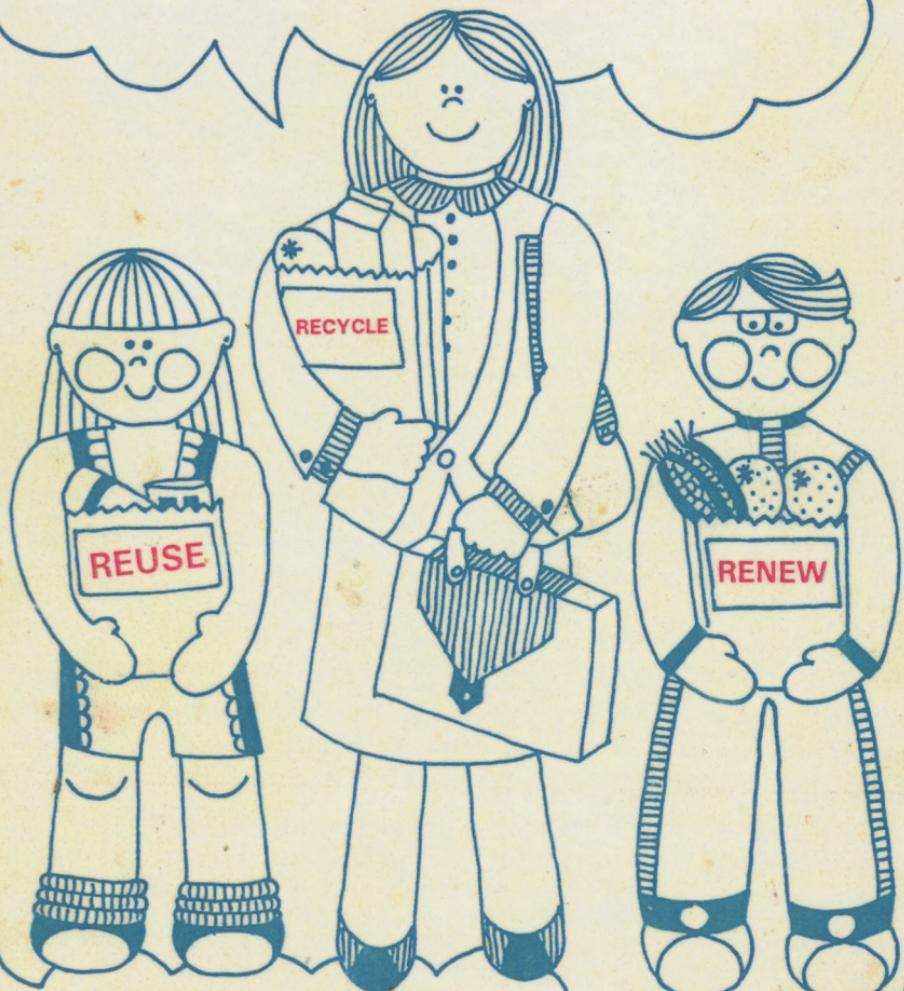


# *The Working Parent's* **Cookbook**



**Over 100 Quick & Easy  
Family Tested Recipes**

from the  
friends and family of  
Apple Tree  
Children's Centers

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# The Working Parent's Cookbook

The recipes in this book were contributed by the parents, grandparents, and employees of Apple Tree Children's Centers and is dedicated to working parents everywhere. It is our hope that these time-saving recipes enable families to enjoy their meals together and to have more time to spend with one another.

Art by Rosalie Howell

Typesetting by Lynne Meservey

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## Beverages

*"My Mom makes the best cookies! She puts chocolate chips in them and that's it. I don't like anything else she makes."*

*- Tori, age 4*





# 6:30 AM Easy Milk Shake

*"A great summer breakfast for working moms and dads"*

## Ingredients

- 1-2 scoops vanilla ice cream or frozen yogurt
- 1 *Carnation Instant Breakfast Drink* envelope
- 1 cup milk (skim milk may be used)

## Directions

Scoop ice cream/yogurt into blender. Add breakfast drink mix and milk. Blend and serve.

Leni Cooper

Chad's Mom  
Newton Center

# Girl Scout Hot Chocolate Mix

*"Especially good after building snowmen  
and making snow angels!"*

## Ingredients

- 1 carton *Carnation* instant powdered milk
- 1 jar (16 ounce) *Coffeemate*
- 1 pound *Nestle's Quik* powder
- 1/2 pound powdered sugar

## Directions

Mix all ingredients together and store in a tightly covered container.

Add 1/4 cup mixture to 1 cup of hot water and serve.

Servings: Recipe makes 8 quarts

Lynne and Doug Rittler

MacKenzie & Devan's Parents  
Ashworth Center

# Orange Julius

*"A good breakfast and summer drink"*

## Ingredients

1/2 can 6-ounce frozen orange juice concentrate  
1/2 cup milk  
1/2 cup water  
1/4 cup sugar  
1/2 teaspoon vanilla  
6 ice cubes

## Directions

Combine ingredients in blender. Cover and blend until smooth, about 30 seconds. Serve immediately.

Serves: 4

Diana Bieghler

Ashley's Mom  
Urbandale Center

# Summer Coolers

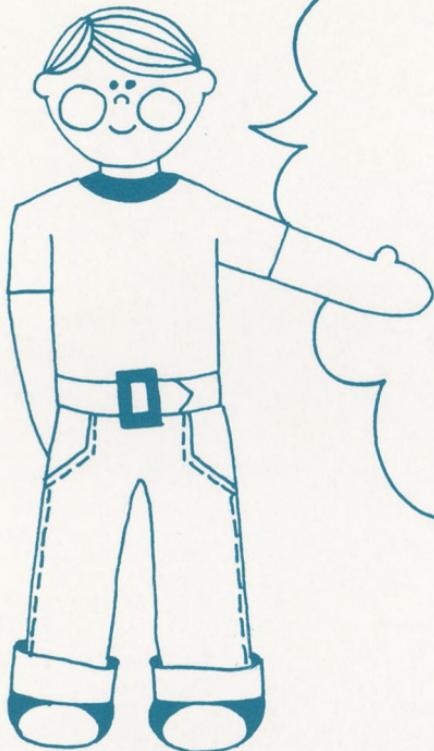
Use frozen watermelon balls as ice cubes in a favorite juice drink.

Scoop ice cream into cantaloupe wedges for a good tasting treat.

Let children make their own fresh fruit kabob with ice cream sticks instead of skewers.

Jan Yegge

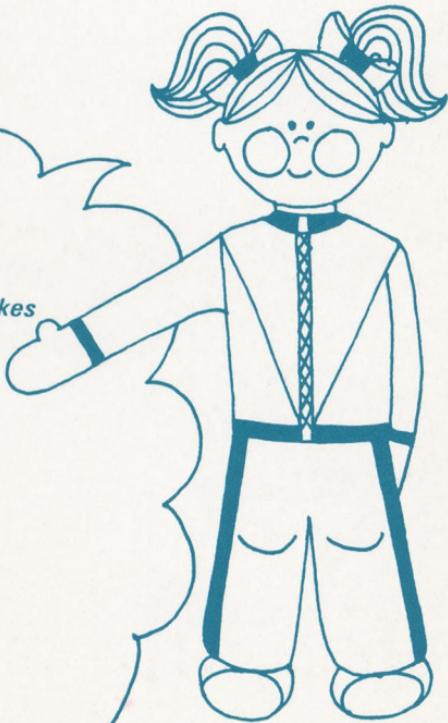
Michael & Matthews's Mom  
Ankeny Center



**Breads**

*"I help stir when Mom makes bread. She puts tuna and casserole in it."*

*- Jessica, age 5*





# Banana Blueberry Muffins

## Ingredients

1-3/4 Cups flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
3/4 cup sugar  
2 large eggs  
4 medium size mashed bananas  
1 teaspoon vanilla  
1 Cup blueberries

## Directions

Cream butter, eggs, bananas, and vanilla. Add all dry ingredients. Fold in blueberries. Pour into cupcake tins.

Bake at 350° for 15 to 20 minutes.

Hint: freeze bananas first, thaw in microwave, then mash. Makes the muffins extra moist.

Kalli Saland

Shaina and Samantha's Mom  
Ashworth Center

# Beer Bread

## Ingredients

3      Cups self-rising flour  
3      Tbsp. sugar  
1      can beer (12 ounce)

## Directions

Mix flour and sugar together. Add beer to mixture and stir. Do not over mix. Bake in 375° oven. Bake large loaf for approximately 1 hour. (Small loaves 35-40 minutes.) Remove from pans and cool on rack.

Serving Size: 9-1/2" x 5-1/2" loaf, or 3-1/4" x 6" loaves

Melynda DeCarlo

Meredith Jinks' Mom  
Ashworth Center

# Cheesebread

## Ingredients

- 1 large loaf French bread
- 8-10 ounces grated monteray jack cheese
- 4-5 ounces mozzarella cheese
- 4-5 ounces cheddar cheese
- 2 teaspoons garlic powder
- 1-1/2 cup *Hellman's* mayonnaise
- paprika & pepper to taste

## Directions

Combine cheeses, garlic powder and mayonnaise in a large bowl. (Can be done ahead of time and kept in refrigerator for several days.)

Slice French bread lengthwise creating two pieces. Spread cheese mixture evenly on both halves. Sprinkle with paprika and pepper. Bake on a cookie sheet at 325° until bubbly and brown. Cool slightly, slice, and serve.

Servings: 8

Renae Murphy

Meredith & Nole's Mom  
Ashworth Center

# Cornbread Muffins

## Ingredients

1 cup bran flakes  
1 cup flour  
2/3 cup cornmeal  
1/2 cup sugar  
1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup milk  
1/8 cup margarine  
1 egg or 2 egg whites

## Directions

Mix and bake at 400° for 20-25 minutes.

**Servings:** 10-12 muffins (I like to use the small muffin tins and make 24-28 - a nice bite-sized bread for small hands!)

**Source:** Unknown

# Cowboy Coffee Cake

## Ingredients

1/4 cup salad oil  
1 beaten egg  
1/2 cup milk  
1-1/2 cup all purpose flour  
3/4 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
Spicy Topping (see below)

## Directions

Preheat oven to 375°. Combine oil, egg, and milk. Sift together dry ingredients; add to milk mixture. Mix well. Pour into greased 9x9x2-inch pan. Sprinkle with Spicy Topping. Bake at 375° about 25 minutes.

Servings: 9

Spicy Topping: Combine 1/4 cup brown sugar, 1 tablespoon flour, 1 teaspoon cinnamon, 1 tablespoon melted butter, and 1/2 cup chopped walnuts or pecans.

Sue Ballard

Erin's Mom  
Urbandale Center

# Frozen Muffins

*"Make ahead, freeze and bake when needed."*

## Ingredients

2-1/2 cups *Raisin Bran*  
2-1/2 cups flour  
1-1/2 cups sugar  
2-1/2 teaspoons baking soda  
1 teaspoon salt  
2 eggs, slightly beaten  
1 pint buttermilk  
1/2 cup oil  
1 teaspoon cinnamon (optional)

## Directions

Mix cereal, flour, sugar, soda, and salt in a large bowl. Combine eggs, buttermilk, and oil. Add to cereal mixture; mix only enough to dampen flour. Place paper cups on baking sheet that will fit in the freezer. Spoon mixture into cups being careful to keep cup shape. Fill 2/3 full. Place in freezer. When frozen, place cups in plastic bags to store. To bake, place muffins in muffin tin and bake 25 minutes at 400°.

Janet Trentmann

Jonay & Andrew's Mom  
Urbandale Center

# Lemon Poppy Seed Bread

## Ingredients

1 package *Pillsbury* lemon cake mix  
1 package instant lemon pie filling (3 ounce)  
1 Cup water  
1/2 Cup oil  
1/4 Cup poppy seed  
4 eggs

## Directions

Mix all ingredients together. Bake in two 8" x 4" loaf pans at 350° for 45 minutes

Melynda DeCarlo

Meredith Jinks' Mom  
Ashworth Center

# Monkey Bread

## Ingredients

4 tubes refrigerator biscuits, cut in quarters  
1-1/2 teaspoons cinnamon  
1/3 cup sugar  
1/4 cup nuts

## Directions

Grease bundt angel food cake pan. Roll dough in cinnamon, sugar, and nuts and place around tube pan. Sprinkle remaining ingredients over dough.

## Bring to a boil

1 cup sugar  
3/4 cup butter  
1-1/2 teaspoons cinnamon  
1/4 cup milk  
1/4 cup brown sugar

Pour mixture over biscuits. Bake at 350° for 40-45 minutes. Let stand for 5 minutes and turn out of pan.

Traci Mienke

Jarrod's Mom  
Ankeny Center

# Monkey Bread

## Ingredients

1-1/2 sticks margarine  
1 teaspoon cinnamon  
1 cup brown sugar  
3 tubes refrigerated biscuits  
1/3 cup sugar  
1/2 teaspoon cinnamon

## Directions

Boil margarine, brown sugar, and 1 teaspoon cinnamon for 2-3 minutes. Cut biscuits into quarters and roll in 1/2 teaspoon cinnamon and sugar mixture. Place in well-greased bundt pan. Pour boiled mixture over biscuits. Bake at 350° for 25 minutes. Cool for 10 minutes. Invert on plate and serve.

Paige Henderson

Tori's Mom  
Urbandale Center

# Spring Break Blueberry Coffee Cake

## Ingredients

### Cake:

- 1 package *Duncan Hines Blueberry Muffin Mix*
- 1 8-ounce can crushed pineapple with juice
- 1 egg

### Topping:

- 1/2 cup flaked coconut
- 1/4 cup firmly packed brown sugar
- 2 tablespoons melted margarine
- 1 tablespoon flour

## Directions

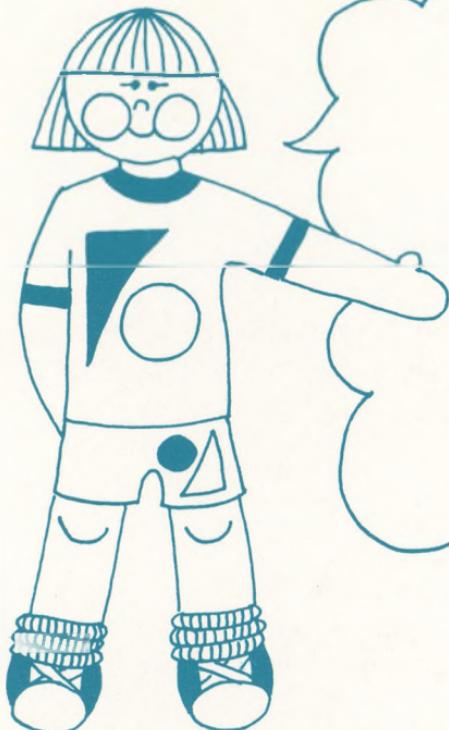
Preheat oven to 350°. Grease 9-inch square pan. Rinse blueberries with cold water and drain. Mix cake ingredients together. Mix topping ingredients together. Pour cake batter into pan and cover with topping.

Bake approximately 30 minutes.

Hint: If doubling recipe, use a 9 x 13-inch pan.

Susan Dannatt

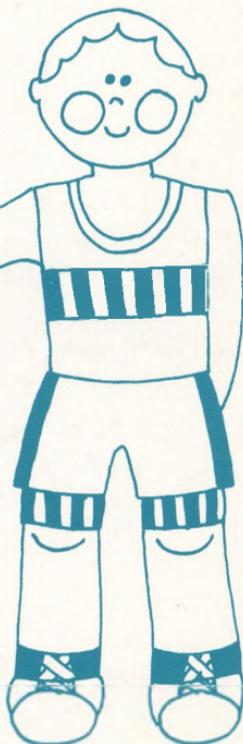
Kaci's Mom  
Ankeny Center



## Desserts

*"I like Mom's brownies. I've never seen her make them; only my teacher. I think she puts cream cheese, sugar, butter, and eggs in them. Actually she makes square brownies."*

*- Katherine, age 3*





# Angel Coconut Pie

## Ingredients:

Crust:            1-1/3 cups graham cracker crumbs  
                  1/2 cup melted butter

Directions: Pat into 9" pie pan

Meringue:        4        egg whites  
                  1/4      teaspoon salt  
                  1        teaspoon vinegar  
                  1        cup sugar  
                  1-1/2    cups whipped cream  
                  1        cup coconut  
                  1        teaspoon vanilla  
                  1        cup sliced peaches, drained

## Directions:

Beat egg whites until frothy, add salt and vinegar and beat stiff. Gradually add sugar 2 tablespoons at a time, beating thoroughly after each addition. Put in pan over crust. Bake at 275° for 1-1/4 hours. Cool.

Toast 1/2 cup coconut. Arrange peach slices on pie. Whip cream and fold in other 1/2 cup coconut. Add vanilla. Put over peach slices and sprinkle with toasted coconut. Chill.

Judy Filean

Director  
Pleasant Center

# Best Sugar Cookies

## Ingredients

- 1 cup powdered sugar
- 1 cup white sugar
- 1 cup margarine or butter
- 1 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cream of tartar
- 4 cups flour

## Directions

Cream sugar, margarine, and oil. Add eggs; mix until fluffy. Sift dry ingredients and add. Roll into balls the size of walnuts, place on ungreased cookie sheet and press with glass dipped in sugar. Bake at 375° for 10 minutes.

Servings: 50-60 cookies

Cindy Masolini

Dusty's Mom  
Ashworth Center

# Cherrios Bars

## Ingredients

3/4 cup corn syrup  
3/4 cup peanut butter  
3/4 cup firmly packed brown sugar  
6 cups *Cherrios* cereal

## Directions

Combine corn syrup and sugar in a large sauce pan. Cook over medium heat until mixture bubbles. Remove from heat and add peanut butter. Stir until combined well. Add cereal. Press into greased 9x13-inch pan.

Sue Hurd

Aaron, Tommy, & Nathan's Mom  
Urbandale Center

# Cherry Fluff

## Ingredients

- 1 can condensed milk
- 1 3-ounce package cream cheese
- 1 No. 2 can pineapple, drained
- 1 can cherry pie filling
- 1 large container *Cool Whip*

## Directions

Beat milk and cream cheese together. Add fruit and Cool Whip and mix. Chill.

Can be made the day before serving.

Traci Mienke

Jarrod's Mom  
Ankeny

# Cherry Pie Cake

## Ingredients

2 cans cherry pie filling  
1 box white cake mix (dry)  
1-1/4 sticks margarine

## Directions

Grease 9x13-inch pan. Pour cherry pie filling into pan. Sprinkle cake mix on top of filling. Cut margarine sticks into small squares and place on top of the dry cake mix. Bake at 350° for 30 minutes. Turn oven up to 400° for 15 minutes or until nice and brown.

May be served with *Cool Whip*.

Lana Herold

Joshua's Mom  
Ankeny Center

# Cherry Cake Bars

## Ingredients

1      cup melted butter  
1-3/4    cups sugar  
4      eggs  
1/2     teaspoon salt  
1      teaspoon vanilla  
1-1/2    teaspoon baking powder  
3      cups flour  
2      cans cherry pie filling

## Directions

Mix all ingredients except pie filling. Grease jelly roll pan, put 3/4 batter in pan and sprinkle pie filling over. Drop remaining dough over the top and spread lightly. Bake at 350° for 30 minutes. Frost lightly with powdered sugar frosting while still warm

Rhonda Rose

Christina & Kelsey's Mom  
Newton

# Chocolate Pin-Wheel Cookies

## Ingredients

1/2 cup shortening  
1 egg yolk  
2 teaspoons vanilla  
1/2 teaspoon baking powder  
1 ounce square unsweetened chocolate, melted  
1 tablespoon milk  
1/2 cup sugar  
1-1/2 cups flour  
1/2 teaspoon salt

## Directions

Thoroughly cream shortening and sugar. Blend in egg yolk, vanilla, and milk. Sift dry ingredients. Stir into sugar mixture. Divide dough in half. Add chocolate to one of the dough mixtures. Roll both dough mixtures to 10x12-inch rectangles.

Teresa Broderick

Teacher

# Chocolate Chip Applesauce Cake

## Ingredients

1/2 cup shortening  
1-1/2 cups sugar  
2 eggs  
1/2 teaspoon cinnamon  
2 tablespoons cocoa  
2 cups flour  
1-1/2 teaspoon salt  
2 cups applesauce  
1 12-ounce package chocolate chips  
2 tablespoons sugar

## Directions

Mix first eight ingredients together in a large bowl. Spread in a greased 9x13-inch pan. Before baking, sprinkle chocolate chips and remaining sugar on top. Bake at 350° for 35-40 minutes.

Paige Henderson

Tori's Mom  
Urbandale center

# Cocoa Drop Cookies

## Ingredients

2	cups sugar
1/2	cup milk
1	stick margarine
3	tablespoons or 1/3 cup cocoa
3	cups oats, uncooked
1	teaspoon vanilla
1/2	cup peanut butter

## Directions

Mix sugar, milk, butter, and cocoa in saucepan and bring to a boil. Boil and stir for one minute. Add oats, vanilla and peanut butter. Drop by teaspoonfuls onto waxed paper. Store in airtight container.

Servings: 2-3 dozen

Kathy Larson

Amy and Brian's Mom  
Ankeny Center

# Creme de Menthe Cake

## Ingredients

- 1 box white cake mix, the kind that you add oil to for moisture
- 1 creme de menthe syrup
- 1 can *Hershey's* fudge topping for ice cream
- 1 8 ounce container *Cool Whip*

## Directions

Follow directions on cake mix box. When adding the water take 3 tablespoons out and replace with 3 tablespoons creme. Bake according to directions. Cool completely. Spread fudge topping like frosting over the cake. Add 3 tablespoons creme de menthe to the Cool Whip and stir. Top cake with the mixture. Refrigerate.

Servings: 18

Renae Murphy

Meredith & Nole's Mom  
Ashworth Center

# Dirt Pudding

*"My kids are crazy over this!"*

## Ingredients

20 ounces *Oreo* cookies, crushed  
2 packages instant chocolate pudding  
8 ounce package cream cheese  
8 ounce container *Cool Whip*  
1/4 cup butter or margarine  
3-1/2 cups milk  
1 cup powdered sugar  
gummie worms

## Directions

Mix pudding and milk and let set. Combine cream cheese and butter, mix in *Cool Whip* and powdered sugar. When partially set, mix all ingredients, except the cookies.

Place a layer of cookies in the bottom of a plastic flower pot, add a layer of pudding mixture. Top with a layer of cookie mix and a few gummie worms for effect. Add silk flowers and give children a plastic shovel to eat the dessert.

Pat Crutchfield

Andy & Mark's Mom  
Ashworth Center

# Extra Rich Yum-Yums

## Ingredients

- 1 stick margarine
- 1-1/2 cups graham cracker crumbs
- 1 cup coconut
- 1 12-ounce package chocolate chips
- 1 12-ounce package butterscotch chips
- 1 can *Eagle Brand* milk
- 1 cup chopped nuts (optional)

## Directions

Melt butter and pour into 9x13-inch pan. Layer graham crackers, coconut, chocolate chips, and butterscotch chips. Drizzle milk over the top and sprinkle with chopped nuts. Bake at 350° for 30 minutes.

Paige Henderson

Tori's Mom  
Urbandale

# 15 Minute Bars

## Ingredients

1 cup melted butter  
1 cup brown sugar  
4 cups oatmeal

## Directions

Mix ingredients together. Bake for 10 minutes at 350° on a greased 11" x 15" cookie sheet.

Cool slightly and frost with chocolate chip/peanut butter frosting. (See frosting recipe below)

## Frosting

1 six ounce package chocolate chips  
1/2 Cup peanut butter

Melt frosting ingredients together

Maureen VanMeter

Zack & Nick's Mom  
Ashworth Center

# Frozen Fruit Cups

## Ingredients

2 packages frozen strawberries  
1 6-ounce orange juice  
1 6-ounce lemonade  
1 # 2 can crushed pineapple with juice  
3 bananas, cut up  
1 cup sugar  
2-1/2 cups water

## Directions

Mix all ingredients and place in individual plastic cups. Place foil on top of each and freeze.

Servings: 14

Variations: Substitute other types of fruit

Julie VanCleave

Zachary & Victor's Mom  
Newton Center

# Fruit Dip

## Ingredients

1 8-ounce package cream cheese  
7 ounces marshmallow cream  
dash cinnamon  
dash nutmeg

## Directions

Blend ingredients and serve with fresh fruit.

Jody Hibbs

Jessica & Christina's Mom  
Urbandale Center

# Ice Cream Pie

## Ingredients

- 1 box strawberries
- 1 box strawberry Jell-O
- 1 pint vanilla (or strawberry) ice cream
- 1 pie crust, either graham cracker or regular

## Directions

Drain strawberries, add enough water to juice to make 1-1/2 cups. Heat to boiling and pour over Jell-O until dissolved. Add ice cream while Jell-O is warm. Place in refrigerator until partially set. Turn into graham cracker crust or baked pie crust.

Theresa Broderick

Teacher  
Pleasant Center

# **Ice Cream Cone Cupcakes**

## **Ingredients**

**Cake batter from your favorite box mix or "from scratch".**

**18      Ice cream cones**

## **Directions**

**Pour batter into ice cream cones until it reaches one-third full. Stand cones up on a cookie sheet. Bake at 350° for 20 minutes. Frost with favorite frosting recipe.**

**Serves: 18**

**Cindee Dentley**

**Wren's Mom  
Urbandale Center**

# Ice Cream Dessert

## Ingredients

1/3 cup melted butter  
1 cup coconut  
2 cups *Rice Chex* cereal, crushed  
2/3 cups brown sugar  
1/2 cup chopped nuts

## Directions

Mix ingredients together. Put 2/3 mixture in the bottom of a 9 x 13-inch pan. Soften 1/2 gallon butter pecan ice cream and spoon over the crumb mixture. Sprinkle rest of mixture on top of ice cream. Freeze.

Bobette Galloway

Logan & Piper's Mom  
Ashworth Center

# Microwave Chocolate Pudding

## Ingredients

2/3 cup sugar  
1/4 cup cocoa  
3 tablespoons cornstarch  
1/4 teaspoon salt  
2-1/4 cups milk  
1 tablespoon butter, if desired  
1 teaspoon vanilla

## Directions

Stir ingredients together in an eight-cup microwave container. Microwave on high for 5 minutes, stirring every 2-1/2 minutes. Microwave for 1 or 2 more minutes until thickened. Add butter and vanilla. Stir. Serve warm or cold.

Servings: 4

Beth McIntyre

Carrie's Mom  
Newton Center

# Miracle Whip Cake

## Ingredients

2	cups flour
1	cup sugar
4	tablespoons cocoa
2	teaspoons baking soda
1	cup <i>Miracle Whip</i> salad dressing
1	teaspoon vanilla
1	cup water

## Directions

Sift dry ingredients and add Miracle Whip, water and vanilla. Bake grease and dust cake pan. Bake at 350° until top springs lightly to touch.

Bonnie Barnett

Teacher

# Monster Cookies

## Ingredients

12	eggs
2	lb. brown sugar
4	Cups white sugar
1	lb. butter
1	Tbsp. vanilla
1	Tbsp. white corn syrup
8	tsp. baking soda
3	lb. peanut butter
18	Cups oatmeal
1	lb. chocolate chips
1	lb. M&Ms

## Directions

Mix ingredients together. You will have a substantial amount of dough. The dough can be rolled into a shape similar to a paper towel cardboard tube and then wrapped in *Saran Wrap* and frozen. Cut dough in 1 inch chunks and bake at 350° for 10-12 minutes.

Melynda DeCarlo

Meredith Jinks' Mom  
Ashworth Center

# Oreo Ice Cream Dessert

## Ingredients

- 1 package *Oreos* cookies
- 1 2-quart carton of ice cream
- 1 carton *Cool Whip*
- 1 small jar hot fudge topping
- 1/2 cup margarine or butter

## Directions

Crush cookies in bottom of 9x13-inch pan. Pour melted butter into pan and mix to coat cookies. Press mixture into bottom of the pan. Cut ice cream into squares and press a layer of ice cream onto the cooled cookie crumb mixture. Mix Cool Whip and hot fudge topping and spread it on top. Freeze until ready to serve.

Sandy Pieper

Brett's Mom  
Urbandale

# Peanut Butter Chocolate Chip Cookies

## Ingredients

1-3/4 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup sugar  
1/2 cup brown sugar  
1/2 cup peanut butter  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla  
1 package milk chocolate chips

## Directions

Combine all ingredients except chocolate chips in large mixing bowl. Mix on low speed until dough forms. Add chips. Shape into balls using a rounded teaspoon for each cookie. Roll balls in sugar and place on greased cookie sheet. Bake at 375° for 10-12 minutes. Press each cookie with a fork before cooling.

Servings: 4-5 dozen depending on size

Joni Summitt

Kaitlyn's Mom  
Pleasant Center

# Raisin Spice Bars

## Ingredients

1      spice cake mix  
4      eggs  
1      can raisin pie filling

## Frosting:

1/2      cup powdered sugar  
1      tablespoon milk

## Directions

Mix cake ingredients and pour into a greased jelly roll pan. Bake at 325° for 25 minutes. Cool and drizzle with frosting.

Jody Hibbs

Jessica & Christina's Mom  
Urbandale Center

# S'More Bars

## Ingredients

1	cup flour
1	cup quick oats
1/2	cup margarine
1/2	cup brown sugar
1/2	teaspoon salt
1/4	cup baking soda
2	tablespoons milk
1	cup milk chocolate chips
1	tablespoon <i>Crisco</i> shortening
2	cups miniature marshmallows

## Directions

Blend first seven ingredients until crumbly. Press into bottom of 9 x 13-inch pan. Bake for 15 minutes at 350°. Sprinkle with 1/2 cup chocolate chips and 2 cups miniature marshmallows. Return to oven for 10 minutes. Melt 1/2 cup chocolate chips with Crisco and drizzle over the top. Cut into small bars.

Kalli Saland

Shaina and Samantha's Mom  
Ashworth Center

# Rice Krispies Marshmallows

## Ingredients

- 1/2 can *Eagle Brand* Sweetened Condensed Milk
- 27 caramels
- 1 stick margarine
- 1 10-ounce bag of large marshmallows
- Rice Krispies*

## Directions

Melt caramels and margarine in condensed milk. Dip each marshmallow in the melted mixture and roll in Rice Krispies.

Barb Easley

Heather's Mom  
E. P. True Center

# Simple Hershey Syrup Brownies

## Ingredients

1 stick margarine  
1 cup sugar  
4 eggs  
1 16 oz. can *Hershey* syrup  
1 cup and 1 tablespoon flour  
1/2 cup nuts

## Directions

Spread on greased cake or jelly roll pan. Bake at 350° for 20 to 30 minutes.

## Frosting:

6 tablespoons margarine  
6 tablespoons milk  
1 cup sugar

Boil 30 seconds and add 1/2 cup chocolate chips

Cindy Masolini

Dusty's Mom  
Ashworth Center

# Singh Fantastic Fudge

## Ingredients

4	Cups sugar
1	Cup whole milk
1	teaspoon vanilla
25	large marshmallows, cut in pieces
1	Cup butter
13	ounces milk chocolate, cut in pieces
12	ounces semi-sweet chocolate chips
3	ounces unsweetened chocolate
1	cup nuts

## Directions

Mix sugar, milk, vanilla, and butter. Boil for 2 minutes. Turn off heat and add marshmallows. Stir until all ingredients have melted. Add chocolate, one kind at a time. Stir rapidly until melted. Add nuts. Pour on large greased sheet.

Cut after mixture has cooled completely.

Paul & Nancy Singh

Jenny's parents  
Ashworth Center

# Special-K Bars

## Ingredients

1	cup sugar
1	cup white corn syrup
1-1/2	cups peanut butter
1	teaspoon vanilla
6	cups <i>Special K</i> cereal
1	cup chocolate chips
1	cup butterscotch chips

## Directions

Bring sugar and corn syrup to a boil. Remove from heat and add peanut butter and vanilla. Mix well. Add cereal, mix, and pat into a greased 9 x 13-inch pan. Melt both chips in double boiler (or microwave) and spread over top of mixture.

Barb Easley

Heather's Mom  
E. P. True Parkway Center

Leni Cooper

Chad's Mom  
Newton Center

# Strawberry-Cheese Delight

## Ingredients

1-1/3 cups graham cracker crumbs  
1/4 cup sugar  
1/3 cup melted butter or margarine  
1 package (8 oz.) cream cheese, softened  
1/4 cup sugar  
1/4 cup milk  
3 cups (8 oz.) *Cool Whip* whipped topping, thawed  
1 pint strawberries, hulled and halved  
1 package (4-serving) *Jell-O* brand gelatin, strawberry flavor  
3/4 cup boiling water  
1/2 cup cold water  
Ice cubes

## Directions

Combine crumbs, 1/4 cup sugar and butter. Press firmly into bottom of 13 x 9-inch pan. Bake at 375° for 8 minutes or chill 15 minutes.

Beat cream cheese and 1/4 cup sugar in bowl. Gradually beat in milk. Fold in whipped topping and spread evenly over crumb crust. Arrange berries in an even layer on cheese mixture. Refrigerate.

Dissolve gelatin in boiling water. Combine water and ice cubes to make 1-1/4 cups. Add to gelatin, stirring until slightly thickened. Remove any unmelted ice. Gently spoon over berries. Chill until firm, 3 hours. To serve, cut in squares. Servings: 12

Cindy Masolini & Candie

Dusty's Mom and Aunt  
Ashworth Center

# Swirly Twirly Cookie Pops

## Ingredients

- 1 package 17-ounce Slice and Bake Refrigerator sugar cookies
- food coloring
- 24 wooden sticks

## Directions

Allow cookie dough to soften at room temperature for 30 minutes. Divide dough into 2 equal parts. Place one portion in a medium bowl; add 3-4 drops food coloring. Use a spoon to work color through the dough.

Roll colored dough between 2 sheets of waxed paper to a 12 x 18-inch rectangle. Roll out plain dough in same manner. Refrigerate dough sheets 20 minutes.

Remove top sheet of waxed paper from both doughs. With plain dough on the bottom, place layer of colored dough on top, removing wax paper. Roll up in a jelly roll fashion, starting with the 12" side. Wrap tightly in waxed paper. Refrigerate for at least one hour.

Cut dough in 1/2-inch slices. Place on wooden sticks and put them 3 inches apart on ungreased cookie sheet. Bake at 325° for 10-12 minutes. Cool 1 minute before removing from cookie sheet.  
Servings: 24

Deb Penning

Coy's Mom  
Newton Center

# Yummies

## Ingredients

1/2 cup cocoa  
1/2 cup margarine  
2 cups sugar  
1/2 cup milk  
3 cups Quick Oats  
1 teaspoon vanilla  
1/2 cup peanut butter

## Directions

Combine cocoa, margarine, sugar, and milk in a saucepan. Bring to a boil, stirring frequently. Boil 3-5 minutes, stirring occasionally. Remove from heat. Add peanut butter; stir until melted. Add vanilla and oats; stir well. Drop by spoonfuls on waxed paper. Cool.

Servings: 2 1/2 dozen

Sue Ballard

Erin's Mom  
Urbandale

# Peanut Butter Clay

## Ingredients

6       ounces peanut butter  
1/4     cup honey  
          dry powdered milk  
          raisins or chocolate chips

## Directions

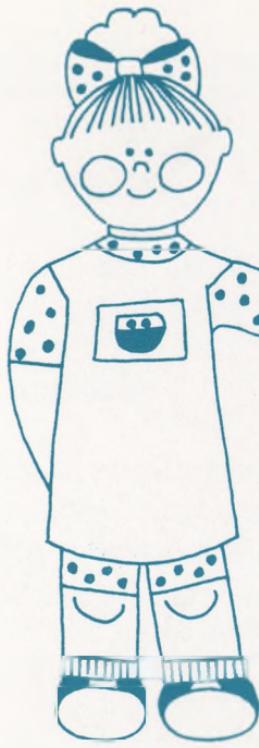
Mix peanut butter and honey together and add enough powdered milk until mixture has a clay-like consistency. Children can model animals or roll out flat and cut with cookie cutters.

Objects may be decorated with raisins or chocolate bits and eaten after playtime is over.

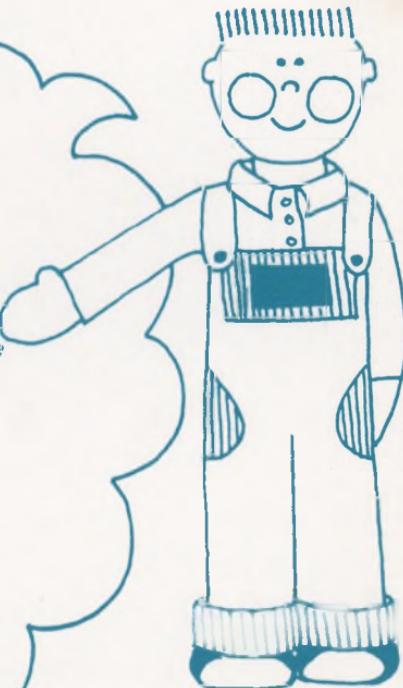
Traci Mienke

Jarrod's Mom  
Ankeny center





## Main Dishes



*"I like meatballs. My Mom rolls the meat and puts them in a pan. I even like cheese and broccoli. I also really like Happy Meals, but Mom can't make them - only McDonalds."*

*- Kayla, age 5*



# B-B-Q Chicken

## Ingredients

- 1 cut-up chicken or pork
- barbecue sauce

## Directions

Place cut-up chicken in crock pot and pour sauce over chicken. Cook on low heat for 8 hours. Remove from crock and place in a baking dish. Baste with additional sauce and place under broiler for 5-10 minutes.

Laura Patton

Lee & Allen's Mom  
E. P. True Parkway Center

# Bubble Pizza

*"Kids can do much or all of this on their own."*

## Ingredients

2 10-count refrigerator biscuits

1 package (3.5 oz.) pepperoni

1 15 ounce pizza sauce

1 cup cheddar cheese, shredded

2 cup mozzarella cheese, shredded

other pizza ingredients as desired, olives, mushrooms, and other meats.

## Directions

Grease a 9 x 13-inch dish. Cut each biscuit in half. Toss biscuits with all other ingredients except 1/2 cup mozzarella cheese. Place in baking dish. Top with remaining cheese. Bake at 350° until bubbly and biscuits are starting to brown, about 30 minutes.

Servings: 4-6

Terri Ball

Katie & Michael's Mom  
Ashworth

# Cavatelli

## Ingredients

- 1 small package shell macaroni
- 1 pound Italian sausage
- 1 medium jar *Prego* spaghetti sauce
- 1 can sliced mushrooms
- 2 cups shredded mozzarella cheese

## Directions

Cook macaroni according to package directions. Cook sausage and drain. Combine macaroni, spaghetti sauce and meat. Spoon into casserole and bake at 375° for 15 minutes; top with cheese and bake another 15 minutes. Recipe can be doubled and freezes well.

Servings: 8-10

Kathy Larson

Amy & Brian's Mom  
Ankeny Center

# Cheesy Chili Dogs

## Ingredients

1 7.5-ounce package main dish mix for chili tomato  
1/2 pound frankfurters cut in 1/2-inch slices  
chopped onion, to taste  
shredded cheddar cheese

## Directions

Prepare main dish mix for chili tomatoes according to package directions, eliminating ground beef. Stir in frankfurters with the macaroni. Simmer. Top with onions and cheese.

Servings: 5

Sue Hurd

Aaron, Nathan, & Tommy's Mom  
Urbandale Center

# Chicken and Rice

## Ingredients

- 1 can cream of mushroom soup
- 1 can of cream of chicken soup
- 2 cans water
- 1 package dry onion soup mix
- 1 cup rice
- 4 chicken breasts

## Directions

Mix soups, water, and dry soup mix. Pour over rice and chicken in 9x13-inch pan. Bake at 350° for 1-1/2 hours covered. Uncover and bake for additional half hour.

Rhonda Rose

Christina & Kelsey's Mom  
Newton Center

# Chicken Roll-Ups

## Ingredients

- 1 can cream of chicken soup
- 1 8-count can of refrigerator crescent rolls
- 1 can chunk Chicken or 1/2 cup chopped chicken breast
- 1 cup grated cheddar cheese

## Directions

Mix soup with enough water to cover bottom of 9x13-inch pan. Separate crescent rolls. Place a large spoonful of chicken and 1 spoonful of cheese on each roll. Roll from wide end to enclose filling. Pinch seams. Place seam side down on soup. Sprinkle with additional cheese.

Bake uncovered at 375° for 20-25 minutes or until golden brown.

Servings: 8

Joni Summitt

Kaitlyn's Mom  
Pleasant Center

# Chicken Casserole

## Ingredients

- 1-1/2 cups dry *Minute Rice*
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 tablespoon dry onion soup mix
- 2 cups leftover chicken cut into small pieces

## Directions

Place rice in bottom of 9 x 9-inch baking dish. Stir in soups and onion soup mix. Add 1/2 can of water and mix well. Stir in chicken. Bake at 350° for 30 minutes.

Optional: top with shredded cheese

Jan Yegge

Matthew and Michael's Mom  
Ankeny Center

# Chicken DeVin

## Ingredients

- 3 chicken breasts
- 1 package frozen broccoli spears
- 1/2 cup sour cream
- 1 can cream of chicken soup
- 1-1/2 teaspoon curry powder
- 1 package slivered almonds
- 1 teaspoon lemon juice
- 2 slices white bread, cut in 1" squares
- 1 cup shredded cheddar cheese

## Directions

Precook chicken and debone. Cube. Cook broccoli for 5 minutes and drain.

Saute almonds in butter until tender.

Mix together: sour cream, soup, curry, lemon juice. Add almonds. Layer in greased casserole: Broccoli, chicken, sour cream/soup mixture, torn bread. Dot with butter and top with cheese. Bake at 350° for 30 minutes. Serve with rice. Servings: 6

Renae Murphy

Meredith & Nole's Mom  
Ashworth Center

# Chili con Carne

## Ingredients

1 pound hamburger  
1 cup chopped onion  
3/4 cup chopped green pepper  
1 one pound can tomatoes, cut up  
1 one pound can dark red kidney beans, drained  
1 eight ounce can tomato sauce  
1 teaspoon salt  
1 to 2 teaspoons chili powder  
1 bay leaf

## Directions

Cook meat, onion, and green pepper in heavy skillet until meat is lightly browned and vegetables are tender. Stir in remaining ingredients. Cover and simmer for 1 hour. Remove bay leaf.

Servings: 4 large

Sue Ballard

Erin's Mom  
Urbandale Center

# Creamy Cajun Chicken with Pasta

## Ingredients

- 1 teaspoon minced garlic
- 2 Tablespoons butter
- 12 ounces boneless, skinless chicken breasts, cubed
- 1/2 Tablespoon Cajun seasoning
- 1/3 cup chopped green onions
- 1 cup heavy or whipping cream
- 12 ounces thin spaghetti, cooked
- 2 Tablespoons chopped fresh parsley
- freshly grated Parmesan cheese

## Directions

Cook garlic in butter in 12" skillet over medium-high heat for 30 seconds. Stir in chicken and seasoning mix; cook until lightly browned, about 3 minutes. Stir in green onions; cook 1 minute more. Add cream, increase heat to high and boil until slightly thickened, about 2 minutes. Combine chicken mixture, pasta, and parsley in serving bowl and pass Parmesan.

Servings: 4

Pam Davidson

Matthew's Mom  
Ashworth Center

# Easy Egg and Sausage Puff

## Ingredients

- 6 eggs, slightly beaten
- 1 pound turkey or pork sausage, browned and drained
- 1 cup *Bisquick*
- 1 cup shredded cheddar cheese
- 2 cups milk
- 1 teaspoon dry mustard
- 1/2 teaspoon oregano

## Directions

Mix all ingredients in a bowl; cover and refrigerate. May be done overnight. Pour into greased 2-quart casserole dish. Bake at 350° for 1 hour or until knife inserted near the center comes out clean.

Servings: 6

Variations: Chopped green pepper and onions, and sliced mushrooms may be added. (Most kids don't like these things in.)

Kathy Larson

Amy & Brian's Mom  
Ankeny Center

# Easy Swiss Steak

## Ingredients

1-1/2 pounds round steak  
salt & pepper to taste  
1 can vegetable or minestrone soup  
1/4 cup flour  
2 tablespoons oil  
1/2 soup can of water  
1 cup sliced onions

## Directions

Pound flour into round steak and season. Brown steak in oil. Pour off fat and add soup, water, and onions. Cover and simmer for 1 hour.

Servings: 4

Sue Hurd

Tommy, Aaron, & Nathan's Mom  
Urbandale Center

# Forgotten Chicken

*"The nice thing about this recipe is that it is very flexible - depending on what ingredients you have on hand."*

## Ingredients

- 1 cup rice, uncooked
- 1 can cream of chicken or mushroom, or celery soup
- 1 package *Lipton* onion soup mix
- 1-1/2 to 1-3/4 cups milk or water
- 1 cut-up chicken

## Directions

Mix together rice, soup, soup mix and liquid. Skin the chicken (very important) and add it to the mixture. Cover and bake at 350° for 1-1/2 hours.

Servings: 6

Laura Patton

Allen & Lee's Mom  
E. P. True Parkway Center

# French Toast

## Ingredients

2 eggs  
1/2 cup milk  
4 slices bread  
2 tablespoons margarine

## Directions

Break eggs into a large bowl. Add milk and beat with an egg beater. Dip bread in egg mixture. Let it soak, turning it over until it absorbs all of the liquid. Melt margarine in large skillet over medium heat. Tilt the skillet to cover the bottom with melted margarine. Place soaked bread in the skillet. Cook until the bottom side of the bread is browned, then turn with pancake turner and cook until the second side is brown.

Serve with syrup or powdered sugar.

Servings: 2

Mareene Vols

Christine's Mom  
Ankeny Center

# Friendly Fish in a Sleeping Bag

## Ingredients

- 1 eight-ounce can refrigerated crescent rolls
- 1 package eight-ounce frozen fish sticks, slightly thawed
- 1 jar pimento stuffed green olives

## Directions

Heat oven to 375°. Unroll dough into two long rectangles. Press perforations to seal. Cut each rectangle into two long strips; forming 8 rectangles that are 6 x 2-inches. Place one fish stick lengthwise on 1 end of the rectangle. Fold remaining end of dough over the fish, stretching slightly so that the dough covers about 1/2 of the fish stick. Firmly press edges together. Place on cookie sheet and bake for 15-17 minutes.

Make faces with ketchup and hats with stuffed olive half.

Serves: 8

Variation: Use hot dogs or sausage in place of fish.

Deb Penning

Coy's Mom  
Newton Center

# Goulash

## Ingredients

2 cups macaroni, cooked  
1 15-1/2-ounce jar *Prego* sauce  
1 pound ground beef  
1 garlic clove, minced  
1/2 cup onion, chopped  
salt and pepper to taste

## Directions

Cook ground beef, onion, and garlic together. Cook macaroni according to package directions. Drain grease from meat and add to macaroni. Add sauce. Heat through, add salt and pepper to taste. Real good with bread sticks or rolls.

Servings: 6-8

Kathy Larson

Amy & Brian's Mom  
Ankeny Center

# Hamburger Chicken Noodle Casserole

## Ingredients

1 pound hamburger, browned  
1 cup diced celery  
2 soup cans water  
2 onions  
2 cans chicken noodle soup  
3/4 cup uncooked rice

## Directions

Combine all ingredients. Bake at 350° for about 1-hour or until rice is done. Turn oven down to 325° for 15-20 minutes.

Servings: 6-8

Sue Hurd

Aaron, Tommy, & Nathan's Mom  
Urbandale Center

# Hamburger Mountain

*"It's quick and easy and my kids love it!"*

## Ingredients

1 pound ground beef  
1 can creamed corn  
instant potatoes

## Directions

Brown ground beef. Prepare 4-6 servings of instant potatoes according to package directions. Heat corn.

To serve, spoon out a helping of potatoes. Pour creamed corn over top of potatoes first, then pour ground beef mixture on top.

Servings: 4-6

Kathy Prowant

David & Bradley's Mom  
E. P. True Parkway Center

# Kaputza

*"A hit at football game parties!"*

## Ingredients

1-1/2 pounds fresh pork  
1 medium onion  
1-1/2 pounds sliced Polish sausage  
1 quart sauerkraut  
1/4 head fresh cabbage, chopped  
1 Tablespoon caraway seed  
1 can cream of mushroom soup (10-3/4 oz.)  
pepper to taste

## Directions

Brown pork and onion in hot skillet until pork is cooked. Combine with remaining ingredients in a 5 quart Dutch oven or slow cooker. Mix slightly. Simmer all day. (The longer you cook this; the better it tastes.)

Servings: 6-8

Lynne & Doug Rittler

Mackenzie & Devan's parents  
Ashworth Center

# Lemon Grilled Chicken

## Ingredients

1 small can (8 ounce) frozen lemonade  
8 ounces Worcestershire sauce  
4-8 boneless/skinless chicken breasts

## Directions

Combine lemonade and Worcestershire sauce. Marinate chicken in sauce for one hour.

Grill over hot coals for 10 minutes or until thoroughly cooked on both sides. (Reserving marinade)

In a shallow cooking pan, return grilled chicken into marinade and keep warm in hot oven until ready to serve.

Servings: 4-8

Lynne and Doug Rittler Mackenzie & Devan's parents  
Ashworth Center

# Lynne's Noodle Dish

*"Great summer dish with grilled meat or fish."*

## Ingredients

- 8      ounces *Martha Gooch* fettuccine noodles, cooked and drained.
- 1      12 ounce container AE Chive Cottage Cheese
- 1      8 ounce container AE Chive Dip
- 1      stick margarine
- garlic salt to taste

## Directions

Boil and drain fettuccine noodles. In hot pan (while noodles are draining) melt margarine and sprinkle in garlic salt. Add cottage cheese, dip and noodles. Mix well.

Bake in pottery plate for 20 minutes at 350°.

Servings: 8

Lynne and Doug Rittler   Mackenzie & Devan's parents  
Ashworth Center

# Macaroni-Tuna Casserole

## Ingredients

1 can tuna fish  
1 can cream of mushroom soup  
3/4 cup green peas  
1 cup macaroni, cooked  
1-1/2 cups potato chips

## Directions

Mix tuna, soup, peas, and macaroni together. Place in casserole dish, top with crushed potato chips, and bake at 350° for 20 minutes.

Barb Easley

Heather's Mom  
E. P. True Parkway

# Microwave Tater-Tot Casserole

## Ingredients

- 1 pound ground beef
- 2 teaspoons instant minced onion
- 1 16-ounce package tater tots
- 2 cans of cream-type soup (mushroom, chicken, cheddar or combination of flavors - I use 2 cans of mushroom)

## Directions

Crumble beef in 2-quart casserole dish. Cook five minutes or until done, stirring once. Top with onions and tater tots. Mix soups together and spoon over tater tot mixture. Bake uncovered 15 minutes. Dish may need to be turned once or twice.

Servings: 4

Pam House

Sharon & Jamie's Mom  
Newton center

# Quick and Easy Spanish Rice

## Ingredients

1 pound ground beef  
1 14-1/2 ounce can tomatoes  
1 10 ounce package corn  
1 cup water  
1-1/2 cups *Minute Rice*  
1/2 teaspoon salt  
1/2 teaspoon oregano  
1/2 teaspoon chili powder  
1/4 teaspoon garlic  
pepper to taste

## Directions

Brown meat in skillet. Add tomatoes, water, corn, and seasonings. Bring to a boil. Boil for 2 minutes. Stir in rice. Cover and remove from heat. Let stand for 5 minutes before serving.

Servings: 4

Harriett Allspach

Joey & Amanda Lewis' Mom  
Newton Center

# Quick Tuna Dish

## Ingredients

- 1 cup flaked tuna fish
- 1 can mushroom soup
- 1 small can fried Chinese noodles

## Directions

Combine tuna fish and soup and heat until warm. Serve over warmed noodles.

Bonnie Barnett

Teacher

# Rogan's Buns

## Ingredients

- 1 can tomato soup
- 3/4 cup salad oil
- 1 pound shredded sharp cheddar cheese
- 2 tablespoons chopped onions
- 1 small bottle sliced green olives
- 12 hamburger buns, unsliced

## Directions

Blend first 4 ingredients in top of double boiler. Add olives. Hollow out middle of hamburger bun to form a bread bowl. Fill buns with mixture and chill in refrigerator for a few hours. Bake at 300° for 30-40 minutes.

Janet Trentmann

Jonay & Andrew's Mom  
Urbandale Center

# Seven Seas Casserole

*"Makes great leftovers"*

## Ingredients

- 1 cup *Minute Rice*
- 1 can cream of celery soup
- 1 can tuna fish
- 1 can peas
- Velvettta Cheese*

## Directions

Add enough milk to the soup to thin while heating. Mix half of the soup with rice and place in a 9 x 9-inch dish. Spread tuna, peas, and remainder of soup on top of mixture. Bake in 350° oven approximately 30-40 minutes until the rice is tender.

Servings: 9

Janet Trentmann

Jonay & Andrew's Mom  
Urbandale Center

# Sloppy Joes

## Ingredients

- 1 pound ground beef
- 1/2 cup chopped onion or 1 tablespoon instant minced onion
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon Worcestershire sauce
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 small can tomato sauce
- 6 hamburger buns

## Directions

Brown ground beef adding onions. Drain. Season with salt, chili powder, Worcestershire sauce, and brown sugar. Stir in tomato sauce and vinegar. Cook over low heat until most of the liquid has evaporated - about 5 minutes. Serve on hamburger bun.

Serves: 6

Elizabeth Cooper

John's Mom  
Pleasant Center

# Tangy Ham & Beef Loaf

## Ingredients

1 pound pre-cooked turkey ham  
1/2 pound ground chuck  
1 cup milk  
3 egg whites, slightly beaten  
1 cup graham cracker crumbs  
1/2 teaspoon onion powder  
dash pepper

## Glaze:

1/4 cup brown sugar  
1/2 cup tomato juice  
1 teaspoon dry mustard  
1 teaspoon vinegar

## Directions

Blend ham, ground chuck, milk, egg white, cracker crumbs, and seasonings together. Pat into 9x5x2-inch loaf pan or form into meat balls. Combine glaze ingredients. Pour over meatloaf. Cook in microwave on full power for 10 minutes, or until temperature of 160° F is reached. Servings: 6-8

Nancy Schive

Gabriel's Mom  
Newton Center

# Tuna Biscuit Casserole

## Ingredients

- 1 can refrigerated biscuits
- 1 cup milk
- 1 ten-ounce can cheddar cheese soup
- 2 tablespoons minced onion
- 1 six-ounce can tuna

## Directions

Arrange biscuits in ungreased 9" square baking dish. Combine all other ingredients and pour on top of the biscuits. The biscuits will rise to the top and brown while baking. Bake at 400° for 25-30 minutes.

Variation: Substitute chicken or ham for the tuna

Tammi Christ

Amy & Aaron's Mom  
Ankeny Center

# Vegetable Pizza

## Ingredients

2 packages crescent rolls  
2 packages cream cheese  
1/2 cup mayonnaise  
1 tablespoon dried onion  
1 teaspoon garlic salt  
1 teaspoon dill weed  
assorted fresh vegetables

## Directions

Flatten and mold together crescent rolls to form crust. Bake on ungreased jelly roll pan for 10 minutes at 350°.

After crust has cooled, top with cream cheese, mayonnaise, onion, garlic salt, and dill weed. Top with vegetables such as radishes, grated carrots, tiny pieces of broccoli, and cauliflower. Add cheddar and monteray jack cheese.

Pam Glenn

Brianna's Mom  
E. P. True Center

# Vegetable Pizza

## Ingredients

1 package crescent rolls  
1 8 ounce package cream cheese  
1/2 Cup mayonnaise  
1/2 package dry vegetable soup mix

vegetable toppings of your choice (broccoli, cauliflower, radishes, carrots, celery, mushrooms, etc.)

## Directions

Bake crescent rolls in a 9" x 13" pan according to package directions. Cool completely.

Mix cream cheese, mayonnaise, and soup mix together and frost top of crescent roll crust with mixture.

Top with vegetables.

Refrigerate until serving.

Variations: double ingredients and bake on cookie sheet.

Maureen VanMeter

Zach and Nick's Mom  
Ashworth Center

# Wild Rice and Chicken Casserole

## Ingredients

- 1 6-3/4 ounce package *Minute Long Grain & Wild Rice*
- 2 tablespoons butter
- 1 tablespoon flour
- 1 cup milk
- 1/2 to 1 cup grated *Velveta* cheese
- 2 teaspoons lemon juice
- 2 cups cooked diced chicken

## Directions

Prepare rice mix according to package directions. Spoon into lightly greased 1-1/2 quart casserole. Meanwhile, melt butter in saucepan; blend in flour. Gradually add milk and stir over low heat until mixture is thickened and smooth. Add cheese and lemon juice, stirring until cheese is melted. Add chicken to sauce and stir into rice in casserole. Mix well. Bake at 350° for 20 minutes until hot and bubbly. Servings: 6

Hint: Can be made ahead of time and refrigerated.

Paige Henderson

Tori's Mom  
Urbandale Center

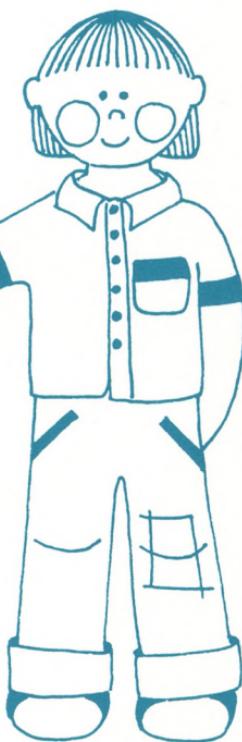




## Soups and Salads

*"I like grilled cheese. My mom gets bread, puts butter on it - she puts it in a pan. It's done when it's getting black. It takes quite awhile."*

*- Nicholas, age 5*





# Cheese Vegetable Soup

## Ingredients

- 1-1/2 quart (six cups) water
- 3 potatoes, cut in small pieces
- 1 small onion, chopped
- 3 chicken bouillon cubes
- 1 16-ounce package frozen broccoli, carrots, and cauliflower
- 1 pound *Velvetta* cheese, cut in pieces
- 2 cans cream of chicken soup

## Directions

Cook first four ingredients until half done. Add pepper to taste, but do not add salt. Add vegetables, cheese, and soup. Stir often over low heat.

Serving: Makes large batch

Diana Kinsey

Nathan's Mom  
Ankeny Center

# Cherry Pie Filling Salad

## Ingredients

- 1 can prepared cherry pie filling
- 1 can pineapple tidbits, drained
- 1 can mandarin oranges, drained
- 2 bananas, sliced
- 1/2 cup miniature marshmallows

## Directions

Mix all ingredients together and chill.

Valerie Sondag

Laura's Mom  
Pleasant Center

# Chicken Salad

## Ingredients

2 cups diced chicken  
1/2 cup red or white grapes  
1 can eight-ounce pineapple, drained (reserve juice)  
1/8 teaspoon pepper  
1/2 teaspoon salt  
1/2 cup mayonnaise, thinned with 2 tablespoons lemon juice  
1 tablespoon pineapple juice

## Directions

Combine mayonnaise, lemon juice, pineapple juice, salt, and pepper. Beat with wire whip until thoroughly mixed. Stir in chicken, grapes, and pineapple until coated.

Optional: Add 1/2 cup chopped celery. Garnish with 2 sliced hard boiled eggs.

Servings: 6

Rhonda Bisom

Justin's Mom  
Newton Center

# Children's Delight Candles Salad

## Ingredients

1/2 banana for each serving  
1-1/4 pineapple slices per serving  
red maraschino cherries  
whipped cream

## Directions

Place one pineapple slice on serving dish. Place a rounded tablespoon of whipped cream in the center of the pineapple and stand 1/2 banana in the pineapple hole in the center. Top with a dab of whipped cream and a maraschino cherry (the flame). Place the quartered pineapple slice in position to be a handle to the candle holder.

Bonnie Barnett

Teacher

The Working Parent's Cookbook

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# Cottage Cheese Delight

## Ingredients

- 1 large carton cottage cheese, drained
- 1 pound fresh strawberries, sliced
- 1 medium carton *Cool Whip*
- 1 small can pineapple tidbits, drained
- 1 small carton strawberry *Jell-O* mix

## Directions

Mix ingredients together and chill.

Optional: Add nuts and marshmallows

Servings: 10-12

Julie VanCleave

Zachary & Victor's Mom  
Newton Center

# Cranberry Salad

## Ingredients

2      cups ground cranberries  
1      cup ground apples  
1-1/2 cups sugar

Mix and let stand one hour.

1      package cherry *Jell-O*  
1      cup boiling water

Mix according to directions and cool.

1      cup whipped cream

Fold all ingredients together and refrigerate.

Judy Filean

Director  
Pleasant Center

# Frozen Buttermint Salad

## Ingredients

2 cans (13 ounce) crushed pineapple  
1 package (3 ounce) lime *Jell-O*  
10-1/2 ounce package miniature marshmallows  
8 ounce package buttermints, crushed  
1 large container *Cool Whip*

## Directions

Mix dry gelatin with undrained pineapple. Stir in marshmallows and let stand at room temperature for several hours or overnight. In the morning, stir in buttermints and Cool Whip. Put in a 9 x 13-inch pan and freeze. Set in refrigerator for one half hour before serving.

Servings: 12

Sally Van DerKamp

Amy's Mom  
Ashworth Center

# Fruit Salad

## Ingredients

2      oranges  
1      can pineapple chunks  
1/2    cup cornstarch  
1/4    cup water  
2      tablespoons cornstarch  
juice of 1 lemon

## Directions

Peel and slice oranges. Combine with undrained pineapple and the sugar, and let stand overnight for sugar to dissolve. Drain liquid (about 3/4 cup). Heat liquid and thicken with cornstarch dissolved in water. Stir in lemon juice. When cool, mix with fruits.

Variation: add any fresh fruit in season such as strawberries, peaches, grapes, or bananas.

Judy Filean

Director  
Pleasant Center

# Lickety Split Potato Soup

## Ingredients

- 1 can cream of celery soup
- 1 can cream of potato soup
- 3 tablespoons butter
- 1-1/2 soup cans of milk

## Directions

Mix both soup concentrates with 1-1/2 can measurements of milk. Add butter. Bring to a boil, stirring continuously. Serve.

*"Crackers or biscuits are great along with this yummy soup."*

Servings: 4

Teresa Gilliam

Transition Teacher  
E. P. True Center

# Mandarin Orange Salad

## Ingredients

- 1 small package orange *Jell-O*
- 3/4 cup hot water
- 3/4 cup ice cubes
- 1 cup orange sherbet
- 1 cup mandarin oranges, drained

## Directions

Dissolve Jell-O in hot water. Add ice cubes; stir until dissolved and Jell-O starts to set. Whip Jell-O with a mixer until very frothy. Add sherbet and beat until smooth. Add mandarin oranges. Allow to set in refrigerator overnight.

Serves: 8-10

Jeanne Fegus

Erin Ballard's Grandmother  
Urbandale Center

# Microwave Fruit Salad

## Ingredients

- 1 large can pineapple chunks with juice
- 1 can sliced mandarin oranges, drained
- 1 small box french vanilla pudding (not instant)
- 2 bananas, sliced in 1" pieces

## Directions

Drain pineapple juice into large bowl. There should be one cup of juice. Add dry pudding mix to juice.

Cook in microwave for 3 minutes or until mixture thickens. Stop microwave and stir every minute.

Add pineapple chunks, oranges, and bananas.

Cool before serving.

Diana Bieghler

Ashley's Mom  
Urbandale Center

# Pasta Fruit Salad

*This is a great fat-free choice!*

## Ingredients

- 1 pound pasta (use a fun shape for children!)
- 1 8 ounce container plain yogurt
- 2 Tablespoons frozen juice concentrate
- 1 Cup grapes, sliced in half
- 1 red apple, chopped or shredded
- 1 can mandarin oranges, drained

## Directions

Boil pasta and rinse in cold water. Add fruit. Combine yogurt and juice concentrate and toss with pasta/fruit mixture.

Mary Mycka

Chase Nordengren's Mom  
Pleasant Center

# Pear Salad

## Ingredients

- 1 small can pears
- 1 small package *Jell-O*, any flavor
- 2 three-ounce packages cream cheese
- 2 cups *Cool Whip*

## Directions

Heat pear juice and dissolve *Jell-O* with juice. Add cream cheese, pears, pear juice and *Jell-O* in blender and mix. Fold in *Cool Whip*. Chill and serve.

Servings: 6-8

Variation: Use lite pears, lite cream cheese and sugar-free *Jell-O*.

Lynette Bednarz

Matthew & Jill's Mom  
E. P. True Center

# Quick Fruit Salad

## Ingredients

- 1 small package frozen strawberries, thawed
- 2 bananas
- 1 16-ounce can fruit cocktail

## Directions

Mix strawberries and fruit cocktail with juice together. Cut up bananas and add to strawberry mixture. Chill.

Serves: 4

Pam House

Sharon & Jamie's Mom  
Newton Center

# Silverglade Spinach Salad

## Ingredients:

### Salad:

6      cups fresh spinach rinsed, stemmed, torn  
6      ounces swiss cheese, cut in julienne strips  
6      ounces cheddar cheese, cut in julienne strips  
2      cups seedless green grapes, halved

### Dressing:

1/4     cup cider vinegar  
1/2     cup vegetable oil  
2      teaspoons Dijon mustard  
2      teaspoons packed brown sugar  
4      slices crisp-cooked bacon, crumbled  
2      tablespoons sliced green onion

Whisk together. Stir in bacon and onion and refrigerate in large bowl. Toss with salad prior to serving.

Servings: 9

Jody Hibbs

Christina & Jessica's Mom  
Urbandale Center

# Taco Salad

## Ingredients

- 1 head lettuce, shredded
- 1 carrot, shredded
- 1 can black olives, sliced
- 2 tomatoes, chopped
- 1 can kidney beans
- 1 small chopped onion
- 1 small package nacho chips, crushed
- 1 small package grated cheddar cheese
- 1 pound ground beef
- 1 package taco seasoning
- 1 small bottle taco sauce
- 1 small bottle Italian salad dressing
- dash of salt and pepper

## Directions

Brown ground beef in skillet; mix with taco seasoning and cool. Toss all ingredients together. Add desired amount of Italian dressing and serve. Makes a large salad.

Sheryl Gabel

Cara's Mom  
Ankeny Center

# Taffy Apple Salad

*"This is a great summer salad!"*

## Ingredients

- 1 Tablespoon flour
- 1/2 Cup sugar
- 1 egg
- 2 Tablespoons apple cider vinegar
- 1 can (8 oz.) crushed pineapple, drain and reserve juice
- 4 Cups red Delicious apples, unpeeled (1 lb.)
- 1 Cup salted peanuts
- 1 carton non-dairy topping (8 ounces)

## Directions

Combine flour and sugar and mix well. Beat egg and add to the flour/sugar mixture. Add vinegar & reserved pineapple juice. Cook in small saucepan on low heat. Stir and cook until thick. Cool.

Pour cooled dressing over apples, pineapples, and peanuts. Mix in non-dairy topping.

Servings: 10

Lynne & Doug Rittler

Mackenzie & Devan's parents  
Ashworth Center

# Vegetable Beef Soup

## Ingredients

- 1 large can *V-8 Juice*
- 1 pound beef stew meat
- 1 can diced carrots, drained
- 1 small can peas, drained
- 1 small can corn, drained
- 1 cup celery, diced
- 2-3 potatoes, diced
- 1/2 cup onion, chopped
- 1/2 teaspoon black pepper
- 2 teaspoons Worcestershire sauce
- salt to taste

## Directions

Combine all ingredients in a 2-quart crockpot or large pan on the stove. Cook on low in crockpot for 8-10 hours or on top of stove for at least 2 hours. Bread sticks and rolls go well with this soup. I also partially cook the potatoes, celery, and onion before adding to the soup to make certain they cook all the way through.

Servings: 12 or more

Kathy Larson

Amy & Brian's Mom  
Ankeny Center



**Snacks**

*"I like peanut butter ones.  
They're usually made of  
cookies."*

*- Jessica, age 4*





# Apple Snack Stacks

## Ingredients

- 4 small or medium apples
- 4 tablespoons peanut butter or cheese spread

## Directions

Wash apples and remove cores. Fill center of each apple with about 1 tablespoon peanut butter or cheese spread, packing gently. Wrap tightly in plastic wrap and chill for at least 30 minutes to set filling. Slice apple crosswise into 1/2-inch slices. Rewrap apples tightly and refrigerate until serving.

Servings: 4

Deb Penning

Coy's Mom  
Newton Center

# Apples with Peanut Butter and Raisins

*"Quick, easy and delicious!"*

## Ingredients

Apples  
Peanut butter  
Raisins

## Directions

Cut apple into slices. Spread peanut butter on top of apple. Dot peanut butter with raisins.

Willona Graham Goers

Andy's Mom  
Urbandale Center

# Cheesecake Snacks

## Ingredients

- 1 package 8 ounce cream cheese, softened
- 1/3 Cup sugar
- 1 teaspoon vanilla
- 3-1/2 Cups thawed *Cool Whip* (8 ounces)
- 1 *Keebler Ready Crust* brand graham cracker pie crust (6 ounces)
- assorted fresh fruit

## Directions

1. Beat cheese, sugar, and vanilla until smooth. Fold in whipped topping. Spoon into crust.
2. Chill until set, about 4 hours.
3. Arrange fruit on filling just prior to serving.

Serving Size: 12

Melynda DeCarlo

Meredith Jinks' Mom  
Ashworth Center

# Crispix Party Mix

## Ingredients

- 2 boxes of *Crispix* cereal
- 1 cup margarine
- 2 cups brown sugar
- 1/2 cup white corn syrup
- 1 package dry roasted nuts

## Directions

Bring margarine, brown sugar, and corn syrup to a full boil. Pour over cereal and nuts. Place in a paper bag and shake. Heat on HIGH in microwave oven for 8 minutes. Pour mixture in pans or on wax paper to cool.

Sharon Harper

Teacher

# Granola Trail Mix

## Ingredients

Any granola cereal

M & M's

Raisins

Peanuts

Sunflower seeds

Popped popcorn

## Directions

Mix all ingredients together in a large bowl.

Pour

into

remaining

Chill before serving.

**Leni Cooper**

**Chad's Mom**

# Healthy Chips

## Ingredients

Mini bagels

Butter flavor Pam cooking spray

## Directions

Slice bagels as thin as possible. Spray lightly with butter flavor cooking spray. Spread out on a baking sheet and bake in 400° oven until edges are browned - watch closely!

# Bagel Spread

- 1 container "lite" soft cream cheese
- 2 Tablespoons milk

Mix ingredients and add in your favorite flavorings - (chopped nuts or chopped dried fruit, or taco seasoning or brown sugar and cinnamon).

Mary Myeka

Chase Nordengren's Mom  
Pleasant Center

# Kitty Chow

## Ingredients

- 2 sticks butter
- 1 12-ounce bag chocolate chips
- 1 1-1/2 cups peanut butter
- 2 boxes *Crispix* cereal
- 4 cups powdered sugar

## Directions

1. Melt butter, chips, and peanut butter together.
2. Pour cereal into large roasting pan.
3. Pour chocolate mixture over cereal and stir until coated.
4. Put 2 cups of the powdered sugar in large grocery sack. Pour cereal into sack. Add remaining sugar. Shake bag until all cereal is coated.
5. Chill before serving.

Sandy Stork

Tim and Trent's Mom  
Urbandale center

# Microwave Carmel Corn

## Ingredients

- 1 Cup brown sugar
- 1/4 Cup white corn syrup
- 1/2 Cup margarine
- 10 Cups popped popcorn
- 1 tsp. baking soda
- honey roasted peanuts (optional, but a must for nut lovers!)

## Directions

Mix the first three ingredients together and bring to a boil for 2 minutes. Stir, then cook 1 minute more on HIGH. Add the soda and stir well. Place popcorn in a paper bag and pour the mixture into the bag. Shake until all of the popcorn is coated. Microwave on MEDIUM for 1-1/2 minutes more and shake again. Add nuts and shake well. Allow to cool and then enjoy.

Maureen Daly

Christopher and Ian's mom  
Ankeny Center

# Nacho Dip

## Ingredients

- 1 pound *Velvetta* cheese
- 1 can *Hormel Chili-no Beans* (16 ounces)
- 1 small can picante sauce

## Directions

Melt all ingredients together and serve with nacho chips.

Best when served warm.

Serving size: Fills a small crock pot

Leann Setchell

Director  
Ashworth Center

# Party Mix

## Ingredients

- 7 cups *Crispix* cereal
- 1 cup salted mixed nuts
- 1 cup pretzel sticks
- 3 tablespoons margarine, melted
- 1/4 teaspoon garlic salt
- 1/4 teaspoon onion salt
- 2 teaspoons lemon juice
- 4 teaspoons Worcestershire sauce

## Directions - Oven Method

Melt margarine in 13x9x2-pan in 250° oven. Add seasonings and mix well. Add cereal, nuts, and pretzels and mix well. Bake for 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container.

## Directions - Microwave Method

Melt margarine in microwave safe bowl. Add seasonings, mix well. Add cereal, nuts, and pretzels. Microwave on High for 4 minutes, stirring after 2 minutes. Spread on paper towels to cool. Store in an airtight container. (Recipe was made in a 700-watt microwave oven.) Servings: 9 cups

Variations: More nuts can be added and pretzels omitted. Also, minced dried garlic can be substituted for the garlic salt, and seasoned salt can be substituted for both salts.

Kathy Larson

Amy and Brian's Mom  
Ankeny Center

# Puppy Chow

## Ingredients

- 1 stick margarine
- 1 Cup peanut butter
- 12 ounce package chocolate chips
- 2 Cups powdered sugar
- 1 box *Crispix*

## Directions

Melt the first three ingredients together. Pour powdered sugar into a paper bag. Add *Crispix* and shake.

Melynda DeCarlo

Meredith Jinks' Mom  
Ashworth Center

# Snack Crackers

## Ingredients

- 2 packages 12-ounce oyster crackers
- 1 cup oil
- 1 package original recipe *Hidden Valley Ranch Style* Dressing
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon pepper

### Directions

Add 1 package of ranch dressing, dill weed, garlic powder, and lemon pepper to oil. Mix well. Place crackers in double brown paper sack. Pour oil mixture over crackers and shake. Place on cookie sheet covered with paper toweling. Store in glass jar.

Peg Pingel



Vegetables



*"I like Shake-n-Bake 'cause it  
has chicken in it."*

*- Brenden, age 4*



# Cheese Veggies

## Ingredients

1 bag frozen California mix (broccoli, carrots, cauliflower)  
1 can cream of celery soup  
1 cup *Velvettta* cheese

## Directions

Cook vegetables according to package directions. Mix soup, cheese, and vegetables. Heat in microwave oven for 10 minutes.

Rhonda Rose

Christina & Kelsey's Mom  
Newton Center

# Cheesy Corn Casserole

## Ingredients

- 1 can creamed corn
- 1 can whole kernel corn with juice
- 1 cup uncooked spaghetti - broken into 1" pieces
- 1 cup cubed *Velvettta* cheese (or 1 jar *Cheez Whiz*)

## Directions

Mix everything together. Dot with butter. Bake one hour at 350°.

Valerie Sondag

Laura's Mom  
Pleasant Center

# Great Corn Casserole

*"Great reheated in microwave."*

## Ingredients

- 1 can corn, drained
- 1 can cream style corn
- 1 egg, slightly beaten
- 1 stick margarine, melted
- 1 8-ounce plain yogurt
- 1 package *Jiffy* cornbread mix

## Directions

Mix all ingredients together in a large bowl. Pour into greased 9x13-inch pan. Bake at 350° for 45 minutes.

Renae Murphy

Meredith & Nole's Mom  
Ashworth Center

# Hashbrowns

## Ingredients

- 1 two-pound bag of hashbrowns
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1/2 cup green pepper
- 1 cup sour cream
- 1 tablespoon minced onion

## Directions

Combine ingredients. Top with 1 to 1-1/2 cups shredded cheddar cheese. Cover and bake at 300° for 1-1/2 hours.

Variations: Substitute cream of mushroom soup for one of the soups above.

Servings: 8

Lynette Bednarz

Matthew & Jill's Mom  
E. P. True Center

# Potatoes Hibbs

## Ingredients

- 3-4 sliced potatoes
- 3 sliced carrots
- chopped onions
- salt & pepper to taste
- 1 pound ground beef, cooked and drained
- 1 can cream of chicken soup diluted with 1/2 can of milk

## Directions

Place a layer of sliced raw potatoes in a shallow buttered dish. Add a layer of sliced carrots and a little chopped onion. Sprinkle with salt and pepper. Next, make a layer of the ground beef. Pour soup mixture over ingredients and bake at 400° for 45 minutes.

Servings: 5

Jody Hibbs

Jessica & Christina's Mom  
Urbandale Center

# Potatoes Supreme

"I like to take this dish to potluck gatherings"

## Ingredients

2	pounds frozen hashbrowns
1/2	cup chopped onions
1/2	cup melted butter
1	pint sour cream
1	can cream of chicken soup
2	cups grated sharp Cheddar cheese
1	teaspoon salt
1/4	teaspoon pepper
2	cups fresh buttered bread crumbs or crushed potato chips

## Directions

Defrost potatoes and combine with melted butter in large mixing bowl. Add remaining ingredients, except bread crumbs. Place in 3 quart casserole and top with the bread crumbs. Bake at 350° for 1-1/2 hours.

Serves: 12-14

Hint: cut recipe in half for typical family serving

Anne Lindaman

Lauren's Mom  
Ashworth Center

# Scalloped Corn

## Ingredients

1 can creamed corn  
1 can regular corn with liquid  
1 cup macaroni, uncooked  
1/2 stick butter  
1 cup *Velvettta* cheese

## Directions

Mix and bake in a covered dish at 350° for 1/2 hour.

Rhonda Rose

Christina & Kelsey's Mom  
Newton Center

Recipes and ideas  
for busy families everywhere!



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