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1997



Anniversary Cookbook

Our Standard Abbreviations

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

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Dedication

In 1946, a small group of Unitarians began meeting at the Iowa State Memorial Union--thus began the Unitarian Universalist Fellowship of Ames. To those founders we owe a debt of gratitude.

In 1959, several Unitarian families moved from Ames. A meeting was held to consider disbanding the group. But instead of disbanding, they voted to put the entire amount remaining in the treasury--about \$50--into a building fund!

For this foresight and optimism, we say "Thank you." As we celebrate 50 years we dedicate this cookbook to those energetic and devoted founders.

50th Anniversary Committee

*Susan Franzen, Chair

Janet Klaas

Rev. Carol Hepokoski

Mary Richards

Annette Rowley

Marvel Skadberg

Marvin Skadberg

Karen Van Deusen

*Peggy Vas

*Bobbie Warman

Roy Warman

* Cookbook committee

Fifty Years of Fellowship Food

Food is Love Made Visible

From the beginning Fellowship members have held social events, community building activities, and even rituals around food. In the early years these were characterized by the annual fall picnic marking the beginning of the Fellowship year, the intergenerational Christmas party, and the potluck picnic with the annual meeting in the spring. Sunday morning coffee was an individual matter; it could be purchased from the campus vending machines before meetings.

By the early 1960's we were meeting on campus in Alumni Hall, the YMCA/YWCA building. Significantly, adult meetings occupied a space used for a coffee house and children's religious education classes were held in the dining room. There were enough college students wishing to meet regularly on Sunday evenings that monthly dinners were held for them in members' homes--the Danielsons, Koerbers, Warmans, Franzens, and Roberts rotated and shared food preparation. By the late 1960's home-based potluck suppers for all interested members were started. They were immediately successful. Many years later when one active member was asked why he became a Unitarian he replied, "Potlucks."

With the construction of our permanent building on Hyland, coffee drinking became a significant part of Sunday morning socializing, and coffee making was taken over by Hazel Hammer who came early to make the coffee each Sunday. High school students sold glazed donuts as a fundraiser. Our new space provided opportunities for a greater variety of large food events including Easter breakfasts, Mother's Day brunches, Passover Seders, cookies with cocoa and carols on Christmas Eve, spaghetti suppers, fundraising dinners, Oktoberfest auctions featuring brats and beer, soup lunches after Fellowship, wedding buffets, receptions for formal occasions, and somewhat raucous parties. Children learned about other religions through food in the "Holidays and Holy Days" curriculum. Adult services included the apple communion and sharing at Thanksgiving, bread making combined with a talk on the history and significance of bread, and an intergenerational service on wild foods including cattail roots dug by the children, and fried worms eaten by George Koerber. Such programs disturbed some people. "Why does this have to happen on the Sunday when my mother comes to visit?" asked one member. We followed this program by printing *The Ames Foragers and Survivors Cookbook* including candied violets and rose hip jelly.

With the arrival of our first settled minister in 1986, we discovered new dimensions of food. When Rev. Sydney Amara Morris, came for her candidating week, she passed around matzah and haroset in a Sunday program celebrating Passover. She also helped us see new ways to express appreciation through food--semi-annual brunches to honor the R.E. teachers, rich dessert parties to entice canvassers for the annual fund drive to come to training sessions, and minister's teas at her home on Sunday afternoons to welcome new members.

As our organization became more deliberate, the caring committee began to express its concern by bringing meals to families with new babies and to those who were ill. Our carolers brought Christmas cookies to nursing homes and shut-in members.

Even our social action programs centered around food. Our most successful social outreach came in providing one meal per week for the 8 to 14 people staying at the Emergency Residence Project. Our members signed up and took their food, and sometimes their families, to share a meal with those in the homeless shelter. This has been going on since 1988. In 1994, it was extended to include bringing food for sack lunches one day per week. One summer we ran an experimental soup kitchen for the homeless. This was abandoned because we didn't have enough people to keep it going and because the Fellowship was inaccessible to many of those who needed it.

When we opened a smoke-free, alcohol-free coffee house to feature outstanding folk music, it was named the Moon Cookie Cafe. One of the very first publicity activities was to sponsor a cookie contest for the official Moon Cookie. The contesting recipes have been published in this cookbook.

When Carmon Slater offered to design and build a large deck just south of the Fireside Room, there was no money in the budget. Several enterprising members gave a deck party barbecue and charged \$25 per person for dinner. The food and labor were donated, and enough money was raised to pay for the lumber. Voila! A deck for the use of children in the nursery as well as adults--and a delightful meal.

When we fell short on our budget one year, the co-owners of Lucullan's restaurant, members Terry Lowman and Mark Kassis, suggested a "last chance dinner" at their restaurant. People ordered dinner from the menu, but when they paid they made the checks to the UU Fellowship rather than Lucullan's. This became so popular with both the membership and the Finance Committee that it was repeated for several years. Lucullan's also donated main dishes and servers for the annual fund drive dinner for many years. As we approached our fiftieth anniversary, we were led by an interim minister, Rev. Carol Hepokoski, who came to us from Minnesota's iron range with her musician husband John Berquist. They broadened our appreciation of Scandinavian-American music and the Swedish, Norwegian and Finnish dishes of their *Julbord*.

The recipes in this cookbook reflect the changing tastes of our Fellowship. They range from the cholesterol-loaded Breakfast Cheese Delight to a whole section on vegetarian recipes. The shift to vegetarianism within the Fellowship represents our pluralism. Some refrain from eating meat because of heart attacks or other health reasons. Others adopt Frances Moore Lappe's ideas of eating lower on the food chain so our soybeans and wheat are used to feed people rather than cattle. Still others are vegetarians out of reverence for animal life. But whatever we eat, whenever we eat, we behave as if we believe that food is love made visible. At least the sharing is.

List of Contributors

DRE - Director of Religious Education

**Ames Foragers and Survivors Cookbook (UU Cookbook 1974)

Abbott, Lynn--new to the Fellowship; already active as a pianist on Sunday
Andersen, Kathy--new member
Birney, Patricia (Traylor)--grew up in this Fellowship, 1940's and 50's
Burkhalter, Holly--active member; leadership in social outreach
Christy, Alan--Sunday program Com; president, 1987-88
Coburn, Sue (Warman)--grew up in this Fellowship
Conger, Kathi--president, 1996-97; Board; RE teacher
Cravens, Ham--president, 1973-74; Endowment Committee
Crosbie, Karol--newsletter, publicity & social committees
Crull, Sue--president, 1981-82; interior improvements, our one Madrigal Dinner
Danielson, Dorothy--active member in the 1940's through 60's; programs in 1970's and 80's
Dawson, Lori--member, 1994-95
DeVore, Adrian--ISU student member; Sunday service; helped with fundraisers
Dodd, Ann--longtime member
Fairall, Megan--RE teacher; instrumental in collecting food from U Us for Food Shelf
Fawcett, Lynn--Board; choir; creator of original verse for fellowship celebrations
Faxlanger, Barb--member as a student in the '70s; recipes from AFSC**
Feinberg, Lilian--member from the time the Fellowship was chartered in 1948 to 1994
Fink-Winter, Ruth--ISU student member
Franzen, Susan--DRE, 1966-1988; president, 1978-79
Fuchs, Holly--longtime friend of the Fellowship, dancer; recipes from AFSC**
Garner, Helen Amanda--longtime Unitarian in Lincoln, NE; joined our Fellowship, 1981
Gouwens, Edna--founding member, 1946; president, 1956-57; recipes from AFSC**
Greenlaw, Barbie--DRE, 1986-88 and active member through the 1990's
Hamilton, Lois--our first office coordinator, 1983; DRE, 1983
Hammer, Charles--longtime active member
Hammer, Hazel--member, 1954-1995; she cared for our spirits and our building
Haug, Bob--youth leader specializing in canoe trips
Hegland, Sue--new member; RE teacher
Henning, Stan--active participant in outdoor planning and maintenance
Hepokoski, Carol--interim minister, 1995-97
Hinterfeld, Stu--friend of the Fellowship
Huntington, Ginny--DRE, 1986-87; often hosts the Christmas party at her house
Isely, Mary--instrumental in putting together AFSC**
Jacobson, Matia--grew up in Fellowship; decorated the 40th and 50th anniversary cakes
Jacobson, Trish--president, 1988-89; Social Com.; Caring Com.; Nominating Com.
Jacobson, Roger--Board; Building Addition Committee
Janyes, Margaret--new member
Jasper, Susan--RE teacher, Soup lunch chair
Jurik, Kris--treasurer; RE teacher
Karas, Shirley--RE committee; president, 1993-94
Kassis, Mark--RE teacher, Welcoming Congregation
Katzenberger, Alice--retired to Ames, 1991; Finance com. and creator of good cheer
Keller, Jennifer--grew up in this Fellowship
Keller, Marilyn--DRE, 1970-71
Kizer, Dorothy--longtime active member
Klass, Janet--DRE, 1980-82, Board, nursery, library and archives committee
Klass, Erv--president, 1982-83

Koerber, Barbara--president, 1966-67; DRE, 1963-64
 Krabbe, Susan--Moon Cookie winner
 Lawson, Cheryl--RE committee and teacher; Board
 Leigdon, Carol (Warman)--grew up in this Fellowship
 Lohnes, Janie--active friend; organized coffee making; archives committee
 Lorr, Duffie--teacher and actor both in adult programs and children's RE
 Lowman, Terry--RE committee and RE teacher; Board; programs; Finance Committee
 Mathews, Joan--longtime member; Social Action Committee
 Miller, Lotus--thirty-year active member and naturalist; recipe from AFSC**
 Mumm, Dianne--Art Exhibitions Committee; organizes meals for Emergency Res. Project
 Murdock, Jim--longtime member; Program Committee
 Myers, Cindy--Board; Long Range Planning Committee; RE teacher
 Naylor, Peggy Dohrer and George--new members
 Nelson, Sara (Warman)--grew up in this Fellowship
 Nesbitt, Molly--Social Responsibility and Action Committee; RE teacher; landscaping
 Niyo, Kay--Soup lunch chair; organized Thanksgiving dinner at the Fellowship 1996
 Peck, Sue Ann--longtime active member; Caring Com; Finance Com.
 Phillips, Marshall--president, 1974-75
 Pierce, Ann--new member and new mother
 Pritchard, James--new member in 1994; Board member, 1996
 Puttock, Kay--organized food for the Caring Committee and Quilt Dedication
 Rawson, Shirley--Treasurer, 1996-97; Social Responsibility and Action Com.
 Richards, Mary--DRE, 1970-71; president, 1986-87
 Rodolfo-Sioson, Sonya--member in the 1970's and 80's
 Roth, Jeanne--new member; RE teacher
 Roth, David--friend of the Fellowship
 Scholten family--Membership committee; RE teachers; Board
 Sherman, Benette--DRE in 1996 when we went to two services
 Skadberg, Marvel--longtime active member
 Slater, Carmon--contributed both design and labor for Fellowship quilts, deck, landscape
 Staniforth, Jayne--RE teacher
 Stanley, Betty--president, 1992-93; Finance Committee
 Steinhart, Kathleen--Sunday programs
 Tesene, Leanne--new member
 Urbaniwicz, Janet and Victor--Program Committee mid-70's
 Vallier, Marion--stalwart helper for garage sales, plant sales and greeting Sundays
 Van Valin, Lynne--Caring Com; fundraisers; Secretary
 Vas, Peggy--gardening, biking, or coffee making; gets things done and makes it fun
 Vas, Jack--new member, 1996; active on membership committee
 Vas, Jay--brother of Jack
 Warman, Roy--president, 1962-64; chaired building committee
 Warman, Bobbie--DRE, 1974-78; president, 1984-85
 Weber, Liz--new friend of the Fellowship
 Welch, Alice (Franzen)--grew up in the Fellowship in the 1960's & 70's
 White, Joan--president, 1989-90
 Wilke-Metz, Lynn--longtime friend
 Wilson, Sharon--new member of the Fellowship
 Woodman, Toni--DRE, 1979-80
 Wormley, Sam--new member, Program Committee and Science series
 Zilber, Suzanne--Program Chair; Fund Drive Chair, Publicity Chair; RE teacher

Table of Contents

This & That	1-8
Breads.....	9-14
Salads.....	15-24
Soups.....	25-34
Vegetarian.....	35-52
Main Dishes	53-72
Side Dishes	73-78
Desserts.....	79-92
Cookies & Bars.....	93-102
Index.....	103-106

*This
&
That*



Diet to End All Diets (Lo-Calorie Diet)

	Breakfast	Lunch	Dinner	Calories
MON.	Weak tea	1 bouillon cube 1/3 c. water	3 oz. prune jc. (gargle) 1 pidgeon thigh	1 2 1/2 1 1/2
TUES.	Scraped crumbs from burned toast	1 doughnut hole (no sugar) 1 glass dehydrated water	1 canary drumstick	1/2 0 4
WED.	Boiled out stains of table cover	1/2 doz. poppy seeds	Bee's knees & mosquito knuckles, saute' with vinegar	1/4 3 2
THURS.	Shredded eggshell skins	Belly button from navel orange	3 eyes from Irish potato (diced)	1 0 3
FRI.	2 lobster antennae	1 guppy fin	Jellyfish vertebrae a la book binder	1/2 1 2
SAT.	4 chopped banana seeds	Broiled butterfly liver	Fillet of soft shell crab claw	1/2 1 1/2
SUN.	Pickled hummingbird tongue	Prime rib of tadpole	Tossed paprika & cloverleaf salad; 1 aroma of empty custard pie plate	2 3 1/2

NOTE: ALL MEALS TO BE EATEN UNDER MICROSCOPE TO AVOID EXTRA PORTIONS!! GOOD LUCK!!

This & That

Breakfast Grapefruit

Cut a white grapefruit in half and section it. Put a couple pats of butter on the top of each half and sprinkle with brown sugar. Put under the broiler under the brown sugar begins to caramelize.

Shirley C. Karas

Breakfast Cheese Delight

16 slices bread, trimmed

12 oz. Cheddar cheese,
shredded

1 lb. bacon, fried & crumbled
(or 1 c. diced ham)

4 T. chopped onions

6 eggs, slightly beaten

3 c. whole milk

1/2 tsp. salt

Lightly butter bread on both sides. Arrange 8 in bottom of a 9x13-inch pan. Sprinkle with bacon and cheese. Place 8 remaining bread slices on top. Whisk milk and eggs and salt together. Pour over bread, etc. Cover, and refrigerate overnight. Bake 1 hour at 350°, uncovered. Bring baked to fellowship by 10:30. We'll cut into serving sizes at fellowship.

This was a feature of the Mother's Day brunch of the early 1980's, served with sweet rolls and champagne punch. It is still good updated with lower cholesterol ingredients and no meat.

Ann Dodd

Artichoke Dip

6 oz. artichoke hearts,
chopped & drained

8 oz. Hy-Vee salad
dressing

8 oz. Parmesan cheese

Mix ingredients. Bake at 350° for 20 minutes. Siphon excess liquid. Season with garlic salt. Serve with Hy-Vee saltines.

Peggy Vas

Hot Artichoke Dip

- | | |
|---|-----------------------------------|
| 1/2 c. mayonnaise
(not salad dressing) | 1/3 c. Parmesan cheese,
grated |
| 1/2 c. sour cream | Drop of Tabasco sauce |
| 1 (14 oz.) can artichoke
hearts, rinsed & drained
(<u>not</u> marinated) | Crackers |

Blend mayonnaise and sour cream. Chop artichoke hearts finely in food processor. Mix with sour cream mixture and Parmesan cheese. Add drop of Tabasco sauce to taste. Pour into 2-pint baking dish. Bake 20 minutes at 350°. Serve with crackers.

Variation: Can be heated in microwave for 3 to 5 minutes at FULL POWER, and then browned under the broiler.

Susan Hegland

Cracker Jacks

- | | |
|-----------------------------|--------------------------------|
| 2 c. light brown sugar | Pinch of cream of tartar |
| 1/2 c. light corn syrup | Dash of salt |
| 1/2 lb. butter or margarine | 8 qt. popped corn,
unsalted |
| 1/2 tsp. baking soda | |

Mix first 3 ingredients and boil 5 minutes. Remove from heat and add next 3 ingredients. Pour over popped corn and mix well. Bake at 200° for 1 to 2 hours. Pour on waxed paper and spread to cool.

Shirley Rawson

Sugared Peanuts

- | | |
|--------------|-----------------------------|
| 1 c. sugar | 2 (10 oz.) pkg. raw peanuts |
| 1/2 c. water | Salt |

Put sugar and water in heavy skillet (not nonstick skillet). Heat. Add peanuts, sprinkle with salt and boil, stirring constantly until liquid is gone. Spread on cookie sheet. Bake for 30 minutes at 300°, stirring occasionally.

Shirley Rawson

Cranapple Punch

- | | |
|----------------------------|---------------------------|
| 12 oz. frozen orange juice | 8 c. water |
| 12 oz. frozen lemonade | 32 oz. ginger ale or 7-Up |
| 4 c. cranapple juice | |

Mix fruit juices and add ginger ale or 7-Up just before serving.

Jane Lohnes

Iced Tea Punch

- | | |
|-------------------------|--------------------|
| 3 qt. boiling water | 1 liter ginger ale |
| 8 tea bags | Ice |
| 1/2 c. sugar | Lemon slices |
| 1 (12 oz.) can lemonade | |

Brew tea bags in water. Add sugar. Cool. Add lemonade (undiluted). Add ginger ale, lemon slices and ice just before serving.

Mary Richards

Chile Cheese Rounds

- | | |
|---|------------------------------------|
| 1 (16 oz.) can refried beans | 1 c. shredded Monterey Jack cheese |
| 1 tsp. red pepper sauce | 1/4 c. chopped onions |
| 1 (4 oz.) can drained, seeded & chopped green chilies | 1 c. sour cream |
| | 2 c. Bisquick |

Set oven to 400°. Mix beans, onion and pepper sauce. Mix baking mix and sour cream until soft dough forms; beat 20 strokes. Smooth dough into ball and knead 20 times on floured board. Roll dough to 1/4- to 1/2-inch and cut with floured 2-inch round cookie cutter. Place on ungreased cookie sheet. Press indentation about 1 1/2 inch in diameter in center of each round and fill with generous portion of bean mixture. Top with chilies and cheese. Bake 10 to 12 minutes, or until brown.

Variation: I use less refried beans and add some browned hamburger.

Ingredients can be put together earlier in the day, or the night before.

Leanne Tesene

Spinach Balls

- | | |
|--------------------------------------|--|
| 1 (8 oz.) bag stuffing mix | 2 (8 oz.) pkg. frozen, chopped spinach |
| 1 (8 oz.) can grated Parmesan cheese | 2 lg. onions, finely chopped |
| 1 T. garlic salt | 6 eggs, beaten |
| 1/2 T. black pepper | 3/4 c. margarine, melted |
| 1 tsp. thyme | |

Toss stuffing mix with seasonings. Cook and drain spinach, add to stuffing mix and add remaining ingredients. Shape into bite-size balls. Bake on greased cookie sheet for 20 minutes at 350°. Serve hot. This makes about 100 bite-size pieces. The balls can be formed and frozen.

Susan Jasper

Pimento Cheese Spread

1/2 lb. grated American cheese	1 (4 oz.) jar chopped pimento
1/2 lb. grated Velveeta cheese	1 T. prepared mustard
1/2 lb. grated Colby cheese	2 T. (level) sugar
	1 pt. mayonnaise

Mix cheeses together first. Then add other ingredients and mix well.

Variations: Can add garlic salt or chopped onion, if desired.

Sue Ann Peck

Green Olive Sandwich Spread

6 oz. softened cream cheese	1 c. finely-sliced green olives
1/2 c. mayonnaise	2 T. olive juice
1/2 c. chopped pecans	Dash of pepper

Mix well. This will keep in the refrigerator for weeks.

Sue Ann Peck

Tunisian Eggplant Appetizer (Vegetarian)

1 med.-sized onion, chopped fine	1 sm. tin tomato paste
3 cloves garlic, minced	1/4 c. red wine vinegar
1/4 c. olive oil, or more as needed	1 c. pitted green olives
1/2 tsp. salt	8 oz. marinated artichoke hearts, drained (each piece cut into 2 or 3 pieces)
1 lg. eggplant, unpeeled, cut into 1" cubes	Rounds of pita bread, cut into halves or quarters

In a large skillet, sauté the onion and garlic in olive oil over medium heat until the onion is soft and clear (5 to 8 minutes). Add the eggplant cubes, sprinkle with salt, stir, and cover, stirring occasionally. Add small amounts of oil if needed to prevent sticking (15 to 20 minutes). Stir in the tomato paste and vinegar, and heat to boiling point. Add the olives and remove from heat. Stir in the artichoke hearts. Cool to room temperature. Serve at room temperature with pita bread. It can be "scooped" with the pita bread or served stuffed into pita bread "pockets".

This always gets rave reviews and requests for the recipe. Since it is "messy" to eat, it creates a lighthearted, informal atmosphere when it is served. Serves 6. Time: About 40 minutes total.

Kay Puttock

Artichoke Shrimp Spread

1/2 pkg. frozen, chopped
spinach, cooked

1 can artichoke hearts

1/2 lb. cooked shrimp,
chopped

1/2 c. sour cream

1/2 c. cream cheese

Lemon juice, or a little

Worcestershire sauce,
to taste

Lemon pepper

Mix and serve on baguette slices, crackers or mini toasts.

Shirley C. Karas

Cheese Puffs

1/4 c. butter or margarine

3/4 c. all-purpose flour

3 lg. eggs

2/3 c. crumbled blue

cheese

In a 3-quart pan, bring 3/4 cup water to a rolling boil. Remove from heat, add the flour all at once and stir until the mixture is a smooth, thick paste (no lumps). Add eggs, one at a time, stirring vigorously until dough is not slippery. Stir in cheese and let stand for 15 minutes. Place evenly 24 rounded tablespoons on a buttered baking pan. Bake at 375° until puffs are dry and nicely browned, about 20 to 25 minutes. Serve, or if making ahead, cool puffs on a rack and freeze for up to 2 weeks. Reheat on a baking sheet at 350° for about 3 minutes. Makes 24 puffs.

Shirley C. Karas

Hazel's Clam Dip

1 can minced clams

1 (8 oz.) pkg. cream
cheese, softened

Mix clams and cream cheese. Add clam juice until it has the consistency you like. Serve with potato chips.

Hazel Hammer

Grapefruit Appetizers

Cut a white grapefruit in half and section it. Put a scoop of raspberry sherbet on top and serve.

This is especially festive on Christmas morning and delicious as a dinner first course.

Shirley C. Karas

Low-Fat Seven-Layer Mexican Dip

- | | |
|---|---------------------------------|
| 1 (16 oz.) can vegetarian refried beans | 1 c. shredded Mozzarella cheese |
| 1 c. low-fat yogurt | 2 c. finely-chopped lettuce |
| 1/2 c. green or red mild taco sauce | 1 lg. tomato, chopped |
| | 1 bunch green onions, chopped |

On a 12- to 14-inch round serving platter, spread beans to cover bottom. Spread yogurt on top and carefully spread taco sauce. Layer cheese, lettuce, tomatoes and green onions. Serve with tortilla chips, crackers and/or assorted cut-up vegetables. Serves 6 to 12 as appetizer.

Janet and Erv Klaas

Salmon Party Log

- | | |
|---------------------------------------|-----------------------------|
| 1 (1 lb.) can (2 c.) salmon | 1 tsp. prepared horseradish |
| 1 (8 oz.) pkg. cream cheese, softened | 1/4 tsp. salt |
| 1 T. lemon juice | 1/4 tsp. liquid smoke |
| 2 tsp. grated onion | 1/2 c. chopped pecans |
| | 3 T. snipped parsley |

Drain and flake salmon, removing skin and bones. Combine salmon with next 6 ingredients; mix thoroughly. Chill several hours. Combine pecans and parsley. Shape salmon mixture in 2x8-inch log; roll in nut mixture; chill well. Pass crackers.

Bobbie Warman

Candied Pecans

- | | |
|--------------------|------------------------|
| 1 tsp. cold water | 1/4 to 1/2 c. sugar |
| 1 egg white | 1 tsp. ground cinnamon |
| 1 lb. pecan halves | 1 tsp. salt |

Beat water and egg white until frothy. Mix well with pecans. Combine sugar, cinnamon and salt. Mix well with pecans. Spread on a cookie sheet. Bake at 225° for 1 hour; stir occasionally. Makes 2 cups.

A good use of Unitarian pecans. Makes a festive Christmas gift.

Bobbie Warman

Margie's Peanut Clusters

6 oz. chocolate chips

1 lb. Spanish peanuts

12 oz. butterscotch chips

Melt chips in double boiler. Add peanuts; stir. Line cookie sheet with waxed paper. Drop by tablespoons on waxed paper. Chill until firm. Freezes well.

Jayne Staniforth

Breads



Breads

Swedish Rye Bread

1 pkg. yeast (2 1/2 tsp.)	1/2 c. molasses
2 c. warm water	(Golden Brer Rabbit)
2 tsp. salt	2 1/2 c. rye flour
2 T. melted shortening	5 1/2 c. white flour
1/2 c. Karo syrup	

Sprinkle yeast over water and let stand 5 minutes. Stir in flavorings and flour all at once. Let it rest on board while greasing bowl. Knead 5 minutes until smooth. Put in bowl to rise 2 hours under a tea towel. Then let it rest 10 minutes on board. Divide into 2 greased loaf pans. Let it rise 1 hour. Bake 1 hour at 350°. Remove from pans onto cooling racks. Brush tops with 1/4 stick of melted butter after taking bread out of oven. Recipe makes 2 loaves.

Jack Vas

"Infallible" Bread

Put in a large bowl:

1/3 c. sugar	1 1/2 sticks margarine
2 T. salt	

Pour over this:

3 c. hot tap water (115°)

Sprinkle:

2 T. dry yeast into the hot water

When the yeast is foamy, stir in 8 1/2 cups flour. Stir vigorously until the dough is springy. Cover the bowl with a tea cloth; let rise in warm place about 1 hour. Shape into 3 loaves. Put in ungreased pans. Let rise 30 minutes. Bake at 400° for 15 minutes, then lower heat to 350°, and bake 45 minutes longer. Cool on wire rack. Makes 3 loaves.

Variations:

Oatmeal Bread: Add 1 cup oatmeal before putting in the flour.

Whole Wheat Bread: Use half whole wheat flour, or more if you like a dark bread.

Sit down and eat a loaf of this bread while it is warm. It will vanish.

Dorothy Danielson

Pat Traylor's Whole Wheat Bread

1 1/4 c. scalded milk	1 cake yeast, or 1 pkt. dry yeast
2 1/4 tsp. salt	1/4 c. lukewarm water
2 T. honey	4 1/4 c. whole wheat flour (stoneground)
2 T. molasses (blackstrap)	
3 T. butter, margarine, or corn oil	

Pour scalded milk over salt, honey, molasses and oil. Cool to lukewarm. Add yeast dissolved in lukewarm water. Add 2 cups flour. Beat well for 2 minutes. Add remaining flour. Turn onto floured board and knead 10 minutes. Place in buttered bowl while still a little sticky and light. Let rise in warm place for 1 1/4 to 1 1/2 hours. Remove from bowl and knead for 2 minutes. Shape into loaf and place in buttered loaf pan. Dough should fill about 2/3 of the pan. Let rise in a warm place for a quarter of an hour. Bake in 450° oven for 15 minutes and reduce temperature to 375° and bake 45 minutes longer.

Patricia Traylor Birney now lives in Columbia, MO. She was an active member of the Ames Unitarian Fellowship for many years. When she left Ames, she left many good friends--as well as this good bread recipe passed on by Edna Gouwens!

Pat Traylor

Whole Wheat Refrigerator Rolls

2 T. dry yeast	1/3 c. honey
1/2 c. warm water	2 eggs
1 T. honey	2 tsp. salt
1 c. lukewarm milk	4 1/2 to 5 c. unsifted whole wheat flour
1/3 c. oil	

Mix yeast, water and 1 tablespoon honey in blender bowl and let stand 15 minutes. Add remaining ingredients except flour. Add the warm milk last, be sure temperature of entire mixture is not hot enough to kill yeast. Blend ingredients briefly and pour into large bowl. Add flour and mix well with spoon. Mixture will be sticky. Set in refrigerator overnight. Two hours before rolls are to be served, take dough from refrigerator and allow to stand at room temperature about 30 minutes. Knead well on board. Roll out and cut for dinner rolls or hamburger buns. Place in pan and let rise for about 1 hour. Bake 15 to 20 minutes at 375° to 400°.

Edna Gouwens

No-Knead Herb Bread

Combine in a large mixer bowl:

1 1/2 c. whole wheat flour	1 tsp. garlic salt
1/4 c. sugar	1 tsp. Italian seasoning
1 T. instant onion	2 pkg. dry yeast

Heat over a low heat until warm (about 115°): 1 cup water, 1 cup milk and 1/4 cup oil. Add this and one egg to the flour mixture. Blend at low speed until moistened. Then beat at medium speed for 3 minutes. By hand, gradually stir in 2 1/2 to 3 cups of unbleached flour to form a stiff batter. Cover and let rise in a warm place until light and doubled (about 50 minutes). Stir down the dough and spoon into generously-greased 2- to 2 1/2-quart deep, round casserole (or 5x9x3-inch pan). Bake at 375° for 45 to 50 minutes. Remove from pans immediately and cool. Brush with butter and sprinkle with coarse salt.

Mary Isely

French Herbed Bread

5 to 6 c. flour	1 egg
1 pkg. dry ranch-style dressing mix (reserve 1 tsp.)	2 pkg. yeast
1/2 c. water	1 1/2 c. buttermilk
	1/4 c. shortening
	1 T. melted margarine

Combine 2 cups flour, yeast and 3 teaspoons salad dressing mix. Mix well. Heat buttermilk, water and shortening until warm. Add to flour mixture. Add egg. Blend until moistened, beat 3 minutes at medium speed. Gradually stir in remaining flour to make firm dough, knead, put in greased bowl; cover. Let rise in warm oven for 20 minutes (turn over to low setting for 1 minute, turn off). Punch dough. Divide in half. Make 2 loaves, seam-side down, on greased cookie sheet. Make diagonal slashes 2 inches apart. Let rise in warm oven, 30 minutes. Preheat oven to 375°. Bake 25 to 30 minutes. Brush with butter. Sprinkle reserved 1 teaspoon of mix on top. Makes 2 loaves. Takes 90 minutes from start to finish.

Leanne Tesene

Wheat Muffins

1 1/2 c. wheat flour	1 egg
1/2 c. white flour	1 c. buttermilk
2 T. honey or sugar	2 T. salad oil
1/2 tsp. salt	1/2 c. pitted dates, chopped
3/4 tsp. baking soda	1/2 c. nutmeats, chopped
1 1/4 tsp. baking powder	

Measure all dry ingredients in bowl. Put all wet ingredients in blender, and whip briefly. Pour blended ingredients all at once into bowl and stir a few strokes with a fork. Add chopped dates and nuts, and continue stirring just until dry ingredients are dampened. Fill greased muffin cups 2/3-full and bake at 425° for 20 minutes. Makes 12 large muffins.

Edna Gouwens

Bran Muffins

5 c. all-purpose flour (unsifted)	1 c. oil
3 c. sugar	4 eggs, beaten
1 (15 oz.) box Raisin Bran cereal	1 qt. buttermilk
	5 tsp. baking soda
	2 tsp. salt

Mix dry ingredients. Add beaten eggs, oil and buttermilk. Mix well. Store in covered container and refrigerate. Stir briefly before using. Fill muffin tins about 2/3-full and bake about 18 minutes at 375°. Makes 5 to 6 dozen.

The mix will keep for 6 to 8 weeks in refrigerator.

Lynn Abbott

A small dish of water in the oven while baking bread will keep it from getting a hard crust.

Blueberry Muffins

1/2 c. butter or margarine, softened	1/2 c. milk
1 c. sugar + 2 tsp. for topping	2 c. flour
2 eggs	2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. salt
	2 c. fresh blueberries

Cream butter and 1 cup sugar on low speed of electric mixer. Add eggs and mix until fluffy. Add vanilla. Sift dry ingredients and add to butter mixture alternately with milk, stirring in by hand. Mash 1/2 cup blueberries and stir in. Add the rest of the blueberries and stir in. Pour into well-greased muffin tins (or use muffin papers). Sprinkle 2 teaspoons sugar over top. Bake at 350° for 25 to 30 minutes. Yield: 12 to 16 muffins.

Note: If not using muffin papers, cool for 15 minutes in pan, then loosen edges with a knife to remove.

Cindy Myers

Hearty Cornbread

2 c. cornmeal	1 egg white
1/2 c. flour	1 T. oil
1/2 tsp. salt	2 c. buttermilk (low-fat)
1/2 tsp. baking soda	Nonstick cooking spray
1 T. brown sugar	

Preheat oven to 425°. In a large mixing bowl, combine the cornmeal, flour, salt, baking soda, baking powder and brown sugar. Stir together. Make a well in the center of the dry mixture and add the egg white, oil and buttermilk. Mix together thoroughly, but do not overmix. Pour the batter into a muffin pan, or a 9-inch baking pan prepared with nonstick cooking spray. Bake approximately 20 minutes, until cornbread is light golden and separates slightly from the sides of the pan. Place the pan on a wire rack to cool slightly. Serve the bread warm.

Makes 12 servings.

Lillian Feinberg

Blintzes

BATTER:

3 eggs, beaten with
1/2 tsp. salt

1 1/4 c. water

1 T. sugar

1 tsp. vanilla

FILLING:

1 lb. drained & sieved
cottage cheese

1 egg

Pinch of salt

Pinch of allspice,

cinnamon, or nutmeg

Beat thoroughly. Pour off 1 cup egg mixture and leave remainder in bowl. Add 1 cup flour to mixture and beat. Result is a thick paste. Then add to paste the rest of the thin egg mixture. Let mixture rest for 20 to 30 minutes. Pour thin layer of thin mixture into heated small frying pan wiped with butter. Roll batter around to cover bottom. Pour off excess batter. When edges begin to curl and top is dry, bang frying pan on clean towel. Blintz should fall out of pan. Wipe pan with butter, return to heat; repeat. While second blintz is cooking, fill first. Fold like an envelope, roll end with filling, bring together 2 sides, roll again, pat to firm. Place in storage pan. Fry later. Serve with sour cream, jam or jelly, mixed fruit.

Variation: Vary filling. Same "crepe" can be used with ground meat filling for meat blintzes, topped with sour cream and even caviar.

Lillian Feinberg

Pepper Biscuit Pull-Apart

1/4 tsp. garlic powder

1/4 tsp. salt

1/4 tsp. basil leaves, crushed

1/4 tsp. oregano leaves,
crushed

1 (10 oz.) tube refrigerated
biscuits

4 1/2 tsp. olive oil

1/4 c. chopped green
bell pepper

1/4 c. chopped green
bell pepper

1/4 c. chopped red bell pepper

1/4 c. shredded Mozzarella
cheese

2 tsp. grated Parmesan cheese

Heat oven to 400°. In small bowl, combine garlic powder, salt, basil and oregano; blend well and set aside. Separate dough into 10 biscuits. Place 1 biscuit in center of ungreased cookie sheet. Arrange remaining biscuits in circle, edges slightly overlapping, around center. Gently press to 10-inch circle. Brush with oil; top with peppers and cheese, and top with garlic mixture. Bake at 400° for 12 to 15 minutes. To serve, pull apart warm biscuits. Makes 10 servings.

Alice (Franzen) Welch

Salads



Away in the Manger

Courtesy of the Richards Women: Ann, Sarah, Robin & Mary

Away in the refrig where no one can reach,
there lies a small fungus just wanting to breach
The plastic container where it once was kept;
it grew and divided while everyone slept.

It isn't egg salad, it isn't hors d'oeuvres
It's not anything that you would want to serve.
Don't open it, darling, it poisons the air
It's our contribution to bio-warfare.

Bring a Torch, Jeanette, Isabella

The Richards Women

Bring a hot dish Jeanette, Isabella, to the
fellowship potluck tonight
Tuna noodle or hamburg surprise, with
mushroom soup on top, top,
With mushroom soup on top, on top, or onion
rings would be nice.

Bring a salad Berniece, Arabella, George liked the
ones that you brought last year;
Seven layer with green peas and cheese, but
then the 3 bean's good enough for us, us,
Don't think you have to fuss, don't fuss, three
bean is good enough.

Bring dessert, Marie, Jane and Stella, chocolate
bundt cake is always a hit.
Lime jello would do for the fat ones, maybe you
shouldn't put marshmallows in it
Don't forget, Oreos just won't do this year, no
Oreos just won't do!

Hello Doris, it's me Maryella, reminding you of the
potluck tonight.
Don't forget to feed your son Rodney before you
come; remember what happened last year--
Did I tell you what Harvey said?--Just feed him
before you come!

Salads

Alan's Salad

1 c. each of any 3 fresh fruits,
cut into bite-size pieces

1 c. low-fat lemon yogurt
1/4 tsp. poppy seeds

In a small bowl, mix yogurt and poppy seeds with a whisk. Gently mix fruit pieces in a larger bowl. Pour yogurt mixture over fruit and serve. Serves 4 to 6.

Let your imagination run wild and use dramatically different combinations of fresh fruit! Alan likes this salad so much we finally named it after him. (He never makes it, just eats it.)

Kathleen Stinehart, Alan Christy

Frozen Fruit Salad

1 pkg. frozen strawberries,
thawed (you can use
fresh but they're more
work & you are just going
to freeze them anyway)

1 sm. can crushed
pineapple, drained
2 ripe bananas
1 can sweetened
condensed milk

Combine all ingredients in an 8x11-inch pan and mash together well. Smooth mixture in pan. Cover and freeze for at least 4 hours. Remove from freezer about 10 minutes before serving.

Sue Warman Coburn

Desert Greens Salad

5 oz. jicama
8 c. torn greens
3 oranges, sectioned

1 avocado, peeled
& coarsely chopped
1 sm. red onion, thinly sliced
1 can sliced ripe olives

DRESSING:

1/4 c. salad oil
1/2 tsp. grated orange peel
1/2 tsp. grated lemon peel

1/4 c. orange juice
2 T. lemon juice
1 T. sugar

Combine dressing ingredients; mix well. Add to rest of salad.

Someone brought this to a Welcoming Congregation potluck dinner at First Universalist Church of Minneapolis. It was so good everyone requested copies of the recipe.

Lois Hamilton

Scandinavian Slaw

2 T. dark brown sugar	1 sm. head green cabbage
1 T. water	1 sm. head red cabbage
2 T. lemon juice	1/3 c. finely-chopped onion
1/4 c. salad oil	1/2 c. undrained sweet pickle relish
1 1/2 tsp. salt	1/3 c. seedless raisins
1/8 tsp. pepper	
2 med. tart apples	

Stir sugar, water, juice, oil, salt and pepper in large bowl until sugar dissolves. Cut unpared apples into thin wedges; toss in dressing mixture immediately to prevent browning. Remove outer leaves from each head of cabbage; wash thoroughly and chill until serving time. Finely shred 2 cups cabbage from each head. Add cabbage, onion, relish and raisins to apple mixture, toss until combined. Chill slaw. At serving time, alternate reserved green and red cabbage leaves in bowl and fill with chilled slaw. Makes 8 servings.

Dorothy Kizer

*It is easy to remove the white membrane from oranges -
for fancy desserts or salads - by soaking them in boiling
water for 5 minutes before you peel them.*

Black Bean and Pepper Salad

- | | |
|---|---|
| 2 (15 1/2 oz.) cans black beans | 1/2 c. green peppers, seeded & cut into sm. squares |
| Vinaigrette with lemon & mint | 1 sm. red onion, cut into sm. squares |
| 1/2 c. red pepper, seeded & cut into sm. squares | 1 stalk celery, cut into sm. squares |
| 1/2 c. yellow pepper, seeded & cut into sm. squares | 6 sprigs cilantro for garnish |

VINAIGRETTE WITH LEMON AND MINT:

- | | |
|--------------------------------|--|
| 1 T. lemon or orange juice | 1/2 tsp. coriander seeds |
| 1 tsp. lemon or orange peel | 1/4 tsp. paprika |
| 1 T. sherry vinegar | 5 to 6 T. olive oil |
| 1/2 tsp. salt | 1 T. chopped mint |
| 1 clove garlic, finely chopped | 1 T. cilantro |
| 1/2 tsp. cumin | 1 jalapeño pepper, seeded & diced (opt.) |

Warm beans after draining. Prepare vinaigrette and add to drained warm beans, together with peppers, onion and celery. Fold everything together, taste and correct seasonings.

Vinaigrette: Combine juice, peel, vinegar, salt and garlic in bowl. Bruise cumin and coriander seeds with mortar or grind in spice grinder. Add spices with paprika to the combined ingredients and whisk in oil. Taste and balance proportion of acid and oil. Add fresh herbs and pepper if using.

Variations: May combine with tossed salad (e.g. romaine); add beans at last minute, along with avocados. May also use a white cheese (e.g. feta), crumbled. Can also use as part of a composed salad, served with fresh tomatoes and pickled onions.

Ham Cravens

Grease the salad mold with salad dressing, mayonnaise or salad oil and it will help the salad slip out easily.

Maret's Black Bean and Corn Salad

- | | |
|--|----------------------------------|
| 2 cans black beans, rinsed
well & drained | 3 stalks green onion,
chopped |
| 1 1/2 cans corn, rinsed
& drained | 1 to 2 tomatoes, diced |
| 1/2 to 1 red bell pepper,
diced | 1 sm. can diced green
chilies |
| 1/2 to 1 green pepper, diced | 3 to 4 T. cilantro, minced |

DRESSING:

Juice from 1 lime, or 2 oz.
lime juice

1 oz. canola oil
3 pinches salt
Black pepper, to taste

Mix all ingredients, then toss with dressing. Chill.

Janet and Erv Klaas

My Favorite Salad

- | | |
|--------------------------------------|---|
| 1 bag coleslaw mix | 2 bunches chopped green
onions |
| 1 c. sunflower seeds
(meats only) | 2 pkg. Ramen noodles
(beef flavored) |
| 1 c. slivered almonds | |

DRESSING:

2/3 c. oil
1/2 c. vinegar

1/2 c. sugar
2 pkg. Ramen noodle
seasoning mix

Mix together coleslaw mix, sunflower seeds, slivered almonds and chopped green onions. Crush the Ramen noodles and toss with mixture. Mix together oil, vinegar, sugar and seasoning mix from Ramen noodles. Refrigerate salad and dressing separately. Add dressing to salad shortly before serving.

Variation: I like to use broccoli slaw.

Peggy Vas

7-Up Salad

- | | |
|----------------------|--------------------------|
| 3 oz. lime gelatin | 7 oz. cold 7-Up |
| 1/2 c. boiling water | 1 1/2 c. cold applesauce |

Dissolve gelatin in boiling water. Add 7-Up and stir. Blend in applesauce. Pour into decorative bowl. Chill to set.

Great for holiday dinners.

Sue Crull

Charoses for Passover

1 c. chopped apple, fine dice 1/4 tsp. cinnamon
 1/4 c. chopped walnuts 1/4 c. kosher red wine
 2 tsp. honey

Mix all together and let sit overnight for best blending. Can be eaten immediately, too. Serves 8 at Seder.

Charoses symbolizes the mortar the Jewish slaves made to build Pharaoh's buildings. A "Hillel sandwich" is matzah, charoses and horseradish together. *Suzanne Zilber*

Bow-Tie Pasta with Tomato Vinaigrette

1 lb. bow-tie pasta

TOMATO VINAIGRETTE:

1 c. fresh tomatoes, peeled,
seeded & diced

1/4 c. fresh basil, chopped

1/8 c. red wine vinegar

1/8 c. Balsamic vinegar

1/4 c. Parmesan cheese

Preferable Parmigiano

Reggiano

2 shallots, chopped

2 garlic cloves, chopped
(best if use fresh garlic)

1 c. extra-virgin olive oil

1/4 red onion, finely diced

2 T. capers

Red pepper flakes

Salt & pepper, to taste

Put all vinaigrette ingredients in a bowl and stir briefly. Cook pasta according to package directions. Drain. May need to add a small amount of olive oil to prevent sticking. Top with Tomato Vinaigrette, a dusting of Parmesan cheese and some red pepper flakes. Serves 4.

This is a summer recipe when vine-ripened tomatoes are plentiful. *Sam Wormley*

Toss salads well so you can use less dressing which is healthier.

Pasta Salad

1 lb. pasta rotelle	1 cucumber
1/4 c. olive oil	1 green pepper
1/2 c. water	1 red onion
3/4 c. sugar	2 T. parsley flakes
3/4 c. white vinegar	2 T. tarragon
1 c. cherry tomatoes	

Cook pasta, cool; drain. Add olive oil. Chop onion, pepper and cucumber finely. Heat water and vinegar; dissolve sugar. Add parsley and tarragon; let cool. Mix all together. Add cherry tomatoes to top. Refrigerate for 12 to 24 hours.

Sam Wormley

Florentine Pasta Salad

1 c. chopped sun-dried tomatoes (not packed in oil)	1 (1 lb.) can cannellini, or kidney beans, drained & rinsed
1 c. water	2/3 c. fat-free Italian dressing
1 lb. bow-tie pasta	3 to 4 cloves garlic, crushed
8 c. chopped, fresh spinach	

If using a microwave oven, place the sun-dried tomatoes and water in a glass bowl, and microwave, uncovered, at HIGH POWER for 2 minutes. If using a conventional stove top, place the tomatoes and water in a small saucepan, bring to a boil, and boil for 20 seconds. Set the cooked tomatoes aside for about 20 minutes, or until they have absorbed the water and cooled. Cook the pasta al denté according to package directions. Drain, rinse with cold water, and drain again. Place the pasta in a large bowl. Add the remaining ingredients, including the cooled tomatoes, and mix well. Cover the salad and chill for at least 2 hours before serving. Yield: 12 servings.

Lillian Feinberg

Chinese Chicken Salad

DRESSING:

1/2 c. brown sugar

1/4 c. peanut oil

3/4 tsp. garlic, chopped

1 1/2 tsp. ginger, grated

1/2 c. rice vinegar

2 T. sesame oil

2 T. shallots, or green
onions, chopped

1/2 tsp. horseradish

SALAD:

1 c. poached chicken, sliced

1 bunch watercress,
chopped

2 c. Chinese pea pods,
julienned

2 c. celery, julienned

2 c. carrots, julienned

Mix dressing in blender. Mix salad in large bowl. Add half a cup of dressing. Serves 4 to 6.

Leanne Tesene

Spinach Salad

8 c. fresh, torn spinach

1 1/2 c. chopped apples

1/2 c. raisins

1/2 c. peanuts (shelled)

2 T. chopped scallions

1/4 c. wine vinegar

1/4 c. salad oil

2 T. (Major Grey) chutney

2 T. sugar

1/2 tsp. (or less) salt

1 1/2 tsp. curry powder

1 tsp. dry mustard

Use 10-ounce package spinach, tear into pieces. Chop apples. Add raisins, peanuts and scallions. Combine remaining ingredients and add to salad just before serving.

Note: Some people may choose to have apples, raisins, peanuts, scallions as side dishes to be added by guests.

Always enjoyed at UUA potlucks.

Ann Molison

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking it for an hour in the refrigerator.

Mandarin Orange Salad

1/2 c. sliced almonds	1 c. chopped celery
1 T. + 1 tsp. sugar	3 green onions, thinly sliced
1/2 head iceberg lettuce	1 can mandarin oranges
1/2 head romaine or Boston bibb	
DRESSING:	1 T. snipped parsley
1/3 c. vegetable oil	1/2 tsp. salt
2 T. vinegar	Pepper
2 T. sugar	Dash of red pepper

Cook and stir almonds and sugar in skillet over low heat until sugar is melted and nuts are coated. Cool and break apart. Set aside. Tear lettuce into bite-sized pieces. Place in bag, add celery and onions. Refrigerate.

Dressing: Shake and refrigerate for at least 1 hour. Pour dressing into bag. Toss. Add oranges and almonds. Toss and serve.

Jill Guffy

Lettuce Salad

Iceberg lettuce	Hard-boiled eggs
Green olives	Anchovies
Spinach	

Toss ingredients with dressing and enjoy.

Oil and Vinegar Dressing: One part vinegar to 3 parts olive oil (virgin).

A good olive oil is important and balsamic vinegar is suggested.

Helen Amanda Garner

Sunshine Spinach Salad

4 c. torn lettuce or other salad greens	1 (8 oz.) can sliced water chestnuts, drained
4 c. torn fresh spinach	1 c. sliced fresh mushrooms
1 fresh, sliced, or 1 (11 oz.) can mandarin orange sections, drained	1 sm. red onion, sliced & separated into rings
	1/2 c. low-calorie Italian dressing

In a large bowl, combine all ingredients except dressing. Chill until serving time. Toss with dressing. Makes 12 (1-cup) servings.

Lillian Feinberg

Celery Seed Dressing

- | | |
|--------------------|-----------------------|
| 1 1/4 c. sugar | 2 T. dehydrated onion |
| 2 tsp. dry mustard | 1 c. oil |
| 2 tsp. salt | 1 c. vinegar |
| 2 tsp. celery seed | 1 c. mayonnaise |

Put ingredients in blender and mix thoroughly. Refrigerate.

Tangy, sweet dressing, good with fruit salad or greens and citrus salad.

Mary Richards

Spinach Salad Dressing

- | | |
|-------------------|------------------|
| 1 c. salad oil | 2 T. brown sugar |
| 1 c. malt vinegar | |

Bring this dressing to a light boil and remove from heat and cool. Serve over fresh, cleaned California spinach with a garnish of toasted sesame seeds and chopped egg. Crisp bacon also makes a great garnish.

From the owner of Greenbelt Bed and Breakfast.

Stu Hinerfeld

Mediterranean Couscous Salad

- | | |
|--|--|
| 13 3/4 oz. vegetable broth | 1 c. (4 oz.) crumbled Feta cheese |
| 1 c. packaged couscous | 1 (2 1/4 oz.) can sliced black olives, drained |
| 1 (10 oz.) can garbanzo beans, drained | 2/3 c. Italian vinaigrette dressing |
| 1 c. sliced green onions, including tops | Lettuce/greens |

Bring broth to a boil. Stir in couscous. Remove from heat. Cover and let stand 5 minutes. Transfer couscous to large bowl and fluff with fork. Let stand another 5 minutes and fluff again. Mix in rest of ingredients. Pour dressing over and toss. Serve on a bed of lettuce.

Ann Pierce

A Great Fruit Salad

2 tins mandarin oranges

1 tin pineapple chunks

2 Braeburn apples

1 Granny Smith apple

2 bananas

1 sm. to med. bunch

seedless white grapes

1 sm. to med. bunch

seedless red grapes

Drain the pineapple and mandarin oranges. Peel the bananas and cut them down the center lengthwise, then slice at about 1/4 inch. Wash the grapes and slice into halves. Wash the apples and cut into about 1/2-inch chunks. Sprinkle or spray lightly with lemon juice to help fruit retain fresh colors. Mix all ingredients in a large salad serving bowl. Chill.

This fruit salad makes a great fruit dessert by adding a dollop of sweetened whipped cream.

Roger Jacobson

Soups



Soups

Mrs. Malia's Fish Chowder

Brown 4 to 6 pieces of bacon and break up into small bits. Add 1/2 to 1 onion, sliced, and cook until translucent.

Add:

46 oz. tomato juice

Dash of Tabasco sauce

1 lb. white fish

Dash of pepper

4 med. potatoes, cubed

Dried parsley (or whatever)

Simmer until done. Serves 4 to 6, depending on appetite and number of potatoes.

Duffie Lorr

American Chowder

1 med. onion

1/4 tsp. pepper

1/2 c. celery, diced

2 c. milk

2 T. margarine

2 T. flour

4 c. potatoes

2 c. ham, diced

2 c. water

1/2 lb. sharp Cheddar

1 tsp. salt

cheese, diced

Cook onion and celery in margarine until softened. Add water, potatoes, salt and pepper and cook until potatoes are cooked. Mix flour with a little milk until smooth. Stir this and remainder of milk into the soup. Add ham and heat until warm. Add cheese. Heat through until cheese is melted.

David Roth

Soup Accompaniments: *Clear Soups: crisp crackers, cheese pastry, cheese-spread toast strips.*

Vegetable-Barley Soup

- | | |
|--------------------------------------|-------------------------------------|
| 2 T. canola oil | 1 med. zucchini, sliced |
| 1 onion, chopped | 1 tomato, peeled, seeded
& diced |
| 1 clove elephant garlic,
diced | 1 c. barley |
| 1/2 yellow pepper, chopped | 6 c. water |
| 1/2 green pepper, chopped | 2 T. vegetable broth powder |
| 2 stalks celery, sliced | 2 tsp. tamari soy sauce |
| 1 c. baby carrots, sliced | Salt & pepper, to taste |
| 1 1/2 c. button mushrooms,
sliced | |

Sauté the onion, garlic, peppers, celery and carrots in the oil until tender. Add the mushrooms and zucchini and sauté until soft. Add the tomato and stir. Pour in the water, broth powder and tamari and bring it to a boil. Add the barley and when the mixture is boiling again, cover and reduce heat to simmer. Cook for 30 minutes, or longer. Taste and add salt and pepper as needed. Serve with croutons and a sprinkle of Parmesan cheese. Serves 6 to 8.

Barbi Greenlaw

Black Bean Soup

- | | |
|-------------------------|------------------------------------|
| 1 lb. black beans | 1 (16 oz.) can tomatoes,
cut up |
| 8 c. water | 2 T. Worcestershire sauce |
| 1 lg. onion, diced | 1/4 tsp. pepper |
| 2 cloves garlic, minced | 1 bay leaf |
| 2 carrots, diced | 2 tsp. salt |

Soak black beans in water overnight, or (my preferred method) bring to a boil in large pan, turn heat off, and let stand for 2 hours. Add other ingredients, bring to a boil. Then reduce heat and simmer until beans are tender (2 to 3 hours.)

For a special touch, top with sour cream and a spoonful of cooked frozen green peas.

Dianne Mumm

Clam Chowder: Add a dash of caraway seed, sage or thyme.

Mexican Pozole

(Soup)

1 lb. chicken or pork	2 cans hominy
1 lg. onion	1 1/2 tsp. oregano
1 clove garlic, minced	1 bay leaf
2 T. oil	2 tsp. cilantro
1/2 c. bell peppers, chopped	1/2 tsp. cumin
45 oz. chicken broth	1/2 tsp. coriander
1 tsp. chili powder	Lime wedges

Cut chicken or pork into 1-inch cubes. Sauté with next 4 ingredients for 30 minutes, or until meat is cooked. Combine with other ingredients in saucepan and simmer 15 minutes. Add lime wedges and serve. Serves 4.

We were introduced to pozole in a small Mexican village and loved it. It's very common in Mexico.

Shirley Rawson

Green Soup

1 lb. white navy beans	1 (16 oz.) can spinach
2 lb. cut-up ham	1 (16 oz.) can collard greens
2 sm. cut-up carrots	1 (16 oz.) can mustard greens
2 cut-up tomatoes	
2 sm. cut-up onions	

Rinse beans, cover with water and soak overnight. Place beans and their water in a soup kettle. Add all other items and cover everything with water. Bring to a boil and then cook on low through the day.

Makes a soup kettle full.

Jack Vas

Potato Soup

6 potatoes, peeled & cut in sm. pieces	1 T. parsley flakes
2 leeks, washed & sliced	5 c. water
2 carrots, pared & sliced	Salt & pepper, to taste
2 stalks celery, sliced	2 T. butter
4 chicken bouillon cubes	13 oz. evaporated milk

Put all ingredients except milk into slow-cooker. Cover and cook for 10 to 12 hours on low. Stir in milk during the last 20 minutes.

Optional: Mash potato mixture before serving.

Sue Crull

Favorite Minestrone

- | | |
|--|--|
| 3 T. olive oil | 1 (15 oz.) can tomatoes,
chopped |
| 1 med. onion, chopped | 1 (15 oz.) can kidney beans |
| 2 garlic cloves, minced | 4 oz. dried pasta (macaroni
or tripoline) |
| 2/3 c. chopped carrots,
celery & zucchini | Chopped fresh parsley |
| 1/2 c. chopped green beans | Salt & pepper, to taste |
| 2 tsp. dried basil | Fresh grated Parmesan
or Asiago cheese |
| 1 (24 oz.) can V8 vegetable
juice | |
| 2 c. vegetable or chicken
stock | |

Heat oil in soup pot. Add onion, garlic, carrots and celery; cook 5 minutes. Add zucchini, green beans and basil; cook 5 minutes. Add vegetable juice, stock, tomatoes and kidney beans. Stir and simmer 10 minutes. Add pasta. Cook until pasta is tender (10 to 15 minutes). Add parsley. Season with salt and pepper. Serve with grated cheese.

This is delicious served with crusty bread and a green salad with vinaigrette dressing.

Scholten Family

Pumpkin Bisque with Nutmeg Cream

- | | |
|---------------------------------------|--|
| 2 T. butter | 1 c. evaporated skim milk,
or half & half |
| 1 lg. onion, chopped | 3/4 tsp. salt |
| 3 lg. carrots, thinly sliced | 1/8 tsp. cayenne pepper |
| 1 (14 1/2 oz.) can vegetable
broth | 2 T. light or regular
sour cream |
| 1 (15 oz.) can unseasoned
pumpkin | 1/8 tsp. freshly-grated
nutmeg |

In large saucepan over medium-high heat, melt butter. Add onions and carrots; reduce heat, cover and cook 8 minutes. Add broth; cover and simmer for 15 minutes, or until vegetables are very tender. Transfer mixture to food processor or blender; process until fairly smooth. Return carrot mixture to saucepan; add pumpkin, milk, salt and cayenne pepper. Bring to a simmer; simmer, uncovered, for 5 minutes, stirring occasionally. Combine sour cream and nutmeg; mix well. Ladle soup into bowls; place spoonful of nutmeg cream in center.

Liz Weber

Squash, Carrot and Walnut Soup

2 T. butter	1/4 c. chopped walnuts
2 T. water	3 1/2 c. chicken or vegetable broth
1 lb. carrots, peeled & sliced	Salt & pepper, to taste
1 lb. winter squash, peeled, seeded & sliced	3/4 c. evaporated skim milk, or half & half
1/4 c. chopped onions	1 T. chopped parsley

In a stockpot, melt butter; add water. Add carrots, squash and onions. Cover pan and cook over low heat for 5 minutes. Add walnuts, stir briefly, then add 2 1/2 cups broth. Cover pan and cook at a simmer until vegetables are tender, about 15 minutes. Transfer soup to a food processor or blender, add remaining 1 cup chicken stock and purée until smooth. Season with salt and pepper. (Recipe can be done ahead to this point.) Reheat mixture with half & half. Taste and adjust seasoning before serving in warm bowls. Garnish each portion with a sprinkling of parsley.

Good served with hearty rye bread and fresh fruit.

Susan Jasper

Hearty Chicken Noodle Soup

1 Reames chicken noodle soup kit (frozen)	3/4 c. celery
2 qt. water	2 lg. bay leaves
1 1/2 c. sliced carrots	1 c. frozen peas

Dissolve spice packet in water in a large kettle. Add carrots and bay leaves. Bring to boil, add frozen noodles, stirring to separate. Return to boil, reduce heat and simmer 20 minutes. Stir occasionally to prevent noodles from sticking. Add chicken and frozen peas. Simmer 10 minutes more, until smooth and of desired doneness. Remove bay leaves.

Variation: I use 3 drumsticks for extra meat.

Really good, hearty soup.

Peg Vas

Potato-Corn Chowder

This soup is hearty and rich. It is best to make it one day in advance, because the flavors really come alive and melt together on the second day.

4 baking potatoes	1/2 tsp. dried marjoram
2 carrots	2 stalks celery + leafy tops
2 med. onions	1 c. corn, frozen, canned, or fresh
2 leeks	1/2 c. table cream, or 1 c. half & half, or milk
1 T. butter or oil	Leftover turkey, or chicken, or ham, chopped (opt.)
3 cans chicken broth (we prefer Progresso or homemade)	
1 tsp. dried basil	

Chop carrots, onions, celery and leeks (except dark green tops) into half-inch dice. Chop potatoes into 1-inch dice. Rinse the chopped leeks to remove any sand. In a soup pot, sauté the carrots, onions, celery and leeks until soft (but not brown) in the butter or oil. Add the basil and marjoram, and stir for a few minutes. Deglaze the pot with the broth, scraping the sides down. Allow to come to a boil, then lower heat to a simmer and add potatoes (and meat, if desired). Let simmer slowly, covered, until potatoes are tender, about 20 minutes. Add corn and stir. Soup should be very thick. If it's not thick, let it simmer down, uncovered, or mash a bit. Add cream or milk, and salt and pepper to taste.

Jennifer Keller

Potato Soup

10 to 12 potatoes, diced with peels left on	1 lg. onion, diced 1/2 tsp. salt
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Cook in small amount of water. Mash slightly, leaving chunks of potato.

WHITE SAUCE:	4 T. flour
4 T. oleo	4 c. milk

Melt oleo and stir in flour. Add milk.

Add sauce to potato mix (small amount at a time), stir constantly until thickened. Add salt and pepper and basil to taste. Add parsley (fresh, if possible). Heat and serve.

Kay Niyo

Curried Cream of Broccoli Soup

1 T. butter or margarine	1 c. water
1 lg. onion, chopped	1 bunch broccoli, cut into flowerets; stems cut into 1/2" cubes
2 cloves garlic, chopped	
3/4 tsp. curry powder	1 lg. potato, peeled & cut into 1/2" cubes
Freshly-ground black pepper, to taste	1 c. milk (skim or low-fat)
1 2/3 c. chicken broth	

In a large saucepan, melt butter or margarine and sauté onion and garlic a few minutes. Add curry, pepper, broth and water, bring to boil. Add broccoli and potato. Return to boil, reduce heat, cover pan and simmer 20 minutes, or until vegetables are tender. Purée soup in batches in blender/processor. Return purée to pan, stir in milk and cook over low heat until is hot. Don't boil it!

Lori Dawson

Cream of Wild Rice Soup

1/2 c. raw wild rice	4 T. flour
5 c. chicken broth	1 tsp. fresh lemon juice
3 ribs celery, sliced thin	5 c. 1% milk
1 lg. onion, diced	1/4 tsp. white pepper
5 T. margarine	1/2 tsp. salt

Simmer wild rice in the chicken broth until soft, not mushy. Microwave onion and celery until tender. In a 3-quart saucepan, make the roux using 5 tablespoons margarine and 4 tablespoons flour and 5 cups milk. Heat until thickened. Combine roux with wild rice and broth mixture. Add onion and celery. Season with salt, pepper and lemon juice.

Cheryl Lawson

*Chicken Soup: Add a dash of rosemary, tarragon or nutmeg.
Sprinkle paprika atop for color.*

Turkey Chili

- | | |
|---|---------------------------------|
| 1 lb. ground turkey (if all white meat, sauté in oil) | 1 (20 oz.) can chopped tomatoes |
| 1 green pepper, chopped | 1 (20 oz.) can chili beans |
| 1 onion, chopped | 1/2 tsp. cumin |
| 1 lg. clove garlic, chopped | 1/2 tsp. chili pepper |
| | Salt & pepper, to taste |

Sauté onion and garlic in oil over medium-high heat, then add green pepper. Sauté until tender (3 to 4 minutes); add cumin and chili powder. Add a little more oil and then add turkey, stirring to break it up as you sauté. Add the canned tomatoes and add chili beans; don't drain either can. Adjust liquid with tomato sauce or water; add a little sugar if it tastes too tart; add more chili powder if it tastes too bland. Bring to a bubble and then let simmer--the longer the better (within reason). Sprinkle a little Jack cheese on top to serve. Serves 4.

Note: It's just as fast and easy to make a double batch to freeze some; also, feel free to adjust proportions to suit taste.

Liz Weber

White Chili

- | | |
|--|---|
| 5 to 6 c. canned white beans with liquid | 2 tsp. dried oregano |
| 2 c. canned low-sodium chicken broth | 1/4 tsp. ground cloves |
| 1 tsp. minced garlic | 1/4 tsp. cayenne pepper |
| 1 c. chopped onions | Dash of Tabasco sauce |
| 1 tsp. olive oil | 4 c. cubed, poached chicken |
| 1 (4 oz.) can chopped green chilies | Optional garnishes: salsa, shredded Monterey Jack, cheese, chopped green onions, diced tomatoes, cilantro, plain yogurt |
| 2 tsp. ground cumin | |

In a 4-quart pot, combine the beans and 1 cup broth. In a small saucepan, sauté the garlic and onions in the oil until translucent and soft. Add the chilies and seasonings and mix thoroughly. Add the onion-chilies mixture to the beans. Cook over low heat 10 to 15 minutes. Add the chicken and cook over low heat 5 minutes, or until the chicken is heated through. Add more broth if needed. Serve with garnishes. Serves 6.

Susan Hegland

Gingered Carrot Soup

2 lb. carrots	1/4 tsp. cinnamon
4 c. water	1/4 tsp. allspice
1 T. butter or oil	1/4 tsp. dried mint
1 1/2 c. chopped onion	3 to 4 T. fresh lemon juice
2 med. cloves garlic, minced	1 c. lightly-toasted cashews
2 T. freshly-grated ginger	Buttermilk, to drizzle on top (opt.)
1 1/2 tsp. salt	
1/4 tsp. cumin	
1/4 tsp. ground fennel	

Peel and trim carrots, and cut them into 1-inch chunks. Place in a medium-large saucepan with the water, cover, and bring to a boil. Lower the heat, and simmer until very tender (about 10 to 15 minutes, depending on the size of the carrot pieces). Meanwhile, heat the butter or oil in a small skillet. Add onions, and sauté over medium heat for about 5 minutes. Add garlic, ginger, salt and spices. Turn heat to low, and continue to sauté for another 8 to 10 minutes, or until everything is well mingled and the onions are very soft. Stir in lemon juice. Use a food processor or blender to purée everything together (including the toasted cashews). You will need to do this in several batches. Transfer the purée to a kettle, and heat gently just before serving. If desired, pass a small pitcher of buttermilk, for individual drizzlings. Serves 6 to 8.

Lynn Fawcett

Fruit Soup

3/4 c. dried apricots, cut in 4 pieces	1/2 c. sliced, fresh apple, peeled
3/4 c. raisins (white & brown)	1 (No. 1) can sweet, pitted bing cherries
3/4 qt. water	1/2 c. grape jelly or grape juice
1/2 c. sugar	1/4 c. orange juice
1 stick cinnamon	2 T. lemon juice
3 to 4 T. quick tapioca	

Soak apricots and raisins in water 6 to 8 hours, or overnight. Add sugar, stick cinnamon, and cook 30 minutes, covered. Remove cinnamon stick. Add tapioca (soak first in a little cold juice a few minutes), apple slices, cherries with juice, grape jelly, or juice, orange and lemon juice. Cook 5 minutes, or until clear and slightly thickened. Serve warm or cold, with dab of whipped cream.

I got this recipe from my aunt who married into a Swedish family in Minneapolis. This soup is featured at her Swedish church's smorgasbord at Christmas time.

Lois Hamilton

Vegetarian



Graces

Earth, water, air, and fire combined to make this food.
Numberless beings have died and labored that we may eat.
May we be nourished that we may nourish life.

Ojai School



The food which we are about to eat
Is Earth, Water, and Sun, compounded through the alchemy
of many plants.

Therefore Earth, Water and Sun will become part of us.

This food is also the fruit of the labor of many beings and
creatures..

We are grateful for it.

May it give us strength, health, joy.

And may it increase our love.

Unitarian Prayer

Vegetarian

Vegetable Lasagna

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|--------------------------------|--------------------------------------|
| 1 T. olive oil | 1/2 c. (sm. can) sliced black olives |
| 8 oz. fresh mushrooms, sliced | 10 lasagna noodles, <u>raw</u> |
| 1 c. carrots, coarsely grated | 1/2 to 3/4 lb. fresh spinach, raw |
| 1 dry onion, chopped fine | 1 lb. cottage cheese |
| 1 (15 oz.) jar spaghetti sauce | 1 lb. Monterey Jack cheese, grated |
| 1 (6 oz.) can tomato paste | Parmesan cheese, grated |

In large frying pan, sauté mushrooms, carrots and onion in oil at medium heat until tender, but not brown. Add spaghetti sauce, tomato paste and olives to vegetable mixture and stir until blended. Lightly coat 9x13-inch pan with cooking spray. In the pan, layer 1/3 vegetable mixture, 5 raw noodles (4 lengthwise, 1 across the bottom), half of cottage cheese, half of spinach leaves and half of Jack cheese. Repeat layers. Cover with last 1/3 vegetable mixture and top with plenty of Parmesan cheese. Cover the pan with foil tightly. Bake at 375° for 1 1/2 hours. Let stand for at least 5 minutes before cutting.

Note: A pan with sides 2 1/2 inches high allows up to 1 pound spinach to be layered.

Marilyn Keller

Vegetable Lasagna

- | | |
|-------------------------------|---|
| 10 lasagna noodles | 1/2 tsp. pepper |
| 24 oz. cottage cheese | 1 (28 oz.) jar Ragu sauce |
| 1/2 c. grated Parmesan cheese | 1 (16 oz.) bag frozen California vegetables |
| 2 T. parsley flakes | 1 lb. grated Mozzarella cheese |
| 2 eggs, beaten | |
| 2 tsp. salt | |

Cook the lasagna noodles and drain. Spray 9x13-inch pan with cooking spray. Layer 5 noodles in pan. Mix cottage cheese, Parmesan cheese, eggs and spices. Spread half of mixture over noodles. Pour half a jar of Ragu over mixture. Cook and drain frozen vegetables, 4 to 5 minutes. Arrange over sauce. Top with half of Mozzarella cheese. Repeat noodles, cottage cheese mixture, Ragu sauce and Mozzarella cheese. Bake at 350° for 30 to 40 minutes. Let stand 10 minutes before cutting, so filling can set slightly. Serves 12 to 16.

Sue Ann Peck

Lasagna al Forno

(Spinach Lasagna)

3 to 4 c. tomato sauce	1/4 c. grated Parmesan cheese
1 lb. whole wheat lasagna noodles	1 c. ricotta cheese, blended with 1/2 c. skim milk
1/2 c. chopped walnuts, almonds, or sunflower seeds	Extra Parmesan cheese for sprinkling on top
1 med. bunch spinach or 10 oz. frozen, chopped spinach, cooked & drained well	Shredded carrots, yellow squash, or mushrooms for extra color & flavor (opt.)
16 oz. grated Mozzarella cheese	

Cook noodles in boiling water until tender, drain, rinse in cool water and drain well. Preheat oven to 350°. Toast nuts or seeds in skillet over medium heat until fragrant and lightly toasted. Wash and dry spinach; chop in bite-size pieces. Spread 3/4 cup of sauce in 9x13-inch lasagna pan. Place 1 layer of noodles on top. Cover with 1/3 of the spinach, 1/4 of the nuts, 1/3 cup of ricotta cheese blend, 1 1/2 tablespoons Parmesan cheese, and a layer of shredded Mozzarella cheese. Repeat layers twice. Spread the last cup of sauce on top and sprinkle with remaining nuts, Mozzarella and Parmesan cheese. Bake for 35 to 40 minutes and let stand 10 minutes before cutting.

Note: Ovens vary in temperature so watch the lasagna toward the end of the cooking time. It is done when it starts to brown on top and the sauce is bubbling around the edges.

Kathi Conger

To prevent boiling potatoes from turning black, add a small amount of cream of tartar.

Vegetable Lasagna

1 lb. ricotta cheese	2 (26 oz.) jars Newman's Sockarooni tomato sauce (use 1 1/2 jars)
3 c. Mozzarella cheese, grated	2 sm. zucchini, sliced*
2 eggs, or Egg Beaters	Fresh mushrooms, sliced*
1 (10 oz.) pkg. chopped spinach, thawed	1/4 to 1/3 c. freshly-grated Parmesan cheese
1 tsp. dried sweet basil	1 c. water
Uncooked lasagna noodles (approx. 10 oz.)	

*Provide enough to make 1 layer of each, loosely placed.

Mix ricotta, 1 1/2 cups Mozzarella cheese, eggs, spinach and basil. Slice zucchini and mushrooms. Use a 9x13-inch pan, and build layers. (I do not grease pan.) Cover bottom of pan with thin layer of sauce. Cover sauce with single layer of noodles, laid side by side. Spoon and spread 1/2 cheese-spinach mix over noodles. One layer zucchini slices. One layer sliced mushrooms. Cover with sauce. Repeat noodle layer. Repeat cheese-spinach layer. Cover with sauce. Top with 1 1/2 cups Mozzarella cheese and grated Parmesan cheese. Pour 1 cup of water into corners of pan. Cover tightly with foil. Bake 1 hour, covered, at 350°. Continue baking 1/2 hour, uncovered. Remove from oven and let it stand for 15 minutes before serving.

Lynn Fawcett

When making scalloped potatoes, instead of flour for thickening, try either 10 to 12 crushed soda crackers or 1/2 cup raw rice. The potatoes will not curdle.

Spinach Lasagna

10 dried lasagna noodles	1/2 c. grated Parmesan cheese
1 c. chopped onion	2 beaten eggs
1 c. sliced fresh mushrooms	1 tsp. dried basil, crushed
4 cloves garlic, minced	1/2 tsp. dried oregano, crushed
2 tsp. olive oil	1 (30 1/2 oz.) jar spaghetti sauce
1 (10 oz.) pkg. frozen, chopped spinach, thawed & well drained	1/4 c. grated Parmesan cheese
1 (15 oz.) ctn. low-fat ricotta cheese	
1 c. shredded Mozzarella cheese	

Cook lasagna noodles in large pot of boiling water, following package directions, for 10 to 12 minutes, until tender but still firm. Drain noodles; rinse with cold water and drain well. Preheat oven to 375°. In a large skillet, cook onion, mushrooms and garlic in olive oil until tender but not brown. Set aside. Pat spinach dry with paper towels. In a medium bowl, stir together spinach, ricotta cheese, Mozzarella cheese, the 1/2 cup Parmesan cheese, eggs, basil, oregano and pepper. Stir in mushroom mixture. Spread 1/2 cup of the spaghetti sauce evenly in the bottom of a 9x13x2-inch glass baking dish. Arrange 3 lasagna noodles over sauce (patch broken noodles as needed with extra noodles). Layer with half the mushroom-spinach mixture and 1 cup of the spaghetti sauce. Repeat layers, starting with noodles, then mushroom mixture, then spaghetti sauce, then noodles. Spoon remaining spaghetti sauce over the top; sprinkle with the 1/2 cup Parmesan cheese. Bake, covered, in a 375° oven for 20 minutes. Uncover and bake about 10 minutes more, or until heated through. Let stand 10 minutes before serving (to allow lasagna to set up so that it will hold its shape when cut). Serves 10 to 12.

Susan Hegland

Cottage Cheese Squares

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|--|-----------------------|
| 1 c. brown rice, cooked
(2 to 3 c. cooked) | 2 tsp. salt |
| 1/2 c. dry red beans,
cooked, or 14 oz. can | 3 T. parsley, chopped |
| 3 eggs | 1 T. fresh rosemary |
| 1 c. milk | 1/2 c. carrot, grated |
| 2 c. cottage cheese | 2 T. butter |
| | 1/4 c. onion, minced |

Cook rice and beans. Beat eggs, adding milk, cottage cheese, salt, herbs and carrot. Sauté onion in butter until soft; add to egg mixture with drained beans and rice. Bake in buttered 9x13-inch pan at 375° for 25 minutes. Set in a pan of hot water while baking if possible. Bake until knife inserted in center comes out clean. Cool for 10 minutes. Cut in squares and serve.

Note: Use fresh rosemary; it really makes a difference.

Susan Franzen

Cauliflower Curry

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|---|-------------------------------|
| 1 1/2 c. onion, chopped | 1/2 c. unsweetened
coconut |
| 1 med. head cauliflower,
cut in pieces | 2 T. raw peanuts, toasted |
| 2 T. oil | 1/2 tsp. turmeric |
| 2 T. toasted sesame seeds | 1/4 tsp. cayenne pepper |
| 2 T. ground cumin | 1 tsp. salt |
| 1/2 tsp. ground cloves | 2 cloves garlic |
| 1 1/2 tsp. ground ginger, or
fresh ginger root | Juice of 1/2 lemon |

Sauté onions until translucent. Add cauliflower and mix. Add all remaining ingredients except lemon juice. Cook over low heat until cauliflower is tender. Add lemon juice and cook a few minutes more. Serve with a large bowl of rice surrounded by small bowls of yogurt or raita, orange slices, lemon slices, raisins, cucumbers, tomatoes, sweet pepper strips and toasted nuts or coconut.

Susan Franzen

Curried Vegetable Cobbler

- | | |
|--|--|
| 1 T. tomato or vegetable
bouillon | 1 c. evaporated skim milk |
| 1 c. water | 1 T. cornstarch |
| 1 c. parsnips, cut in 1/4"
slices | 1 T. curry powder |
| 1/2 acorn squash, cut in
1" wedges | 2 c. mushrooms, sliced |
| 2 c. leeks | 1/2 c. chopped celery |
| 1 (16 oz.) can vegetarian
beans in tomato sauce | 1 1/2 c. shredded
Jarlsberg cheese |
| | 2 c. rye bread, cut in 1/2"
squares |

Bring bouillon and water to boil. Add vegetables. Simmer 5 minutes. Add beans. Set aside. Mix milk, cornstarch and curry powder. Set aside. Stir-fry mushrooms 5 minutes. Add celery; stir-fry 2 minutes. Mix with other vegetables, then milk mixture. Add half of Jarlsberg to vegetables. Put in 2 1/2-quart casserole dish. Put bread cubes on top. Bake at 375° for 15 to 20 minutes. Add remaining cheese and bake 5 minutes longer. Serves 6.

Shirley Rawson

Vegetarian Supper Dish

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|---------------------------|-----------------------------------|
| 1 c. rice | 1/4 tsp. salt |
| 2 T. oil | 1/8 tsp. pepper |
| 1/2 c. chopped onions | 2 c. chopped tomatoes |
| 2 garlic cloves, minced | 1 can kidney beans,
drained |
| 1 c. chopped zucchini | 1/2 c. shredded Cheddar
cheese |
| 1 c. chopped green pepper | |
| 1/2 tsp. oregano | |

Cook the rice. Heat oil. Cook and stir onions and garlic. Add zucchini, green pepper and spices. Cook 5 minutes. Add tomatoes and kidney beans; cover and cook until heated through. Serve over rice. Sprinkle with Cheddar cheese.

Sue Ann Peck

Vegetarian Harira

- | | |
|---|---|
| 1 c. chopped onion | 2 T. green cilantro leaves,
puréed |
| 1 c. chopped parsley
(preferably Italian flat
leaf) | 1 c. canned garbanzo
beans, drained |
| 1 T. finely-chopped celery
leaves | 2 lb. ripe tomatoes, peeled
seeded & puréed |
| 1 tsp. freshly-ground black
pepper | 1 T. tomato paste |
| 1 tsp. turmeric | Salt |
| 2 T. butter | 1/2 c. fine soup noodles |
| 1/2 tsp. ground cinnamon | 2 T. semolina flour, mixed
with 1/2 c. water |
| 2 tsp. dry vegetable broth
mix | Lemon wedges |
| 1/2 c. dried lentils (3 oz.) | Cilantro sprigs |

In a large soup pot, cook onion, parsley, celery leaves, pepper and turmeric in butter for 3 to 4 minutes, stirring. Then add cinnamon and vegetable broth mix. Cook slowly, stirring until golden but not browned (10 to 15 minutes). Pick over and wash lentils. In a mortar, pound cilantro leaves with a little salt, or purée the leaves in an electric blender with 3 tablespoons water. To prepare tomatoes, bring 2 cups water to a boil, drop in tomatoes and boil 15 seconds. Remove, cool, cut out stem end and peel. Slice in half crosswise and squeeze gently over a sieve to remove the seeds. Save and use the juice. Cut into small pieces, then purée in blender. Add lentils, cilantro paste, puréed tomatoes, tomato paste and garbanzo beans to the pot. Cook 15 minutes over low heat, then add 1 1/2 quarts water and cook until lentils are soft and soup is well blended. Five minutes before serving, salt to taste and add the noodles slowly, while stirring. Bring to a boil and cook 2 minutes, then stir in the flour-water mixture. Cook 3 minutes longer, stirring constantly. Serve at once, with lemon wedges and cilantro sprigs. Serves 6 to 8.

This soup (or a meat version) is traditionally served in Morocco to break the fast at the end of a day during the Muslim celebration at Ramadan.

Betty Stanley

Fresh tomatoes keep longer if stored in the refrigerator with stems down.

Vegetarian Reuben Rolls

1 1/2 c. white flour	1 egg
1 c. rye flour	4 oz. black olives, chopped
1 pkt. yeast (2 1/2 tsp.)	4 oz. mushrooms, chopped
1 c. milk	8 oz. sauerkraut
3 T. oil	1 T. mustard
2 T. sugar	1/2 tsp. horseradish
1/2 tsp. salt	3 (1 oz.) slices Swiss cheese

In large bowl, mix 1/2 cup white flour with rye flour and yeast. Heat milk, oil, sugar and salt until lukewarm (115°), stirring. Add to flour mix. Add egg. Beat 1/2 minute with electric mixer on low speed. Beat 3 minutes on high speed. Stir in remaining 1 cup white flour by hand. Dough will be sticky. Cover; chill 45 minutes to 1 hour in refrigerator. (Longer is OK.) Meanwhile, drain and rinse kraut. Mix kraut with olives, mushrooms, mustard and horseradish. Spoon dough into 12 greased 2 1/2-inch muffin cups. With floured fingers, make indentation in center of each blob of dough; heap filling into indentation. Cover with towel and let rise in warm place 20 minutes. Bake 30 to 35 minutes at 375°. Cut each slice of cheese in 4 triangles; top each roll with a cheese triangle and bake 1 to 2 minutes longer to melt cheese.

This recipe doubles very easily. These are good to pack in lunches because the cheese holds the filling in.

Ruth Fink-Winter

Stuffed Chili Peppers

4 c. canned tomatoes	1 (8 oz.) pkg. cream
2 to 4 jalapeños, chopped	cheese, or 1 ctn. sour
1 c. uncooked brown rice	cream
2+ c. farmer's cheese, grated	8 oz. peanuts, or almonds,
8 lg. chili peppers	chopped

Cook tomatoes and jalapeños for about 1/2 hour, uncovered, to thicken. Cook brown rice until done. In large saucepan, mix rice, tomato-pepper mixture and 1 cup of the grated cheese (set other half of cheese aside for now) and cook on low heat until cheese is melted. Remove seeds from chilies by slitting down the middle, and spread cream cheese or sour cream inside. Fill the rest of the chili with the rice mixture. Put remaining rice mixture in an 8 1/2 x 11-inch pan. Lay chilies in the mixture and cover with remaining cup of grated cheese and nuts. Cook for 1 hour at 350°.

Peggy Dohrer Naylor

Bulgarian Pepper and Cheese Casserole

1 c. mushrooms, sliced	Pepper
1 1/2 c. minced onion	3/4 c. Feta cheese, crumbled
4 1/2 c. green peppers, chopped	1 1/2 c. cottage cheese
1 T. butter	1 1/2 c. raw bulgur
1 1/2 T. tamari	1 1/2 c. boiling water
1 1/2 T. sherry	4 eggs, beaten
1 tsp. marjoram	Paprika
1/2 to 1 tsp. salt	

Sauté vegetables in butter until tender. Add seasonings and mix well. Crumble Feta and mix with cottage cheese. Soak bulgur in boiling water for 15 minutes. Oil 2-quart casserole and layer: bulgur, vegetables and cheese. Top with eggs and dust with paprika. Bake at 350° for 40 to 45 minutes, until set. Let stand 10 minutes before serving.

Susan Jasper

Use rice instead of potatoes for vegetable stew that you plan to freeze. Use 1/4 to 1/2 cup rice, depending upon the amount of liquid that you have.

Peppers Stuffed with Rice and Tomato

2 1/2 c. water	1 c. minced onion
1 tsp. salt	2 c. peeled & seeded tomatoes
1 sm. bay leaf	8 med. green bell peppers, seeded, deribbed & cut in half lengthwise
1 c. long-grain white rice, uncooked	1 tsp. tomato paste
1 T. olive oil	
1 garlic clove, chopped	

Preheat the oven to 350°. In a large pot, bring 2 cups of the water and the salt and bay leaf to a boil over high heat. Add the rice, cover, and reduce the heat to medium. Simmer for 15 minutes, stirring occasionally, to be sure the rice doesn't stick. When the rice is nearly cooked, set aside. In a medium-size sauté pan, over medium heat, cook the garlic and onion in olive oil until the onions are translucent, 3 to 5 minutes. Meanwhile, place tomatoes in a mixing bowl and break up with your fingers to crush them. Add to the sauté pan and cook until hot. Strain any excess water from the rice. Add the tomato mixture to the rice and stir. Place the peppers in a shallow baking dish and fill with the stuffing mixture. In a small mixing bowl, mix the tomato paste and the remaining 1/2 cup water and pour around the outside of the peppers. Bake for 45 minutes, basting twice with the tomato paste mixture. Remove from the oven and serve warm.

Makes 8 servings.

Lillian Feinberg

*Let raw potatoes stand in cold water before frying
to improve crispness of French fries.*

Palo Alto Vegetable Burritos

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|--|------------------------------------|
| 2 to 3 c. canned tomatoes | 2 T. oil |
| 2 to 3 jalapeño peppers | 1 to 2 c. grated cheese |
| 1 to 2 onions, chopped med. | 6 to 8 flour tortillas,
steamed |
| 2 to 3 zucchini, chopped
med. | Sour cream |
| 1/2 to 2/3 c. almonds,
chopped coarsely | |

Combine chopped tomatoes with their juice and finely chopped jalapeños in saucepan and simmer until flavors are well blended (45 to 60 minutes). Sauté onions and almonds in frying pan with oil. Add zucchini and a little water and cover to steam until somewhat tender. Stir occasionally. Ingredients will be assembled at dining table. Vegetables and almonds are rolled in tortilla and covered with cheese, tomato-pepper sauce, and optional dollop of sour cream.

Note: Quantities and ingredients can be adjusted to taste.

George Naylor

Corny Macaroni and Cheese

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| 2 c. tricolor macaroni
twists, cooked & drained | 1/2 c. Egg Beaters (99%
egg product), or any
egg substitute product |
| 1 c. skim milk | 1/2 c. shredded Cheddar
cheese |
| 1 c. 1% low-fat cottage
cheese | 10 premium crackers, or
any other saltine cracker
(any variety) |
| 1 (8 3/4 oz.) can whole
kernel corn, drained | Dash of salt & pepper (opt.) |

In large bowl, combine macaroni, milk, cottage cheese, corn, egg product and 1/4 cup Cheddar cheese; spoon into greased 9x9x2-inch baking dish. Bake at 350° for 30 minutes. In small bowl, toss crackers with remaining 1/4 cup cheese; sprinkle over macaroni mixture. Return to oven; bake 30 minutes more, or until browned and set. Makes 6 servings.

With a few adaptations, I originally got this recipe from the back of a premium cracker box!

Adrian DeVore

Chilaquile Casserole

12 uncooked corn tortillas,
defrosted
2 (4 oz.) cans diced green
chilies
2 to 3 c. grated Jack cheese

A few dashes salt
& pepper
3 lg. eggs
2 c. buttermilk

OPTIONAL ADDITIONS:
1 to 2 c. cooked pinto beans
1/2 lb. firm tofu, cut in thin
slices
Sm. touches of cumin, basil,
&/or oregano

1 c. chopped onion,
sautéed until soft
1 sm. zucchini, slices
or cubed, & lightly
sautéed
Sliced olives

Preheat oven to 375°. Butter or oil a 2-quart casserole or a 9x13-inch pan. Tear 6 tortillas into bite-sized pieces and spread them evenly in the greased casserole. Distribute half the chilies and half the cheese over the layer of tortillas. (At this point, spread, sprinkle, or place any optional additions on top of the cheese.) Tear the remaining tortillas and spread them on top. Follow with the remaining chilies and cheese. Beat the eggs and buttermilk together with salt and pepper. Slowly put this custard over the casserole. Bake, uncovered, for 35 minutes at 375°. Serve hot, warm, or at room temperature.

This is a great way to use up leftover vegetables, or whatever happens to be on hand. Serve with tortilla chips, salsa and a green salad!

Susan Jasper

Keep a container labeled "For Soup" in the freezer. Each time there is just a small amount of vegetable leftover from a meal, add it to the "soup" container. Later, add to a pot of soup without wasting vegetables.

Vegetarian Chili

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|---|--|
| 3 cloves garlic, minced | 2 T. cider vinegar |
| 1 c. chopped onions | Several dashes Tabasco sauce |
| 1 tsp. olive oil | 1 (14 oz.) can pinto beans,
rinsed & drained* |
| 2 (14 1/2 oz.) cans chopped
tomatoes | 1 (15 oz.) can black beans,
rinsed & drained* |
| 1 (4 oz.) can chopped green
chilies | 1 (15 oz.) can red kidney
beans, rinsed & drained* |
| 2 (15 oz.) cans chicken broth* | 1 (15 oz.) can whole kernel
corn, rinsed & drained* |
| 1 (8 oz.) can tomato sauce* | Optional garnishes: salsa,
shredded Monterey Jack
cheese, chopped green
onions, diced tomatoes,
cilantro or plain yogurt |
| 3 to 4 tsp. chili powder | |
| 1 tsp. dried oregano,
crushed | |
| 1 tsp. Dijon-style mustard | |
| 1 tsp. ground cumin | |
| 1/2 tsp. pepper | |

In a 4-quart pot, cook garlic and onion in hot oil until translucent, but not brown. Stir in undrained tomatoes, chilies, chicken broth, tomato sauce, chili powder, oregano, mustard, cumin, pepper, vinegar, and, if desired, Tabasco sauce. Stir in pinto beans, black beans and kidney beans. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Stir in corn; simmer, covered, about 10 minutes more, or until vegetables are tender. Serve with garnishes. Serves 6.

*I prefer to use low-sodium canned broth, sauce, beans and tomatoes when available.

Susan Hegland

Quick Soup au Pistou

- | | |
|--|--|
| 2 (14 1/2 oz.) cans
vegetable broth | 1 (15 to 16 oz.) can white
beans (such as Great
Northern), drained |
| 1 (14 to 16 oz.) can Italian-
style stewed tomatoes | 1 oz. spaghetti, broken
into 1" pieces
(about 1/3 c.) |
| 2 c. mixed, cut-up raw
vegetables (such as
broccoli, cauliflower,
carrots & celery) | 1/4 c. pesto |

Bring broth and tomatoes with their juices to boil in heavy saucepan over high heat, breaking up tomatoes with back of spoon. Add vegetables. Reduce heat to medium-low. Cover; simmer 10 minutes. Add beans and pasta; cook, uncovered, until vegetables are tender and pasta is cooked through, about 10 minutes. Season with salt and pepper. Ladle soup into bowls; top with large spoonfuls of pesto.

Jane Lohnes

Spinach and Broccoli Enchiladas

- | | |
|---|----------------------------------|
| 1 med. onion, chopped | 1 c. finely-chopped
broccoli |
| 1 T. margarine | 1 c. picante sauce |
| 1 (10 oz.) pkg. frozen,
chopped spinach, thawed
& drained | 1 1/4 tsp. ground cumin |
| 1 c. shredded Cheddar or
Monterey Jack cheese | 3/4 tsp. garlic salt |
| 1 c. ricotta, or small-curd
cottage cheese | 8 flour tortillas (6" to 7") |
| | Sliced radishes, for topping |
| | Shredded lettuce, for
topping |

Cook onion in margarine until tender. Add spinach, cook and stir until moisture evaporates. Remove from heat and stir in 1/2 cup of Cheddar, all of ricotta, broccoli, 1/3 cup of the picante, cumin and garlic salt. Spoon 1/3 cup of the spinach mixture down the center of each tortilla and roll up. Place seam-side down in lightly-greased 7x11x2-inch baking dish. Spoon remaining 2/3 cup picante sauce evenly over enchiladas. Cover with foil; bake at 350° about 20 minutes, or until heated through. Sprinkle with remaining 1/2 cup of Cheddar, top with lettuce and radishes. Serve with additional sauce. Makes 4 servings.

Janet and Erv Klaas

Garlic Roast Corn

- | | |
|----------------------------------|---|
| 6 ears fresh corn | 1 tsp. paprika (if you like
corn spicy, substitute
cayenne pepper for
paprika) |
| 1 tsp. oregano | |
| 1/2 c. butter, softened | |
| Fresh minced garlic, to
taste | |

Rinse corn, wipe dry. Place butter, garlic, paprika and oregano in a bowl and mash together with a fork until well mixed. Using approximately half the butter (save half to serve on the side), spread a tablespoon of the butter mixture onto each ear of corn. Wrap each ear of corn in foil and place corn on the outer edges of the barbecue or on the top rack (not directly on coals). Cook for about 30 minutes, turning corn several times during cooking. When corn is done, remove foil and place corn on grill above the coals for a couple of minutes, turning the corn, so all sides turn brown. Serve the corn with the remaining butter mixture on the side.

Jay Vas

Eggplant Parmesan

1 whole eggplant	1 c. spaghetti sauce
1/4 c. oil	(Prego)
1/2 lb. sliced Mozzarella	1/2 lb. fresh mushrooms,
cheese	sliced
1/2 c. bread crumbs	Egg substitute (equivalent
2 whole tomatoes (sliced	to 1 egg)
very thin)	

Peel eggplant and slice in 1/2-inch rounds. Sprinkle with salt and allow to stand for 1 to 2 hours. Rinse with cold water. Using mallet, pound eggplant slices to 1/4-inch thickness. Dip eggplant slices in egg substitute, then in bread crumbs. Sauté breaded eggplant in oil. Drain on absorbent paper. Place eggplant in bottom of 10x10-inch oven baking dish. Arrange tomato slices on eggplant; then sliced mushrooms. Top with spaghetti sauce. Arrange Mozzarella cheese over top. Bake at 450° for 15 to 20 minutes. Finish browning cheese under broiler, if necessary. Serves 6.

Peggy Vas

Granny Char's Spaghetti Casserole

1/4 lb. margarine	8 oz. vermicelli spaghetti
1 c. finely-chopped onions	8 oz. sharp Cheddar
12 oz. puréed mushrooms	cheese, shredded
1 c. shredded zucchini	16 oz. spaghetti sauce

Sauté margarine, onion and mushrooms. Boil spaghetti. Shred cheese and zucchini. Mix spaghetti sauce with spaghetti, sautéed vegetables and zucchini. Mix in shredded cheese. Pour into greased casserole. Bake at 325° for 1 hour or more. Serves 5 to 6. Can be served as main dish.

Suzanne Zilber

Adding sugar and horseradish to cooked carrots improves their flavor.

Cashew and Mushroom "Roast" with Festive Vegetarian "Gravy"

- | | |
|-----------------------------|---------------------------|
| 1 T. canola oil | 1 tsp. fresh rosemary, or |
| 1 onion, finely chopped | 1/2 tsp. dried rosemary |
| 2 cloves garlic, crushed | 1 tsp. fresh thyme, or |
| 2 c. cashew nuts | 1/2 tsp. dried thyme |
| (raw, if possible) | 1/2 c. vegetable stock |
| 1 c. fresh bread crumbs | & hot water |
| 1 egg | 1 T. "Marmite" yeast |
| 4 parsnips, peeled, steamed | extract |
| until soft & mashed with | Salt & freshly ground |
| a little butter | pepper |
| | 4 c. chopped mushrooms |

"Marmite" yeast extract is difficult to obtain in some areas, so a quarter cup of good quality soy sauce, or soy sauce mixed with vegetable stock, can be substituted for the yeast extract dissolved in hot stock or water. The soy sauce and/or yeast extract give the roast a darker, "beefy" appearance. If less soy sauce or yeast extract (or none) is used, the roast will be more "turkey" colored.

Preheat the oven to 350°. Heat the oil and fry the onion until soft. Chop the cashew nuts in a food processor or nut mill, and then mix with the bread crumbs. Beat the egg and add it to the nuts and bread crumbs, then mix in the cooked, mashed parsnips and the herbs. Add the fried onion. Dissolve the "Marmite" yeast extract in the hot stock or water and add it to the other ingredients. (Alternatively, add 1/4 cup of soy sauce, or soy sauce and stock). Season well with pepper. (Instead of salt I like to add more soy sauce, but it partly depends on how dark or light you want the roast to look. For a light "turkey-looking" roast, add less soy sauce.) Sauté the chopped mushrooms in some more oil until they are soft. Add to nut mixture. Grease a 2-pound meat loaf pan, or any other mold with butter. (Do use butter, just for greasing the pan, as the loaf turns out of the pan if it is greased with butter. Sprinkle a few cashew nuts (saved) in the pan to form a decoration when the "roast" is turned out later. Press

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the nut-and-parsnips mixture into the pan or mold. Cover with foil and bake for 1 hour. When it is cooked, let it stand for at least 10 minutes before turning it out of the pan. Run a knife around the edge of the pan, and turn the "roast" out on a serving plate. Serves 6 to 8.

Serve with festive vegetarian "gravy".

This is an excellent vegetarian substitute for turkey or roast beef, etc., at Thanksgiving, Christmas, and similar occasions. It works well if baked in a loaf tin, like meat loaf, but it is much nicer and more luxurious than meat loaf, so if you have an appropriate mold that looks more festive than a loaf pan, use that.

*Kay Puttuck,
Stan Henning*

Mushroom and Sherry Sauce with Festive Vegetarian Gravy

1 T. oil or butter

8 oz. mushrooms, quartered

1/2 c. good dry sherry

4 tsp. flour

1 pt. good vegetarian stock

Salt & freshly-ground

pepper

Sauté the mushrooms briefly in the oil and butter, then add the sherry. Cover and cook for 2 to 3 minutes on high heat. Uncover and continue to cook, stirring constantly, until all the liquid evaporates. (This will make the mushrooms well-browned and add to the final flavor.) Reduce the heat to moderate, add the flour, and cook it thoroughly, stirring constantly, for 5 to 6 minutes. Remove from the heat, and add the stock a little at a time, stirring well to prevent lumps. When the stock and flour are well blended, return to the heat and simmer for 3 to 5 minutes, making sure the flour is thoroughly cooked. Stir constantly. Season to taste. Let it cool slightly, then liquidize in a blender. Reheat it gently in a clear pan.

I have served this gravy at several Thanksgivings, and non-vegetarians always eat it with relish, pouring it all over their turkey, their mashed potatoes, and everything else.

*Main
Dishes*



Approximate 100 Calorie Portions

Almonds (shelled)	12-15 nuts	Macaroni	3/4 c. cooked
Angel cake	1 3/4" cube	Malted milk	3 Tbsp.
Apple	1 large	Marmalade & jelly	1 Tbsp.
Apple pie	1/3 normal piece	Marshmallows	5 regular
Apricots	5 large	Mayonnaise	1 Tbsp.
Asparagus	20 large stalks	Meat, cold sliced	1/8" slice
Bacon	4-5 small pieces	Meat, fat	size 1/2 chop
Bananas	1 medium	Meat, lean	size 1 chop
Beans, canned, baked	1/3 c.	Milk	5/8 c. (regular)
Beans, green string	2 1/2 c.	Molasses	1 1/2 Tbsp.
Beets, sliced	1 1/3 c.	Onions	3-4 medium
Bread, all kinds slice	1/2" thick	Oranges	1 large
Butter	1 Tbsp.	Orange juice	1 c.
Buttermilk	1 1/8 c.	Peaches, fresh	3 medium
Cabbage, shredded	4-5 c.	Peanut butter	1 Tbsp.
Cake	1 3/4" cube	Pears, fresh	2 medium
Candy	1" cube	Peas, canned	3/4 c.
Cantaloupe	1 medium	Pecans	12 meats
Carrots	1 2/3 c.	Pie	1/4 ordinary serving
Cauliflower	1 small head	Pineapple	2 slices 1" thick
Celery	4 c.	Plums	3-4 large
Cereal, uncooked	3/4 c.	Popcorn	1 1/2 c.
Cheese	1 1/8" cube	Potatoes, sweet	1/2 medium
Cottage cheese	5 Tbsp.	Potatoes, white	1 medium
Cherries, sweet fresh	20	Potato salad	1 c.
Cookies	1-3" in diameter	Prunes, dried	4 medium
Corn	1/3 c.	Radishes, red button	3 doz.
Crackers, soda	4	Raisins, seeded	1/4 c.
Crackers, graham	2 1/2	Raisins, unseeded	2 Tbsp.
Cream, thick	1 Tbsp.	Rhubarb, stewed and	
Cream, thin	4 Tbsp.	sweetened	1/2 c.
Cream sauce	4 Tbsp.	Rice, cooked	3/4 c.
Dates	3-4	Rolls	1 medium
Doughnuts	1/2 doughnut	Rutabagas	1 2/3 c.
Eggs	1 1/2 eggs	Sausage	2 small
Fish, fat	size of 1 chop	Sauerkraut	2 1/2 c.
Fish, lean	size of 2 chops	Sherbet	4 Tbsp.
Flour	4 Tbsp.	Spinach	2 1/2 c.
Frankfurter	1 small	Squash	1 c.
French dressing	1 1/2 Tbsp.	Strawberries	1 1/3 c.
Grapefruit	1/2 large	Sugar, brown	3 Tbsp.
Grape juice	1/2 c.	Sugar, white	2 Tbsp.
Grapes	20	Tomatoes, canned	2 c.
Gravy	2 Tbsp.	Tomatoes, fresh	2-3 medium
Ice cream	1/4 c.	Turnips	2 c.
Lard	1 Tbsp.	Walnuts	8-16 meats
Lemons	3 large	Watermelon	3/4 slice,
Lettuce	2 large heads		6" diameter

Main Dishes

Chicken Enchiladas

FILLING:

2 chicken breasts, baked, cooled & cut into sm. cubes	1 tsp. cumin
1 (14 oz.) can black beans, drained	Salt & pepper, to taste
1 c. corn	1/3 c. minced onion, either green or white
1/4 c. minced fresh cilantro	Salt & lots of black pepper, or paprika
2 med. fresh tomatoes, diced	Diced red or green pepper (opt.)

ADDITIONAL COMPONENTS:

1 can enchilada sauce	12 oz. Monterey Jack cheese (a mixture of Jack & Cheddar is nice)
5 to 8 tortillas (whole wheat are good, flour okay, corn are too brittle)	

Mix filling ingredients; oil a cake pan. Put enchilada sauce in a plate. One by one, dip tortillas in the sauce on each side (quickly; they don't need to be saturated). Rest tortilla in pan; fill with 1/6 of the chicken mixture. Roll loosely and shove toward end of pan; secure temporarily with skewers, if desired. Continue until chicken mixture is used up. Pour any leftover sauce on top. Sprinkle cheese over the whole thing; garnish with more chopped cilantro or chopped green onion tops. Sprinkle with paprika. Cover with tinfoil and bake at 350° for 30 minutes. Remove tinfoil and bake another 10 minutes. Serves 2 to 4.

Note: Proportions seem to work better if you make a double batch. Assembly takes a little time, but the leftovers are worth it.

Liz Weber

Add leftover coffee to ham, beef or pork gravy for a beautiful color.

Chicken-Broccoli Casserole

- | | |
|---|---|
| 2 sm. pkg. frozen broccoli
flowerets | 1/2 c. mayonnaise (not
Miracle Whip) |
| 2 cans cream of mushroom
soup | 1/2 c. sour cream |
| 3 to 4 chicken breasts, cooked
& cut in bite-size pieces | 2 T. lemon juice |
| | 1 c. grated sharp cheese |

Mix together 1/2 stick melted butter with 1 cup corn flake crumbs. Cook broccoli until almost tender. Drain well and place in bottom of 1 1/2-quart baking dish. Cover with chicken pieces and salt and pepper. Mix soup, mayonnaise, sour cream and lemon juice. Spread on top of the chicken. Sprinkle with the grated cheese and corn flake crumbs. Bake at 350° for 30 minutes.

Sue Warman Coburn

Chicken Sauterne

- | | |
|---|---------------------------------|
| 2 (2 lb.) frying chickens or
chicken breasts
equivalent | 1 tsp. thyme |
| 1 tsp. salt | 1/3 c. fine dry bread
crumbs |
| 1/2 tsp. pepper | 3 T. butter or margarine |
| 1/3 c. minced parsley | 2 T. olive oil |
| 1 clove garlic, minced | 1/3 c. water |
| | 1/2 c. dry white wine |

Wash and dry chicken. Lay in single layer in large shallow pan, skin side up. Sprinkle with salt, pepper, Parmesan, parsley, garlic, thyme and bread crumbs. Dot with butter or margarine. Drizzle olive oil over all. Add water around chicken. Bake, uncovered, at 350° for 1 hour. Remove from oven. Pour wine along sides of pan. Cover with foil. Bake 30 minutes. Use pan drippings as sauce for wild rice. Serves 8.

Bobbie Warman

Use an ice cream dipper to make meat balls.

Apricot Chicken Divine

2 T. margarine	1 tsp. salt
2 T. olive oil	1/2 c. apricot preserves
8 skinned chicken breast halves	1 T. Dijon mustard
1/2 c. white flour	1/2 c. sour cream
	2 T. slivered almonds

Preheat oven to 375°. Melt margarine with oil in shallow baking pan. Meanwhile, shake chicken in plastic bag with the flour and salt until chicken is coated. Arrange chicken in single layer in the baking pan; bake for 25 minutes. Combine apricot preserves, mustard and yogurt. Spread this on the chicken; bake for 30 minutes more, or until done. Serves 6 to 8.

Note: One-half cup of nonfat yogurt (0 fat calories, 55 total calories) can replace 1/2 cup sour cream (135 sat-fat calories, 247 total calories).

Lotus Miller

Chicken Tetrazzini

1/4 c. butter	2/3 c. shredded Parmesan cheese
1/4 c. flour	1/2 (8 oz.) pkg. thin spaghetti, cooked
1 tsp. salt	2 c. cooked chicken, bite-size
1/4 tsp. garlic salt	1 (3 oz.) can broiled in butter mushrooms, undrained
1/8 tsp. white pepper	
2 c. milk	
2 c. half & half	
2 chicken bouillon cubes	
1/2 c. cooking sherry	

Melt butter. Blend in flour, salt, garlic salt and pepper. Add milk, half & half and bouillon cubes. Cook, stirring constantly, until thick and smooth. Add sherry, 1/3 cup Parmesan cheese, spaghetti, chicken and mushrooms. Stir carefully. Pour into shallow 2-quart casserole. Sprinkle with remaining cheese. Bake at 375° until bubbly, 20 to 25 minutes. Makes 6 to 8 servings.

Note: I use all milk and it works fine.

Mary Richards

Party Chicken

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|--|--|
| 8 boneless chicken breasts | 1 can sliced mushrooms |
| 8 slices Monterey Jack
cheese | 2 c. seasoned dressing mix |
| 1 can cream of chicken soup | 1 stick melted margarine
(opt.) |
| 1 c. chicken broth | |

Place chicken in 9x13-inch casserole; cover with cheese. Sprinkle with mushrooms. Mix soup and broth; pour over chicken. Slightly crush dressing mix; sprinkle on top. Pour butter over (optional). Bake at 350° for 1 1/2 hours, uncovered.

Marvel Skadberg

Chicken on Pasta, Asian Style

- | | |
|--|--|
| 2 T. vegetable oil | 1 T. honey |
| 3 cloves garlic, minced | Salt & pepper |
| 2 jalapeño peppers, seeded
& minced | 1 T. oil |
| 1 1/2 c. coconut milk | 3/4 c. diced red bell pepper |
| 1/3 c. creamy peanut butter | 1/2 c. minced green onion |
| 1/3 c. soy sauce | 1/2 c. sliced mushrooms |
| 2 T. fresh lime juice | 1 lb. chicken breasts, in
1/4" strips |
| 1 T. sesame oil | 1 lb. linguine |
| 2 T. minced fresh ginger | |

Sauté garlic and jalapeños in oil until tender, not brown. Add next 8 ingredients; whisk until smooth. Bring to a simmer; set aside. Sauté bell pepper, onions and mushrooms in oil for 3 minutes. Add chicken. Sauté until chicken is white, approximately 3 minutes. Add first mixture and warm. Cook linguine according to package directions; drain. Put on serving plate and pour chicken mixture on top. Garnish with green onions. Serves 4.

This is a different dish with the coconut milk and peanut butter and has become a favorite with our family.

Shirley Rawson

Chicken Piccata with Lemon Slices

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|---|--|
| 2 whole chicken breasts,
boned & halved (can buy
already boned) | 1 can chicken broth, not
concentrated |
| Garlic salt & pepper | 2 lemons (one cut into 4
slices, other for juice) |
| 1 T. butter or margarine | 1 1/2 tsp. lemon juice |
| 2 T. olive oil | Chopped parsley, fresh or dried |

Season chicken with garlic salt and pepper. In a heavy skillet, melt butter over medium heat; add oil. Add chicken; sauté until golden brown on each side. Transfer to a plate. Pour off any excess fat. Add 3/4 can chicken broth. Boil briskly 1 to 2 minutes, stirring constantly. Return chicken to skillet. Arrange lemon slices on top. Cover; simmer over low heat 25 to 30 minutes, or until tender. Check amount of liquid in pan after 20 minutes, may need to add a small amount of water. Remove chicken to a heated serving plate. Keep warm in oven. Add remaining broth. Boil briskly until broth is reduced to a syrupy glaze--this will take from 2 to 5 minutes. Add lemon juice; cook and stir for 1 minute. Pour over chicken; sprinkle with parsley. Serve. Makes 2 servings.

This is especially nice for company. It takes about 45 minutes to prepare.

Sam Wormley

Kung Pao Chicken

- | | |
|--|-------------------------|
| 1 lb. chicken breast | 1 1/2 T. cornstarch |
| 4 pieces hot pepper | 1 1/2 T. cold water |
| 1/2 c. peanuts, deep-fried
or roasted | 1 T. soy sauce |
| 1 tsp. fresh ginger, chopped | Oil, for frying chicken |

SEASONING SAUCE:

- | | |
|----------------|-------------------|
| 2 T. soy sauce | 1 T. sugar |
| 1 T. wine | 1 tsp. cornstarch |
| | 1 tsp. sesame oil |

Cube chicken into 1-inch pieces. Add soy sauce, cornstarch and water. Stir and soak for 1/2 hour or more. Wipe clean; remove tips, seeds from pepper. Cut into pieces. Fry chicken in boiling oil for 1/2 minute. Remove chicken; drain off oil. Heat 2 tablespoons oil; fry pepper until it turns black. Add ginger and chicken. Stir quickly. Add seasoning sauce. Stir until thickened and heated. Add peanuts. Mix well just before serving. Serve with rice. Yield: 4 main-dish servings.

Margaret C. Jaynes

Jalapeño Chicken Casserole

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|----------------------------|-------------------------------|
| 1 lg. onion | 2 pkg. frozen chopped spinach |
| 1 pt. sour cream | 2 cans cream of chicken soup |
| Jalapeño peppers, to taste | 1 (7 oz.) pkg. Doritos |
| 6 c. cooked cut-up chicken | 2 c. sharp Cheddar cheese |
| 2 c. Monterey Jack cheese | |

Mix onion, spinach, sour cream, cream of chicken soup, chicken and jalapeño peppers. Alternate crushed Doritos, chicken mixture and cheese mixture. Make 2 layers of each, ending with cheese. Bring to room temperature before baking. Bake at 350° for 30 to 40 minutes. This fills a large casserole dish.

Kris Jurik

Chicken Veronique

- | | |
|---|---------------------------------|
| 2 whole chicken breasts,
boned (from 2 chickens) | 1 T. all-purpose flour |
| 2 T. butter or margarine | 1 c. seedless grapes,
halved |
| 1 c. sliced fresh mushrooms | 1/4 c. dry white wine |
| 2 T. sliced green onion | Hot cooked rice |
| 1/3 c. chicken broth | |

Brown mushrooms in butter; set aside. Dredge chicken breasts in flour. Brown, adding butter if necessary. Place chicken in baking dish. Add wine, broth, onions and mushrooms. Bake at 350° for 25 minutes. Add grapes the last 10 minutes.

Victor and Janet Urbanowicz

A large roast or turkey can be carved easily after it stands for 30 minutes.

Chicken in Sweet Red Pepper Sauce

2 1/4 lb. chicken (boneless, if you prefer)	1 tsp. cumin
1 lg. onion, peeled & coarsely chopped	2 tsp. coriander
1 (1") cube ginger, peeled & coarsely chopped	1/2 tsp. turmeric
3 cloves garlic	1/2 tsp. cayenne pepper
2 1/2 T. blanched, slivered almonds	2 tsp. salt, or to taste
3/4 lb. sweet red peppers, coarsely chopped	7 T. cooking oil
	1 c. water
	2 T. lemon juice
	1/2 tsp. black pepper
	Hot cooked basmati rice

Combine onion, garlic, ginger, almonds, peppers, cumin, coriander, turmeric, cayenne and salt in blender. Blend until it's a paste. Heat oil in pan; fry paste 10 to 12 minutes. Add chicken, water, lemon juice and black pepper. Stir and bring to a boil. Cover and simmer for 25 minutes, stirring occasionally. Serve over basmati rice.

Victor and Janet Urbanowicz

Honey-Baked Chicken

6 chicken legs, skinned	1 tsp. salt
1/2 c. honey	1/4 tsp. curry powder
1/4 c. prepared mustard	

Place chicken in 9x9-inch pan. Combine the rest of ingredients; pour over chicken. Bake at 350° for 1 1/2 to 2 hours, basting every 1/2 hour.

Jeanne Roth

Use a small amount of baking powder in gravy if it seems greasy. The grease will disappear.

Wild Rice-Chicken Casserole

4 to 4 1/2 lb. chicken	1/4 tsp. pepper
1/2 c. wild rice	1 c. chicken stock
1 c. long-grain rice	1 c. half & half
1/4 c. butter or margarine	1 (6 oz.) can button mushrooms
1/3 c. chopped onion	1/4 c. diced pimento
1/2 c. diced green pepper	1/2 tsp. marjoram
1/4 c. flour	1/2 c. sherry
1 tsp. salt	

Cook chicken until tender. Cool. Remove meat from bones and dice into 1-inch cubes. Cook wild rice and long-grain rice separately according to directions on package. Put butter in skillet; add chopped onion. Cook over low heat until golden. Add chopped green pepper; cook 5 minutes longer. Add flour, salt and pepper. Combine chicken stock and cream. Add to flour mixture gradually, stirring constantly. Cook over low heat until consistency of medium white sauce. Add mushrooms (do not drain), pimentos, marjoram and sherry. Combine wild rice, white rice and diced chicken. Put alternate layers of chicken-rice mixture and sauce in 2-quart buttered casserole or baking dish. Cover and bake in moderate oven (350°) for 30 minutes. Makes 8 to 10 servings.

Note: I use fresh mushrooms and increase the chicken broth by 1/2 cup. Can be made ahead.

Receives rave reviews.

Bobbie Warman

Hot Chicken Salad

4 to 6 chicken breasts, cooked & cubed	1 lg. ctn. sour cream
1/2 to 1 c. celery, chopped	1 c. mayonnaise
1/2 onion, chopped	2 to 3 c. shredded Cheddar cheese
1 sm. bag sliced almonds	1 can onion rings
1 can chopped water chestnuts	

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

Sara Warman Nelson

Chicken and Vegetable Spaghetti

4 oz. spaghetti	1 c. water
3 T. butter	2 T. dry sherry
1 or 2 garlic cloves, minced	2 tsp. chicken bouillon granules
1 c. thinly-sliced carrots	1/4 tsp. dried tarragon
1 c. asparagus, cut into 1 1/2" pieces	1 T. cornstarch
2 c. diced cooked chicken	1 T. water
2 c. frozen snap-peas, thawed & drained	1/4 c. grated Parmesan cheese
1/4 c. sliced green onions	

Cook and drain spaghetti. Melt butter; cook and stir garlic for 1 minute. Add carrots and asparagus; stir-fry 5 minutes. Stir in chicken, snap-peas, green onions, water, sherry, bouillon and tarragon. Cook 3 to 5 minutes, or until vegetables are tender-crisp. In a small bowl, blend cornstarch and 1 tablespoon water. Add to cooking mixture, stirring constantly to thicken. Serve over cooked spaghetti. Sprinkle with Parmesan cheese. Serves 3 or 4.

Sue Ann Peck

Sonya's Chicken Adobo

1 T. cooking oil	2 bay leaves, broken
1 whole garlic, minced	1 T. white vinegar
1 (3 lb.) chicken, cut into 2" pieces, skinned	2 crushed chicken bouillon cubes in 1 c. water
1 T. peppercorns	Salt & pepper, to taste
1 T. soy sauce	

Sauté garlic; remove and set aside. Brown chicken in same oil. Add seasonings. Cover and simmer 45 minutes, stirring occasionally. Allow broth to condense to about 1/2 cup. Add reserved garlic and more salt and pepper if needed. Cover and simmer 10 minutes more. Serve with boiled rice. Serves 6 to 8.

This is a classic favorite from the Philippines, Sonya's country.

Sonya Rodolfo-Sioson

Navajo Stew

4 turkey tenderloin pieces	1 c. orange juice
2 lg. yams	1 to 2 T. chili powder
2 (16 oz.) cans black beans	1 tsp. salt
1 onion	1 T. olive oil
2 to 3 cloves garlic	

Cut turkey into bite-size pieces; sauté in skillet with olive oil. Drain fat; set aside. Chop onion and garlic; sauté in skillet. Cut yams into bite-size pieces and place in large pot or kettle with orange juice, onions, garlic and turkey pieces. Place over low-medium flame; cook until yams are tender, but not mushy. Add black beans, chili powder and salt. Add more liquid to keep food from sticking to bottom of pot, if necessary. Serve when beans have warmed. Serves 6 to 8.

Benette Sherman

Turkey Breast Fillets

4 turkey breast fillets	2 T. red wine vinegar
2 T. olive oil	1/2 tsp. basil leaves

Mix oil, vinegar and basil leaves. Pour over turkey fillets, turning once. Marinate 2 to 4 hours. Grill 6 to 9 minutes per side, basting with marinade when turned over, or broil 10 to 13 minutes per side.

Note: Four is a convenient number of fillets; it usually serves twice as many as number of fillets, depending on their size.

Joan L. Mathews

Pot Roast with Honey and Lemon

2 lb. beef roast	1 T. lemon juice & slice of rind
1 tsp. garlic salt	1 T. honey
1 tsp. paprika	1 bouillon cube
2 T. flour	1/2 c. water
2 T. shortening	1 sm. onion, chopped

Rub beef roast with salt, paprika and flour. Brown well in hot shortening. Add remaining ingredients. Cover and let simmer until meat is tender. This will take about 2 hours.

Joan White

Sherried Beef

- | | |
|--|--|
| 3 lb. stew meat or round
steak, cut into sm. pieces | 1 to 2 sm. cans whole or
sliced mushrooms |
| 2 cans cream of mushroom
soup | 1/2 pkg. dry onion soup mix |
| 3/4 c. sherry or cooking wine | 1 T. sweet pepper flakes |
| | 1 T. mixed vegetable flakes |

Combine all ingredients in 2-quart casserole. Cover. Bake at 325° for 3 hours. Serve over rice or noodles. Serves 6 to 8.

This is so quick, easy and delicious. No browning of the meat--that is what I like.

Leanne Tesene

Six-Layer Dinner

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

Layer above ingredients in greased 2 1/2-quart casserole. Cook, covered, at 350° for 2 1/2 hours. Serves 6.

Jack Vas

Crock-Pot Beef Fajitas

- | | |
|------------------------------------|-------------------------|
| 1 1/2 lb. beef flank steak | 1 tsp. chili powder |
| 1 onion, sliced | 1 tsp. cumin |
| 1 green pepper, cut into
strips | 1 tsp. ground coriander |
| 1 jalapeño pepper, chopped | 1/4 tsp. salt |
| 1 T. cilantro | 1 (8 oz.) can tomatoes |
| 2 cloves garlic, minced | 12 (8") flour tortillas |

TOPPINGS:

- Sour cream
- Guacamole

- Shredded Cheddar cheese
- Salsa

Put first 11 ingredients in crock-pot. Cook on high for 4 to 5 hours, or on low for 8 to 10 hours. Serve on flour tortillas. Add toppings. Serves 6 to 8.

Sue Ann Peck

Shepherd's Pie

1/2 to 3/4 lb. minced steak	1/2 tsp. Worcestershire sauce
1/2 tsp. oil	6 shakes pepper
1/2 diced med. onion	1/4 tsp. mixed herbs
1/2 grated carrot	1/4 tsp. salt
1 tsp. chopped parsley	1/2 tsp. butter
1 T. tomato sauce	1 T. milk
1/4 c. water	1 med. potato

Peel potato and cut into bite-sized pieces. Cook in salted water until tender. Mash potato; add milk, 3 shakes pepper, and butter. Heat oil. Brown the steak; add onion. Cook lightly. Add rest and simmer, with lid on, 20 minutes, stirring occasionally. Place meat in casserole; put mashed potatoes on top. Heat in 350° oven about 15 minutes. Serves 4.

Matia Jacobson

Marinated Flank Steak

1 to 2 lb. flank steak	1 T. instant coffee
1/4 c. olive or vegetable oil	1 clove garlic, minced
3 T. soy sauce	1/4 tsp. pepper
3 T. dry red wine	Dash of Tabasco sauce

Trim flank steak and score both sides diagonally at 1-inch intervals. Combine oil with mixture of soy sauce, red wine and instant coffee in plastic bag. (A 1-gallon Ziploc works great.) Add minced garlic, pepper and Tabasco. Marinate steak in bag for 3 to 24 hours in refrigerator, turning to distribute liquid. Broil 5 to 6 minutes per side and cut into thin slices (1/4- to 3/8-inch). Cut across the grain and at a sharp angle.

Note: Gas or charcoal grill also works well for cooking.

Bob Haug

For golden-brown fried chicken, roll in powdered milk instead of flour.

Pepper Steak

1 1/2 lb. top beef round or sirloin steak, 3/4" to 1" thick	1/4 tsp. ginger
1/4 c. olive or salad oil	2 med. green peppers, cut into 3/4" strips
1 c. water	1 T. cornstarch
1 med. onion, cut into 1/4" slices	2 to 3 tsp. sugar (opt.)
1/2 tsp. garlic salt	2 T. soy sauce
	2 med. tomatoes
	Hot cooked rice

Trim fat from meat; cut meat into strips, 1/4 x 2-inches. Heat oil in large skillet. Cook meat in oil, turning frequently, until brown, about 5 minutes. Stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat; cover and simmer 12 to 15 minutes for round steak, 5 to 8 minutes for sirloin. Add green pepper strips during last 5 minutes of simmering. Blend cornstarch, sugar and soy sauce; stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cut each tomato into eighths; place on meat mixture. Cover; cook over low heat just until tomatoes are heated through, about 3 minutes. Serve over rice. Serves 4 to 5.

Sam Wormley

Bohemian Beef Dinner

2 lb. boneless beef, in 1" cubes	1 tsp. dill seed
2 T. shortening	1 tsp. caraway seed
1 tsp. salt	1 tsp. paprika
1/4 tsp. pepper	1/2 c. water
2 med. onions, thinly sliced	1 c. dairy sour cream
1 clove garlic, minced	1 (1 lb. 13 oz.) can sauerkraut

Brown beef in shortening. Add next 8 ingredients. Cover tightly and cook slowly for 2 1/2 to 3 hours, or until meat is tender. Add sour cream and heat through. Heat sauerkraut in separate saucepan; drain and put in serving dish. Top with beef mixture. Sprinkle paprika on top. Serves 6.

This goes well with potato pancakes and red German cabbage. The sauerkraut is a must. It's very dull without it.

Shirley Rawson

Quick Sauerbraten

1 T. flour	1/4 c. brown sugar
1 can beef consommé	Lemon juice from 1/2 lemon
1 can water	1 sm. onion, sliced
8 gingersnaps, crumbled	1/2 tsp. allspice
1/4 c. raisins	1 bay leaf
1/4 c. cider vinegar	Sliced cooked beef roast

Blend flour, consommé and water in saucepan. Add next 8 ingredients; simmer 10 minutes. Add beef; heat and serve with potato pancakes or noodles.

Note: I substitute beef bouillon cubes for consommé sometimes. A quick way to use leftover beef.

Shirley Rawson

Punja

1 lb. hamburger	2 T. Worcestershire sauce
1/2 c. chopped onions	2 T. sugar
1 can tomatoes, undrained	1 to 2 T. curry powder
1 can mixed vegetables	2 T. flour
1 (8 oz.) can tomato sauce	2 c. rice

Brown hamburger and onions in large skillet. Add next 3 ingredients; stir. Add following 4 ingredients; stir. Sprinkle flour over. Stir well. Simmer 15 minutes. Cook rice. Serve topping over rice. Serves 6.

This was a frequent quick meal when our 4 children were growing up and I was a working mom.

Shirley Rawson

To make a fluffy meat loaf, beat an egg white stiff, and add it after all other ingredients have been mixed.

Italian Casserole

- | | |
|--------------------------------|--|
| 1 1/2 lb. ground beef | 1 tsp. oregano leaves |
| 1 1/2 c. fresh chopped onion | 1 tsp. sugar |
| 1 (32 oz.) jar spaghetti sauce | 1/4 tsp. pepper |
| 1/3 c. water | 5 med. potatoes, peeled & thinly sliced |
| 1 1/2 tsp. salt | 1 (8 oz.) pkg. Mozzarella cheese, shredded |
| 1 tsp. basil | |

In a 12-inch skillet over medium-high heat, cook ground beef and onions until onions are tender, about 10 minutes, stirring occasionally. Add spaghetti sauce, water, salt, basil, oregano leaves, sugar and pepper. Cook 2 minutes more to blend flavors. In a 9x13-inch baking dish, evenly spoon 1/3 meat mixture. Arrange 1/2 of potatoes on top. Repeat layering, ending with meat mixture. Cover dish tightly with foil. Bake in 375° oven for 1 hour, or until potatoes are fork-tender. Remove foil; sprinkle mixture evenly with Mozzarella cheese. Bake 10 minutes, until cheese melts. Let stand 10 minutes.

From a church potluck.

Megan Fairall

Hazel's Chili and Rice

- | | |
|------------------------|---|
| 1 lb. hamburger | 2 cans chili beans, or 1 can kidney beans & 1 can chili beans |
| 1 med. onion, chopped | 2 cans tomato soup |
| Chili powder, to taste | 4 c. cooked rice |

Brown hamburger; add onion, chili powder, soup and beans. Simmer 15 minutes. Serve over rice.

Hazel made this as a meat stretcher for her family since Charlie's student days at Ann Arbor, Michigan. It was a staple of our family and we love it!

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Zucchini Casserole

- | | |
|--|-----------------------------|
| 5 zucchini | 1 lb. ground beef |
| 1 (1 qt.) jar spaghetti sauce | Mozzarella cheese, to taste |
| Parmesan cheese, to taste | |
| 1 can tomatoes, or fresh tomatoes, or 1 can tomato sauce | |

Blanch zucchini in microwave. Brown ground beef. Mix sauce and hamburger. Layer ingredients in casserole dish, starting with sauce, then zucchini, more sauce, then Mozzarella with Parmesan cheese, more sauce and more cheese. Bake at 350° for approximately 30 minutes, or until bubbly and cooked through.

Peggy Vas

Penne with Spicy Sausage and Broccoli

- | | |
|---|---|
| 1/2 lb. hot or spicy turkey sausage links, sliced | 1 lb. broccoli flowerets, steamed crisp-tender |
| 1 T. extra-virgin olive oil | Optional topping: 1/3 c. freshly-grated Romano cheese |
| 2 garlic cloves, pressed or minced | |
| 1 lb. penne pasta, cooked al denté | |

In large skillet over medium-high heat, combine sausage and about 1/4 cup water, breaking up sausage with back of wooden spoon while it cooks. Allow water to evaporate and brown sausage. Add about 2 tablespoons water; stir to loosen browned bits of sausage from bottom of pan. Add olive oil and garlic; cook until garlic starts to sizzle. Add broccoli and cook until heated through. Stir in cooked pasta. Sprinkle with cheese (if desired) and serve immediately. Makes 4 servings.

Note: This recipe also works with 1/2 pound turkey kielbasa as a substitute for 1/2 pound turkey sausage links. It originally came from the 9/96 issue of *Essence* magazine.

Adrian DeVore

Beef Brisket

3 1/2 to 4 lb. beef brisket	Lawry's seasoning salt
5 med. onions, sliced thinly	Black pepper
3 carrots, sliced	2 c. hearty Burgundy wine
2 celery stalks, sliced	2 tsp. beef bouillon powder
8 cloves garlic, sliced	

Preheat oven to 325°. Sprinkle Lawry's salt and pepper on beef. Braise beef by browning on both sides in large frying pan. Put beef in deep baking pan. Place garlic on top, then onions and vegetables. Cover with foil. Bake at least 3 1/2 hours. Flip brisket halfway through cooking. Cool and refrigerate until next day. Slice against the grain. Reheat and serve with the cooked vegetables. You may choose to thicken with cornstarch.

Suzanne Zilber

Easy Bratwurst Potluck Grunch

1 pkg. bratwurst	1 lg. jar or can sauerkraut
Several potatoes	1 tsp. caraway seeds

Cut up or chop the bratwurst and fry it, draining off as much grease as possible. Wash and slice the potatoes, skin on (or peeled, if preferred). Either fry the potatoes in the bratwurst grease or steam them, but don't let them get mushy. Mix all ingredients, including juice from sauerkraut, in a crock-pot and keep it on low for a few hours so flavors can blend.

Note: The proportions of the ingredients can be varied and other seasonings can be tried (for instance, dill weed instead of caraway seeds).

Jim Murdock

Della's Macaroni and Cheese

1 c. elbow macaroni	1 can cream of chicken soup
1 1/2 c. shredded sharp cheese	
1 T. dried onion flakes	3/4 c. milk

Heat oven to 350°. Cook macaroni according to directions on the package; drain. Mix all ingredients in 1 1/2-quart ovenproof casserole dish. Bake, uncovered, for 30 minutes. Serves 4.

My mother was using this recipe in the 1940's. The boxed package now available by the same name is cheaper and quicker. This is better--well worthy of the extra effort!

Roy Warman

Seafood Crêpes

CRÊPES:

1/2 c. flour

Scant c. milk

1 lg. egg

Combine gradually; allow to breathe for at least 1/2 to 1 hour. Using a crepe pan or 8-inch skillet, pour in a thin layer of batter and cook over medium heat. Flip when light brown. Remove from pan when second side browns. Repeat, using all the batter. Makes about 8 crepes.

FILLING:

1/2 lb. med. shrimp,
shelled & cooked

1/2 lb. any white fish fillet,
sautéed lightly

1 can cream of mushroom
soup

1/2 soup can half & half

Chopped parsley, to taste

1/2 c. grated Colby or
other med.-sharp cheese

Buttered bread crumbs

Slivered almonds

Combine fish, soup, half & half and parsley. Fill crêpes with mixture. Cover finished filled crêpes with seasoned bread crumbs, melted butter and cheese. Sprinkle almonds on top. Sherry, to taste, can be added to basic mixture. Bake crepes in a 9x13-inch pan in a 325° oven until bubbly. Also can be cooked in a microwave on MEDIUM heat.

Note: This can be made in microwave or traditional oven. In experience, frozen fish works well. Seasonings, such as curry, ginger or paprika can be added to taste in small quantities. Makes a good luncheon dish for 4. Can be prepared ahead and then baked.

Alice M. Katzenberger

Lucullan's Cajun Pasta

2 T. butter

12 lg. shrimp, peeled

6 oz. crabmeat

1 oz. ham

2 T. parsley, chopped

2 T. green onions, chopped

2 c. whipping cream

Cajun spice, to taste

1 lb. spaghetti

Over medium-low heat, sauté shrimp in butter. Add crab, ham, parsley and Cajun spice. Add cream; cook until thickened. Toss with hot cooked spaghetti.

Mark and Terry are co-owners of Lucullan's restaurant in Ames.

Terry Lowman and Mark Kassis

Charlie Hammer's Linguine

- | | |
|---|--|
| 1/3 to 1/2 c. olive oil | 1/3 lb. (6 oz.) imitation crab |
| 3 to 4 cloves garlic, minced | 1/4 c. margarine or butter |
| 1/3 to 1/2 c. chopped parsley | Freshly ground pepper & salt, to taste |
| 1/2 lb. scallops (bay) | Parmesan/Romano cheese, grated |
| 1/3 lb. (6 oz.) tiny shrimp | 1 lb. linguine |
| 1 to 2 (10 oz.) cans baby clams (don't drain) | |
| 1 c. (8 oz.) clam juice | |

Heat oil in heavy saucepan. Add garlic and parsley. Cook over medium heat for 1 minute. Do not overbrown. Add clam juice, clams and pepper. Simmer, uncovered, until it bubbles (heated thoroughly). Add shrimp, crabmeat and scallops. Simmer 2 to 3 minutes longer, or until scallops are white throughout. Add butter; remove from heat. Cook pasta by package directions; drain. Fold into pasta until all juice is absorbed. Add freshly-grated Parmesan-Romano cheese.

Charlie Hammer

Mustard Batter Fish

- | | |
|-------------------------------|---|
| 1/3 c. prepared Dijon mustard | 1 1/2 c. seasoned bread crumbs |
| 1/4 c. + 1 T. water | 2 1/4 lb. freshwater fish fillets, skin removed, cut into 2" pieces |
| 1 tsp. fresh lemon juice | Vegetable oil |
| 1 tsp. Worcestershire sauce | |
| 1/8 tsp. cayenne | |

In small bowl, combine first 5 ingredients. Place bread crumbs in shallow dish. Dip fish first in mustard mixture, then in bread crumbs to coat. Heat 1/2 inch oil over medium heat in skillet. Fry fish for 3 to 4 minutes, turning once. Drain on paper towel.

The perfect coating for Walleye Pike caught below the dam on Saylorville Lake.

Alice (Franzen) Welch

Tuna-Noodle Casserole

2 c. noodles

1 can water-packed tuna

1/2 c. shredded Cheddar
cheese

1 can cream of mushroom
soup

1/2 c. milk

1 T. dried onion

Salt & pepper, to taste

Cook noodles as directed on package; drain. Mix remaining ingredients. Add noodles; stir gently. Bake 30 minutes at 350°. May top with buttered bread crumbs or potato chips.

Marion Vallier

*Side
Dishes*



Six Commandments of Microwaving

I. Thou shalt not overcook! Foods will be dry, hard, tough and sometimes even inedible if overcooked.

II. Thou shalt not blame the microwave oven if YOU make a mistake in cooking procedures.

III. Thou shalt not give up on microwaving certain foods if not perfect the first time you try them - find out what you did wrong and try again.

IV. Thou shalt allow adequate **STANDING TIME** for foods to finish cooking after they are removed from the oven.

V. Thou shalt not salt foods until after the cooking time.

VI. Thou shalt remember to set the table **BEFORE** starting to cook.

Side Dishes

Apple Pancakes

Batter: Heat 1/2 cup milk and 1 tablespoon butter in a saucepan. Cool slightly. Add 1 egg, 1/4 cup flour, 1/2 teaspoon baking powder and 1/4 teaspoon salt. Beat until smooth.

Heat a large electric frying pan to 400°. Melt a small amount of margarine and add about 3 medium cooking apples, finely sliced. Cook apples for about 1 minute; turn and pour the batter on top of the apples. Cook for about 1 minute more. Cut into quarters; turn. Brown the other side. Serve with cinnamon and sugar.

Mary Isely

Easy Baked Beans

1 (2 lb.) can Van Camp's
pork & beans
1/4 c. BBQ sauce

1/4 c. brown sugar
1/2 tsp. dried mustard

Mix all the ingredients together. Bake at 300° to 350° for 1 hour. Baking longer makes them even tastier!

Carol Warman Leligdon

Sweet-Sour Carrots

10 fresh carrots
1 tsp. salt
Hot water
3 T. butter or margarine

1/2 c. vinegar
3/4 c. sugar
1 T. chopped parsley

Wash and scrape carrots. Cut into strips, 1/2 x 3-inches. Place in saucepan. Add hot water to cover. Add salt. Cook until tender; drain. Add butter, sugar and vinegar. Let simmer 20 to 30 minutes. Garnish with parsley. Serves 6 to 8.

Roy Warman

Corn Bake

- | | |
|---|---|
| 1/4 c. chopped onion | 1 (8 1/2 oz.) pkg. corn
muffin mix |
| 1/2 c. chopped green pepper | 3 eggs, slightly beaten |
| 1 (15 oz.) can whole kernel
corn | 1 c. dairy sour cream |
| 1 (15 oz.) can cream-style
corn | 4 oz. shredded Cheddar
cheese |
| 1/4 c. margarine | |

Cook and stir onion and green pepper in margarine until tender. Combine all ingredients, including whole kernel corn liquid. Pour into 3-quart baking dish. Bake at 350° for 45 minutes. Serves 8 to 10.

Bobbie Warman

Tomatoes Siciliano

- | | |
|---|--|
| Fresh vine-ripened home-
grown tomatoes (1 or 2
per serving) | Fresh oregano |
| Extra-virgin olive oil | Fresh ground Reggiano
or other fresh ground
Parmesan cheese |
| Fresh basil | Freshly-minced garlic |
| Fresh English thyme | |

With sharp knife and spoon, cut out stem and remove a portion of the innards of each tomato. Be sure to leave tomato intact and resting on blossom end. Fill hollow area with mixture of olive oil, chopped basil, oregano, thyme and garlic. Top area off with the ground Reggiano. Place in pan. Broil until desired taste and softness is obtained.

This is a summertime-only request!

Marshall Phillips

Macaroni-Corn Casserole

- | | |
|--------------------------------|----------------------------------|
| 1 can whole kernel corn | 1 c. Cheez Whiz |
| 1 can creamed corn | 1 stick margarine, melted |
| 1 c. macaroni, uncooked | |

Mix all ingredients together. Bake in a 9x13-inch pan, covered with foil, at 375° for 50 minutes.

All the cousins love this. We always have to double it!

Sue Ann Peck

Oven-Roasted Potatoes

1 med. baking potato per person

Melted butter
Seasoned salt

Cut potatoes in half lengthwise. Place, cut-side down, in baking dish or cookie sheet (for large number). Score skin side deeply with knife. Pour melted butter over and sprinkle with seasoned salt. Bake at 325° until golden.

A delicious variation of baked potatoes. Easy and complete.

Susan Franzen

Oven-Roasted Harvest Vegetables

2 T. olive or vegetable oil
1 env. Lipton Savory Herb with Garlic Soup mix

1 1/2 lb. sliced vegetables (any combination of: zucchini, yellow squash, green peppers, red peppers, carrots)

Preheat oven to 450°. Put all the ingredients in a large plastic bag. Close bag and shake until vegetables are evenly coated. Empty vegetables into a shallow baking or roasting pan. Discard bag. Bake, stirring once, 20 minutes, or until vegetables are tender. Makes about 4 servings.

Sue Ann Peck

Nutty Yam Bake

1 (40 oz.) can sweet potatoes or yams
3/4 c. sugar
1/4 c. butter or margarine
1 tsp. cinnamon
1/2 tsp. ground allspice
1/4 tsp. ground nutmeg
1 1/2 c. milk

2 eggs
1/2 c. flour
1/2 c. sugar
1/4 c. butter or margarine
1/2 c. chopped walnuts
1/2 tsp. cinnamon
Butter or margarine

Mash drained sweet potatoes. Add 3/4 cup sugar, 1/4 cup butter, 1 teaspoon cinnamon, allspice and nutmeg. Mix well. Beat in milk and eggs; whip well with electric mixer. Pour into greased 3-quart casserole. Combine flour, 1/2 cup sugar and 1/4 cup butter until crumbly. Mix in walnuts and 1/2 teaspoon cinnamon. Sprinkle over top of sweet potato mixture. Dot with butter. Bake at 375° for 35 to 40 minutes.

Joan White

Sweet Potato Soufflé

1 (1 lb.) can sweet potatoes	1/2 tsp. salt
2 T. butter	1/2 tsp. onion powder
4 T. flour	3 eggs
1/2 c. milk	2 T. pecans, chopped

Drain syrup from potatoes; rinse and drain. Purée potatoes. Separate eggs. Preheat oven to 375°. Melt butter in small saucepan. Add flour and stir until it becomes a ball. Add milk and whisk to make sauce. Add egg yolks. Add potatoes and salt. Grease soufflé casserole dish. Whip egg whites to soft peaks. Stir in a little of egg whites to potatoes. Fold the rest in. Pour into casserole and press pecans into the top. Bake 30 minutes, or until inserted toothpick comes out clean.

Suzanne Zilber

Potato Latkes for Chanukah

3 med. potatoes	1/8 tsp. pepper
1 1/2 med. onions	2 eggs
1/2 tsp. salt	Vegetable oil

Grate potatoes. Add salt to potatoes and let stand 15 minutes. Drain water. Grate or purée onion. Add eggs, onion and pepper to potatoes. Put oil in large frying pan to 1/4 inch. Heat oil over medium-high heat. Use slotted spoon to scoop mixture and place in oil. Fry about 8 minutes, turning halfway through. Drain on paper towels. Can keep warm in oven. Beware of splattering grease. Serve with applesauce, mustard, corned beef or sour cream. Yield: 16 latkes. Serves 5 to 6.

Jewish families make latkes and donuts cooked in oil, in honor of the sacred oil burning miraculously for 8 days, to celebrate Chanukah.

Suzanne Zilber

Fabulous Rice Casserole

- | | |
|--------------------------|---|
| 1 green pepper, chopped | 1 T. Italian seasoning |
| 1 onion, chopped | 2 T. chopped parsley |
| 1 stick margarine | 2 (4 oz.) cans mushrooms
(don't drain) |
| 2 cans beef consommé | 1 1/4 c. regular raw rice |
| 4 chicken bouillon cubes | |

Sauté green pepper and onion in margarine. Put all ingredients in a 9x13-inch baking dish. Mix well. Cover with foil. Bake at 350° for 1 hour.

Note: It's very soupy when you put it in the oven.

Sue Ann Peck

Mexicali Grits

- | | |
|---|---|
| 3/4 c. grits | 8 oz. jalapeño cheese,
grated |
| 3 c. boiling water | 2 eggs, beaten |
| 1 tsp. salt | 1 (4 oz.) can green chilies,
seeded & washed |
| 6 T. margarine | 1/4 tsp. paprika |
| 8 oz. sharp Cheddar cheese,
shredded | |

Add 1 teaspoon salt to boiling water. Add grits; boil until thick, 5 minutes. Set aside. Combine margarine and cheeses in a saucepan on medium-low heat. Stir until melted. Continue stirring while adding the beaten eggs. Add green chilies. Stir in cooked grits. Remove from heat. Pour into greased 9x9-inch baking dish. Bake 1 hour at 250°. Allow to stand at room temperature for 10 minutes before serving.

Note: Be sure to take the seeds out of the chilies.

This is one of my favorite recipes. It makes a wonderful side dish. Since it has so much protein, it also serves as a great main dish. It is good served as a breakfast side dish or main dish, also.

Leanne Tesene

Desserts



Substitutions

1 cup butter

1 cup margarine or 7/8 cup solid shortening + 1/2 tsp. salt

1 cup sour cream

7/8 cup sour milk + 3 Tbsp. butter; or 8-oz. carton plain yogurt

1 cup whole milk

1 cup reconstituted nonfat dry milk + 2 1/2 tsp. butter or margarine

1 cup whole milk

1/2 cup evaporated milk + 1/2 cup water

1 cup whole milk

1/4 cup sifted dry whole milk powder + 7/8 cup water

1 cup skim milk

4 Tbsp. nonfat dry milk + 1 cup water

1 cup light cream

1 cup undiluted evaporated milk

1 cup heavy cream (40%)

1/3 cup butter + 3/4 cup milk

1 cup coffee cream (20%)

3 Tbsp. butter + about 7/8 cup milk

1 cup sour milk or buttermilk

1 Tbsp. vinegar or lemon juice + enough sweet milk to make 1 cup.
(Let stand 5 minutes.)

1 tsp. lemon juice

1/2 tsp. vinegar

1 cup sweet milk

1 cup sour milk or buttermilk + 1/2 tsp. baking soda

1 cup molasses

1 cup honey

1 cup honey

1 1/4 cups sugar + 1/4 cup liquid

1 cup sugar

1 cup brown sugar, firmly packed, although it will result in a slightly molasses flavor

1 cup sugar

1/2 cup honey and reduce the amount of liquid by 1/2 cup

Desserts

Banana-Date Cake with Penuche Frosting

2 c. white sugar	1/8 tsp. salt
1 scant c. shortening	1 c. walnuts, chopped fine
2 eggs	1/2 lb. dates
6 <u>ripe</u> bananas, mashed	1/2 c. raisins
3 c. flour	1 tsp. vanilla
3 tsp. baking soda	1/2 c. butter or margarine
FROSTING:	1/4 c. milk
1 c. brown sugar	2 c. confectioners' sugar

Heat oven to 325°. In large mixing bowl, cream sugar and shortening. Add eggs; beat well. Add mashed bananas; mix well. Add dry ingredients; mix well. Cut dates and raisins fine; roll in flour. Add dates, raisins and walnuts to cake batter. Combine thoroughly. Bake 30 to 40 minutes in layer pans or loaf pans filled 2/3-full. Cool. Combine butter and brown sugar in heavy saucepan. Cook on medium-low until bubbly; boil and stir 2 minutes. Stir in milk and heat to boiling. Remove from heat; cool to lukewarm. Add confectioners' sugar and stir well to spreading consistency.

This is a very moist cake and keeps well. It is difficult to test doneness by conventional methods. Watch for cake to pull away from the sides of the pan.

Mary E. Richards

Add confectioners' sugar to whipping cream before beating. The whipped cream stands up well even if it is not used immediately.

Carrot Cake

Preheat oven to 350°.

Mix in large bowl:

1 1/4 c. oil	3 c. grated carrots
2 c. sugar	1 c. chopped nuts
4 eggs	1 c. raisins (opt.)

Sift:

2 c. flour	2 tsp. baking powder
1 tsp. baking soda	1 tsp. cinnamon
1 tsp. salt	

Mix and stir well. Pour into greased 9x13-inch or bundt cake pan. Bake 50 to 60 minutes, or until cake tests done.

ICING: Cream.

8 oz. cream cheese	2 to 3 c. powdered sugar
1/2 c. butter	2 tsp. vanilla

Add (optional):

1 c. black walnuts	1/2 c. grated coconut
--------------------	-----------------------

Spread over cake while warm. Enjoy!

Carol Warman Leigdon

Ginger Cakes

1/2 c. butter	Scant 1/2 tsp. ground cloves
1/2 c. sugar	1/2 tsp. ground ginger
1 egg	1/2 tsp. salt
1 c. molasses	1 1/2 tsp. baking soda
2 1/2 c. white flour	1 c. hot water or strong, fresh coffee
1 tsp. cinnamon	

Butter an 8x8-inch cake pan or muffin tin. Cream together butter and sugar. Beat egg into molasses and add creamed mixture. Sift dry ingredients together, except baking soda. Fold dry ingredients into wet ingredients. Preheat oven to 350°. Dissolve baking soda into hot water; add to batter, beating vigorously for several minutes. Spoon batter into pan or muffin tin. Bake cake for 45 minutes to 1 hour, or until knife comes out clean. Bake muffins for about 30 minutes.

James Pritchard

Eclair Cake

1 lb. graham crackers	3 1/2 c. milk
2 sm. pkg. <u>instant</u> French vanilla pudding	9 oz. Cool Whip

Butter bottom of 9x13-inch pan. Line with graham crackers. Mix pudding in with milk; beat at medium for 2 minutes. Blend in Cool Whip. Pour 1/2 mixture over graham crackers. Place second layer of graham crackers over pudding. Pour remaining pudding mix over and cover with more graham crackers. Refrigerate 2 hours.

FROSTING:

2 pkg. Redi-blend presoftened chocolate (unsweetened)	3 tsp. softened butter
2 tsp. white corn syrup	2 tsp. vanilla
	1 1/2 c. powdered sugar
	3 T. milk

Beat all until smooth; spread over cake. Refrigerate 24 hours.

Peggy Vas

Yulekaga

11 c. unbleached white flour	2 pkg. yeast
1 c. soy flour	1/2 pkg. golden raisins
1 c. sugar	4 tsp. cardamom powder or
4 c. milk	1/2 box whole cardamom
2 eggs	(ground in mortar with
1 tsp. salt	hulls removed)
1 c. minced citron	1 c. margarine

Scald the milk; let cool. Add to milk: cardamom, sugar, margarine, salt, yeast and 3 cups flour. Beat well; add rest of ingredients, including cardamom. The dough must not be stiff. Let it rise until light, about 2 hours. Punch down. Knead and let rise again, about 1 hour. Punch down. Knead; form into loaves. Let rise in greased bread pans for about 1 hour. Bake in 350° oven for 10 minutes, then reduce heat to 300° and bake 40 minutes longer. Makes 5 loaves.

From Carolyn Hunt's grandmother. This is Holly's favorite sweet bread. Carolyn Hunt is her friend from 8th grade--just a few years ago!

Holly Fuchs

Devils Food Cake

- | | |
|-------------------------|---|
| 2 c. flour | 2/3 c. oil |
| 1 3/4 c. sugar | 1 c. buttermilk |
| 1/2 c. cocoa | 1 c. strong coffee (instant is OK) |
| 1 T. baking soda | |

Sift together the flour, sugar, cocoa and baking soda. Add the oil and buttermilk. Stir until well blended. Bring the coffee to a boil; stir into batter, gently. This mixture will be very soupy. Bake in a greased and floured 9x13-inch dish at 350° for 35 to 40 minutes. It will pull away from pan when done. Dust with powdered sugar and serve with ice cream. There's no need to frost this cake.

It's fast and great for birthdays!

Susan Jasper

Earthquake Cake

- | | |
|--|----------------------------|
| 1 c. chocolate chips | 2 c. powdered sugar |
| 1 c. coconut | 1 stick margarine |
| 1 c. chopped nuts | 8 oz. cream cheese |
| 1 box German chocolate cake mix, prepared as directed | |

Sprinkle chocolate chips, coconut and nuts in layers in a 9x13-inch pan, sprayed with cooking spray. Pour the prepared German chocolate cake batter over all. Cook the powdered sugar, margarine and cream cheese over low heat until smooth. Pour over batter. Bake at 375° for 1 hour, or until toothpick comes out clean.

To die for!

Sue Ann Peck

To make powdered sugar, blend 1 cup granulated sugar and 1 tablespoon cornstarch in the blender at medium speed for 2 minutes.

Harvey Wallbanger Cake

1 pkg. orange cake mix	1/2 c. cooking oil
1 (3 3/4 oz.) pkg. <u>instant</u> vanilla pudding	1/2 c. orange juice
4 eggs	1/2 c. Galliano (liquor)
	2 T. vodka

GLAZE:

1 c. powdered sugar	1 T. Galliano
1 T. orange juice	1 tsp. vanilla

In large mixing bowl, combine mixes. Add eggs, oil, 1/2 cup orange juice, 1/2 cup Galliano and vodka. Beat on low speed 1/2 minute and on medium for 5 minutes. Pour into greased 10-inch tube or bundt pan. Bake at 350° for 45 minutes. Make glaze and pour over cake while warm. Refrigerate leftovers.

Moist and yummy! I did this as an auction item in 1995!

Lynne Van Valin

Pecan Cake

2 c. pecans	1/4 tsp. salt
1 c. seeded raisins	3 egg whites
1/2 c. all-purpose flour	1/3 c. sugar
2 tsp. nutmeg	1/2 c. shortening
1/2 c. bourbon	3/4 c. sugar
1 c. flour	3 egg yolks, unbeaten
1 tsp. baking powder	20 pecan halves

Heat oven to 325°. Grease and line a 9-inch tube pan. Put finely-chopped pecans, raisins (snipped in half) and 1/2 cup flour in a bowl. Put nutmeg in bourbon. Sift 1 cup flour with baking powder and salt. In a small bowl, beat egg whites until stiff; gradually add 1/3 cup sugar. Set mixer at cream; mix shortening with 3/4 cup sugar and egg yolks until light and fluffy, about 4 minutes. At low speed, alternately blend in flour and bourbon mix. Fold in chopped nuts and raisins, then beaten egg whites. Put in pan. Decorate with pecan halves. Bake for 1 1/4 hours. Cool on rack 30 minutes. Remove from pan.

Found this recipe so I could use up the pecans we bought through the fellowship.

Barbara Koerber

Scandinavian Almond Cake

1 1/4 c. sugar	1/2 tsp. baking powder
1 egg	1/2 c. (1 stick) margarine
1 1/2 tsp. almond flavoring	Powdered sugar
2/3 c. milk	Fresh or frozen
1 1/4 c. flour	strawberries

Preheat oven to 350°. Melt margarine; set aside. Grease (don't flour) a 9x9-inch square pan. Mix and beat well the sugar, egg, almond flavoring and milk. Add flour and baking powder. Pour melted margarine into batter. Put in oven; bake for 45 to 50 minutes. Cool in pan. Sprinkle with powdered sugar; serve with sliced strawberries.

I like to bake this in a springform pan with a central tube.

Susan Hegland

Danish Puff

CRUST:	1/2 c. butter*
1 c. flour	2 T. water

*It is best to use butter, rather than margarine.

Cut butter into flour; sprinkle with water. Mix into a smooth ball. Divide dough in half and roll out into 2 narrow strips. Place both strips on a large cookie sheet. Set aside.

TOPPING:	1 c. flour
1/2 c. butter*	3 eggs
1 c. water	1 1/4 tsp. almond extract

*It is best to use butter, rather than margarine.

Place butter and water in saucepan; bring to a rolling boil. Remove from heat; add extract. Stir in flour all at once, mixing quickly so lumps don't occur. When smooth and thick, beat in 1 egg at a time until smooth. Spread equal amounts of this topping mixture on top of crust strips. Bake at 350° for 60 minutes, or until golden brown. Frost with confectioners' icing and top with chopped walnuts or almonds.

Kathy L. Andersen

Quatre Quarts

(Four Quarters)

2 sticks butter
4 eggs

2 c. sugar
2 c. flour

In a large mixing bowl, cream the softened butter and eggs. Add and mix well the sugar, then the flour. Pour the batter into a greased and floured 9x13-inch baking pan, or you may use a cupcake baking pan. Bake at 325° to 350° for 30 to 40 minutes. Because of the richness of the batter, you may have to reduce the heat and continue to bake, in order to bake the interior well enough. Serves 12 easily.

Quatre Quarts is a very rich French pound cake and yet so simple that it is fun to teach to children. It is much too rich to use a frosting, but you could sprinkle powdered sugar on the cake.

Toni Woodman

Caramel Shortcake

(Millionaire's Shortbread)

BASE:

4 oz. butter, chilled
1 1/8 c. all-purpose flour

1/4 c. + 2 tsp. superfine
sugar (not
confectioners' sugar)

FILLING:

8 oz. butter
1 c. + 1 heaping tsp. brown
sugar, firmly packed

1/4 c. light corn syrup
1 can sweetened
condensed milk
(approx. 400 g.)

TOPPING:

6 oz. chocolate chips or
other baking chocolate
(dark, milk, or white)

With a pastry blender, cut the butter into the flour and sugar until the mixture resembles coarse crumbs. Press into an 11x15-inch pan. Bake at 300° for 20 to 25 minutes, or until very lightly browned. Melt butter, brown sugar, syrup and milk in pan over low heat, stirring all the time. Bring to a boil and stir constantly for 4 to 5 minutes. (Caution: Mixture burns very easily.) Cool slightly and pour over shortbread base. When filling is cool, melt chocolate in top of double boiler; spread evenly over filling. Refrigerate to set chocolate.

This rich treat is a favorite in Scotland and the recipe is adapted from one given to me by a Scottish friend, Alexis Patrick.

Betty Stanley

Fruit and Chocolate by A Nut Bread

1/3 c. margarine or butter 2/3 c. sugar 2 eggs 1/4 c. milk 3/4 tsp. vinegar 1 c. mashed ripe banana 1 tsp. baking soda	1 1/2 tsp. baking powder 1 1/3 c. wheat or white flour 1/2 c. raisins 1/2 c. chopped dried apricots 1/2 c. chopped walnuts 1 c. chocolate chips (6 oz.)
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Cream butter with sugar; add eggs. Add the vinegar to the milk, then add with bananas to the butter-sugar mix. In a separate bowl, mix flour with baking powder; add baking soda. Add to wet mixture. When well blended, add raisins, apricots, walnuts and chocolate chips. Pour into 2 greased loaf pans. Bake at 375° for 35 minutes. Let cool in pans.

Adin, Suzanne's life partner, gets credit for coming up with the name of the recipe!

Suzanne Zilber

Rhubarb Bread Pudding

8 slices bread, toasted 1 1/2 c. milk 1/4 c. butter or margarine 5 eggs 1 1/4 c. sugar 1/2 tsp. ground cinnamon	1/4 tsp. salt 1 lb. fresh rhubarb, diced (2 c.) 1/4 c. chopped walnuts Cream or half & half
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Remove crusts from toast. Cut toast into 1/2-inch cubes and place in a buttered 2-quart casserole. In a medium saucepan, heat milk and butter just to boiling. Pour over toast cubes; let stand 15 minutes. In a medium bowl, beat together eggs, sugar, cinnamon and salt; add rhubarb. Stir into bread mixture. Sprinkle with nuts. Bake at 325° for 50 to 60 minutes. Let stand 10 minutes before serving. Serve with cream, if desired. Makes 6 servings.

Joan White

Birnenpfanne

(Pear Custard)

Line bottom of casserole dish with drained pear halves. Blend these ingredients briefly in blender:

2 c. milk	1 tsp. vanilla
3 whole eggs	Pinch of salt
1/4 to 1/3 c. sugar	

Pour custard over pears. Butter several slices of bread; float on top of custard. Sprinkle bread with brown sugar, cinnamon and nutmeg. Bake in pan of hot water in moderate oven (325°) for a little over an hour, or until the custard is set.

Can be used as one-dish meal or dessert. I usually bake a recipe of custard in cups at the same time. You use peaches in place of pears to make "Pfirsichpfanne."

Lotus Miller

Rice Pudding

1 1/2 c. water	2 cinnamon sticks
1 c. long-grain rice	1 almond
2 T. butter	1/2 tsp. cinnamon
5 c. whole milk	Half & half

In a 4- or 5-quart pan, combine water, rice and butter. Simmer, uncovered, until the water is absorbed, about 5 minutes. Add milk, sugar and cinnamon sticks. Simmer, uncovered, until thick and creamy, stirring occasionally, about 30 minutes. Remove cinnamon sticks. Sprinkle with ground cinnamon. Spoon warm pudding into bowls. Optional: Stir in an almond. Serve with half & half and more cinnamon. *Whoever gets the almond is sure to have good luck!*

Carol Warman Leligdon

Substitute 3/4 cup honey for 1 cup of sugar up to 1 cup total.

Buster Bar Dessert

1 lb. Oreo or Hydrox
cookies, crushed
1/2 c. melted margarine

1/2 gal. vanilla ice cream
1 1/2 c. Spanish peanuts

FROSTING:
2 c. powdered sugar
1/2 c. margarine

1 1/2 c. evaporated milk
2/3 c. chocolate chips
1 tsp. vanilla

Mix crushed cookies and melted margarine; pat into a 9x13-inch pan. Refrigerate 1 hour. Soften ice cream and cover with Spanish peanuts. Press into ice cream; freeze. Mix frosting ingredients, except vanilla. Boil 8 minutes, stirring constantly. Add vanilla. Cool. Pour over top. Freeze overnight.

Sara Warman Nelson

Four-Layer Dessert

1/2 c. melted margarine
1 c. flour
1/2 c. chopped nuts
1 (8 oz.) pkg. cream
cheese, softened

1 c. powdered sugar
1 c. whipped topping
2 (4 1/2 oz.) pkg. chocolate
instant pudding
3 c. milk

Mix melted margarine, flour and nuts; spread thinly in a 9x13-inch pan. Bake at 375° for 15 minutes. Cool. Combine cream cheese, powdered sugar and topping. Spread over first layer. Pour pudding over second layer. Top with additional whipped topping. Chill 4 to 5 hours.

Note: I often use the cooked pudding mix. Be sure to cool the pudding before adding to second layer.

Bobbie Warman

No-Roll Pie Crust

1 1/2 c. sifted flour
1 tsp. salt

1/2 c. (scant) salad oil
2 T. and 1 tsp. milk

Sift flour and salt into pie pan. Mix milk and oil thoroughly with a fork. Pour all at once on flour mix. Work together with fingers and press around pan.

Carmon Slater

Gramma MacLachlan's Pecan Pie

2 T. butter	3/4 tsp. salt
1 c. brown sugar	1 tsp. vanilla
2 T. flour	3 beaten eggs
3/4 to 1 c. light corn syrup, to taste	1 c. broken pecans
	Unbaked pie shell

Cream together butter, sugar and flour. Add syrup; beat very well. Add eggs, vanilla and salt; beat very well. Add pecans. Place in unbaked 9-inch pie shell. Bake 15 minutes at 400°, then 35 minutes at 325°.

Molly Nesbitt

Rhubarb Custard Pie

3 eggs	4 T. flour
2 2/3 T. milk	3/4 tsp. nutmeg
2 c. sugar	4 c. chopped rhubarb
Pie crust	

Beat eggs with milk. Mix in sugar, flour and nutmeg. Place rhubarb on crust in a 9-inch pie pan. Pour the mixture over rhubarb. Dot with butter. Cover with lattice top. Bake 50 to 60 minutes at 400°.

Barbara Koerber

Rhubarb Pie

1 c. sugar	1 (9") unbaked pastry shell
2 T. flour	3 egg whites
1/2 c. orange juice	1/2 tsp. vanilla
3 beaten egg yolks	1/4 tsp. cream of tartar
4 c. diced fresh rhubarb	1/3 c. sugar

Stir together 1 cup sugar and flour. Stir in orange juice and egg yolks. Add rhubarb. Turn into pastry shell. Bake at 375° for 55 minutes, or until filling is nearly set. Cover edges of pastry with foil, if needed to prevent overbrowning. Remove from oven. In small bowl, beat egg whites with vanilla and cream of tartar to soft peaks. Add sugar gradually, beating until stiff peaks. Bake at 375° for 12 minutes, until meringue is golden.

Trish Jacobson

Rhubarb Pie

Pastry for 2-crust 9" pie
3 c. sliced rhubarb
1 1/2 c. sugar

2 T. flour
2 eggs, beaten

Put bottom crust in pie pan. In bowl, mix rhubarb, sugar and flour. Add beaten eggs; stir until well mixed. Pour into lower crust. Add top crust, sealing edges; make slits and sprinkle with sugar. Bake in a 400° oven for 40 to 50 minutes, until crust is nicely browned. Yield: 8 servings.

Easy and good!

Peggy Vas

Pet Apple Pie

6 c. thinly-pared apples
1/4 c. evaporated milk
1 c. sugar

1 1/2 tsp. cinnamon
1/2 tsp. salt
Pastry for 2-crust 9" pie

Preheat oven to 450°. Put apples in large bowl; pour evaporated milk over apples. Turn gently until apples are coated with milk. Fold in mixture of sugar, cinnamon and salt. Fill 9-inch pie crust with apple filling. Cover with top crust. Bake at 450° for 10 minutes. Reduce heat to 325° and bake for 50 minutes, until apples are tender and pastry is brown.

Hazel Hammer

To add a delightful flavor to whipped cream, add a teaspoon of strained honey or maple syrup instead of sugar. It will remain firm all day.

Fruit Compote

1/3 c. sugar	3 lg. Granny Smith apples (1 1/2 lb.)
Grated rind from 2 oranges	1 c. pitted prunes (5 oz.)
1 1/2 c. orange juice	1/2 c. dried apricots (3 oz.)
1 c. water	1 T. butter
2 cinnamon sticks	1/2 c. toasted walnuts

Blend sugar and grated rind. Transfer to large, non-aluminum pan. Add 1 cup orange juice, water and cinnamon sticks; cook over medium-high heat for 5 minutes. Peel apples; halve and cut into 1/2-inch-thick wedges. Add to hot syrup along with prunes and apricots. Cook, uncovered, over medium heat, stirring occasionally, just until apples are tender, but not mushy, 12 to 15 minutes. Cool, cover and refrigerate overnight, or up to 3 days. To serve, reheat, adding more orange juice if more syrup is needed. Add butter and stir until melted. Remove from heat; stir in walnuts. Serve warm.

Note: To toast walnuts, spread in a single layer on baking sheet. Bake at 350° until light brown and fragrant, about 10 minutes, watching carefully not to burn.

Joan White

Lillian's Unbelievable Fruit Soup

1 qt. vanilla ice cream	1/2 c. vanilla extract
4 cans pie filling (apple, blueberry or strawberry)	Sugar, if necessary
1/2 tsp. nutmeg	1/2 c. triple sec or Grand Marnier
1 T. cinnamon	1 qt. soda

Whip ice cream until smooth. Add remaining ingredients in order. Serves 20.

The ideal way to be introduced to this is to eat it first and then to read the recipe. It is indescribably delicious. Must be the 1/2 cup of vanilla.

Lillian Feinberg

Yogurt Dessert Sauce

2 c. plain low-fat yogurt

1/4 c. sugar

1 tsp. vanilla extract

Combine all ingredients; stir until well mixed. Serve immediately, or cover and refrigerate until needed. Makes enough topping for 8 servings (about 2 cups).

This light sauce can be used on pumpkin bread pudding, baked apples, apple crisp or any other fruit dessert. Wonderful over fresh strawberries!

Lillian Feinberg

*Cookies
&
Bars*





The MoonCookie recipes are identified as such.

The MoonCookie Café is the coffeehouse we operate about once a month at the Fellowship. It's a non-alcoholic, non-smoking music venue that brings in national acts, mostly folk, with some blues and jazz thrown in. It's operated by volunteers

as a community-building and outreach project, and for some "just plain fun." The young people in the high school group operate the coffee and cookie concession, using the profits as they see fit. The proceeds from the performance go mostly to the performers with a bit left over for overhead, and for improvements for the concert-space, such as better lighting and the new risers donated by the MoonCookie Café.

CONGRATULATIONS

TO SUSAN KRABBE for her winning MoonCookie recipe. The cookie will appear at all MoonCookie events and will be featured in an upcoming [Daily Tribune](#) food page. Congratulations also to runners-up: Dianne Mumm, Lynn Fawcett, and Suzanne Zilber.

Cookies & Bars



Moon Cookie

1 c. butter, softened	1 tsp. molasses
1/4 c. shortening	2 1/2 c. flour
1 c. brown sugar	1 tsp. baking soda
1 c. white sugar	1 tsp. salt
2 egg whites	12 oz. semi-sweet chips
2 tsp. vanilla	Nuts (opt.)

Blend butter and shortening. Add both sugars; mix well. Add egg whites, vanilla and molasses. Beat, beat, beat! Blend flour, baking soda and salt. Add to sugar mixture. Mix well. Add chips and nuts. Bake in preheated 375° oven for 8 to 9 minutes.

Susan Krabbe



Aunt Edna's Soft Sugar Cookies

1/2 c. butter or margarine	1 tsp. salt
2 eggs	1/2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. baking soda
3 c. flour	1 c. dairy sour cream

Cream butter; add sugar gradually. Add eggs, one at a time, beating well after each addition. Add vanilla. Mix dry ingredients and add to creamed mixture alternately with sour cream. Drop by heaping teaspoons onto well-greased cookie sheets, well apart. Flatten to 2-inch diameter with spatula. Sprinkle with sugar. Bake at 400° for 10 to 12 minutes.

Janie Lohnes

Cut bar cookies or rolled cookies with a pizza cutter.



Chocolate Chip Mint Cookies

3/4 c. butter or margarine	1 1/2 c. flour
1/2 c. packed brown sugar	1/4 c. unsweetened cocoa
1/2 c. granulated sugar	1 tsp. baking soda
1 egg	1/4 tsp. salt
1 tsp. vanilla	1 c. chocolate chips
1 tsp. peppermint extract	

Cream butter and sugars; beat in egg and extracts. Sift dry ingredients and add to butter mixture along with chips. Stir well to combine. Drop by rounded teaspoons onto lightly-greased cookie sheet. Bake 12 to 15 minutes at 350°.

A simple, but special cookie—perfect for a cold day.

Susan Jasper



Old-Fashioned Oatmeal Cookies

1 c. shortening	1 1/2 c. flour
1 c. brown sugar	1 tsp. salt
1 c. white sugar	1 tsp. baking soda
2 eggs	3 c. old-fashioned oatmeal
1 tsp. vanilla	6 oz. chocolate chips

Cream sugars and shortening. Add eggs and vanilla. Sift and blend gradually with creamed ingredients. Stir in chips. Bake at 370° for 8 minutes, or until golden.

Dianne Mumm



Craters of the Moon Molasses Cookies

3/4 c. margarine	2 tsp. baking soda
1 c. brown sugar	1/4 tsp. salt
1 egg	1/2 tsp. ground cloves
1/4 c. molasses	1 tsp. cinnamon
2 1/4 c. flour	1 tsp. ginger

Blend thoroughly. Mix well and then blend with dry ingredients. Chill. Roll into balls. Dip tops in sugar. Place on baking sheet, sugared side up. Bake at 375° for 8 to 10 minutes, depending on size. Do not overbake.

Lynn Fawcett



Red-Hot Apple Squares

- | | |
|----------------------|-----------------------------|
| 1 c. oleo | 1/2 tsp. salt |
| 1 c. powdered sugar | 1 1/2 c. nuts |
| 2 eggs | 2 c. apple pie filling |
| 1 tsp. lemon extract | 3/4 c. red cinnamon candies |
| 4 c. flour | |
| 1 tsp. baking soda | |

Cream butter, eggs and extract. Combine dry ingredients; mix well with creamed mixture. Press 1/2 of the dough onto bottom of ungreased 9x13x1-inch pan. Spread with apple pie filling, nuts and candies. Crumble remaining dough on top. Bake at 350° for 25 minutes.

Perfect for fall get-togethers.

Holly Burkhalter



Toffee Bars

- | | |
|-----------------------------|--------------------------|
| 1 c. butter (not margarine) | 1 c. flour |
| 1 c. brown sugar | 6 Hershey chocolate bars |
| 1 egg yolk | 3/4 c. chopped pecans |

Cream softened butter with sugar and egg yolk. Add flour. Spread stiff dough onto cookie sheet, pressing to the edges of the sheet. Bake 10 to 12 minutes at 350°. Remove from oven and place bars on top. When they are melted, gently spread to cover bar. Sprinkle with nuts. When cool, cut into 2x3-inch bars.

Tastes like a Heath bar. Fast, fabulous and sinful.

Karol Crosbie

*Grease the cookie sheet once -- before you begin to bake --
no need to grease for the rest of the batch of dough.*



Carob-Chip Mini Biscotti

- | | |
|---|------------------------|
| 1 1/4 c. flour | 3/4 tsp. baking powder |
| 1/4 c. mini carob or
chocolate chips | 1 T. water |
| 1/4 c. sugar | 1 tsp. vanilla |
| | 2 egg whites |

Combine first 4 ingredients. Combine water and next 3 ingredients. Add to flour mixture, stirring until well blended. (Dough will be dry.) Turn dough onto lightly-floured surface and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll. Place on a baking sheet coated with cooking spray; flatten roll to 1-inch thickness. Bake at 350° for 25 minutes. Remove roll from baking sheet to a wire rack and cool 10 minutes. Cut roll diagonally into 24 (1/2-inch) slices. Place, cut sides down, on baking sheet. Reduce oven temperature to 325° and bake 10 minutes. Turn cookies over and bake an additional 10 minutes (cookies will be slightly soft in center, but will harden as they cool).

This delicious cookie has only 1.6 grams fat and approximately 57 calories.

Rev. Carol Hepokoski



Mom Lowman's Cookies

- | | |
|--|------------------------------------|
| 1 c. soft butter | 1 tsp. baking soda |
| 1/2 c. granulated sugar | 1/2 tsp. salt |
| 3/4 c. packed brown sugar | 1 c. chopped walnuts |
| 1 egg | 6 oz. semi-sweet chocolate
bits |
| 1 3/4 c. flour | 6 oz. butterscotch chips |
| 3 c. old-fashioned oats
(don't use instant oatmeal) | |

Cream butter and sugars. Add egg. Mix dry ingredients and add to sugar mixture. Add remaining ingredients. Drop by rounded teaspoons, about 2 inches apart, onto ungreased cookie sheet. Bake 8 to 10 minutes at 350°. Centers should still be soft.

Mark Kassis and Terry Lowman



Crunch Cookies

- | | |
|--------------------|---|
| 1 c. sugar | 1 tsp. cream of tartar |
| 1 c. brown sugar | 2 tsp. vanilla |
| 1 c. butter | 1 c. Rice Krispies or other
other dry cereal |
| 1 c. oil | 1 c. oatmeal |
| 1 egg | 1 c. mini chocolate chips |
| 3 1/2 c. flour | 1 c. nuts |
| 1/2 tsp. salt | |
| 1 tsp. baking soda | |

Mix all ingredients well. Form into balls. Bake at 350° for 10 to 15 minutes.

Kids love them!

Ginny Huntington

Chocolate-Covered Cherry Cookies

- | | |
|--|--|
| 1/2 c. butter or margarine | 1/4 tsp. salt |
| 1 c. sugar | 1/4 tsp. baking powder |
| 1 egg | 1/4 tsp. baking soda |
| 1 1/2 tsp. vanilla | 48 maraschino cherries,
blotted dry |
| 1 1/2 c. flour | |
| 1/2 c. cocoa | |
| FROSTING: | 1/2 c. sweetened
condensed milk |
| 1 c. (6 oz.) semi-sweet
chocolate chips | 1 to 3 tsp. maraschino
cherry juice |

Cream sugar and butter; add egg and vanilla. Combine dry ingredients and gradually add to creamed mixture (batter will be very firm). Shape into 48 balls, about 1-inch round, and place on ungreased cookie sheets. Push 1 cherry halfway into each ball.

For frosting, melt chips in milk over low heat, stirring constantly. Remove from heat; add juice and stir until smooth.

Spoon 1 teaspoon frosting over each cherry (the frosting will spread over cookie during baking). Bake at 350° for 10 to 12 minutes.

Holly Burkhalter

Caramel Bars

35 caramels	1/2 tsp. baking soda
5 T. heavy cream	1/4 tsp. salt
1 c. flour	1/2 c. butter, melted
1 c. oatmeal	1 c. chocolate chips
3/4 c. brown sugar	

Melt caramels with cream in double boiler. Combine flour, oatmeal, brown sugar, baking soda, salt and butter. Pat 1/2 of crumbs into a 9x13-inch pan. Bake for 10 minutes at 350°. Sprinkle chocolate chips over top and pour on caramel mixture. Sprinkle remaining crumbs over chocolate and caramel. Bake 15 minutes. Cut when cool.

Ann Pierce

Emily's Best Brownies

8 oz. unsweetened baking chocolate	3 c. sugar
2 sticks margarine or butter	2 tsp. vanilla
6 eggs	2 c. flour
	1 c. chopped nuts (opt.)

Melt chocolate and margarine in double boiler. Set aside to cool. Mix beaten eggs and sugar. Beat with mixer until light, 2 to 3 minutes. Add chocolate and vanilla. Mix in flour and nuts by hand. Pour into 9x13-inch greased pan. Bake 40 to 45 minutes at 325°, until knife inserted in center comes out clean.

No claims for nutritional value, but these are the best-tasting brownies we've ever had! Emily's been making them since she was 10.

Cindy Myers

Pear-Butterscotch Bars

1 (16 oz.) can pears	2 eggs
2 c. flour	1/4 c. softened butter
1 c. packed brown sugar	1 (6 oz.) pkg. butterscotch chips
2 tsp. baking soda	1 c. chopped pecans
1 tsp. salt	

Into large mixing bowl, pour pears (juice also); dice them up. Add all other ingredients, except the chips and pecans. Mix until blended on low speed, then 2 minutes on medium speed. Pour into a 9x13-inch greased pan. Sprinkle on butterscotch chips and pecans. Bake at 350° for 35 to 40 minutes.

Sharon Wilson

Mincemeat Cookies

3/4 c. shortening	1/4 tsp. salt
1 c. granulated sugar	1 tsp. cinnamon
1/2 tsp. vanilla	1/2 c. Borden "None Such" condensed mincemeat, crumbled
1 tsp. Schilling lemon peel	1/2 c. chopped nuts
1 beaten egg	
2 1/8 c. flour (2 c. + 2 T.)	
1/2 tsp. baking soda	

Beat shortening and sugar together. Stir in vanilla, lemon peel and beaten egg. Sift flour with salt, baking soda and cinnamon; stir into prepared mixture. Stir in the crumbled mincemeat and nuts. Shape into 2 rolls; chill several hours. Slice and bake on ungreased cookie sheets for 10 minutes at 375°. Yield: 4 dozen.

Note: Unbaked cookie rolls may be frozen, then thawed and baked later.

Holly M. Burkhalter

Chocolate-Chocolate Chip Cookies

2 1/4 c. all-purpose flour	3/4 c. brown sugar
1/3 c. cocoa powder	1 tsp. vanilla extract
1 tsp. baking soda	2 eggs
1/2 tsp. salt	1 c. semi-sweet chocolate chips
1 c. (2 sticks) butter or margarine, softened	1 c. chopped nuts
3/4 c. granulated sugar	

Heat oven to 375°. Stir together flour, cocoa powder, baking soda and salt. In large bowl, beat butter, sugars and vanilla on medium speed of electric mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in chocolate chips and nuts. Drop by rounded teaspoons onto ungreased cookie sheet. Bake 8 to 10 minutes. (Best if underbaked by a minute or so—set, but not too dry.) Cool slightly; remove from cookie sheet to wire rack. Makes 4 to 5 dozen.

Lynn Fawcett

Almost Fudge Brownies

BOTTOM LAYER:

3 oz. unsweetened
chocolate

1 stick margarine or butter

1 tsp. dry instant coffee

1/2 tsp. vanilla extract

1 c. sugar

2 lg. eggs

1/2 c. flour

TOP LAYER:

1 stick margarine or butter

8 oz. semi-sweet chocolate
chips

2 T. sugar

1/2 c. half & half

1 tsp. dry instant coffee

1 tsp. vanilla extract

1 lg. egg + 4 egg yolks

Bottom Layer: Place butter and chocolate in heavy saucepan; melt over low heat. Remove from heat. Stir in salt, coffee, vanilla and sugar. Stir in eggs, one at a time. Add flour; stir until smooth. Spread in a well-greased 9x13-inch pan.

Top Layer: Place butter and chocolate in heavy saucepan; melt over low heat. Add the sugar, half & half, coffee and vanilla. Stir to mix. Remove from heat. One at a time, whisk in egg and the yolks until smooth.

Pour top layer mixture over bottom layer; lightly spread to cover. Bake for 28 to 30 minutes in a preheated 350° oven. Test for doneness—when a toothpick inserted in middle comes out clean. Cool in pan, then store in refrigerator.

These are great as bite-size treats; a larger piece served with ice cream or whipped cream makes an unforgettable dessert. These are very rich—a must for any chocolate lover.

Lynn Wilke-Metz

Butterscotch Brownies

2 eggs

1 c. brown sugar

1 c. white sugar

3/4 c. melted butter or
margarine

1 1/2 c. sifted flour

1 c. chopped pecans

1 tsp. vanilla

Beat eggs; add the sugars and melted butter or margarine. Add flour, pecans and vanilla. Mix well. Bake in 9x13-inch pan at 350° for 30 to 40 minutes. Cut while warm.

Hazel Hammer

Apricot Cookies

1 c. ground dried apricots	3/4 c. margarine*
2 c. whole wheat flour	1/2 to 3/4 c. water
1/2 c. soy flour	3/4 tsp. almond flavoring
1/4 c. unbleached white flour	2 T. baking powder
1/4 c. wheat germ	3/4 tsp. salt
1 1/2 c. brown sugar	

*One whose first ingredient is not partially hardened or hydrogenated oil, e.g. Mazola, Fleischmann.

Grind apricots and measure after grinding. Add 3 to 6 tablespoons of the measured flour to them to keep pieces separated. Cream the sugar and shortening; add water and almond flavoring. Add dry ingredients; mix well. Carefully fold apricots into the dough, which should be quite stiff. Shape into cookies and place on greased cookie sheet. Bake in a preheated oven at 375° for about 12 to 15 minutes. As soon as brown around the edges, take out and let stand on sheet for 1 minute and then remove. It seems to make them chewier. (This is a preferred procedure for all cookies I want chewy.) Makes 4 dozen.

Holly Fuchs

Frances' Sand Tarts

(Real Old German-Style)

2 1/2 c. sugar	2 eggs, well beaten
2 c. butter (no salt or sweet cream), or 1/2 margarine & 1/2 butter	4 c. flour (or more)

Cream butter and sugar; add eggs. Add flour slowly, until dough comes away from side of mixing bowl. (If you need more, add by 1/2 cup until above occurs.) Chill several hours. Roll until quite thin; cut with favorite cookie cutters. Place on ungreased baking pans. Decorate with sugars or nuts or any holiday topping. Bake at 350° for 10 minutes. If the pan is hot, cookies may only need 7 to 8 minutes. Done when very lightly browned, much like Scottish shortbread. Store in tin or plastic.

These cookies are the most favored at Christmas. They are fragile, however, and do not send well. Depending on rolling, the recipe makes 5 to 10 dozen.

Duffie Lorr

Index

This & That

Breakfast Grapefruit	
Breakfast Cheese Delight	
Artichoke Dip	1
Hot Artichoke Dip	
Cracker Jacks	
Sugared Peanuts	
Cranapple Punch	2
Iced Tea Punch	
Chile Cheese Rounds	
Spinach Balls	3
Pimento Cheese Spread	
Green Olive Sandwich Spread	
Tunisian Eggplant Appetizer	4
Artichoke Shrimp Spread	
Cheese Puffs	
Hazel's Clam Dip	
Grapefruit Appetizers	5
Low-Fat Seven-Layer Mexican Dip	
Salmon Party Log	
Candied Pecans	6
Margie's Peanut Clusters	7

Breads

Swedish Rye Bread	
"Infallible" Bread	9
Pat Traylor's Whole Wheat Bread	
Whole Wheat Refrigerator Rolls	10
No-Knead Herb Bread	
French Herbed Bread	11
Wheat Muffins	
Bran Muffins	12
Blueberry Muffins	
Hearty Cornbread	13
Blintzes	
Pepper Biscuit Pull-Apart	14

Salads

Alan's Salad	
Frozen Fruit Salad	
Desert Greens Salad	15
Scandinavian Slaw	16
Black Bean and Pepper Salad	17
Maret's Black Bean and Corn Salad	
My Favorite Salad	
7-Up Salad	18
Charoses for Passover	
Bow-Tie Pasta with Tomato Vinaigrette	19
Pasta Salad	
Florentine Pasta Salad	20
Chinese Chicken Salad	
Spinach Salad	21
Mandarin Orange Salad	
Lettuce Salad	
Sunshine Spinach Salad	22
Celery Seed Dressing	
Spinach Salad Dressing	
Mediterranean Couscous Salad	23
A Great Fruit Salad	24

Soups

Mrs. Malia's Fish Chowder	
American Chowder	25
Vegetable-Barley Soup	
Black Bean Soup	26
Mexican Pozole	
Green Soup	
Potato Soup	27
Favorite Minestrone	
Pumpkin Bisque with Nutmeg Cream	28
Squash, Carrot and Walnut Soup	
Hearty Chicken Noodle Soup	29
Potato-Corn Chowder	
Potato Soup	30
Curried Cream of Broccoli Soup	

Cream of Wild Rice Soup	31
Turkey Chili	
White Chili	32
Gingered Carrot Soup	
Fruit Soup	33

Vegetarian

Vegetable Lasagna (2)	35
Lasagna al Forno	36
Vegetable Lasagna	37
Spinach Lasagna	38
Cottage Cheese Squares	
Cauliflower Curry	39
Curried Vegetable Cobbler	
Vegetarian Supper Dish	40
Vegetarian Harira	41
Vegetarian Reuben Rolls	
Stuffed Chili Peppers	42
Bulgarian Pepper and Cheese Casserole	43
Peppers Stuffed with Rice and Tomato	44
Palo Alto Vegetable Burritos	
Corny Macaroni and Cheese	45
Chilaquile Casserole	46
Vegetarian Chili	
Quick Soup au Pistou	47
Spinach and Broccoli Enchiladas	
Garlic Roast Corn	48
Eggplant Parmesan	
Granny Char's Spaghetti Casserole	49
Cashew and Mushroom "Roast" with Festive Vegetarian "Gravy"	50-51
Mushroom and Sherry Sauce with Festive Vegetarian Gravy	51

Main Dishes

Chicken Enchiladas	53
Chicken-Broccoli Casserole	
Chicken Sauterne	54

Apricot Chicken Divine	
Chicken Tetrizzini	55
Party Chicken	
Chicken on Pasta, Asian Style	56
Chicken Piccata with Lemon Slices	
Kung Pao Chicken	57
Jalapeño Chicken Casserole	
Chicken Veronique	58
Chicken in Sweet Red Pepper Sauce	
Honey-Baked Chicken	59
Wild Rice-Chicken Casserole	
Hot Chicken Salad	60
Chicken and Vegetable Spaghetti	
Sonya's Chicken Adobo	61
Navajo Stew	
Turkey Breast Fillets	
Pot Roast with Honey and Lemon	62
Sherried Beef	
Six-Layer Dinner	
Crock-Pot Beef Fajitas	63
Shepherd's Pie	
Marinated Flank Steak	64
Pepper Steak	
Bohemian Beef Dinner	65
Quick Sauerbraten	
Punja	66
Italian Casserole	
Hazel's Chili and Rice	67
Zucchini Casserole	
Penne with Spicy Sausage and Broccoli	68
Beef Brisket	
Easy Bratwurst Potluck Grunch	
Della's Macaroni and Cheese	69
Seafood Crêpes	
Lucullan's Cajun Pasta	70
Charlie Hammer's Linguine	
Mustard Batter Fish	71
Tuna-Noodle Casserole	72

Side Dishes

Apple Pancakes	
Easy Baked Beans	
Sweet-Sour Carrots	73
Corn Bake	
Tomatoes Siciliano	
Macaroni-Corn Casserole	74
Oven-Roasted Potatoes	
Oven-Roasted Harvest Vegetables	
Nutty Yam Bake	75
Sweet Potato Soufflé	
Potato Latkes for Chanukah	76
Fabulous Rice Casserole	
Mexicali Grits	77

Desserts

Banana-Date Cake with Penuche Frosting	79
Carrot Cake	
Ginger Cakes	80
Eclair Cake	
Yulekaga	81
Devils Food Cake	
Earthquake Cake	82
Harvey Wallbanger Cake	
Pecan Cake	83
Scandinavian Almond Cake	
Danish Puff	84
Quatre Quarts	
Caramel Shortcake	85
Fruit and Chocolate by A Nut Bread	
Rhubarb Bread Pudding	86
Birnenpfanne	
Rice Pudding	87
Buster Bar Dessert	

Four-Layer Dessert	
No-Roll Pie Crust	88
Gramma MacLachlan's Pecan Pie	
Rhubarb Custard Pie	
Rhubarb Pie	89
Rhubarb Pie	
Pet Apple Pie	90
Fruit Compote	
Lillian's Unbelievable Fruit Soup	91
Yogurt Dessert Sauce	92

Cookies & Bars

Moon Cookie	
Aunt Edna's Soft Sugar Cookies	93
Chocolate Chip Mint Cookies	
Old-Fashioned Oatmeal Cookies	
Craters of the Moon Molasses Cookies	94
Red-Hot Apple Squares	
Toffee Bars	95
Carob-Chip Mini Biscotti	
Mom Lowman's Cookies	96
Crunch Cookies	
Chocolate-Covered Cherry Cookies	97
Caramel Bars	
Emily's Best Brownies	
Pear-Butterscotch Bars	98
Mincemeat Cookies	
Chocolate-Chocolate Chip Cookies	99
Almost Fudge Brownies	
Butterscotch Brownies	100
Apricot Cookies	
Frances' Sand Tarts	101

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