until well blended. Stir in apples. Pour into crust-lined plate. Cover crust edge with strips of foil to prevent excessive browning. Bake for 15 minutes. Reduce oven temperature to 350°. Bake for 30 minutes longer.

Meanwhile, in medium bowl, mix all topping ingredients, except butter. Cut in butter using pastry blender or fork until mixture looks like coarse crumbs. Refrigerate until ready to use.

Sprinkle topping over pie. Bake for 20 to 25 minutes longer, or until topping is golden brown. Cool completely on cooling rack about 2 hours before serving. Store, covered, in refrigerator.

Best baking apples are Granny Smith, Braeburn, Cortland, Northern Spy and Rome Beauty.

# Potpourri



# Equivalent Lengths & Measures

## Simplified Measures

dash .....	less than 1/8 teaspoon	4 gills .....	1 pint
50-60 drops .....	1 teaspoon	2 cups .....	1 pint
3 teaspoons .....	1 tablespoon	2 pints (4 cups) .....	1 quart
2 tablespoons .....	1 liquid ounce	4 quarts (liquid) .....	1 gallon
4 tablespoons .....	1/4 cup	31 1/2 gal. ....	1 barrel
5 1/3 tablespoons .....	1/3 cup	8 quarts (solid) .....	1 peck
8 tablespoons .....	1/2 cup	4 pecks .....	1 bushel
1/2 c. ....	1 gill	1 bushel ...	2150.42 cubic inches
10 2/3 tablespoons .....	2/3 cup	16 ounces .....	1 pound
12 tablespoons .....	3/4 cup	100 lbs. ....	1 cwt. (hundred wgt.)
14 tablespoons .....	7/8 cup	20 cwt. ....	1 ton
16 tablespoons .....	1 cup	2000 lbs. ....	1 ton
1 cup .....	1/2 pint	2240 .....	1 long ton

## Equivalent Lengths

12 in. ....	1 ft.	30 1/4 sq. yds. ....	1 sq. rod
144 sq. in. ....	1 sq. ft.	272 1/4 sq. ft. ....	1 sq. rod
1728 cu. in. ....	1 cu. ft.	160 sq. rods .....	1 acre
3 ft. ....	1 yd.	640 acres .....	1 sq. mile
9 sq. ft. ....	1 sq. yd.	a perch is a sq. rod	
27 cu. ft. ....	1 cu. yd.	1 rood is 40 sq. rods	
128 cu. ft. ....	1 cord	10 rods x 16 rods .....	1 acre
5 1/2 yd. ....	1 rod (or pole)	5 rods x 32 rods .....	1 acre
16 1/2 ft. ....	1 rod	4 rods x 40 rods .....	1 acre
40 rods .....	1 furlong	5 yds. x 968 yds. ....	1 acre
8 furlongs .....	1 statute mile	20 yds. x 242 yds. ....	1 acre
320 rods .....	1 mile	40 yds. x 121 yds. ....	1 acre
5280 ft. ....	1 mile	220 ft. x 198 ft. ....	1 acre
6 ft. ....	1 fathom	110 ft. x 396 ft. ....	1 acre
120 fathom .....	1 cable length	60 ft. x 726 ft. ....	1 acre
10 cable lengths .....	1 nautical mile	300 ft. x 145.2 ft. ....	1 acre
5280 ft. ....	1 statute mile	4840 sq. yd. ....	1 acre
6085 ft. ....	1 nautical mile		

## Medical Measure

20 grains .....	1 scruple (dry)	60 minims ..	1 fluid dram (wet, fluid)
3 scruples .....	1 dram	8 fluid drams .....	1 fluid ounce
8 drams .....	1 ounce	16 fluid ounces .....	1 pint
12 ounces .....	1 pound	8 pints .....	1 gallon

# Potpourri

## Pine-Apple Orchard Apple Slices

Allyson Chwee

3 c. flour	3 to 4 handfuls corn flakes or similar cereal
1 tsp. salt	6 to 7 med.-sized apples
1 T. sugar	1 c. sugar
1 c. shortening	1 T. cinnamon
1 egg, separated	
2/3 c. milk	

Combine flour, salt and 1 tablespoon sugar. Cut in shortening. Mix egg yolk and milk into dry mixture, stirring just until blended. Divide into two. Roll out half and place on jellyroll pan. Cover with corn flakes. Peel and cut apples. Sprinkle with sugar and cinnamon. Spread apples on crust. Roll out top crust and cover. Pinch edges to seal. Beat egg white and brush on top. Cut slits in top crust to vent. Bake at 400° for 1 hour, or until browned evenly and apples test done with a fork.

Frost with confectioners' sugar and (warm) water glaze. Drizzle in pattern with a fork dipped into glaze.

## Pumpkin Chocolate Chip Muffins

Allyson Chwee

4 eggs	2 tsp. baking powder
2 c. sugar	1 tsp. cinnamon
1 (16 oz.) can pumpkin	1 tsp. salt
1 1/2 c. vegetable oil	1 1/2 c. mini semi-sweet chocolate chips
3 c. flour	
2 tsp. baking soda	

In large bowl, beat eggs, sugar, pumpkin and oil. Combine dry ingredients and add to pumpkin mixture. Mix well. Fold in chocolate chips. Fill greased or lined muffin cups 3/4-full. Bake at 400° for 16 to 20 minutes, or until they test done. Cool on wire rack. Yield: 24 muffins.

## Fluffy Tapioca Pudding

Janelle Jamison

1 egg white	2 c. milk
8 T. sugar, divided	1 egg yolk
3 T. Minute Tapioca	1 tsp. vanilla

Beat egg white in medium bowl with electric mixer on high until foamy. Add 3 tablespoons sugar, beating until soft peaks form. Mix tapioca, 5 tablespoons sugar, milk and egg yolk in medium saucepan. Let stand 5 minutes. Cook on medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat. Quickly stir in egg white mixture until well blended. Stir in vanilla. Cool 20 minutes. Stir. Serve warm or chilled.

## Chocolate Pudding Dessert

Dr. Maynard Hogberg

1 pkg. chocolate cake mix, with pudding (or extra-rich brownie mix)	3 c. milk
2 (3 oz.) pkg. instant chocolate pudding mix	1 (16 oz.) ctn. nondairy whipped topping
	8 Heath candy bars, cut into bite-size pieces

Make chocolate cake or brownie mix according to package directions; cool and cut into bite-size pieces.

Prepare pudding mix according to directions on package, but use only 3 cups milk.

To assemble, layer into a large clear glass bowl as follows: 1/4 of nondairy whipped topping on bottom, drop 1/3 of bite-sized cake pieces over topping, then drop spoonfuls of 1/3 of the pudding mixture, and finally, sprinkle 1/4 of candy pieces. Repeat twice more. Top with final 1/4 whipped topping and candy pieces. Refrigerate at least 3 hours (overnight is best). Yield: 16 to 20 servings.

## Nilla Wafer-Banana Pudding

Matt Heims

1 box Nilla vanilla wafers	3 c. milk
4 bananas (4 to 5)	8 oz. Cool Whip
1 lg. box Jello vanilla instant pudding	

Line bottom of 9x13-inch pan with vanilla wafers. Cover with slices of banana. Mix pudding mix with milk. Add Cool Whip and mix. Pour over wafers and bananas. Repeat layers. Set overnight.

## Chocolate Cookie Dessert

Missy Merwald

1 pkg. chocolate marshmallow  
cookies (10 to 12 in pkg.)

1 sm. can crushed pineapple,  
undrained  
1 (9 oz.) ctn. whipped topping

Snip cookies in small pieces in bowl. Add crushed pineapple and whipped topping. Mix all together well. Put in 8x8-inch dish and refrigerate. Cover with chocolate candy shavings.

## Cherry Pudding

Kelcy Schroder

(Good and Easy)

1 c. flour  
1 c. sugar  
1 egg

1/2 tsp. salt  
2 tsp. baking powder  
2/3 c. milk

Mix together flour, sugar, egg, salt and baking powder. Add milk; pour into 8x8-inch baking dish.

Mix:

1 can cherries (No. 2, unsweetened)  
1 c. sugar

1 T. Minute Tapioca

Pour over batter. Bake 40 minutes at 350°.

When done, the cherries will be on the bottom and crust on top. Serve warm.

## The Knoll Hot Chocolate

Allyson Chwee

COCOA MIXTURE:

2 c. cocoa  
3 1/2 c. sugar

2 c. water  
1 T. salt

Mix together. Cook to 218° to 220° in double boiler. Do not scrape sides of pan. Chill overnight.

CHOCOLATE CREAM:

1 qt. cream, whipping

Cocoa mixture, chilled

Whip cream until soft peaks form. Fold in cocoa mixture. Keep chilled until needed.

STEAMED VANILLA MILK:

1 gal. milk

1 T. + 1 tsp. vanilla extract

Heat milk until hot. Add vanilla.

To serve, place 1 heaping spoonful of chocolate cream into each cup. Add hot milk and stir.

## Grandpa's Pancakes

Dr. Russ Mullen

1 coffee cup pancake mix  
 1 coffee cup quick oats (oatmeal)  
 2 hen eggs (rooster eggs don't work well)

1 nail short of a 1/2 coffee cup of applesauce  
 1/2 coffee cup of cow's milk  
 1 sm. baby spoon cinnamon  
 3 baby spoons sugar

Mix ingredients with a clean fork (don't use your pliers). Pour mix into animal shapes on a heated, oiled skillet. Cook at slightly low heat than normal pancakes; turn quickly and several times with an oiled spatula. Yield: 7 (4-inch size) pancakes.

Serve the grandkids the good ones, and grandpa eats the burnt ones. Clean up: grandpa helps get the grandkids out of the kitchen so grandma can clean up the mess.

## Fudge Frosting

Janelle Jamison

6 T. milk  
 6 T. butter

1 1/2 c. sugar

Bring to a rolling boil. Boil for 30 seconds; remove from heat and add 1 cup chocolate chips. Stir until the chips melt.

## Raspberry Lime Granita

Sarah Ingwersen

1/2 c. sugar  
 1/2 c. water  
 6 c. raspberries

2 T. fresh juice  
 1 tsp. lime zest

Boil sugar and water in a small saucepan, stirring constantly, until sugar dissolves. Let syrup cool. Purée raspberries and syrup in a food processor. Add lime juice. Mixture should be just thick enough to stick to the back of a spoon. If too thick, add a little water. Pour into a shallow plastic container or baking dish. Cover and freeze. Stir with a fork about every 30 minutes until frozen, about 6 hours. Divide into 8 dessert glasses and garnish with lime zest, if desired.

## Ice Cream Sandwich Dessert

Daniel Murray

19 ice cream sandwiches	1 (11 3/4 oz.) jar hot fudge ice cream
1 (12 oz.) ctn. frozen whipped topping, thawed	topping
	1 c. salted peanuts

Cut one ice cream sandwich in half. Place one whole and one half sandwich along a short side of an ungreased 9x13-inch pan. Arrange 8 sandwiches in opposite direction in the pan. Spread with half the whipped topping. Spoon fudge topping by teaspoonful onto whipped topping. Sprinkle with 1/2 cup peanuts. Repeat layers with remaining ice cream sandwiches, whipped topping and peanuts (pan will be full). Cover and freeze up to 2 months. Remove from the freezer 20 minutes before serving. Cut into squares. Yield: 12 to 15 servings.

## Barbecue Sauce

Deanne Day

4 garlic cloves	1/2 btl. chili sauce
1/4 lb. butter	1 btl. catsup
2 tsp. celery seed	1/2 lb. light brown sugar
2/3 c. fresh lemon juice	1/3 btl. Worcestershire sauce
1/2 jar horseradish mustard	1/5 btl. Tabasco sauce

Slightly brown garlic cloves in butter. Add the remaining ingredients. Let the mixture simmer for 40 minutes.

**Note:** It is best to let "age" about a week and keep refrigerated.

## Basic Waffle Batter

Katherine Frels

2 c. flour	2 eggs, separated
2 tsp. baking powder	1 1/2 c. milk
1/2 tsp. salt	6 T. oil
3 T. sugar	

Sift flour; measure. Add baking powder, salt and sugar; sift again. Beat egg yolks; add milk. Add sifted dry ingredients and mix just enough to blend. Add oil. Fold in beaten (tips curl) egg whites. Bake. Yield: 6 waffles.

## Pavlova

Dr. Anna Butters-Johnson

This is a delicious pudding from Australia, which is very difficult to make if you don't have the right recipe, but dead easy if you do! Served with sharp fruits to counteract the sweetness of the meringue, it is truly one of the greats.

3 lg. fresh egg whites

6 oz. caster sugar

### TOPPING:

10 oz. cream, whipped

A little icing sugar

12 oz. soft fruits (raspberries,  
strawberries & red currants, mixed)

Preheat oven to 300°. A lightly-oiled baking sheet, lined with silicone paper, which peels off very easily. I never make this with the traditional cornflour and vinegar, since side-by-side comparisons have revealed very little difference.

Place egg whites in a large clean bowl and have the sugar measured and ready. Now, whisk egg whites until they form soft peaks and you can turn the bowl upside-down without them sliding out (it's very important, though, not to overbeat the eggs because, if you do, they will start to collapse). When they're ready, start to whisk in the sugar, approximately 1 ounce at a time, whisking after each addition until all the sugar is in. Now take a metal tablespoon and spoon the meringue mixture onto the prepared baking sheet, forming a circle about 8 inches in diameter. Then spoon round blobs next to each other so that they join up to form a circle all around the edge. Now, using the tip of a skewer, make little swirls in the meringue all around the edge, lifting the skewer up sharply each time to leave tiny peaks. Now place the baking sheet in the oven, then immediately turn down the heat to 275°, and leave it to bake for 1 hour. Turn the heat right off, but leave the Pavlova inside the oven until it's completely cold. I always find it's best to make a Pavlova in the evening and leave it in the turned-off oven overnight to dry out. It's my belief that the secret of successful meringues of any sort is to let them dry out completely, which is what this method does perfectly.

To serve the Pavlova, lift it from the baking sheet; peel off the paper and place it on a serving dish. Just before serving, spread the whipped cream on top; arrange strawberries, etc. on top of the cream and dust with a little sifted icing sugar. Serve, cut into wedges. Yield: 6 servings.

**Variation:** Of course this can be made with just one kind of fruit - for instance, strawberries. In the winter, when there are no soft fruits available, sliced bananas and chopped preserved ginger, or slices of fresh mango with passion fruit are good.

## **Eighteenth-Century Creamed Apple Flan**

Dr. Anna Butters-Johnson

This recipe is a nostalgic one for me as it's one of the first I tried after some research at the British Museum into eighteenth-century British cooking, and it prompted me to do a whole lot more!

### **PASTRY:**

4 oz. plain flour, sifted

1 oz. margarine or butter

1 oz. lard

Cold water, to mix

### **FILLING:**

4 lg. cooking apples, peeled, cored & sliced

2 T. water

2 oz. butter

2 T. caster sugar

3 digestive biscuits, crushed into crumbs with a rolling pin

Grated rind of 1 sm. lemon

2 T. brandy

Freshly-grated nutmeg

3 egg yolks

2 1/2 oz. double cream

Preheat oven to 350°. Use an 8-inch flan tin, lightly greased.

Make up the pastry by rubbing the fats into the sifted flour until the mixture resembles bread crumbs. Add enough water to make a dough that leaves the bowl clean. Pop the pastry in a polythene bag and leave to rest in the refrigerator for 20 minutes, or so; roll it out and use to line the flan tin. Prick the base all over with a fork and bake for 20 minutes.

Meanwhile, put the sliced apples in a saucepan with water and cook until they are pulpy. Transfer them to a large mixing bowl and beat until you have a smooth purée. Whisk in the butter and caster sugar, followed by the biscuit crumbs, lemon rind, brandy and a good grating of nutmeg. Combine everything thoroughly and leave the mixture to cool.

Next, whisk egg yolks together with the cream; don't over-do it, you just want to thicken it slightly. When the apple mixture has cooled, stir the eggs and cream into it. Pour the whole lot into the partly-cooked flan case, then bake in the oven for a further 30 minutes.

**Note:** You can, if you like, substitute cider for the brandy.

## **Melissa's Magic Jello**

Holly Lenz

1 pkg. Jello (flavor of choice)

1 tub standard Cool Whip

Make Jello according to directions. Mix Cool Whip into prepared Jello (unset). Refrigerate and wait for the magic to happen.

## Oatmeal Pancakes

Andy Jennett

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 c. milk                     | 2 T. sugar                     |
| 1 1/2 c. quick oats, uncooked | 2 eggs, beaten                 |
| 1 c. sifted all-purpose flour | 1/3 c. vegetable oil or melted |
| 2 1/2 tsp. baking powder      | shortening                     |
| 1 tsp. salt                   |                                |

Pour milk over oats; let stand. Sift together flour, baking powder, salt and sugar. Stir eggs into oats-milk mixture. Add sifted dry ingredients. Stir in oil. Bake on hot, lightly-greased griddle or frypan until golden brown.

## Ice Cream Dessert

Drew Simonsen

- |  |                   |
|--|-------------------|
| 1 1/2 c. (18 crackers) finely-crushed<br>graham crackers | Vanilla ice cream |
| 1/2 c. melted butter                                     | Sherbet ice cream |
| 1/4 c. sugar   | Chopped peanuts   |

Combine crushed graham crackers, butter and sugar, then mix well. Press firmly into unbuttered 9-inch pie plate or 9-inch square pan, reserving some for topping. Bake at 375° for about 8 minutes. Cool. Put vanilla ice cream over the crust for 1 layer, then add a layer of sherbet (I use orange). Add 1 last layer of vanilla on top. Top with layer of chopped peanuts. Sprinkle reserved graham cracker topping on; cover and freeze.



## Easy Peppermint Dessert

Michelle Euken

1 pkg. Oreos	4 oz. unsweetened baking chocolate, chopped
1/2 c. butter	2 c. sugar
1/2 gal. peppermint stick or mint ice cream, softened	1 can evaporated milk
1 ctn. frozen whipped cream	1 tsp. vanilla
1/2 c. butter	1/3 c. crushed peppermint candies

Mix crushed cookies and melted butter. Press mixture firmly in bottom of ungreased rectangular pan, 9x13x2 inches. Stir together ice cream and 2 cups whipped topping; spoon evenly onto chocolate cookie crust. Freeze about 3 hours, or until firm.

Meanwhile, melt butter and chocolate in 2-quart saucepan over low heat, stirring constantly. Stir in sugar; gradually stir in milk. Heat to boiling over medium-high heat, stirring constantly. Cook and stir 5 minutes, or until slightly thickened. Stir in vanilla. Cool completely, about 2 hours. Pour 2 cups chocolate sauce evenly over ice cream. Freeze at least 8 hours, but no longer than 2 weeks. Cover and refrigerate remaining sauce. Reheat reserved sauce until just warm.

To serve, cut into 5 rows-by-3 rows. Top with sauce and remaining whipped topping; sprinkle with crushed candies. Yield: 15 servings.

### Pepper Dip

Buffalo Chicken Cream Cheese

Crab and Spinach Soup

### Dip

Pepperoni Casserole

Quick Tomato Fondue

Quick Chicken and Sweet Potato

Stuffed Mushrooms

Casserole

Teriyaki Garlic Peppers

Take 'n' Eat Casserole

Fruit Dip

Copper Potatoes

Smoky Bacon Wraps

Broccoli-Cheese Casserole

Almond Cream Dip

Rice and Roasted Cauliflower

Spinach Dip

Corn Casserole

Soft Pretzel Wursts and

Corn and Noodle Casserole

### Shrimp and Butter

Sweet Potato Casserole

Veggie Bar

Sherry Linguine Soup

Spinach Tomato Soup

Shrimp Casserole

Happy Hour Casserole

Wild Rice Soup

Shrimp and Pasta Casserole

### BREADS & RICE

Cinnamon Coffee Ring

Cheering Potatoes

Hot High Bread

Shrimp and Pasta Casserole

Pumpkin Seed Oil

Homemade Chicken Noodle

Roasted Potatoes

Soup

Compound Olive Bread

Green Bean Casserole

Hot

Prize-Winning

Sherry Rice Casserole

Taco Soup



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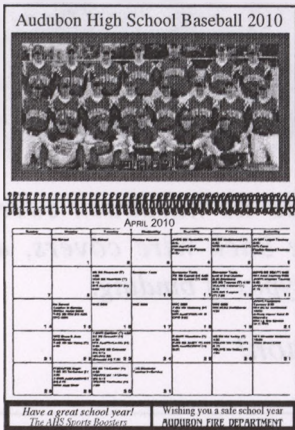
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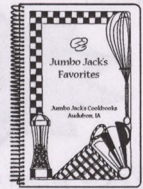
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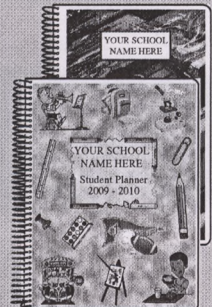


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