

FIRST CHRISTIAN CHURCH



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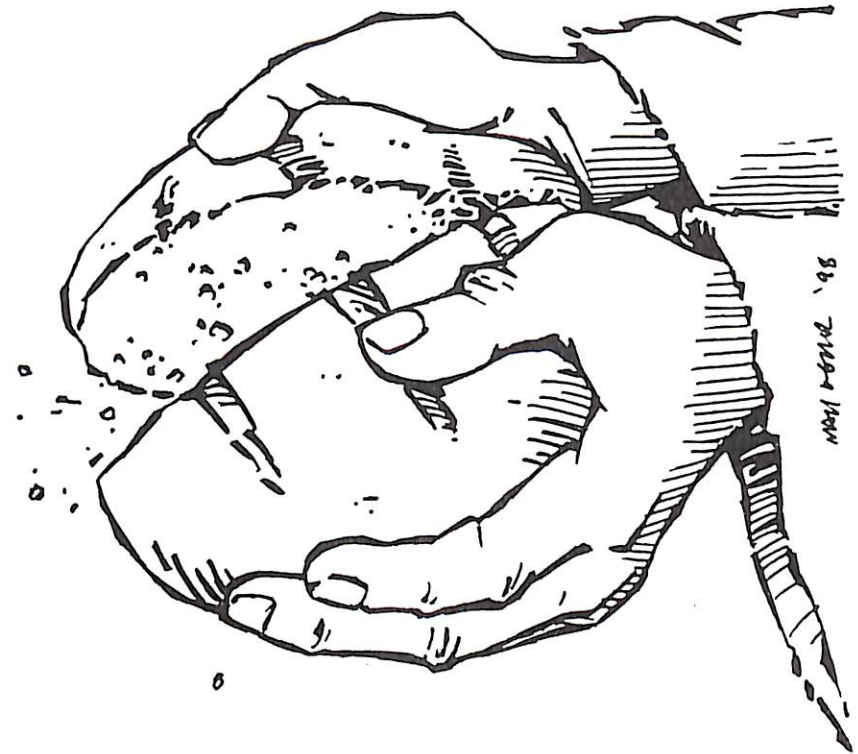
COUNCIL BLUFFS, IOWA

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FIRST CHRISTIAN CHURCH



COUNCIL BLUFFS, IOWA

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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JUMBO
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Dedication

Welcome to the First Christian Church Cookbook of 1998. The greatest meal we can participate in is the Lord's Supper as we celebrate the death, burial and resurrection. Therefore it is with great honor that we dedicate this cookbook to our Lord Jesus Christ.

Thank you to all of the contributors who patiently wrote out their favorite recipes to share. Without you taking time out of your busy schedules this cookbook would not have been possible. Thank you for sharing a portion of your lives.

This cookbook has been compiled and sponsored by the Women's Ministries. Thank you to the committee members who collected, proofread, sorted and advised. We hope you will be encouraged to broaden your culinary talents and savor the tastes of a home cooked meal.

Purpose

The purpose of this cookbook is that we might esteem Christ in our lives through the enterprising use of food. Food is more than survival, it is the act of giving and receiving. Hopefully the recipes in this cookbook will inspire you go to your kitchens and enjoy the accomplishment of preparing a good meal.

The proceeds of this cookbook will be donated to the Harvest of Talents project. The funds directly go towards the International Disaster Emergency Services. The organization helps to feed hungry people in emergency situations all around the world.



Herbs and Spices

ALLSPICE ... A favorite in cooking pot roasts. Good in puddings, sauces, preserving and pickling. Add a dash of ground allspice to tomato sauce, cocktail meat balls, and oyster stew.

ANISE ... The seeds are used in cookies, breads, cheese. The leaves are used in salads.

BASIL ... It adds distinction to soups, ragouts, salads, cottage cheese, meats, sauces, and fruit drinks. Very good in stews.

BAY LEAVES ... It is used for meats, soups, poultry, stuffing and relishes.

CARAWAY ... The seeds are used in cookies, breads, sauerkraut, cream cheese, and roast pork.

CELERY SEED, FLAKES, SALT ... Celery flakes are delicious in soups, stuffings, on meats, etc. Try celery seed in meat loaf, coleslaw and potato salad.

CHIVES ... It is used for potatoes, potato salad, omelets, sauces and cheeses.

CHILI POWDER ... It is fine in sauces, on seafoods, eggs and in ground meats. Try a dash in gravies, soups and stews. It adds both color and flavor.

CINNAMON ... The stick is used in pickling, preserving and for flavoring beverages such as cider, tea, and hot chocolate. The ground is used in pastry, as a topping for pudding, and in cooked fruits. Try a dash in chocolate sauce for ice cream, pork chops, fish, chocolate pudding, and stewed fruit salads.

CLOVES ... Used whole on pork and ham roasts as well as in fruit pickling. Ground cloves are used in mincemeat spice, baked goods, and for other cookery. Something new on pears and candied yams.

CREAM OF TARTAR ... It is used in baking to convert sugar crystals to a sticky syrup for baking, as in candy and cakes, especially angel food. Also it may be used as a dry powder on a damp cloth for cleaning aluminum and iron (not tin) pots and pans.

CURRY ... A ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. Used for all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL SEED ... It is used generally in pickling; it also has an important place in flavoring strong vegetables, as well as in salads, soups, sauces and gravies.

GINGER ... It is used in small pieces in chutneys, pickling and stewed in dried fruits. Mild ginger "tea" sometimes eases an ailing stomach. Rub roasting chicken inside and out with a mixture of butter and powdered ginger.

MACE ... It has a nutmeg flavor. It is lighter in color so it is largely used in dishes where "specks" would be undesirable if nutmeg were used. Liked in fish, meats and gravy.

MARJORAM ... There are two kinds: sweet and wild marjoram, often called by its Spanish name, oregano. Used in all Spanish, Mexican and Italian dishes.

MSG (MONOSODIUM GLUTAMATE) ... Is a vegetable protein derivative for raising the effectiveness of natural food flavors. Used in small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

MUSTARD ... Used whole for pickles; as a garnish on salads. Powdered form used on meats, in sauces and gravies. As "prepared mustard" it is blended with vinegar and other spices. Excellent on meats, ham and hot dogs.

NUTMEG ... The ground spice is used on baking goods, on puddings, sauces, custards, whipping cream and ice cream. Try nutmeg on other dishes.

OREGANO ... Very much like marjoram. A regular ingredient of chili. Has a definite place in meat stews, gravies and sauces. Also used in pizza.

PAPRIKA ... Used chiefly as a garnish on salads, fish and deviled eggs. Delicious on meats, canapes, and cream cheese.

PARSLEY ... It is used as a tasty, nutritious addition to sauces, soups, stews and meats.

POPPY ... The seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

SAGE ... Add sparingly to beans, cottage cheese, salted fish, stews, duck or geese. Traditionally used in stuffing.

SESAME SEED ... Tasty topping on rolls, bread and biscuits. It is used in Oriental candy, and its use in our candies is increasing steadily because of a crisp, crunchy flavor.

TARRAGON ... The crumbled leaves are used sparingly in salads, soups, fish sauces, dressings, meats, stews and sprinkled over fish.

THYME ... Glorifies soups, sauces, stuffings, cheese, meats, hare, fish and salad dressings. Particularly delicious with tomatoes in salads and cooked dishes.

TURMERIC ... It is used much in combination with ginger, in pickling, on meats and in salads. Try a little turmeric in creamed eggs, and on fish or other seafood.

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I want to thank you, Lord, for being close to me so far this day. With your help I haven't been impatient, lost my temper, been grumpy, judgemental, or envious of anyone. But I will be getting out of bed in a minute and I think I will really need your help then.

Amen



Appetizers & Dips

Aloha Loaf

Diana French

- | | |
|-----------------------------------|---|
| 2 c. finely-grated Cheddar cheese | 1 (8 1/4 oz.) can crushed pineapple, well drained |
| 1/4 c. sour cream | 1 (3 oz.) pkg. cream cheese, room temp. |
| 1/4 c. minced green pepper | 1 T. finely-chopped crystallized ginger |
| Dash of hot pepper sauce | Crackers or Melba toast |
| 2 T. minced parsley | |
| 2 c. ground cooked ham | |

Line a 5x9-inch loaf pan with waxed paper; set aside. Combine Cheddar cheese, sour cream, green pepper and hot pepper sauce; spread on bottom of lined pan. Sprinkle minced parsley over top; lightly press into Cheddar cheese mixture. Refrigerate at least 2 hours. Combine ham, pineapple, cream cheese and ginger; spread over chilled Cheddar cheese mixture. Refrigerate at least 2 hours. At serving time, invert loaf onto a serving dish; remove loaf pan and waxed paper. Cut into 16 to 18 slices; cut each slice in half. Serve cold with crackers or Melba toast. Yield: 36 servings.

BLT Bites

Patty Withauer

- | | |
|-------------------------------------|-----------------------------|
| 16 to 20 cherry tomatoes | 1/3 c. chopped green onions |
| 1 lb. bacon, cooked & crumbled | 3 T. grated Parmesan cheese |
| 1/2 c. mayonnaise or salad dressing | 2 T. snipped fresh parsley |

Cut a thin slice from each tomato top. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. In a small bowl, combine all remaining ingredients; mix well. Spoon into tomatoes. Refrigerate for several hours. Yield: 16 to 20 appetizer servings.

Braunschweiger Paté

Bonnie Gilmore

- | | |
|------------------------------|---------------------------|
| 1 lb. braunschweiger | 1 tsp. chili powder |
| 8 oz. cream cheese, softened | 1 tsp. sugar |
| 1 T. milk | 1 T. milk |
| 1 T. grated onion | 1/2 tsp. hot pepper sauce |

In mixing bowl, combine the 1 pound of braunschweiger, broken up, half of the softened cream cheese, milk, onion, sugar and chili powder. Beat until smooth. Whip the rest of cream. Cream with milk and hot pepper sauce. Beat until smooth. Spread this over loaf, like frosting. Chill several hours, or overnight. Serve with crackers.

California Fresh Fruit Dip

Patty Witthauer

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|---------------------------|-------------------------|
| 1 c. plain low-fat yogurt | 1 tsp. grated lime peel |
| 2 T. honey | 1/4 tsp. ground ginger |
| 2 T. lime juice | |

In a small bowl, combine all ingredients. Serve with fresh fruit. Cover and refrigerate leftovers. Yield: about 1 cup.

Cheese Dip

Linda Thompson

- | | |
|-------------------------------|-------------------------------------|
| 3/4 c. water | 1/2 tsp. Worcestershire sauce |
| 2 T. chopped onion | Fresh vegetables: celery, broccoli, |
| 1/2 lb. cheese, cubed (2 c.) | cauliflower, carrots, turnips, etc. |
| 1/2 c. nonfat dry milk powder | |

In a heavy saucepan over low heat, combine water and milk powder. Stir until dissolved. Add onion and Worcestershire sauce. Heat until milk begins to simmer, with small bubbles at edge of pan. Add cheese and stir until melted. Serve with raw vegetables or cubed French bread. Other ideas: try nachos, mix with macaroni or rice for main dish, or try over baked potatoes. Yield: 2 cups; 1/4 cup serving equals 121 calories, 23% USRDA for calcium.

Cheese and Sausage Appetizers

Tim Fifer

- | | |
|--|--------------------------------------|
| 1 lb. (4 c.) shredded Cheddar cheese, room temp. | 1/2 tsp. salt |
| 1/2 lb. butter, softened | 1/2 tsp. black pepper |
| 2 c. flour | 8 oz. pork sausage, cooked & drained |

In large mixer bowl, combine cheese, butter, flour, salt and pepper. Beat with electric mixer on medium-low speed. Stir in cooked sausage. Form dough into 1-inch balls; place on ungreased baking sheet. Bake at 400° for 15 to 20 minutes, or until golden. Serve warm or cold. Makes 5 1/2 dozen appetizers.

Store in refrigerator or freezer.

Cheesy Bread

Lori Westbrook

- | | |
|----------------------------|------------------------------|
| 1 med. loaf French bread | 1 tsp. seasoned salt |
| 1/2 c. margarine, softened | 1/3 c. grated Cheddar cheese |
| 2 cloves garlic, chopped | 1 tsp. Italian seasoning |
| 1/2 c. cream cheese | |

Preheat oven to 375°. Slice French bread in half lengthwise. Combine margarine, garlic, cream cheese, seasoned salt, Cheddar cheese and Italian seasoning. Spread butter mixture on cut-side of each half of the bread. Bake until heated through and cheese is melted, about 15 minutes. Serves 6 to 8.

Cheese Rolls

Shirley Wilson

- | | |
|--|---------------------|
| 1 lb. Velveeta cheese, room temp. | 1/2 c. pecan pieces |
| 1 (8 oz.) pkg. cream cheese, room temp | Paprika |
| 1 med. onion, chopped | Chili powder |

Blend cheeses with fork, add onion and pecans. Makes 3 large rolls or 4 small rolls. Roll in paprika and chili powder on waxed paper or foil. Serve with crackers.

Country Cheese Snacks

Patty Witthauer

- | | |
|---------------------------------------|--------------------------------|
| 1 c. mayonnaise | Snack-size rye bread slices or |
| 1 c. grated Parmesan cheese | toasted English muffins or |
| 1 (8 oz.) pkg. cream cheese, softened | bagels |
| 2 green onions with tops, minced | Parsley sprigs |
| | Stuffed green olives, sliced |

In a small bowl, combine first 4 ingredients. Spread on bread; place on a baking sheet. Broil 4 inches from the heat until golden and bubbly, about 1 to 2 minutes. Garnish with parsley and olives. Serve immediately. Yield: 2 cups spread.

Chili Bean Dip

Linda Thompson

- | | |
|--|------------------------|
| 1 (16 oz.) can kidney beans or pinto beans | 1 tsp. chili powder |
| 1/2 c. chopped onion | 1/2 c. shredded cheese |

Drain beans and mash in a bowl. Add chili powder, onion and cheese. Serve warm or cold with vegetables or crackers. Yield: 1 1/3 cups; 1 tablespoon equals 40 calories, 22% calories from fat, 18 mg sodium, 1 gm fat.

Chipped Beef Dip

Sandra L. Payne

- | | |
|-------------------------------------|-----------------------------|
| 8 oz. cream cheese | 8 oz. French onion dip |
| 2 (3 oz.) pkg. chopped chipped beef | 1/2 env. dry onion soup mix |

Mix all above ingredients together.

Chocolate Dessert Dip

Mindy Eggert

- 5 sq. (5 oz.) semi-sweet chocolate, coarsely chopped
1/2 of a 14 oz. can (2/3 c.) sweetened condensed milk
- 1/4 c. milk
Assorted fruits, cookies, or whatever

Melt chocolate in a heavy saucepan over low heat, stirring constantly. Stir in sweetened condensed milk until smooth. Add regular milk and stir until blended. Makes about 1 1/3 cups chocolate dip for fruit, cookies, etc.

Corned Beef Appetizer

Janet Rains

- 8 oz. cream cheese, room temp.
1/2 c. sour cream
2 T. milk
2 T. dried onion flakes
- 1/8 tsp. pepper
3 oz. corned beef, sliced & chopped
1/2 c. pecans, chopped

In a medium-size bowl, soften cream cheese in microwave, if needed. Add all ingredients and mix until smooth. Microwave until heated through. Serve with crackers or chips. Serves 8 to 10.

Crab Spread

Tim Fifer

- 2 (8 oz.) pkg. cream cheese, softened
2 T. Worcestershire sauce
2 T. mayonnaise
- 1 T. lemon juice
1/2 btl. Heinz chili sauce
1 (7 oz.) can flaked crabmeat
Parsley flakes

Combine cream cheese, Worcestershire sauce, mayonnaise and lemon juice; spread onto serving plate. Cover mixture with 1/2 bottle chili sauce. Top with flaked crabmeat and parsley flakes. Cover and chill.

Recipe can be doubled. Try serving with "low-salt" Triscuits.

Crab Spread Appetizers

Juli Radcliff

- 1/2 lb. chopped mock crabmeat
1/2 c. Miracle Whip
1/2 c. Hellmann's mayonnaise
1 c. Cheddar cheese
- 1/4 c. chopped green onion
1/8 tsp. curry powder
1 loaf French bread

Mix all ingredients together. Slice French bread. Spread mix generously on bread slices. Broil until cheese is melted.

Crunchies

Linda Thompson

- 4 T. soft margarine
1 c. small pretzel rings
1 c. unsalted peanuts
5 c. unsweetened cereal (Cheerios, Chex, Crispix, Kix)
- 1 T. Worcestershire sauce
1/4 tsp. garlic powder
Salt, to taste

Melt margarine in a pan in 250° oven. Stir in Worcestershire sauce and seasonings. Stir in cereal. Bake at 250° for 30 to 45 minutes, stirring every 15 minutes. Yield: 7 cups; 3/4 cup serving equals 220 calories, 47% calories from fat, 441 mg sodium, 12 gm fat.

Variation: Instead of salting to taste, you may want to use salted nuts or seasoned salt. Omit pretzel rings and peanuts for children under 5 years old.

Favorite Deviled Eggs

Patty Witthauer

- 6 hard-cooked eggs, finely chopped
1 tsp. minced onion
3 bacon strips, fried & crumbled
1/2 tsp. salt (opt.)
- 1/2 tsp. pepper
1/4 tsp. prepared mustard
1/4 c. mayonnaise
1 c. (4 oz.) shredded Cheddar cheese

In a bowl, mix together first 7 ingredients until creamy. Form into 1-inch balls. Roll in cheese. Cover and refrigerate until serving. Yield: 25 appetizers.

Almond Deviled Eggs

Patty Wilthauer

- 6 hard-cooked eggs
1/4 c. mayonnaise
1 tsp. Dijon mustard
1/4 tsp. garlic salt
- 3 T. finely-chopped roasted almonds
12 whole roasted almonds
Fresh parsley

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks, mayonnaise, mustard, garlic salt and chopped almonds. Evenly fill the egg whites. Garnish with whole almonds and parsley. Chill until ready to serve. Yield: 12 servings.

Hawaiian Cheese Ball

Lori Lalk

- | | |
|---|------------------------------|
| 2 (8 oz.) pkg. cream cheese | 2 T. minced onion |
| 1/2 c. chopped green pepper | 1/4 c. grated Cheddar cheese |
| 1 (8 oz.) can crushed pineapple,
drained | 1 c. finely-chopped pecans |

Soften cream cheese; add green pepper, crushed pineapple, onion and cheese. Mix all ingredients together and form a ball. Roll in pecans. Chill. Serve with your favorite cracker.

Holiday Appetizer Pie

Karen Sevanger, from Carolyn Roberts

- | | |
|---|---|
| 1 (8 oz.) pkg. cream cheese,
softened | 2 T. finely-chopped green pepper |
| 2 T. milk | 1/8 tsp. pepper |
| 1 (2 1/2 oz.) jar sliced dried
beef, finely snipped (3/4 c.) | 1/2 c. dairy sour cream |
| 2 T. instant minced onion | 1/4 c. coarsely-chopped California
walnuts |

Blend cream cheese and milk. Stir in dried beef, onion and green pepper; mix well. Stir in sour cream and spoon into 8-inch pie plate or small shallow baking dish. Sprinkle walnuts over top. Bake in moderate oven (350°) for 15 minutes. Serve hot with assorted crackers.

Homemade Zwieback

Ruth Howell

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|--|--|
| 1 pkg. Pepperidge Farm white
bread, thinly sliced | 2 sticks butter, do not use margarine |
| 1 c. sugar | Zest of 3 oranges (peellings only,
no white part) |

Cream sugar, butter and orange zest. Cut bread slices in half. Spread creamed mixture on bread slices. Bake 20 to 25 minutes on cookie sheets in 350° oven. Watch carefully, do not overbake. Cool. Place in airtight container. Freezes very well.

Hot n' Crispy Hors d'oeuvres

Leon F. Hansen

- | | |
|--|--|
| 1 lb. chicken hearts (best),
gizzards or liver chunks, or
use 1 1/2 c. whole mushrooms,
hot peppers, pearl onions, etc. | 3 c. flour |
| 3 med. or 2 extra-lg. eggs | 1 T. paprika |
| 1/3 c. milk | 2 T. lemon pepper |
| 2 T. Louisiana hot sauce (opt.) | 2 T. mixed spices |
| | 1 to 2 qt. cooking oil |
| | A btl. Country Bob's All Purpose
Sauce* |

First, break eggs into cereal bowl or small mixing bowl. Add the milk (optional) hot sauce. Whip or beat using the mixer, until liquid is all of the same consistency. Next, place flour, paprika, lemon pepper and mixed spices into a Tupperware Crisp-It bowl. Stir thoroughly until all spices are mixed in. Third, pour cooking oil into Fry Daddy-style deep fryer and heat. Now, dip the chicken hearts (or substitute) into the egg mixture and immediately place into the flour mixture, rolling until completely covered. Repeat the process until all pieces have been coated twice. Finally, place into the heated deep-fryer. When golden brown, remove onto a dual layer of paper towels to drain the excess oil.

To enjoy most, serve while hot. However, my experience has been that food prepared with this batter stays crispy longer, even when refrigerated, than most popular batter mixtures. So you can also enjoy leftovers. Serve with several small dipping bowls of Country Bob's All Purpose Sauce. It's something you could almost make a meal of.

*If the local grocer does not carry Country Bob's All-Purpose Sauce, ask them to get it, or order it yourself. The address is Country Bob, Inc, 211 S. Lincoln, Centralia, IL 62801. This sauce is so good and has so many uses we generally buy it 6 bottles at a time. We often send a bottle home with guests who experience the taste for the first time because they simply can't wait to use it again!

Layered Tex-Mex Dip

Lori Lalk

- | | |
|--|--|
| 2 (10 1/2 oz.) cans jalapeño-
flavored bean dip | 4 med. avocados |
| 1 c. dairy sour cream | 2 T. lemon or lime juice |
| 2/3 c. mayonnaise or salad
dressing | 1 tsp. salt |
| 1 pkg. taco seasoning mix | 1/4 tsp. garlic powder |
| 2 (4 oz.) cans chopped green
chilies | 8 oz. sharp Cheddar cheese, shredded |
| | 2 c. sliced green onions |
| | 2 c. chopped tomatoes |
| | 1 (6 oz.) can pitted ripe olives, sliced |

Spread bean dip on large platter or plate. Combine sour cream, mayonnaise and taco seasoning. Spread over bean dip. Sprinkle green chilies. Peel and mash avocado. Mix in lemon or lime juice, salt and garlic powder. Spread over chilies. Next, sprinkle cheese, onion, tomatoes and olives. Serve with chips or tortillas.

Luau Meat Balls

(Perfect for Hawaiian Parties)

Diana French

- | | |
|--|-------------------------------|
| 1 lb. lean ground pork | 1/2 tsp. Worcestershire sauce |
| 1 (6 oz.) can water chestnuts,
drained & finely chopped | 1/3 c. fine, dry bread crumbs |
| 1/4 c. finely-chopped green onions | 1 egg, beaten |
| 1/2 tsp. salt | Luau Sauce |

LUAU SAUCE:

- | | |
|-------------------------------------|--|
| 1 c. unsweetened pineapple
juice | 2 T. packed brown sugar |
| 1/4 c. dry white wine | 2 tsp. finely-chopped crystallized
ginger |
| 1/2 c. chicken broth or bouillon | 1 T. cornstarch |
| | 1 T. soy sauce |

Preheat oven to 375°. Combine pork, water chestnuts, onions, salt, Worcestershire sauce and bread crumbs. Use a fork to stir in egg until thoroughly combined. Shape mixture into 1-inch balls. Arrange on a rack in a broiler pan. Bake 30 to 35 minutes in preheated oven until lightly browned throughout. Drain and discard drippings.

Sauce: Combine pineapple juice, wine, chicken broth or bouillon, brown sugar and ginger; bring to a boil. Dissolve cornstarch in soy sauce, stir into hot pineapple mixture. Cook and stir over medium heat until slightly thickened. Arrange cooked meat balls in chafing dish. Pour sauce over meat balls; serve hot. Makes 60 to 65 servings.

Mexican Dip

Joyce Barney

- | | |
|-----------------------------|--|
| 1 lg. can refried beans | 4 to 5 chopped green onions |
| 1 pkg. taco mix | 3 chopped tomatoes |
| 7 to 8 drops Tabasco sauce | 1 lb. shredded Monterey Jack
cheese |
| 2 c. sour cream | 1 lb. shredded Cheddar cheese |
| 2 to 3 avocados | |
| 1 can chopped green chilies | |

Mix beans with taco mix and Tabasco sauce. Pat into 12-inch pizza pan. Layer other ingredients as listed above. Serve with sturdy chips, like Doritos.

Mexican Dip

Lori Lalk

- | | |
|---------------------------------|--|
| 8 oz. cream cheese, softened | 1 (4 oz.) can green chilies, undrained |
| 1 (15 oz.) can chili (no beans) | 8 oz. Cheddar cheese, shredded |

Layer ingredients in quiche pan in order listed. Bake 30 minutes at 350°. Serve hot with favorite corn chips.

Pizza Appetizers

Deb Pettepier

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|--|------------------------------|
| 1 pkg. rye bread (sm. squares) | Mayonnaise |
| 1 sm. can black olives, chopped
small | 1/4 c. onion, chopped finely |
| 3 strips bacon, chopped finely | 1 c. Mozzarella cheese |

In a small bowl, combine black olives, bacon, onion and Mozzarella cheese. Add enough mayonnaise to make a spreading consistency. Spread a spoonful of mixture on rye bread slices. Place on a 9x13-inch baking sheet. Bake at 350° for 10 minutes, or until cheese is melted.

Pizza Dip with Breadsticks

Deb Pettepier

- | | |
|-----------------------------------|--------------------------|
| 8 oz. soft cream cheese | 1/2 c. pizza sauce |
| 8 oz. Mozzarella cheese, shredded | 1/8 tsp. garlic powder |
| 1 tsp. Italian seasoning | 2 T. green or red pepper |

Beat cream cheese and seasonings. Spread on the bottom of a 9-inch pie plate. Top with 1 cup Mozzarella cheese and pizza sauce. Put on remaining 1 cup Mozzarella cheese and peppers. Bake at 350° for 15 to 20 minutes. Makes 6 servings.

Warm up breadsticks and dip into the pizza dip.

Popcorn Balls

Martha Killion

- | | |
|------------------|---------------------|
| 2 c. brown sugar | 1 T. oleo or butter |
| 1/2 c. syrup | Popcorn |
| 1/2 c. milk | |

Cook to soft ball stage and pour over popcorn. If using microwave popcorn, use 3 bags.

Granny Vi's Popcorn Balls

Wendy Fairbanks

- | | |
|---------------------|------------------------|
| 1 1/2 c. sorghum | 3 T. vinegar |
| 1 1/2 c. sugar | 1 1/2 tsp. baking soda |
| 1 1/2 sticks butter | 10 c. popped corn |

Boil sorghum, sugar, butter and vinegar to ball stage, then add baking soda. Stir well, and pour over popcorn.

Jello Popcorn Balls

Wendy Fairbanks

- | | |
|-----------------------|------------------|
| 1 (3 oz.) pkg. Jello | 1/2 c. sugar |
| 1 c. white Karo syrup | 9 c. popped corn |

Bring Jello, syrup and sugar to boil. Pour over popcorn. Form into balls with buttery hands.

French Vanilla Popcorn

Sherrie Tolliver

- | | |
|-------------------------|----------------------|
| 6 qt. unsalted popcorn | 1 c. sugar |
| 1/2 c. margarine | 1 tsp. vanilla |
| 1/4 c. white Karo syrup | 1/2 tsp. baking soda |

Boil margarine, Karo syrup, sugar and vanilla for 2 minutes on high. Reduce heat slightly; boil another 2 minutes, stirring constantly. Remove from heat, add 1/2 teaspoon baking soda. Stir until frothy. Pour over popped corn. Shake in paper grocery bag until all is covered. Microwave in bag on HIGH 1 1/2 minutes. Shake again. Microwave another 1 1/2 minutes; lay out on waxed paper.

Microwave Caramel Corn

Claudia Vergamini

- | | |
|----------------------|----------------------|
| 4 qt. popped popcorn | 1/2 tsp. salt |
| 1 c. brown sugar | 1/4 c. Karo syrup |
| 1 stick margarine | 1/2 tsp. baking soda |

Mix margarine, sugar, salt and syrup in a large glass bowl. Microwave on FULL POWER for 3 minutes (stir once or twice). Stir and boil 2 minutes on full power. Add 1/2 teaspoon baking soda (should stir until foamy). In a large brown paper grocery bag, pour foam mix over popcorn and stir well. Fold top of bag over. Microwave in bag on FULL POWER 1 1/2 minutes. Stir, and repeat 1 1/2 minutes. Pour into a large container.

Oven-Baked Caramel Corn

Sandra L. Payne

- | | |
|-------------------------------------|--|
| 6 qt. popped corn (slightly-salted) | 1/2 tsp. salt |
| 2 c. brown sugar | 1/2 to 1 tsp. baking soda, or 1/4 tsp. cream of tartar |
| 1/2 c. white corn syrup | 1 tsp. vanilla |
| 1 c. margarine | |

Combine sugar, syrup, margarine and salt in saucepan and stir constantly over medium heat until sugar dissolves. Let boil 5 minutes (or 245° on candy thermometer). Remove from heat. Add vanilla and baking soda. Stir well and pour immediately over popped corn. Mix well. Put into a large roaster or on 2 cake or cookie pans. Bake 1 hour at 200°, stir every 15 minutes while in oven and several times while cooling.

Party Mix

Norma Sperry

- | | |
|-------------------------------|-------------------------------|
| 1 (10 oz.) pkg. mini pretzels | 1 lb. M&M's |
| 5 c. Cheerios | 2 pkg. (12 oz.) vanilla chips |
| 5 c. Corn Chex | 2 T. vegetable oil |
| 2 c. salted peanuts | |

In a large bowl, combine first 5 ingredients and set aside. In a microwave-safe bowl, heat chips and oil on MEDIUM-HIGH for 2 minutes, stirring once. Microwave on HIGH for 10 seconds, then stir until smooth. Pour over the cereal mixture and mix well. Spread onto 3 waxed-paper-lined baking sheets to cool. Spread apart. Store in airtight container. Makes 5 quarts.

Spiced Pecans

Patty Witthauer

- | | |
|----------------------|------------------------|
| 1/2 c. sugar | 1 egg white |
| 1 T. ground cinnamon | 1 lb. lg. pecan halves |
| 1/2 tsp. salt | |

Combine sugar, cinnamon and salt in a small bowl; set aside. In a large mixing bowl, lightly beat egg white. Add pecans and stir until coated. Sprinkle sugar mixture over pecans and mix well. Spread in a single layer on a baking sheet. Bake at 300° for 20 minutes. Remove nuts from baking sheet while warm, to cool on waxed paper. Yield: about 6 cups.

Miniature Reubens

Diana French

- | | |
|---------------------------------------|--------------------------------------|
| 24 slices cocktail rye bread | 1 (8 oz.) can sauerkraut |
| 3 T. Thousand Island dressing | 3/4 c. shredded Swiss cheese (3 oz.) |
| 24 sm. thin slices cooked corned beef | |

Place oven rack 3 to 5 inches from heating element. Arrange single layer of bread on an ungreased baking sheet. Spread each with thick coating of dressing. Place 1 slice corned beef on each; top evenly with sauerkraut. Sprinkle Swiss cheese evenly over sauerkraut. Broil until bubbly, 2 to 3 minutes. Serve hot.

Salmon Paté

Mindy Eggert

- | | |
|---------------------------------------|-----------------------|
| 1 can salmon | 2 T. chopped onion |
| 1 (8 oz.) pkg. cream cheese, softened | 1 tsp. horseradish |
| 1 T. lemon juice | 1/4 tsp. salt |
| | 1/4 tsp. liquid smoke |

Mix together and chill overnight. Serve with crackers.

Seven-Layer Mexican Dip

Wendy Fairbanks

- | | |
|-----------------------------|-------------------------------|
| 1 can refried beans | 1 c. chopped lettuce |
| 1 tub sour cream | 1 c. diced tomatoes |
| 1 jar salsa | 1 can black olives |
| 1 c. shredded cheese | 1 or 2 bags taco chips |

Layer ingredients in order on platter, beginning with refried beans. Use taco chips to dip.

Shrimp Dip

Cheri Connell

- | | |
|-----------------------------|--------------------------------------|
| 1 c. sour cream | 2 shakes Worcestershire sauce |
| 1 c. mayonnaise | A little ketchup, for color |
| 1/2 tsp. garlic salt | 1 can baby shrimp |

Mix all together and serve.

Shrimp Spread

Shirley Wilson

- | | |
|--------------------------|------------------------------------|
| 1 can tomato soup | 1 (8 oz.) pkg. cream cheese |
|--------------------------|------------------------------------|

Cream together in double boiler, then cool.

- | | |
|---------------------------------|---------------------|
| 1 1/2 pkg. Knox gelatine | 3/4 c. water |
|---------------------------------|---------------------|

Dissolve over heat and pour over cheese mixture.

- | | |
|-----------------------------|-------------------------------|
| 3/4 c. celery, diced | 1 c. mayonnaise |
| 3/4 c. onion | 2 cans shrimp, drained |

Blend all together. Chill 24 hours.
Serve with crackers.

Spinach Balls

Diana French

- | | |
|--|--|
| 2 (10 oz.) pkg. frozen spinach, thawed | 1/2 tsp. salt |
| 2 c. 1-step chicken-flavored stuffing mix | Pepper, to taste |
| 1 c. grated Parmesan cheese | 6 lg. eggs, lightly beaten |
| | 1 1/2 sticks butter, room temp. |

Cook spinach according to package directions; drain well. Mix all ingredients in a large bowl until well blended. Roll level tablespoons of the mixture into balls the size of a walnut (about 60) and arrange on a jellyroll pan, close, but not touching. Freeze until firm; store in a gallon-sized plastic bag in the freezer. To serve: heat oven to 350°. Place frozen balls on jellyroll pan. Bake 15 to 20 minutes, or until hot and firm enough to pick up. Make ahead; up to 1 month.

Spinach Dip

Mindy Eggert

- | | |
|---|--|
| 2 boxes Knorr dry vegetable soup | 2 sm. cans water chestnuts, chopped |
| 2 lg. ctn. sour cream | 3/4 of a quart jar of mayonnaise |
| 4 chopped scallions | Frozen spinach, drained |

Mix soup mix and sour cream. Add chopped scallions, then water chestnuts. Add mayonnaise and spinach to mixture and refrigerate. Great with rye bread rounds or buttered baked French bread.

Spinach Dip in Rye Bread

Jodi Swanger

- | | |
|---|---|
| 1 (10 oz.) pkg. chopped, frozen spinach, thawed & squeezed dry | 1 pkg. or box vegetable soup mix |
| 1 c. sour cream | Chopped onion or water chestnuts, to taste |
| 2 c. mayonnaise | 1 round loaf rye bread |

Mix all ingredients except the loaf of bread. Cut center out of bread. Place loaf shell in center of a large platter. Cut center into pieces and arrange on platter around loaf. Fill cavity of loaf with spinach dip.

Stuffed Celery

Patty Witthauer

- | | |
|---------------------------|--|
| 8 oz. cream cheese | Celery |
| 1 can deviled ham | 1/2 c. baby Swiss cheese, finely grated |

Mix together all ingredients (except celery) and fill celery cavity.

Baked Summer Sausage

Sandra L. Payne

- 2 lb. ground beef
1/4 tsp. garlic powder
- 2 T. Tender Quick
1 1/2 tsp. liquid smoke

Mix all ingredients together well. Divide into four equal rolls. Wrap in Saran Wrap and refrigerate overnight, or 24 hours. Unwrap and place on cookie sheets. Bake at 325° for 45 minutes, turn over halfway through baking. Slice and serve with cheese and crackers.

If you have a broiler pan, use so can keep up out of grease, or remove grease as it bakes.

Taco Dip

Kathy Woolcott

- 1 (16 oz.) pkg. cream cheese
1 sm. onion
- 1 (12 oz.) can Hormel beanless chili
1 pkg. shredded Cheddar cheese, to taste

Spread softened cream cheese in bottom of pie pan or square dish. Layer chopped onion to taste. Add a can of chili and spread evenly. Sprinkle Cheddar cheese on top, to taste. Heat in oven at 350° until cheese melts, or in microwave on HIGH until cheese melts.

Use plain tortilla chips to scoop, and enjoy. Serves 4 easily.

Three-Layer Taco Dip

Kristyn Atchley

- 1 (10 oz.) can jalapeño bean dip
1 (8 oz.) can guacamole dip
1 c. sour cream
1/2 c. mayonnaise
- 1 pkg. taco seasoning
2 c. shredded Cheddar cheese
1 chopped tomato
Sliced black olives

First layer: Spread bean dip on a dinner-size plate. Second layer: Spread the guacamole dip over the bean dip. Third layer: Combine sour cream, mayonnaise and taco seasoning. Spread this on the second layer. Top the third layer with the shredded cheese, tomato and olives. Chill for 1 to 2 hours before serving, for best results. Serve with tortilla chips.

Tim's Nachos

Tim Fifer

- 1 lb. ground beef
Garlic powder, to cover
Onion flakes, to cover
Salt & pepper, to taste
1 can refried beans
1 sm. jar mild picante sauce
1 brick Monterey Jack cheese, grated
- 1 brick Colby cheese, grated
1 can mild green chiles
1 sm. can black olives, sliced
Tortilla chips (white corn)
Sour cream
1 sm. Roma tomato, seeded & diced

In a medium skillet, brown ground beef with garlic, onion, salt and pepper. Drain off grease. Add picante sauce; cover and simmer for 15 minutes, stirring occasionally. Uncover, and cook over medium heat. Heat until juice is cooked away; set aside. In a small saucepan, heat refried beans. Put enough tortilla chips in individual 9-inch round cake pans to cover bottom. Sprinkle ground beef mixture over chips, then a small amount of refried beans. Add green chilies and black olives (if desired). Sprinkle 1/2 mixture of Jack and Colby cheeses over each serving. Place in preheated 425° oven long enough for cheeses to melt. Serve with sour cream and tomatoes (if desired). Makes 4 servings.

For larger order - Put tortilla chips on cookie sheet and repeat directions.

Toasted Butter Pecans

Ruth Howell

- 1 lb. pecan halves
1 T. seasoned salt
- 1/4 c. butter or margarine, slightly less

In a large glass baking dish, put nuts. Sprinkle with seasoned salt. Cut butter in pieces and arrange evenly over nuts. Microwave at HIGH (10) for 5 to 6 minutes. Mix thoroughly. Can be served hot or cold.

Tortilla Roll-Ups

Norma Sperry

- 2 (8 oz.) cream cheese
1 pkg. Hidden Valley Ranch style dressing
2 minced green onions, about
1 1/2 T.
- 1/2 c. chopped red pepper
1/2 c. diced celery
4 (12") tortillas

Mix cream cheese and Hidden Valley Dressing well. Spread on the tortilla, covering edge to edge. Add the remaining vegetables on top and roll like jellyroll. Chill 2 hours. Cut in 1-inch pieces after cutting off ends. I sometimes add a few drops of Worcestershire sauce and sprinkle with dill weed before rolling.

Vegetable Dip

Karen Swanger, from Dorothy Swanger

- | | |
|--|------------------------------------|
| 16 oz. stewed tomatoes,
well drained & chopped | 1/4 tsp. garlic salt |
| 2 c. mayonnaise | 1/2 tsp. salt |
| 1/3 c. sweet relish | 2 tsp. minced onion |
| 1/4 c. parsley flakes | 2 hard-boiled eggs, chopped |

Mix all together and refrigerate until ready to use.

Vegetable Pizza

Renae Dieatrick

- | | |
|---|--|
| 2 pkg. refrigerated crescent rolls | 1 pkg. Hidden Valley Ranch dressing |
| 2 (8 oz.) pkg. cream cheese,
softened | 1/2 tsp. dill weed |
| 2/3 c. real mayonnaise | Pinch of salt |

SUGGESTED VEGGIES:

- | | |
|--------------------|--------------------------------|
| Broccoli | Black olives |
| Cauliflower | Carrots |
| | Shredded Cheddar cheese |

Pat crescent rolls into ungreased cookie sheet. Bake as directed on package. Cool. Mix remaining ingredients and spread on cooled crust. Top with finely-chopped broccoli, cauliflower, black olives, carrots and shredded Cheddar cheese. Refrigerate at least 4 hours. Cover with plastic wrap.

Water Chestnut Appetizers

Mary Beth Kennedy

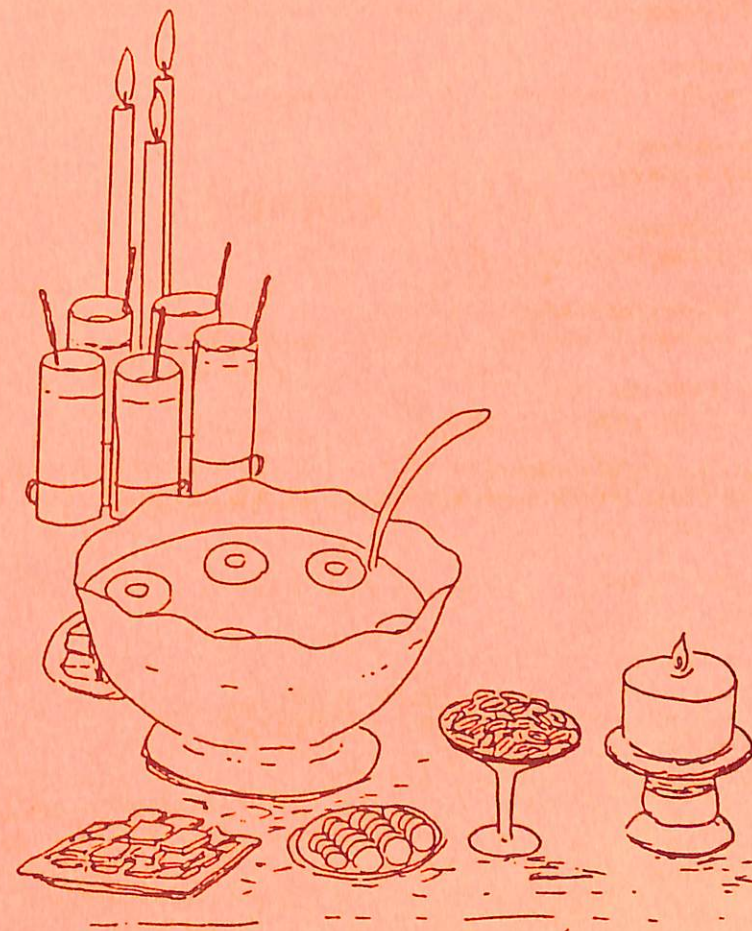
- | | |
|--|--|
| 2 to 3 cans water chestnuts,
whole & drained | 1 lb. bacon, stack strips, cut stack
in half, cut each half in opposite
direction |
|--|--|

SAUCE:

- | | |
|-------------------|---|
| 1 c. sugar | 1 c. ketchup |
| | Sprinkle of Worcestershire sauce |

Wrap 1 strip of bacon around each chestnut and secure with a toothpick. Place in foil-lined, low pan and bake 1 hour at 350° to 370°; until bacon is sort of crisp. Remove from oven and drain; or transfer to another foil-lined pan and pour on sauce. Cover and bake another 30 minutes.

Beverages



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

Beverages

Any-Day Punch

Priscilla Wick

3 sm. cans frozen orange juice 1 (12 oz.) can frozen fruit punch
1 (12 oz.) can frozen lemonade 1 (2 liter) btl. 7-Up

Mix the orange juice, lemonade and fruit punch together. Freeze. One hour before serving, put frozen mixture into punch bowl. Pour 7-Up over and stir until slushy.

Banana Punch

Wendy Fairbanks

4 1/4 c. sugar 1 qt. cold water
1 1/2 qt. water 2 (46 oz.) cans pineapple juice
1 (12 oz.) can frozen orange juice 6 ripe bananas
1 (12 oz.) can frozen lemonade 1 btl. ginger ale

Boil sugar and 1 1/2 quarts water for 3 minutes; let cool. Stir in all other ingredients, except ginger ale. Divide mixture into 2 containers and freeze overnight, stirring once or twice. Take out frozen, and put in punch bowl. Add ginger ale to consistency you like.

Cherry Slush

Joyce Barney

2 (6 oz.) pkg. cherry Jello 2 c. real lemon juice
2 c. sugar 7 c. cold water
4 c. boiling water 6 c. cranberry juice, or other kind of
2 (46 oz.) cans pineapple juice juice

Freeze. Thaw to slush. Fill glass 3/4-full of slush and fill remainder with 7-Up or Squirt.

Chocolate Fudge Soda

Jean Provines

1/4 c. chocolate syrup
1/4 c. carbonated water
2 lg. scoops vanilla ice cream

2 T. chocolate syrup
1/4 to 1/2 c. carbonated water

Maraschino cherries (opt.)
Canned whipped topping
Chocolate sprinkles (opt.)

Long spoons
Straws

Use a large glass, at least a 12-ounce-size glass. Put the 1/4 cup chocolate syrup and 1/4 cup carbonated water in first. Stir together. Then add 2 scoops of vanilla ice cream. Add more chocolate syrup, approximately 2 tablespoons; add 1/4 to 1/2 cup additional carbonated water. Stir well.

Top with a squirt of canned whipped cream and chocolate sprinkles, if desired. A cherry adds a nice touch on top, too!

This recipe was in my "Betty Crocker Cookbook for Boys and Girls" which I received for Christmas when I was about 8 or 10 years old. It was always fun to make this special treat, and I've enjoyed making them with my kids, Christy and Micah, as well. It's nice to let the kids make something that doesn't require using the stove or oven, too.

Diabetic Orange Jubilee

Kathy John

1 (6 oz.) can frozen orange juice concentrate
2 1/4 c. milk
1/2 tsp. vanilla

1 3/4 tsp. Equal
8 ice cubes
Cinnamon (opt.)

Blend in blender or food processor, all ingredients except ice cubes. Add cubes and process until smooth.

Diabetic exchange: 1/2 milk and 1 fruit.

Frozen Fruit Slush

Linda Thompson

1 (12 oz.) can ginger ale

4 c. fresh fruit or drained, canned fruit, like peaches, apples, grapes

Pour ginger ale into a small mixing bowl and put in freezer. Chop fruit into bite-size chunks and put in large mixing bowl. Cover the fruit mixture and store in refrigerator. Check ginger ale after 15 minutes. If not slushy, freeze for a little longer. Once ginger ale is slushy, put fruit into serving bowls and spoon ginger ale over the top. Serve immediately. Yield: 4 servings.

Nutritional Information Per Serving: 134 calories, 3% from fat; 7 mg sodium, less than 1 gm fat.

Jello Punch for 50

Arlene Morse

3 (3 oz.) pkg. Jello, any flavor
3 scant c. sugar
1 qt. boiling water
2 qt. cold water

2 (46 oz.) cans pineapple juice
1 (12 oz.) can frozen lemonade
2 btl. ginger ale

Mix and fill 2 milk bottles; freeze. Three or 4 hours before serving, take out of freezer. Add ginger ale before serving.

Hot Apple Cider

Helen Smith

2 qt. apple cider
1 tsp. whole allspice

1 stick cinnamon
A few whole cloves

Simmer cider and spices for 15 minutes. Strain. Before serving, add 1/4 cup lemon juice and 2 tablespoons orange juice.

Instant Cocoa Mix

Linda Thompson

6 1/2 c. instant nonfat dry milk
(1 lb.)

1 c. sugar
3/4 c. unsweetened cocoa powder

Sift dry ingredients together 3 times. Store in airtight container.

To make cocoa, put 1/4 cup to 1/3 cup of mix in a cup; fill with boiling water. Stir and serve. Yield: 32 cups.

A 1-cup serving equals 79 calories, 17% of USRDA for calcium.

Instant Cocoa Mix

(Extra-quick)

Linda Thompson

1 med. box instant nonfat dry milk
1 c. powdered sugar

1 lg. jar or canister instant Hershey's cocoa mix
1 lg. jar instant coffee creamer (dry)

Sift dry ingredients together 3 times. Store in airtight container.

To make cocoa, put 1/2 cup of mix in a cup; fill with boiling water. Stir and serve.

Note: Using sugar-free products and low-fat products can help with the calorie count.

Spiced Lemonade

Patty Witthauer

6 c. water, divided
3/4 c. sugar
2 cinnamon sticks
6 whole cloves

1 lg. lime, thinly sliced
1 lemon, thinly sliced
3/4 c. fresh lemon juice

In a large saucepan, bring 4 cups water, sugar, cinnamon and cloves to a boil. Reduce heat; simmer 10 minutes. Remove from heat; discard cinnamon and cloves. Cool. Pour into a large pitcher. Stir in lime, lemon, lemon juice and remaining water. Chill at least 1 hour. Can also be served warm. Yield: about 2 quarts.

Old-Fashioned Strawberry Soda

Barb Walker

1 c. milk
1/2 c. fresh or frozen strawberries
1/2 c. vanilla ice cream softened

2 T. sugar
2 to 3 drops red food coloring (opt.)
1 c. ginger ale, chilled

In a blender container, combine the first ingredients; cover and process until smooth. Pour into 2 tall glasses. Add ginger ale and serve immediately. Yield: 2 servings.

Party Punch

Karla Robillard

2 pkg. presweetened cherry
Kool-Aid

1 lg. can pineapple juice
1 lg. can Hawaiian Punch

Mix well. Just before serving, add a 2-liter bottle of diet 7-Up.

Punch

Phyllis Rodenburg

2 lg. cans frozen orange juice
2 sm. cans frozen lemonade

3 qt. ginger ale
2 qt. Club soda

In a very large container, mix ginger ale and Club soda. Add frozen juice and lemonade. Stir until dissolved. Add ice ring with sliced oranges or lemons, if desired.

I use the top of a Tupperware cake-safe to mix the ingredients, then pour into punch bowl. It makes a lot, serves 35 to 40.

Punch to Fill a Punch Bowl

Arlene Morse

3 (3 oz.) pkg. Jello
1 qt. boiling water
2 qt. cold water
3 c. sugar

2 (46 oz.) cans pineapple juice
1 (12 oz.) can lemonade
2 btl. ginger ale

Mix together. Put into 2 milk jugs or ice cream pails and freeze. Thaw 3 or 4 hours before using. Add 2 bottles ginger ale.

Use the flavor Jello to complement color. Strawberry was good; also orange.

Raspberry Punch

Berneil Hanson

10 pkg. raspberry Kool-Aid
(Wylar's unsweetened)
7 (12 oz.) cans lemonade
7 1/2 c. sugar

5 (2 liter) btl. Sprite
1 (32 oz.) can Wilderness
cran-raspberry

Mix dry ingredients. Put a little hot water in to dissolve. Add lemonade and juice. Fill a 6-gallon bucket with water to lower rim. Makes 150 (5-ounce) glasses.

Rhubarb Slush

Joyce Barney

3 c. chopped rhubarb
1 c. water
1 c. apple juice

1/3 c. sugar
1 (6 oz.) can lemonade
1 btl. 7-Up or Squirt

Cook rhubarb, water and sugar until well done. Cool for 30 minutes. Blend until puréed. Add lemonade; stir in apple juice. Freeze until firm. Scoop slush into glass and fill with Squirt.

Sherbet Punch

Priscilla Wick

1/2 gal. sherbet
85 oz. 7-Up

Spoon 3/4 of sherbet into punch bowl. Let soften 5 minutes at room temperature. Slowly pour in chilled 7-Up and stir to dissolve. Spoon remaining 1/4 of sherbet on top; lightly stir to fluff. Yield: 36 (1-cup) servings.

Sherbet Punch

Jenny Hecker

1 liter 7-Up
1 liter ginger ale

1/2 gal. any flavor sherbet

Mix together ingredients. You'll want the sherbet to be soft enough to spoon it into the punch. Makes 1 punch bowl.

Frozen Strawberry Punch

Barb Elliott

3 oz. strawberry Jello
1 pkg. strawberry Kool-Aid
1 (3 oz.) can orange juice concentrate

1 (3 oz.) can pineapple juice
1 (10 oz.) pkg. frozen strawberries

Mix Jello per instructions on box, Kool-Aid per instructions, orange juice and pineapple juice per instructions, and purée the strawberries in blender. Mix all liquids and strawberries together. Freeze overnight in plastic pail (5-quart ice cream pail works well).

One hour before serving, take out to soften. Chop into pieces. Put in punch bowl; add 1 liter 7-Up or Sprite (cold). Makes about 16 cups; double recipe for school parties.

Strawberry Smoothie

Barb Walker

1 (8 oz.) ctn. strawberry yogurt
1 c. milk
1/2 c. unsweetened frozen strawberries

1 T. honey
1 pt. vanilla ice cream
1 med. ripe banana, quartered
Red food coloring (opt.)

Place all ingredients in a blender container; cover and process until smooth. Pour into glasses. Refrigerate any leftovers. Yield: 4 to 6 servings.

Microwave Tea

Marian Moore

2 family-sized tea bags

4 c. water

Microwave tea bags in 4 cups water for 5 minutes at POWER 10. Let steep for about 10 minutes. Remove tea bags; add enough water to make 1/2 gallon.

Use 4 family-sized bags for 1 gallon. Keeps well. Never gets cloudy. Safer than sun tea.

Christmas Wassail

2 qt. apple juice or cider
1/2 c. lemon juice
2 c. orange juice
2 1/2 c. pineapple juice

4 sticks cinnamon
1/2 to 3/4 c. brown sugar
2 tsp. allspice
12 whole cloves

Mix all together and heat. Serve hot, with orange slice floating on top.

Hot Wassail

Wendy Fairbanks

1 gal. cider
1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade
1/2 to 1 c. sugar
Juice & hull of 1 orange

1 stick cinnamon
1/2 tsp. nutmeg
1 lg. apple, with 1 tsp. whole cloves pressed into it

Pour cider into large kettle; add other ingredients. Simmer (do not boil) for about 3 hours. Serve hot. Makes 40 punch cups.

Wedding Punch

Valerie Godsey

6 c. boiling water
2 c. sugar
1 sm. pkg. Jello

12 oz. lemonade (frozen)
1 (46 oz.) can pineapple juice

Dissolve sugar and Jello in 6 cups boiling water. Add 12 ounces frozen lemonade and 46 ounces pineapple juice. Freeze overnight in a 5-quart ice cream bucket. Two hours before serving, set out to thaw. Right before serving, chop and pour ginger or 7-Up over.

A good ratio is 2 (2 liter) bottles of pop to 1 bucket of base.

This makes a wonderful slushy punch. The color of Jello determines the color of the punch. Red, orange, green and yellow work best.

Substitutions

1 cup corn syrup

1 cup sugar + 1/4 cup of water or other type of liquid called for in recipe

1 cup sugar

1 cup powdered sugar

1 Tbsp. cornstarch (thickening)

2 Tbsp. flour

1 Tbsp. flour (for thickening)

1/2 Tbsp. cornstarch, potato starch, rice starch or arrowroot starch, or 2 tsp. cooking tapioca

1 cup cake flour

7/8 cup sifted all-purpose flour. Add 2 Tbsp. cornstarch to the flour and sift 4 or 5 times to blend. Makes a very light flour ideal for cakes.

1 cup flour

1 cup + 2 Tbsp. sifted cake flour

1 cup self-rising flour

1 cup regular flour + 1/2 tsp. salt and 1 1/2 tsp. baking powder

1 cup biscuit mix

1 cup flour, 1 1/2 tsp. baking powder, 1/2 tsp. salt and 1 Tbsp. shortening

1 tsp. baking powder

1/4 tsp. baking soda + 5/8 tsp. cream of tartar

1 Tbsp. active dry yeast

1 package dry granulated yeast

1 cake compressed yeast

1 package dry granulated yeast or 1 scant Tbsp. active dry yeast

1 lb. cake of fresh yeast

16 packages dry yeast

1 sq. unsweetened chocolate

3 Tbsp. of cocoa + 1 Tbsp. fat

1/8 to 1/4 tsp. garlic powder

1 clove of fresh garlic (cut salt)

3/4 tsp. onion powder

1 small onion (cut salt)

A pinch of salt

When added to a recipe calling for sugar, will bring out enough of the natural sweetness in the food to replace 1/4 cup of the sugar called for.

Breads, Rolls & Muffins

Apple Bread

Linda Thompson

1 c. unsweetened applesauce

1/3 c. oil

2 eggs

1/2 c. sugar

3 T. milk

2 c. sifted flour

1 tsp. baking powder

1 tsp. cinnamon

TOPPING:

1/4 c. brown sugar

1/2 tsp. cinnamon

Combine sugar, applesauce, oil, eggs and milk; mix well. Sift together the flour, baking powder and cinnamon. Add to applesauce mixture and mix well. Pour the batter into a greased 5x9-inch loaf pan. Combine brown sugar and cinnamon topping. Sprinkle over the top. Bake at 350° for 1 hour. Yield: 1 (5x9-inch) loaf, or 20 slices.

Nutritional Information Per Serving: 118 calories, 32% from fat; 34 mg sodium; 4 gm fat.

Cascade Apple Bread

Donna Mortensen

1 lb. 11 oz. flour

5 tsp. baking powder

2 1/2 tsp. baking soda

1 T. cinnamon

1 tsp. nutmeg

1/2 tsp. salt

2 lb. apples, chopped

8 oz. butter, softened

14 oz. firmly-packed brown sugar

4 eggs

1/3 c. buttermilk

2 tsp. vanilla

Sift together flour, baking powder, baking soda, cinnamon, nutmeg and salt. Core and finely chop apples. Cream butter and sugar until fluffy. Beat in eggs, one at a time. Beat in half the flour mixture. Beat in buttermilk and vanilla, then remaining flour. Mix in apples. Divide among 3 greased and floured 4 1/2 x 8 1/2-inch loaf pans. Bake at 350° until toothpick comes out clean, about 50 minutes.

Apricot-Nut Bread

Jean Provines

2 1/2 c. flour	1/2 c. milk
1 c. sugar	3/4 c. orange juice
3 1/2 tsp. baking powder	1 egg
1 tsp. salt	1 c. chopped pecans
4 tsp. grated orange peel (fresh)	1 c. chopped, dried apricots
3 T. oil	

Heat oven to 350°. Grease and flour 2 loaf pans (4 1/2 x 8 1/2 x 2 1/2 inches). Measure all ingredients into a large mixer bowl; beat on medium speed 1/2 minute. Pour into pans. Bake 55 to 65 minutes, or until a wooden pick inserted in center comes out clean. Remove from pans; wrap in plastic wrap. Cool thoroughly before slicing.

When you wrap the bread in plastic wrap while it is still warm, the steam adds extra moisture to the bread.

Banana Bread

Donna Mortensen

1 3/4 c. flour	2 ripe bananas, mashed (1 c.)
1 1/2 c. sugar	1/2 c. oil
1 tsp. baking soda	1/4 c. + 1 T. buttermilk
1/2 tsp. salt	1 tsp. vanilla
2 eggs	1 c. chopped nuts

In a large bowl, stir together flour, sugar, baking soda and salt. In another bowl, combine eggs, bananas, oil, buttermilk and vanilla. Add to flour mixture, stirring until combined. Fold in nuts. Pour into a greased 5x9x3-inch pan. Bake at 325° for 1 hour and 20 minutes. Cool on rack.

Note: Recipe does not double well.

Grandma Clatterbuck's Banana-Nut Bread

Jenny Hecker

1/2 c. shortening	2 c. flour
1 c. sugar	1 tsp. baking soda
2 beaten eggs	Pinch of salt
4 mashed bananas	1/2 c. nuts

Preheat oven to 350°. Cream together sugar and shortening. Add all other ingredients and mix well. Pour into greased loaf pan. Bake 1 hour. Test with a toothpick. Serve with butter. Makes 1 loaf.

Banana-Zucchini Bread

Linda Thompson

3 eggs	2 c. grated zucchini
1 lg. mashed banana	1 tsp. salt
1 c. oil	1/2 tsp. baking powder
2 c. sugar	1 tsp. baking soda
2 tsp. vanilla	3 c. flour
1/2 c. walnuts (opt.)	

Mix all ingredients; pour into greased and floured bread pans. Bake for 1 hour at 325°. Cool and serve. Yield: 1 bundt pan, or 1 (9x13-inch) cake pan, or 2 large loaf pans, or 3 small loaves.

Note: If you do not like nuts, you may substitute 1/2 teaspoon of nut flavoring.

Diabetic Banana Bread

Kathy John

3 or 4 mashed bananas	2 c. flour
1/3 c. vegetable oil	1 tsp. baking soda
2 lg. eggs	2 tsp. baking powder
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 c. water	1/4 c. sugar

Beat mashed bananas, oil, eggs, sugar and water until creamy. Add flour, baking soda, salt, baking powder and cinnamon. Beat well. Pour into a greased 5x9-inch pan. Bake at 325° for 45 to 60 minutes, until dry on top and browned.

Quick Banana Bread

Lori Lalk

2 c. flour	4 c. sliced bananas
3/4 c. whole wheat flour	1/3 c. soft butter
1 1/2 c. sugar	3 T. orange or lemon juice
1 1/2 tsp. baking soda	2 eggs
1 1/2 tsp. salt	1/2 c. raisins or nuts

Grease and flour bundt pan. Blend all ingredients on low speed. Beat 3 minutes on medium speed. Pour into bundt pan. Bake at 325° for 55 to 65 minutes.

Banana Streusel Muffins

Bernice Heck

2 c. all-purpose flour
1 c. sugar
1 tsp. baking powder
1/2 tsp. salt
1/2 tsp. baking soda

1/4 tsp. ground cinnamon
2 eggs
1 c. (8 oz.) sour cream
1/4 c. butter or oleo, melted
2 med. ripe bananas, mashed (1 c.)

STREUSEL:

1/4 c. sugar
3 T. all-purpose flour

1/4 tsp. ground cinnamon
2 T. butter or oleo

In a large bowl, combine the flour, sugar, baking powder, salt, baking soda and cinnamon. In a small bowl, beat eggs, sour cream, butter and bananas. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups 3/4-full.

Streusel: Combine sugar, flour and cinnamon in a small bowl. Cut in butter. Sprinkle over muffins.

Bake at 375° for 20 to 25 minutes. Yield: about 1 dozen.

Homemade Biscuit Mix

Richard Thrumer

1 1/4 c. nonfat dry milk
2 tsp. salt
9 c. all-purpose flour, sifted
(or 5 c. wheat & 4 c. white flour, sifted)

1/3 tsp. baking powder
1 3/4 c. regular shortening

Mix all ingredients together until it resembles coarse cornmeal.

To make pancakes, mix 1 egg, 1 cup water and 2 cups of the above Biscuit Mix.

If you are too busy to pray, you are too busy.

Bolillos

(Hard Rolls)

Tim Fifer

1 pkg. active dry yeast
1/2 c. warm water (105° to 115°)
1 1/2 c. water
2 T. sugar
1 1/2 tsp. salt

2 T. butter
6 to 6 1/2 c. flour
1/3 c. water
1 tsp. cornstarch

Stir together yeast and 1/2 cup warm water. Let stand for 5 minutes. Combine 1 1/2 cups water, sugar, salt and butter in a saucepan. Cook; stir until 105° to 115°. Pour mixture into a bowl. Add yeast mixture. Stir in 5 cups flour. Turn out onto a floured surface; knead in enough remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes). Place in a greased bowl; turn to coat. Cover; let rise in warm place until double (1 to 1 1/2 hours). Punch dough down. Divide in half. Cover; let rest 10 minutes.

Divide each half into 8 equal pieces. Shape each piece into a smooth ball, then into a 4-inch long loaf. Place on greased baking sheets. Use a sharp knife to make a lengthwise cut, about 1/4 to 1/2-inch deep, on top. Cover; let rise in warm place until nearly double (30 minutes).

Meanwhile, combine 1/3 cup water and cornstarch. Cook and stir over medium heat until bubbly. Cool slightly. Brush evenly over rolls. Bake at 375° for 30 minutes. Makes 16 rolls.

Bran Muffins

Pam Swick

2 c. boiling water
2 c. Nabisco 100% Bran
2 c. All-Bran (Kellogg's)
1 c. shortening
3 c. sugar

4 eggs
1 qt. buttermilk
5 c. flour
5 tsp. baking soda
1 tsp. salt

Mix boiling water and bran. Let cool. Then add shortening, sugar, eggs and buttermilk, flour, baking soda and salt. Mix until smooth. Bake for 18 minutes at 400°.

Mix may be kept in refrigerator for long period of time. Recipe may be cut in half if you don't want such a large quantity.

Breadsticks

Arlene S. Morse

- | | |
|------------------|----------------------------|
| 1 c. milk | 1 yeast cake, dissolved in |
| 4 T. shortening | 1/4 c. lukewarm water |
| 1 1/2 tsp. sugar | 1 egg white |
| 1/2 tsp. salt | 3 1/2 c. flour |

Scald milk; let cool. Cream shortening and sugar; add milk and salt. Add yeast (dissolved), egg white (well beaten) and the flour. Knead. Let rise. Shape into sticks the size of lead pencil. Place on floured pan, far apart. When light, put into hot oven (400°). Then decrease heat so that they become dry and crisp.

Savory Breadsticks

Tim Fifer

- | | |
|---------------------------|----------------------------------|
| 4 c. bread flour, divided | 1/4 c. + 1 T. margarine, divided |
| 1/4 c. sugar | 2 tsp. dried basil |
| 1 1/2 tsp. salt | 1/2 tsp. celery seeds |
| 1 pkg. dry yeast | 1/4 tsp. poultry seasoning |
| 1 1/4 c. milk | |

Combine 1 cup flour, sugar, salt and yeast in a large mixing bowl; set aside. Combine milk and 3 tablespoons margarine in a small saucepan; heat to 125°. Gradually add milk to dry ingredients, beating constantly at low speed of mixer. Beat 2 minutes at medium speed, scraping sides of bowl occasionally. Add 3/4 cup flour, basil, celery seeds and poultry seasoning; beat at high speed 2 minutes. Stir in remaining flour, as needed, to make a soft dough. Turn dough out onto a lightly-floured surface; knead 8 minutes, or until smooth and elastic. Place dough in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 1 1/2 hours.

Punch down dough; turn out onto lightly-floured surface. Divide dough into 24 portions. Roll each into a 9-inch rope; place on greased baking sheets. Cover and repeat rising procedure, 1 hour or until doubled in bulk. Melt remaining margarine. Brush tops. Bake at 400° for 8 to 10 minutes, or until golden brown.

Note: Breadsticks can be wrapped in aluminum foil and frozen. Unwrap and bake at 350°, just until warm, to recrisp before serving.

Prayer can change burdens into blessings.

Butterhorn Rolls

Oline Beckner

- | | |
|-------------------|--------------|
| 2 pkg. yeast | 1/2 c. oleo |
| 1/4 c. warm water | 1/2 c. sugar |
| 2 eggs, beaten | 1 tsp. salt |
| 1 c. scalded milk | 4 c. flour |

Dissolve yeast in warm water. Combine milk, eggs, oleo, sugar and salt. Add yeast mixture and 4 cups flour. Knead until smooth, then turn bowl over dough for 20 minutes. Knead again. Let rise until double, then knead down again and make into rolls. Let rise and bake at 350°.

Buttermilk Biscuits

Tim Fifer

- | | |
|----------------------|-------------------|
| 2 c. flour | 1/4 c. shortening |
| 2 tsp. baking powder | 3/4 c. buttermilk |
| 1/2 tsp. baking soda | Melted butter |
| 1/2 tsp. salt | |

In a medium-sized bowl, combine the flour, baking powder, baking soda and salt; cut in shortening. Stir in buttermilk. Stir mixture just until the dough clings together. On a lightly-floured surface, knead dough gently 10 or 12 times. Roll or pat dough to 1/2-inch thickness. Cut dough with a 2 1/2-inch biscuit cutter; place on a lightly-greased baking sheet. Brush tops with melted butter. Bake at 400° about 15 minutes, or until light brown. Yield: about 10 biscuits.

Do not overwork dough or biscuits will be tough. For high-rising biscuits, roll or pat dough to 3/4-inch thickness.

Fat-Free Carrot Muffins

Marieum Figgins

- | | |
|---|--------------------------------------|
| 2 1/4 c. flour | 1 (8 oz.) ctn. vanilla nonfat yogurt |
| 1/2 c. sugar | 1/2 c. egg substitute |
| 1 tsp. cinnamon | 1/2 c. unsweetened applesauce |
| 1 tsp. salt | 1/2 c. dark raisins |
| 1 tsp. baking soda | 1/3 c. packed light brown sugar |
| 1/2 tsp. baking powder | 1 tsp. vanilla extract |
| 1/4 tsp. ginger | 1 tsp. powdered sugar, to sprinkle |
| 3 med.-size carrots, finely shredded (1 1/2 c.) | on baked muffins |

Preheat oven to 350°. Spray brioche or jumbo muffin pan cups (3-inch by 1 1/2-inches) with nonstick spray. In a medium bowl, combine flour, sugar, cinnamon, salt, baking soda, baking powder and ginger. In a large bowl with wire whisk or fork, mix carrots, yogurt, egg substitute, applesauce, raisins, brown sugar and vanilla until well blended. Stir flour mixture into carrot mixture until moistened. Spoon into pans. Bake 30 minutes. Cool in pans 10 minutes.

Cheese Breadsticks

Arlene Morse

2 pkg. dry yeast
1 1/2 c. warm water
2 T. sugar
1/2 c. olive oil
4 to 4 1/2 c. flour

1 tsp. salt
3 egg whites, slightly beaten
Coarse baker's salt
Grated Parmesan cheese

Add yeast to warm water and sugar; set aside until yeast activates. Add oil, sifted flour and salt. Make smooth dough. Preheat oven to 375°. Roll dough to the size of a pencil. Twist. Brush with egg white. Sprinkle with salt and grated cheese. Bake on cookie sheet 20 minutes at 375°.

Chocolate Chip Muffins

Tim Fifer

1/4 c. cocoa
1/4 c. vegetable oil
3/4 c. applesauce
1 egg, beaten
1 1/4 c. flour

3/4 c. sugar
3/4 tsp. baking soda
1/4 tsp. salt
1/2 c. chocolate chips

Heat oven to 400°. Grease bottoms only of 12 muffin cups, or use paper cupcake liners. Combine cocoa and oil in a small bowl, stirring until smooth. Blend in applesauce and egg. Set aside. In a medium mixing bowl, combine flour, sugar, baking soda and salt. Add the cocoa mixture and the chocolate chips to the flour mixture. Stir just until all dry ingredients are moistened. Spoon into muffin cups until about 2/3-full. Bake 25 minutes. Remove to a rack to cool for 5 minutes. Remove muffins from pan. Serve warm.

Cinnamon-Raisin Biscuits

Tim Fifer

2 c. flour
1 T. baking powder
1 T. sugar
1 tsp. ground cinnamon

1/2 tsp. salt
1/2 c. shortening
2/3 c. milk
1/3 c. raisins

ICING:
1 c. confectioners' sugar

1 1/2 T. milk
1/2 tsp. vanilla

Heat oven to 450°. In a large bowl, combine flour, baking powder, sugar, cinnamon and salt. Cut in shortening until mixture resembles coarse crumbs. Add milk and raisins; stir only until combined. Turn dough onto a floured surface. Knead just until smooth, about 2 minutes. Roll to 1/2-inch thickness. Cut with a floured 1 1/2-inch round cutter. Place on an ungreased baking sheet. Bake 12 to 15 minutes, or until golden.

Icing: Combine icing ingredients. Drizzle over warm biscuits.

Cinnamon Rolls

Ann Carlson

3 c. very warm water
3 pkg. instant yeast
3/4 c. sugar
3 c. flour (1 c. at a time)

1/3 c. oil
2 beaten eggs
4 tsp. salt
6 to 7 c. flour

Mix water and yeast for 3 minutes. Add sugar until dissolved. Beat in flour, one cup at a time. Add oil, eggs and salt. Mix well. Add 6 to 7 cups flour and knead. Place in a large covered bowl and allow to rise twice. Roll out; cover with butter, brown sugar and cinnamon. Let rise in 3 (9x13-inch) pans. Bake at 350° for 20 to 25 minutes.

CARAMEL FOR PECAN ROLLS:

1 c. brown sugar
1/3 c. honey

1/4 c. margarine
3 T. milk

Boil for 3 minutes. Pour into 9x13-inch pan; add pecans.

Old-Fashioned Cinnamon Buns

Alta Dickinson

1 c. sugar
1 tsp. salt
3 T. active dry yeast
Approx. 8 c. flour

1 stick margarine
2 c. milk
2 eggs

FILLING:

1 c. packed light brown sugar,
mix in 2 T. cinnamon

1 c. English walnuts (or pecans),
chopped
1 c. seedless raisins

GLAZE:

1 1/2 c. confectioners' sugar

8 tsp. water or milk

Early in day: In bowl, combine sugar, salt, yeast and 2 cups flour. In saucepan, heat milk and 1/2 cup butter until warm (120° to 130°--very important). Butter does not have to melt completely. With mixer at low speed, beat liquid into dry ingredients. At medium speed, beat 2 minutes. Blend in eggs and 2 cups flour, beat 2 minutes. Stir in 3 cups flour.

On floured surface, knead dough until smooth, about 10 minutes, adding flour as needed (maybe 1/4 cup while kneading). Shape dough into ball and place in a greased, large bowl; cover and let rise in warm place (80° to 85°), away from draft,

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until doubled, about 1 hour. Punch down dough. Divide into 2 parts. Turn onto floured surface; cover and let rest about 15 minutes.

Meanwhile, combine brown sugar, nuts, raisins and cinnamon. Grease 2 (9x13-inch) baking pans. Melt butter.

On floured surface, roll dough into 12x18-inch rectangles (should have 2); brush with melted butter; sprinkle on sugar mixture. Starting with 18-inch side, roll dough jellyroll fashion. Pinch seams to seal. With seam-side down, cut rolls crosswise into 18 slices; place in pan, cut-side down. Cover and let rise until doubled again, about 40 minutes. Bake 20 minutes at 400°. They may look underdone, but do not overbake.

When adding flour, I have found that tender rolls are achieved by "getting the 'feel'" of the dough--adding too much flour will make rolls dry--not enough will make dough unable to roll. My suggestion is to have the dough just 'clear' your hand. Too sticky means not enough flour--if it feels dry, so will the rolls. This comes with experience.

Another secret to perfect buns is dissolving the yeast completely so dough will rise properly. First, make sure liquid is heated to correct temperature. Use a thermometer if not sure. If liquid is not warm enough, the yeast won't dissolve completely, check the batter frequently in first mixing with rubber spatula for any small brownish flecks and continue mixing until there are none.

To keep the buns all the same size, start with an even rectangle of dough. As you roll, straighten sides of dough frequently with end of a clean ruler. Cutting dough is easier if you dust knife first with flour so moist cinnamon filling won't stick to the blade. Enjoy!!

Sometimes I make "Sticky Buns" from this same recipe. Instead of putting nuts in with butter and cinnamon, I put in only sugar and cinnamon. In a baking pan, I mix 1 carton sour cream (not low-fat kind--it doesn't bake well). With hands, mix in 1 to 1 1/2 cups brown sugar until tan-colored. Layer unbroken pecans in cream mixture. Put cut rolls directly into this mixture and bake same as other rolls. When removing from oven, immediately invert pan onto foil. If desired, drizzle with glaze. Wonderful sticky pecan rolls! My favorite.

Cinnamon Surprise

Lori Cottrell

1 can crescent rolls (grocer's dairy case)
8 lg. (Jet-puffed) marshmallows
1 stick margarine, melted
1 c. cinnamon/sugar mix

Unroll the crescent rolls; separate. Roll 1 marshmallow in margarine and then in sugar mixture. Place it on one crescent roll and wrap completely (pinch off any openings). Place in a greased muffin pan; brush top with margarine and sprinkle with sugar mixture. Repeat with remaining crescent rolls. Bake at 350° for 15 minutes, or until lightly browned. Serve warm with ice cream, or as a cinnamon roll. Yield: 8.

Cinnamon Twists

Keli Robinson

1 lg. loaf sliced bread (not heels)
8 oz. cream cheese
1/2 c. sugar
2 egg yolks
1 c. sugar
1 T. cinnamon
Butter

Flatten slices of bread with rolling pin. Mix cream cheese, 1/2 cup sugar and egg yolks. Spread over each slice and roll up. Dip in melted butter and roll in 1 cup sugar and cinnamon. Bake at 325° for 20 minutes.

Corn Fritters

Tim Fifer

1/2 c. + 2 T. flour
1/3 c. cornmeal
1 1/2 tsp. baking powder
1 tsp. sugar
1 (7 oz.) can whole kernel corn, undrained
2 eggs
1 T. vegetable oil
1 (8.5 oz.) can cream-style corn
Vegetable oil, for frying

Sift together flour, cornmeal, baking powder, sugar and salt in a small mixing bowl; set aside. Drain corn, reserving 2 tablespoons plus 1 1/2 teaspoons liquid; set aside. Combine eggs, 1 tablespoon vegetable oil and reserved corn liquid in a medium mixing bowl. Beat on medium speed of mixer until thoroughly blended. Add creamed corn, beating well. Gradually add flour mixture, stirring until well blended. Fold in drained whole corn. Drop mixture by tablespoonfuls into deep, hot oil (375°). Cook until golden brown, turning once. Drain on paper towels. Serve hot, with maple syrup or honey. Makes 2 dozen.

Cornmeal Muffins

Patti Witthauer

1 c. all-purpose flour
1 c. yellow cornmeal
1/3 c. sugar
1 T. baking powder
1 tsp. salt
2 T. finely-chopped onion
1 c. cream-style corn
1/2 c. mayonnaisse
3 T. vegetable oil
1 egg

In a large mixing bowl, combine dry ingredients. Make a well in the center and add all remaining ingredients. Stir just until mixed. Spoon into 12 greased muffin tins. Bake at 400° for 20 minutes. Yield: 12 muffins.

Crunchy Oat and Cranberry Muffins

Diana French

3/4 c. flour	1 tsp. salt
3/4 c. wheat flour	1 tsp. cinnamon
1 c. oatmeal (do not use quick or instant)	1 c. fresh or frozen cranberries
1/2 c. light brown sugar	1/4 c. butter
1 T. baking powder	1 c. milk
	1 lg. egg

Heat oven to 425°. Grease 12 muffin cups. Combine dry ingredients and blend well. Toss the cranberries with 1 tablespoon of dry ingredients and set aside. Melt butter. Remove from heat; stir in milk and egg. Stir butter mixture into dry ingredients and when well mixed, stir in cranberries. Spoon into muffin cups and bake until lightly browned, 15 to 20 minutes. Let stand 5 minutes before removing from tin.

Danish Rye Bread

Tim Fifer

1 tsp. yeast	3 T. lard
1/4 c. warm water	3 T. salt
1 qt. buttermilk	6 c. rye graham flour
3 T. molasses	6 c. whole wheat flour

Soften yeast in warm water. Heat buttermilk until lukewarm. Mix all ingredients and knead. Let stand overnight, covered. Punch down in the morning. Divide into 3 loaves and let rise in 5x9-inch pans, 10 minutes. Place cookie sheet over pans, with a weight on top, while baking. Bake at 400° for 10 minutes, then at 250° for 1 3/4 hours.

Bread must be sliced very thin for serving.

Help yourself and heaven will help you.

Dinner Rolls or Buns

Alta Dickinson

4 c. water	2 pkg. yeast, dissolved in
1 1/2 c. sugar	1/4 c. lukewarm water (about 120°)
2 T. salt	12 to 13 c. flour, or enough to make
1 c. lard (or shortening)	stiff dough
4 beaten eggs	

Mix water, sugar, salt and shortening; boil together for 5 minutes and cool to lukewarm. Beat together with eggs, yeast in water, and half of flour, with mixer on low speed. When flour is mixed in, beat at medium speed about 2 to 3 minutes. Stir in balance of flour until the dough is slightly stiff--just enough so dough will release from hands, but don't add too much flour or rolls will be dry.

When all flour is added, put into greased bowl. Turn so top of bread is greased. Cover with a damp cloth. Three hours later, dough should be doubled in size. Punch down. Let rise 4 more hours. Form dough into desired-sized rolls and place in well-greased baking pans. Cover with waxed paper and light damp cloth. Let stand overnight. In the morning, bake 15 minutes at 350°. Makes about 5 dozen rolls or buns, depending on size.

Remember to keep dough on damp side--do not add too much flour or overwork the dough, or it will be tough and dry. Good rolls come with experience. Make these several times and you will become an expert. They are great for family dinners or potlucks. Well worth the extra effort!!

Dill Casserole Bread

Pam Swick

1 pkg. active yeast	1/4 tsp. baking soda
1/4 c. warm water	1 T. instant minced onion
1 c. lukewarm cottage cheese	2 T. dill seed
1 T. melted butter	1 well-beaten egg
2 T. sugar	2 1/2 c. flour
1 tsp. salt	

Soften yeast in warm water. In a large bowl, combine cottage cheese, melted butter, sugar, salt, baking soda, instant minced onion, dill seed and egg, then add yeast mixture. Beat above mixture well.

Add flour gradually and mix well. Cover; let rise in warm place (85°) until double, about 1 hour. Stir down dough; put in greased 1 1/2 or 2-quart casserole. Let rise about 40 minutes. Bake at 350° for 40 minutes. Brush with butter. Cool about 5 minutes. Remove to cooling rack.

Dumplings

Patricia D. Johnson

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

1 egg, beaten
1/4 c. milk
1 T. shortening

Sift dry ingredients together. Cut in tablespoon of shortening. Mix egg and milk together. Add to dry ingredients. Drop by scant teaspoonfuls into simmering liquid. Cover tightly and simmer for 12 minutes. Do not peek.

Fortnight Muffins

Arlene Morse

3 c. flour
1 c. sugar
3 tsp. baking soda
1/2 tsp. salt
3 c. whole bran cereal

1 c. water
2 c. plain yogurt
2/3 c. vegetable oil
2 eggs
1 1/2 c. raisins

In medium bowl, stir flour, sugar, baking soda and salt. In a large bowl, stir cereal and water. Let stand 2 minutes. Add yogurt, oil and eggs; beat well. Stir in dry ingredients just until moistened. Quickly stir in raisins. Bake in preheated oven (400°) for 15 to 20 minutes. Makes 2 dozen.

This batter can be tightly covered and used as needed. Must be refrigerated. Do not stir stored batter before baking.

French Bread

Tim Fifer

1 1/2 c. warm water
1 T. sugar
4 c. flour

1 pkg. dry yeast
1 T. shortening
1 1/2 tsp. salt

Dissolve yeast in water; add sugar, salt, shortening and flour. Mix and let rest 10 minutes. Roll out into a rectangle, then roll into a loaf. Let rise 1 1/2 hours. Brush with melted shortening. Bake at 350° for 30 minutes, or until done.

Green Tomato Bread

Bernie Swanger

3 eggs
2 1/2 c. sugar
2 c. flour
1 tsp. cinnamon
1 tsp. baking soda
1 1/2 tsp. vanilla

1 c. oil
2 c. green tomatoes (purée)
1 tsp. salt
1/2 tsp. nutmeg
1/4 tsp. baking powder
1/2 c. nuts

Beat eggs. Add oil, sugar, vanilla and green tomatoes (purée). Add and mix well dry ingredients (flour, baking soda, salt, nutmeg, baking powder, cinnamon and nuts). Put into 2 greased and floured loaf pans. Bake at 350° for 60 minutes.

Note: Keeps 3 months in refrigerator.

Hawaiian Nut Bread

Diana French

2/3 c. sugar
1/3 c. vegetable shortening
2 eggs
1 c. mashed ripe bananas
1 (8 oz.) can crushed pineapple, drained

1/2 c. chopped macadamia nuts or pecans
2 c. flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
Butter or cream cheese

Preheat oven to 350°. Grease a 5x9-inch loaf pan. Cream sugar and shortening until fluffy; beat in eggs. Stir in mashed bananas, drained pineapple and nuts. Combine flour, baking powder, baking soda and salt. Stir into banana mixture until smooth. Spoon into prepared pan. Bake 50 to 60 minutes. Remove from pan; cool on rack. Wrap airtight in foil or plastic wrap. Let stand overnight for easy slicing.

Homemade Soft Pretzels

Linda Thompson

2 c. white flour
1 pkg. active dry yeast
3 T. oil
Salt

2 c. whole wheat flour
1 1/3 c. warm water
1 T. honey or corn syrup

Stir together white and whole wheat flour. Put 1 1/2 cups flour mixture into bowl. Stir in yeast; add water, oil and honey. Beat until smooth, 2 minutes. Add enough flour to make a stiff dough. Knead 4 minutes, until smooth. Cut into 12 pieces; roll each into a 15-inch rope. Shape into pretzel form; brush with water. Sprinkle lightly with salt. Bake on greased cookie sheet at 425° for 20 minutes, or until lightly browned. Yield: 12 pretzels.

Nutritional Information Per Pretzel: 181 calories, 19% calories from fat; 23 mg sodium; 4 gm fat.

Honey Muffins

Arlene Morse

1 1/2 c. Basic 4 Bran cereal	1 1/4 c. flour
1 c. milk	3 tsp. baking powder
1/3 c. honey	1/2 to 3/4 tsp. cinnamon
1/4 c. vegetable oil	1/4 tsp. salt
1 egg	

Heat oven to 400°. Grease muffin tin (12). Mix cereal and milk; let stand 5 minutes. Stir in honey, oil, egg, and then dry ingredients.

STRUDEL:

1/4 c. Basic 4, crushed	1/4 c. brown sugar
1/4 c. flour	2 tsp. margarine

Sprinkle strudel on top of muffins. Bake 18 to 23 minutes.

Honey Twist

Arlene Morse

1 c. milk, scalded	2 cakes compressed yeast
1/4 c. butter	1/4 c. lukewarm water
1/2 c. sugar	2 eggs
1 tsp. salt	5 to 6 c. flour

HONEY TOPPING:

1/4 c. butter	1 egg white
2/3 c. powdered sugar	2 T. honey, warmed

Pour hot milk over butter, sugar and salt. Crumble yeast into lukewarm water. Cool milk to lukewarm; add yeast mixture and well-beaten eggs. Beat in flour to make soft dough. Turn onto floured board and knead until smooth. Form into a ball; place in a greased bowl. Cover and let rise until doubled. Shape into a long roll 1-inch in diameter. Coil the roll into a greased cake pan, beginning with outside edge. Brush with Honey Topping. Let rise until doubled. Bake at 375° for 25 to 30 minutes.

Honey Topping: Cream together and brush over twist.

Prayer should be the key of the day and the lock of the night.

Hot Cross Buns

Maxine Grosse

2 env. yeast	1/2 c. butter
2 c. milk (scalded & cooled)	2/3 c. sugar
2 T. sugar	2 eggs
7 1/2 c. flour	1/2 tsp. salt

Dissolve yeast in warm water; add 2 tablespoons sugar. Make sponge of milk (cooled), yeast and 3 1/4 cups flour. Let rise. Cream butter, sugar, eggs and salt. Combine and add remaining flour. Knead lightly. Let rise and form into balls. Bake in hot oven (400°) for 15 minutes.

Our mother made these rolls for many years, and also many family members of the Stevens Family.

Hush Puppies

Tim Fifer

2 c. yellow cornmeal	1/2 tsp. white pepper
1 c. flour	1 sm. onion, grated
1 T. baking powder	2 lg. eggs, beaten
1 tsp. salt	1 to 1 1/4 c. milk
1 1/2 tsp. onion powder	Vegetable oil

Combine first 7 ingredients; add eggs and 1 cup milk, stirring well. Add additional milk, if necessary, for desired consistency. Pour oil to a depth of 2 to 3 inches in a Dutch oven or heavy saucepan. Heat to 375°. Carefully drop batter by rounded teaspoonfuls into oil. Fry a few at a time, 1 to 2 minutes, on each side or until golden brown. Drain on paper towels. Serve while hot. Yield: 3 dozen.

Italian Bread

Penni Burkum

2 pkg. yeast	1 T. salt
2 1/2 c. very-warm water	1/4 c. oil
3 T. sugar	6 c. flour

Mix all dry ingredients together, including yeast, in a large bowl. Make a hole and pour liquid in. Mix all together well. Let rise until double. Knead 100 times (doesn't work to knead with dough hook on mixer). Divide dough into 3 equal portions. Put in greased pie plates. Let rise until double. Bake at 350° for 20 minutes, or until done.

I've found I need to let crust get real brown, or else the bread will be doughy.

Lemon Poppy Seed Bread

Diane Underwood

1 pkg. lemon cake mix
1 pkg. instant vanilla pudding
4 eggs

1 c. water
1/2 c. oil
1/2 pkg. poppy seeds (small)

Bake at 350° for 1 hour if using 2 loaf pans.

Glaze: Boil 4 tablespoons corn syrup with 1 tablespoon water; pour over loaves after cooling 10 minutes.

Maple Bran Muffins

Lisa Davis

3/4 c. natural wheat bran
1/2 c. milk
1/2 c. maple syrup
1 egg, slightly beaten
1/4 c. oil

1 1/4 c. whole wheat flour*
3 tsp. baking powder
1/2 tsp. salt
1/2 c. chopped walnuts

GLAZE:
1 T. butter

1/2 c. powdered sugar
1 T. maple syrup

Combine bran, milk and syrup in a large bowl. Mix in egg and oil. Mix dry ingredients in small bowl. Add to bran mixture, just until moistened. Spoon into 12 muffin cups sprayed with nonstick spray. Bake at 400° for 18 to 20 minutes. Mix glaze and spread on muffins.

*May substitute white flour. I use half wheat and half white.

Note: I like to double glaze recipe for extra frosting.

Minute Refrigerator Muffins

Linda Welch

2 1/2 c. sugar
1 c. + 3 T. shortening
4 eggs
1 qt. buttermilk
2 c. 100% All-Bran cereal
2 c. boiling water

4 c. Bran Buds
6 c. flour
2 tsp. salt
2 tsp. baking powder
5 tsp. baking soda

Sift together flour, salt, baking powder and baking soda. Pour boiling water over 100% Bran and let stand. Cream together shortening and sugar; add eggs and cooled bran mixture. Add Bran Buds. Alternate adding buttermilk with flour mixture. Mix all ingredients well. Store in well-sealed gallon container. May store up to 6 weeks in refrigerator. Spoon mixture into greased muffin tins and bake at 400° for 20 to 25 minutes, until done. Do not stir before baking. These freeze well after baking, also.

Note: To make buttermilk, add 1 tablespoon vinegar or lemon juice per 1 cup of milk. Let stand 5 minutes before using.

Monkey Bread

Linda Welch

3 tubes of biscuits
1/2 tsp. cinnamon
1/3 c. sugar
1/2 c. nuts (opt.)

1 1/2 sticks margarine
1 tsp. cinnamon
1 c. brown sugar

Cut biscuits into 4 pieces. Roll in mixture of 1/2 teaspoon cinnamon, white sugar and nuts. Grease a bundt pan. Place layers of rolled biscuits. Combine margarine, cinnamon and brown sugar; boil 2 to 3 minutes. Pour over biscuits and bake at 350° for 25 minutes. Cool 1 to 2 minutes; invert pan on large platter.

Monkey Bread

Taryn Struthers

1/2 c. melted butter
1/2 c. sugar

2 tsp. cinnamon
2 tubes refrigerator biscuits

Mix sugar and cinnamon in a medium bowl. Tear biscuits in half and roll until covered in mixture. Place coated biscuits in a bundt pan; pour remaining mixture over biscuits and pour melted butter over top. Bake in oven for 35 minutes at 350°, or until golden brown on top.

Oatmeal Bread

Sandra L. Payne

1 pkg. yeast
1 1/4 c. quick oats
1 1/2 tsp. salt
1/4 c. oleo
1/4 c. sorghum

1/4 c. brown sugar
4 c. flour
1/2 c. warm water
1 1/2 c. boiling water

Dissolve 1 package yeast in 1/2 cup warm water. Pour 1 1/2 cups boiling water over mixture of oats, salt, oleo, sorghum and brown sugar. Cool to lukewarm. Add 1 cup flour to lukewarm mixture. Then add yeast. Add 2 1/2 to 3 cups flour, as needed, for soft dough. Let rise twice in bowl and once in loaf pans. Bake at 350° for 35 minutes. Makes 2 loaves.

One-Hour Egg Batter Buns

Marilyn Peters

- | | |
|------------------|--------------------------|
| 1 c. warm water | 1 tsp. salt, or to taste |
| 1 pkg. dry yeast | 1 egg, lightly beaten |
| 2 T. sugar | 1 T. soft shortening |
| 2 1/4 c. flour | |

Dissolve yeast in warm water. Add egg, shortening, sugar and salt. Beat in flour; stir until soft dough. Cover or seal in plastic bowl. Let stand in warm place until double in bulk, about 15 minutes. Stir down and spoon into 12 large, greased muffin tins (1/2-full). Let rise until dough rises to top of cups, about 15 minutes. Bake for 15 minutes at 400°.

Onion-Mustard Buns

Claudia Vergamini

- | | |
|-----------------------------|------------------|
| 1 c. warmed milk | 2 T. sugar |
| 1 1/2 T. dried minced onion | Pinch of salt |
| 1 1/2 T. mustard | 3 c. bread flour |
| 2 T. margarine | 2 tsp. yeast |

Place ingredients in breadmaker as listed. Process on dough cycle. When finished, knead down; roll into bun-size. Place in buttered and floured glass pan. Allow to rise. Bake 20 minutes at 350°.

Great served with chili or soup.

Orange-Blossom Muffins

Pam Swick

- | | |
|---|---------------------------|
| 1 slightly-beaten egg | 2 c. packaged biscuit mix |
| 1/4 c. sugar | 1/2 c. orange marmalade |
| 1/2 c. orange juice | 1/2 c. chopped pecans |
| 2 T. vegetable oil or melted shortening | |

SPICY TOPPING:

- | | |
|----------------|-------------------|
| 1/4 c. sugar | 1/2 tsp. cinnamon |
| 1 1/2 T. flour | 1/4 tsp. nutmeg |

Combine egg, sugar, orange juice and vegetable oil. Add the biscuit mix and beat mixture vigorously for 30 seconds. Stir in orange marmalade and chopped pecans.

Grease muffin pans or line with paper baking cups; fill 2/3-full. Sprinkle with Spicy Topping. Bake muffins at 400° for about 20 to 25 minutes, or until done. Makes 1 dozen muffins.

Spicy Topping: Combine ingredients above; cut in 1 tablespoon butter, until crumbly.

Pepper Cheese Cornbread

Renae Dieatrick

- | | |
|---|----------------------------|
| 1 (8 1/2 oz.) pkg. corn muffin mix | 1/4 c. chopped red pepper |
| 1/4 lb. Velveeta cheese, cut into small cubes | 1/4 c. chopped green onion |

Heat oven to 400°. Prepare mix as directed on package. Stir in remaining ingredients. Pour into greased 8-inch square baking dish. Bake 20 to 25 minutes, or until golden brown.

Delicious served with chili.

Mom's Pizza Crust

Nancy Bertelsen

- | | |
|---------------------|------------------------|
| 1 1/4 c. warm water | 3 T. melted shortening |
| 2 tsp. yeast | 3 c. flour |
| 1/2 tsp. salt | |

Dissolve yeast in warm water; add salt and shortening. Add flour until stiff dough. Place flour on table and knead to form smooth ball. Put in a greased dish and put in warm place. Let rise until double in size. Cut in half; knead out on pizza pans. Add favorite sauce and pizza toppings. Bake at 350° for 10 to 12 minutes, depending on desired crispiness. This makes 2 cookie sheets of pizza.

Poppy Seed Bread

Barb Elliott

- | | |
|--------------------------|-----------------------------|
| 3 c. flour | 1 1/2 c. milk |
| 2 1/4 c. sugar | 1 1/2 tsp. poppy seeds |
| 1 1/2 tsp. salt | 2 1/2 tsp. almond flavoring |
| 1 1/2 tsp. baking powder | 1 1/2 tsp. vanilla |
| 3 eggs | 1 1/2 tsp. butter flavoring |
| 1 1/2 c. cooking oil | |

GLAZE:

- | | |
|---------------------|---------------------------|
| 1/4 c. orange juice | 1 tsp. almond flavoring |
| 3/4 c. sugar | 1/2 tsp. butter flavoring |
| | 1/2 tsp. vanilla |

Mix above ingredients. Grease and flour large bread pans. Bake at 350° for 1 hour.
Glaze: Heat ingredients on low burner on stove until mixed well. Brush glaze over warm bread straight from oven.

Note: You can poke holes all over bread with toothpick, to allow glaze to soak deeper into bread.

Pumpkin Bread

Nancy Bertelsen

- | | |
|---------------------------|---------------------------|
| 1 c. vegetable oil | 1 1/2 tsp. salt |
| 3 c. sugar | 2 tsp. baking soda |
| 4 eggs, beaten | 1 tsp. cinnamon |
| 2 c. pumpkin | 2/3 c. water |
| 3 1/2 c. flour | |

Cream oil and sugar. Add eggs and pumpkin. Mix well. Stir dry ingredients together. Add to creamed mixture, alternating with 2/3 cup water. Add nuts, if desired. Pour into 3 large bread pans that have been greased and floured. Bake at 350° for 1 hour.

Rhubarb Bread

Phyllis Rodenburg

- | | |
|--|----------------------------|
| 1 1/2 c. brown sugar | 1 tsp. vanilla |
| 1 c. sour milk (1 c. milk +
1 tsp. vinegar) | 1 tsp. baking soda |
| 2/3 c. vegetable oil | 2 1/2 c. flour |
| 1 egg | 2 c. diced rhubarb |
| 1 tsp. salt | 1/2 c. chopped nuts |

Mix together the brown sugar with sour milk, oil, egg and vanilla. Add combined dry ingredients. Fold in diced rhubarb and nuts. Bake in 2 greased standard loaf pans for 50 minutes at 350°.

Rhubarb Muffins

Donna Mortensen

- | | |
|-------------------------------|-------------------------------|
| 1 1/4 c. brown sugar | 1/2 c. chopped walnuts |
| 1/2 c. oil | 2 1/2 c. flour |
| 1 egg | 1 tsp. baking soda |
| 2 tsp. vanilla | 1 tsp. baking powder |
| 1 c. buttermilk | 1/2 tsp. salt |
| 1 1/2 c. diced rhubarb | |

TOPPING:
1 tsp. melted butter

1/3 c. sugar
1 tsp. cinnamon

In a large bowl, put brown sugar, oil, egg, vanilla and buttermilk. Mix well. Stir in rhubarb and walnuts. In a smaller bowl, combine flour, baking soda, baking powder and salt, then add to rhubarb mixture. Spoon batter into muffin pan.

Topping: Combine melted butter, sugar and cinnamon. Spoon over muffins, pressing it down.

Bake at 350° for 20 to 25 minutes.

Scottish Shortbread

Tim Fifer

- | | |
|-----------------------------------|-------------------------------|
| 1 c. butter, softened | 4 c. flour |
| 1 c. margarine, softened | 1/2 tsp. baking powder |
| 1 c. sifted powdered sugar | 1/4 tsp. salt |

Beat butter and margarine at medium speed until creamy. Gradually add sugar, beating well. Combine flour, baking powder and salt. Add to creamed butter mixture. Mix at low speed until dough is well blended. Turn dough out onto a well-floured surface; knead until smooth. Shape on a cookie sheet into a 10x15-inch rectangle. Pierce dough with a fork at 2-inch intervals. Bake at 300° for 1 hour, or until shortbread is golden brown. Cut immediately into 1 x 2 1/2-inch pieces. Cool on pan for 10 minutes; remove to wire rack to cool completely. Yield: 5 dozen.

Sticky Buns

Lori Westbrook

- | | |
|------------------------------|-------------------------------------|
| 1/4 c. butter | 1 tsp. vanilla |
| 1/3 c. brown sugar | 1 tube refrigerator biscuits |
| Dash of salt | 1 T. sugar |
| 1/2 c. chopped pecans | 1/4 tsp. cinnamon |

In a small saucepan, combine butter, brown sugar, salt, chopped pecans and vanilla. Over low heat, stir brown sugar mixture until butter melts and brown sugar dissolves. Pour melted mixture into a 9-inch cake pan; place biscuits over melted mixture and sprinkle with sugar and cinnamon. Bake at 400° for 12 to 15 minutes. Serves 4.

Swedish Tea Ring

Arlene Morse

1 c. scalded milk
3/4 tsp. salt
1/4 c. sugar
6 T. shortening

1 pkg. yeast, softened in 1/4 c.
warm water
3 1/2 c. flour
1 egg & 1 egg white
1/8 c. finely-chopped nuts

Add scalded milk to the salt, sugar and shortening. When lukewarm, add yeast. Add half of the flour. Beat well. Let rise until very light. Add eggs and remaining flour; beat well. Let rise. Divide the dough into 2 parts. Shape into a long round piece. Place on cookie sheet. Brush with egg white; sprinkle with nuts. With a large pair of scissors, cut towards center of ring, 2 inches apart. When light, bake in hot oven (400°) until brown.

Whole Wheat Muffins

Linda Thompson

1 c. all-purpose flour
1/3 c. nonfat dry milk
1/2 tsp. salt (opt.)
1/4 c. shortening, melted
1 c. water

1 c. whole wheat flour
3 tsp. baking powder
1/4 c. sugar
1 egg, slightly beaten

Stir white and wheat flour, nonfat dry milk, baking powder, salt and sugar together. Combine remaining ingredients and stir quickly into the dry ingredients. Stir until blended. Mixture will be lumpy. Fill greased muffin pans 2/3-full. Bake in hot oven (425°) for 15 to 20 minutes. Yield: 12 muffins; 135 calories per muffin.

Zucchini Bread

Priscilla Wick

2 c. sugar
3 eggs
3 c. flour
1 tsp. baking soda
1 tsp. vanilla
2/3 c. chopped nuts

1 c. oil
1/2 c. milk
2 c. grated zucchini
1 tsp. cinnamon
1 tsp. baking powder
1 tsp. salt

Mix sugar and eggs together. Combine flour, baking soda, baking powder, cinnamon and salt. Add to sugar mixture. Add remaining ingredients; mix well. Grease and flour 2 loaf pans. Bake at 325° for 60 minutes.

Zucchini-Pineapple Bread

Norma Sperry

3 eggs
2 c. sugar
1 c. oil
2 tsp. vanilla
2 c. grated zucchini
3 c. flour

1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 c. crushed pineapple, drained
1/2 c. nuts

Blend oil and sugar; add the eggs and vanilla. Blend dry ingredients together; add to above mixture with the drained pineapple and zucchini. Add nuts. Makes 2 loaves. Bake at 325° for 1 hour.

Substitutions

1 Tbsp. instant minced onion
1 small to medium, fresh onion

1 tsp. dry mustard
1 Tbsp. prepared mustard

Vanilla extract
Grated lemon or orange rind for flavoring, or try a little cinnamon or nutmeg

1 fresh egg white
1 Tbsp. dried egg white + 2 Tbsp. water

1 fresh egg yolk
1 Tbsp. dried egg yolk + 1 Tbsp. water

1 fresh egg
2 Tbsp. dried whole egg + 2 Tbsp. water

Old fashioned cough medicine
1 cup honey and juice of 1 lemon

1 tsp. pumpkin pie spice
1/2 tsp. cinnamon, 1/4 tsp. ginger, 1/8 tsp. ground cloves, 1/8 tsp. nutmeg

1 tsp. allspice
1/2 tsp. cinnamon + 1/8 tsp. ground cloves

1/4 cup cinnamon-sugar
1/4 cup granulated sugar + 1 tsp. cinnamon

1 cup tomato juice
1/2 cup tomato sauce + 1/2 cup water

1 cup ketchup or chili sauce
1 cup tomato sauce + 1/2 cup sugar + 2 Tbsp. vinegar

15-oz. can tomato sauce
6-oz. can tomato paste + 1 cup water

16-oz. can tomatoes, cut-up
3 fresh medium tomatoes, cut-up

15-oz. can spaghetti sauce
2 cups pizza sauce or Italian cooking sauce

1 cup fine dry bread crumbs
1 cup crushed cereal or cracker crumbs

1 Tbsp. snipped fresh herbs
1 tsp. dried herbs, crushed

Breakfast & Brunch

Aebleskiver

Bonnie Gilmore

4 eggs
2 c. flour
2 c. rich milk

1 T. sugar
1 pkg. active yeast
1/2 tsp. salt

Combine yeast with sugar and salt. Heat milk to lukewarm, then add to the flour. Add yeast mixture; add eggs, one at a time. Let rise about 2 hours in a large bowl. Bake in Monks pan (aebleskiver pans), oiled with Crisco. Fill holes about 3/4-full and cook on top of the stove. When half-baked, turn over. Yield: about 5 dozen aebleskiver.

Variation: Can also add a little cardamom, nutmeg or lemon for flavoring. I also use half & half cream.

Makes a nice brunch dish. This recipe given to me by Jan Mortensen. You bake on top of the stove in regular Monks pans at medium temperature. Let them brown good on one side, then use a pick, or small fork, with 2 tines, or skewer, to turn them over.

Bacon and Egg Casserole

Kathy Woolcott

4 bacon strips
18 eggs
1 c. milk
1 c. shredded Cheddar cheese

1 c. sour cream
1/4 c. sliced green onions
1 to 1 1/2 tsp. salt
1/2 tsp. pepper

In a skillet, cook bacon until crisp. Drain on paper towel. In a large bowl, beat eggs. Add milk, cheese, sour cream, onions, salt and pepper. Pour into a greased 9x13x2-inch baking dish. Crumble bacon and sprinkle on top. Bake, uncovered, at 325° for 40 to 45 minutes, or until a knife inserted near the center comes out clean. Let stand 5 minutes. Makes 8 to 10 servings.

The way we are facing has nothing to do with our destination.

Baked Eggs

Alta Dickinson

- | | |
|-------------------------------------|-----------------------------------|
| 1 doz. eggs | 1/4 c. milk (or water) |
| 1 sm. ctn. cottage cheese (low-fat) | Seasoning, to suit taste |
| 2 T. oil | American or Swiss cheese, for top |

MEAT SUGGESTIONS:
Chopped ham

Sausage, very well drained
Mushrooms, may also be added

Break eggs into blender; blend thoroughly. Add cheese, oil, milk and seasoning. Pour into baking dish (about 9x9 inches). Add any meat or mushrooms, if desired. Bake at 350° about 1 hour, or until eggs are set in middle. Add cheese and bake 5 more minutes. Serve.

Note: May be rewarmed in microwave if any is left over.

This is a great dish to serve for a brunch or evening light meal. Combined with fruit or light dessert, toasted English muffins or rolls, it makes a complete meal. This is a family favorite at our house.

Sausage Breakfast Casserole

Phyllis Rodenburg

- | | |
|----------------------|------------------------------------|
| 1 lb. sausage (mild) | 1 tsp. salt |
| 6 lg. eggs | 2 c. cubed bread crusts |
| 2 c. milk | 8 oz. shredded mild Cheddar cheese |
| 1 tsp. dried mustard | |

Brown sausage; drain off fat and set aside to cool. Beat eggs slightly in a large mixing bowl, then add milk, dried mustard and salt; blend well. Stir in bread crusts, sausage and cheese. Pour into greased, shallow 2-quart glass baking dish. Refrigerate overnight. Remove about 1/2 hour before baking. Preheat oven to 350°. Bake 40 to 45 minutes, until edges are brown. Cut into wedges and serve warm.

Sausage Casserole

Margaret Mortenson

- | | |
|----------------------------|-----------------------------|
| 1 lb. bulk sausage, cooked | Salt & pepper, to taste |
| 4 hard-cooked eggs, sliced | 2 c. milk |
| 1/4 c. butter | 1 (1 lb.) can corn, drained |
| 1/4 c. flour | 1 c. soft bread crumbs |

Melt butter. Blend in flour, salt and pepper. Add milk and stir until mixture bubbles. Stir together cooked sausage and corn. Pour over sliced eggs in a 9x13-inch casserole dish. Pour flour and butter mixture over top. Sprinkle with bread crumbs. Bake at 375° for 30 minutes.

My son, Bill M., loved to cook. These recipes came from one of his large cookbooks.

Sausage-Mushroom Breakfast Casserole

Tim Fifer

- | | |
|---|---|
| 2 1/4 c. seasoned croutons | 1 (4 oz.) can sliced mushrooms, drained |
| 1 1/2 lb. bulk pork sausage | 3/4 tsp. dry mustard |
| 4 eggs, beaten | 2 c. (8 oz.) shredded Cheddar cheese |
| 2 1/4 c. milk | |
| 1 (10 3/4 oz.) can mushroom soup, undiluted | |

Spread croutons in a lightly-greased 9x13-inch dish; set aside. Cook sausage until browned, stirring to crumble; drain well. Sprinkle sausage over croutons. In a large mixing bowl, combine eggs, milk, soup, mushrooms and mustard; mix well. Pour over sausage. Cover and refrigerate at least 8 hours, or overnight. Remove from refrigerator; let stand 30 minutes. Bake, uncovered, at 325° for 50 to 55 minutes. Sprinkle cheese over top; bake an additional 5 minutes, or until cheese melts. Makes 8 servings.

Sunday Brunch Casserole

Arlene Morse

- | | |
|------------------------------|--|
| 6 slices white bread | 1/4 c. sliced green onion tops |
| 4 T. butter or margarine | 3 eggs |
| 2 c. shredded cheese (8 oz.) | 1 can condensed cream of asparagus soup, undiluted |
| 1 lb. pork sausage | 2 c. milk |
| 1/2 med. sweet red pepper | 1/4 c. white wine or milk |
| 1/2 tsp. Dijon mustard | |
| 1/4 tsp. pepper | |

Butter bread cubes. Place in a greased 9x13x2-inch baking dish. Sprinkle cheese, sausage, red pepper and onions over bread.

In another bowl, beat eggs; add soup, milk or wine, mustard and pepper. Pour over bread layer. Bake, uncovered, at 300° for 1 hour, or until knife comes out clean. Let stand 5 minutes before cutting. Yield: 8 to 10 servings.

Breakfast Burritos

Sherrie Tolliver

- | | |
|----------------------------------|--------------------|
| 2 c. cubed ham or cooked sausage | 12 to 14 tortillas |
| 1/2 c. green onion | 2 c. half & half |
| 1/4 c. green pepper | 6 eggs |
| 2 1/2 c. shredded cheese | |

Mix together first 4 ingredients. Put 1/3 cup of mixture into flour tortilla and roll up. Put in greased 9x13-inch pan. Beat together half & half and eggs. Pour over tortillas. Refrigerate overnight. Bake at 350° for 60 minutes.

Top with additional shredded cheese; bake 5 minutes more. Serve with salsa.

Breakfast Frittata Lorraine

Linda Thompson

8 to 10 eggs, beaten
1/2 c. water or milk
2 tsp. instant minced onion
1/8 tsp. nutmeg
1 T. butter or margarine

1 c. shredded Swiss cheese
8 slices bacon, cooked & crumbled
1/4 tsp. salt
1/8 tsp. pepper

Beat together eggs, 3/4 cup cheese, water or milk, and seasonings. In a 10-inch skillet over moderate heat, melt butter and add bacon. Pour in egg mixture. Cover and cook 8 to 10 minutes over low heat, until eggs are set. Sprinkle with remaining cheese and finish cooking a few minutes. Cut into wedges and serve. Yield: 6 servings.

Breakfast Tortillas

Linda Thompson

4 eggs
1 tsp. margarine
1/2 c. salsa

1/4 c. 2% milk
1/2 c. shredded cheese
4 tortillas, warmed

Beat eggs and milk together. Melt margarine in frypan. Pour egg mixture into pan and cook until firm. Spread eggs in center of each tortilla. Top with cheese and salsa. Fold or roll tortilla and serve. Yield: 4 servings.

Nutritional Information Per Serving: 268 calories, 48% from fat; 329 mg sodium; 14 gm fat.

Delicious Hot Cereal

Diana French

2 1/2 c. rolled oats
1 c. wheat (or wheat germ)
1/2 c. raw almonds

1/2 c. raw sunflower seeds
1/2 c. sesame seeds

Grind separately in blender.
Add:

1 c. cornmeal
1 c. bran

Mix well and store in airtight container.

To cook, bring to boil 1 1/2 cups water. Gradually stir in 1 cup cereal. Reduce heat and stir constantly. Serve with butter and honey.

Granola

Diana French

7 c. rolled oats
1 c. wheat germ
1/2 c. cooking oil
1/2 c. honey or molasses
1/3 c. water
1 1/2 tsp. salt

1 1/2 tsp. vanilla
1 c. raisins
1/2 c. sunflower seeds
3/4 c. cashew halves or almonds
1/2 c. sesame seeds
1 1/2 c. dry milk

Mix rolled oats and wheat germ. Bake at 250°. Stir every 15 minutes. Bake until toasted. Sprinkle dry milk on toasted mixture. Mix oil, honey, water, salt and vanilla. Pour over oat mixture. Stir well to coat. Bake; let cool, then add raisins, nuts and seeds.

Mush

Arlene Morse

2 3/4 c. water
1/2 c. cornmeal

1 tsp. salt

Place cornmeal in the cold water that has been salted. Cook over medium heat, stirring frequently, until it blobs.

Pour into greased bread pan. Refrigerate. When very cold, slice; dip in flour and brown in skillet that has been sprayed with Pam.

Very good for breakfast treat. We like it so much, I usually double the recipe. It can be eaten like cereal with milk and sugar, if desired.

Apple Pancakes

Tim Fifer

1 1/2 c. apple slices
2 T. butter
1 c. flour
1 c. milk
6 eggs

1 tsp. vanilla
1/2 tsp. salt
1/4 tsp. nutmeg
Confectioner's sugar

Set apples and butter aside. Blend remaining ingredients, except sugar, in blender until smooth (no lumps). Put 9-inch skillet in a 475° oven for 5 minutes. Melt butter and sauté apples until tender. Pour batter over apples; bake at 475° for 15 minutes. Reduce heat; bake at 375° for an additional 10 minutes. Sprinkle with confectioners' sugar. Slice and serve. Serves 8.

Oatmeal Pancakes

Linda Thompson

1 1/4 c. 2% milk	1 c. oatmeal, uncooked
1 T. oil	2 eggs, beaten
1/2 c. flour	1 T. brown sugar
1 tsp. baking powder	1/4 tsp. salt

Combine milk and oatmeal in a bowl. Let stand 5 minutes. Add oil and eggs, mixing well. Stir in flour, sugar, baking powder and salt. Stir batter before pouring each pancake. Pour 1/4 cup batter for each. Fry on lightly-oiled griddle or frypan. Turn when bubbly on top. Yield: 12 pancakes.

Nutritional Information Per Pancake: 85 calories, 31% calories from fat; 96 mg sodium; 3 gm fat.

Sausage Gravy

Tim Fifer

1/2 lb. ground pork sausage (mild)	1/2 tsp. salt
1/4 c. butter	1/2 tsp. pepper, or more, to taste
1/3 c. flour	1/8 tsp. Italian seasoning
3 1/4 c. milk	

Brown sausage in a skillet, stirring until it crumbles into small pieces. Drain, reserving 1 tablespoon drippings in skillet. Set sausage aside. Add butter to drippings; heat over low heat until butter melts. Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in seasonings and sausage. Cook until thoroughly heated, stirring constantly. Yield: 3 3/4 cups.

Strata Brunch

Linda Thompson

1 lb. sausage	6 slices bread, cubed
1 1/2 c. shredded Cheddar cheese	2 c. milk
5 eggs	1 tsp. mustard
1 tsp. salt	1/2 tsp. pepper

Brown sausage and drain off grease. Place bread cubes in a 9x13-inch baking dish. Sprinkle crumbled sausage over bread, then top with cheese. Beat remaining ingredients together and pour mixture over cheese. Refrigerate overnight. Bake at 350° for 50 minutes and serve. Yield: 6 servings.

Variation: May substitute bacon for sausage, using 8 to 10 crumbled pieces.

Cheese Strata

Linda Thompson

6 slices bread	1 1/2 c. shredded cheese
1/4 c. chopped onion	3 eggs, beaten
3 c. reconstituted nonfat dry milk	1 tsp. dry mustard (opt.)
1/2 tsp. salt	1/8 tsp. pepper

Cut bread in half or in cubes; place in 9x12-inch pan. Sprinkle cheese and onion over top. Mix eggs, milk, mustard, salt and pepper. Pour over bread. Bake at 325° for 40 minutes, or until brown and puffy. Serve at once. Yield: 6 servings; 240 calories per serving.

Sausage Strata

Margaret Mortenson

6 slices bread	1 c. (1/4 lb.) Swiss cheese, shredded
1 tsp. prepared mustard	1 1/2 c. milk
3 eggs, slightly beaten	1/2 tsp. salt
3/4 c. light cream	Dash of pepper
1 T. Worcestershire sauce	Dash of nutmeg
1 lb. bulk sausage, unseasoned	

Trim crusts from bread; fit in bottom of greased 7x11-inch baking pan. Brown pork in skillet; drain and stir in mustard. Spoon sausage over bread; sprinkle cheese over sausage. Combine other ingredients; pour over cheese. Bake at 350° for 25 to 30 minutes, until set. Makes 6 servings.

Raised Waffles

Marilyn Peters

1/2 c. lukewarm water	1 tsp. sugar
1 pkg. yeast	2 c. flour
2 c. lukewarm milk	2 eggs
1/2 c. melted butter	Pinch of baking soda
1 tsp. salt	

In a large mixing bowl, mix water and yeast. Let stand 5 minutes. Add milk, butter, salt and sugar. Beat in flour. Cover bowl. Let stand overnight (or at least 8 hours) at room temperature. When ready to cook waffles, add the eggs and baking soda. Beat well. The batter will be very thin. Makes 6 large waffles.

From a very old Fanny Farmer cookbook and a Cape Cod tradition for us. They are exquisite.

Wonderful Waffles

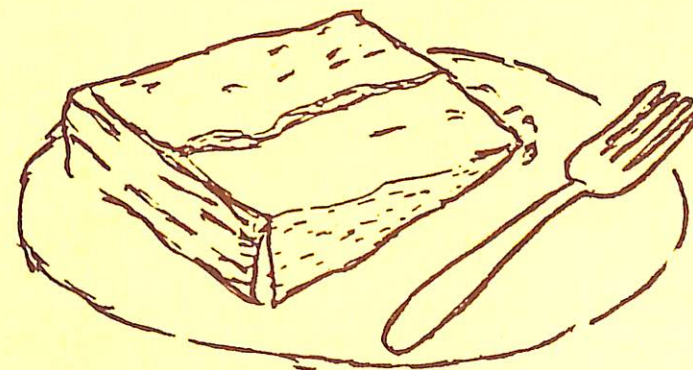
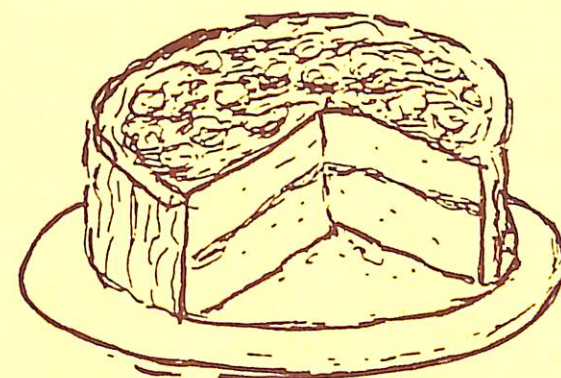
Arlene Morse

2 c. flour
2 c. milk
2 tsp. baking powder

2 eggs
1/2 tsp. salt
6 T. butter, melted

Beat egg whites. Mix all other ingredients. Fold in egg whites. Place in waffle iron.

Cakes & Frostings



Food Quantities for 25, 50 and 100 Servings

FOOD	25 Servings	50 Servings	100 Servings
Soup & Sandwiches:			
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices (3) 1-lb. loaves	100 slices (6) 1-lb. loaves	200 slices (12) 1-lb. loaves
Butter	1/2 lb.	3/4 - 1 lb.	1 1/2 lbs.
Mayonnaise	1 c.	2 - 3 c.	4 - 6 c.
Mixed filling for sandwiches (meat, eggs, fish)			
Mixed filling (sweet-fruit)	1 1/2 qts.	2 1/2 - 3 qts.	5 - 6 qts.
Jams & preserves	1 qt.	1 3/4 - 2 qts.	2 1/2 - 4 qts.
Crackers	1 1/2 lbs.	3 lbs.	6 lbs.
Cheese (2 oz.)	1 1/2 lbs.	3 lbs.	6 lbs.
Soup	3 lbs.	6 lbs.	12 lbs.
Salad dressings	1 1/4 gal.	2 1/2 gal.	5 gal.
	1 pt.	2 1/2 pts.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 lbs.	13 lbs.	25 lbs.
Hamburger	9 lbs.	18 lbs.	35 lbs.
Turkey or chicken	13 lbs.	25 - 35 lbs.	50 - 75 lbs.
Fish, large whole (round)	13 lbs.	25 lbs.	50 lbs.
Fish, fillets or steaks	7 1/2 lbs.	15 lbs.	30 lbs.
Meat Loaf	6 lbs.	12 lbs.	24 lbs.
Ham	10 lbs.	20 lbs.	40 lbs.
Salads, Casseroles, Vegetables:			
Potato salad	4 1/4 qts.	2 1/4 gal.	4 1/2 gal.
Scalloped potatoes	4 1/2 qts. or (1) 12x20" pan	8 1/2 qts.	17 qts.
Mashed potatoes	9 lbs.	18 - 20 lbs.	25 - 35 lbs.
Spaghetti	1 1/4 gal.	2 1/2 gal.	5 gal.
Baked beans	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Jello salad	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Canned vegetables	(1) #10 can	(2 1/2) #10 cans	(4) #10 cans
Lettuce (for salads)	4 heads	8 heads	15 heads
Cabbage (for slaw)	5 lbs.	10 lbs.	20 lbs.
Carrots (3 oz. or 1/2 c.)	6 1/4 lbs.	12 1/2 lbs.	25 lbs.
Tomatoes	3 - 5 lbs.	7 - 10 lbs.	14 - 20 lbs.
Desserts:			
Watermelon	37 1/2 lbs.	75 lbs.	150 lbs.
Fruit cup (1/2 c.)	3 qts.	6 qts.	12 qts.
Cake	(1) 10x12" sheet cake	(1) 12x20" sheet cake	(2) 12x20" sheet cakes
	(1 1/2) 10" layer cakes	(3) 10" layer cakes	(6) 10" layer cakes
Whipping cream	3/4 pt.	1 1/2 - 2 pts.	3 pts.
Ice Cream:			
Brick	3 1/4 qts.	6 1/2 qts.	12 1/2 qts.
Bulk	2 1/4 qts.	4 1/2 qts. or 1 1/4 gal.	9 qts. or 2 1/2 gal.
Beverages:			
Coffee	1/2 lb. and 1 1/2 gal. water	1 lb. and 3 gal. water	2 lbs. and 6 gal. water
Tea	1/12 lb. and 1 1/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 - 15 lemons 1 1/2 gal. water	20 - 30 lemons 3 gal. water	40 - 60 lemons 6 gal. water

Cakes & Frostings

Almond Joy Cake

Norma Sperry

1 pkg. chocolate cake mix with pudding	1 c. sugar
1 c. evaporated milk	1 (14 oz.) pkg. coconut
24 lg. marshmallows	1/2 c. evaporated milk
1/2 c. sugar	1 (12 oz.) pkg. chocolate chips
1/2 c. oleo	Chopped almonds

Preheat oven to 350°. Prepare cake mix according to directions and pour into 2 greased and floured 9x13-inch pans. Bake 15 to 20 minutes, or until done. Bring 1 cup evaporated milk and 1 cup sugar to a boil in a saucepan; remove from heat. Stir in marshmallows until melted; add coconut. Spread 1/2 of the mixture over 1 warm cake layer. Top with remaining cake layer and coconut mixture. Bring 1/2 cup sugar and 1/2 cup evaporated milk and oleo to a boil; remove from heat. Stir in chocolate chips until melted. Spread over cake; sprinkle with almonds. Store in refrigerator. Serve chilled.

Apple Cake

Berneil Hanson

2 c. sugar	1 tsp. salt
1 c. shortening	1 tsp. nutmeg
2 eggs	2 tsp. cinnamon
2 c. flour	5 c. peeled apples
1 tsp. baking soda	1 c. nuts

FROSTING:
3 oz. cream cheese
2 oz. butter

1 c. powdered sugar
1 tsp. vanilla

Cream sugar, shortening and eggs; add other ingredients. Bake in a sheet pan. **Frosting:** Cream together the ingredients for the frosting and spread over the cake while it is fairly warm.

These make excellent bars.

This was Evelyn Hopper's recipe and I have made it many times.

Apple Cake with Caramel Sauce

Alita Stichler

- | | |
|---------------------|----------------------|
| 1 1/2 c. oil | 1 tsp. salt |
| 2 c. white sugar | 1 tsp. baking powder |
| 3 eggs | 2 tsp. vanilla |
| 3 c. chopped apples | 1 c. chopped nuts |
| 3 c. flour | |

CARAMEL SAUCE:

- | | |
|--------------------------|------------------------|
| 1 stick oleo | 1/2 c. evaporated milk |
| 1 c. brown sugar, packed | 1 tsp. vanilla |

Cream sugar and oil; add eggs and mix. Add flour, salt, baking powder and vanilla; mix. Add apples and nuts. Bake in a 9x13-inch pan at 325° for 45 minutes, until done.

Caramel Sauce: Bring oleo, brown sugar and cream to a rolling boil and then add the vanilla. Serve warm or cold over cake.

Appleseed Cake

Lori Cottrell

- | | |
|--------------------------|-----------------------|
| 2 cans apple pie filling | 1 box white cake mix |
| 4 eggs | Whipped cream topping |

Mix 1 can apple pie filling, eggs and dry cake mix. Pour into a greased and floured 9x13x2-inch cake pan. Bake at 350° for 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool completely. Slice; top each slice with apple filling and whipped cream topping. Yield: 12 servings.

Banana Cake

Wendy Fairbanks

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|-----------------------|---|
| 1/2 c. oleo | 1 tsp. baking soda |
| 1 1/4 c. sugar | 1 tsp. baking powder |
| 2 eggs | 1 c. sour milk (add 1 tsp. white vinegar) |
| 2 ripe bananas (1 c.) | 1 tsp. vanilla |
| 2 c. flour | |

Cream oleo and sugar together. Add 1 egg at a time, beating well; add bananas. Mix all dry ingredients and add alternately with milk, ending with flour mixture; add vanilla. Place in a greased 9x13-inch pan. Bake at 325° for 45 minutes, or until a toothpick comes out clean. Top with cream cheese frosting.

Boiled Frosting

Patricia Johnson

- | | |
|--------------------------|---------------------------|
| 1 c. granulated sugar | 2 egg whites (room temp.) |
| 5 T. water | 1 T. water |
| 1/8 tsp. cream of tartar | 1 tsp. vanilla |

Mix in a saucepan, sugar, water and cream of tartar. Place over medium-high heat and stir only until dissolved. Once it boils, reduce heat, but keep it boiling. Boil until it spins a thread when tested from a spoon. Always using a clean spoon, dip into boiling mixture, lift and let fluid drop off spoon. When it spins a good thread, it is ready. In the meantime, beat egg whites and 1 tablespoon of water until stiff, but not dry. Combine by pouring cooked sugar, water, cream of tartar mixture over beaten egg white in a very small stream, beating constantly. Beat for several minutes; add 1 teaspoon vanilla.

Note: Egg whites at room temperature will give you higher volume. When testing the syrup mixture, always use a clean spoon and never hit the spoon on the side of the pan.

Annie's Carrot Cake

Margaret L. Kruse

- | | |
|------------------------|---------------------------------|
| 2 c. flour | 2 c. grated carrots |
| 2 c. sugar | 1 tsp. vanilla |
| 1 tsp. baking soda | 1 c. crushed pineapple, drained |
| 2 tsp. cinnamon | 1 c. shredded coconut |
| 3 eggs | 1 c. chopped nuts (1/2 for top) |
| 1 1/4 c. vegetable oil | |

Combine dry ingredients. Add eggs, carrots and vanilla; add pineapple, coconut and nuts. Bake at 350° in a greased 9x13x2-inch pan for 50 to 60 minutes. Frost with sour cream frosting.

Pray as if it were up to God; work as if it were up to you.

Carrot Cake with Cream Cheese Frosting

Barb Elliott

CAKE:

2 c. flour	1 c. Wesson/Crisco oil
2 c. sugar	4 whole eggs
3 tsp. cinnamon	3 1/2 to 4 c. grated carrots
1 tsp. nutmeg	1 c. chopped walnuts
2 tsp. baking soda	1 c. raisins (opt.)

FROSTING:

1 (8 oz.) pkg. cream cheese (room temp.)	1 stick butter or margarine
	1 lb. powdered sugar
	1/2 tsp. vanilla

Cake: Mix together the first 5 ingredients; add oil and eggs. Mix well; mixture is thick. Mix in carrots, nuts, and raisins, if you like them; they make the cake very moist. Grease and flour a 9x12x3-inch rectangular cake pan. Preheat oven to 400°, then turn down to 350°. Bake at 350° for 50 minutes until cake is set.

Frosting: Mix cream cheese until smooth. Add butter; mix. Add sugar and vanilla; mix. Frost cake after it has cooled. Refrigerate cake.

Carrot Cake

Tim Fifer

2 c. sifted flour	1 c. oil
2 c. sugar	4 eggs
2 tsp. cinnamon	3 c. grated carrots
2 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	

FROSTING:

8 oz. cream cheese	1 lb. powdered sugar
1/4 lb. butter	1 tsp. vanilla

Mix flour, sugar, cinnamon, baking soda, salt and oil. Add eggs one at a time, mixing well. Add grated carrots and vanilla; mix well. Pour batter into a greased and floured 9x13-inch cake pan, or 2 (9-inch) round cake pans. Bake at 350° for approximately 50 minutes, or until a toothpick comes out clean.

Frosting: Beat together the cream cheese and butter. Add powdered sugar, vanilla and chopped pecans (optional), or omit pecans and sprinkle on cake after frosted.

Carrot Cake

Linda Thompson

Mix together:

2 tsp. baking soda	2 c. flour
1 tsp. salt	2 c. sugar

Then add:

1/2 c. walnuts	1 1/2 c. oil
1 c. crushed pineapple, drained	2 c. raw grated carrots
4 eggs	

Mix well and bake at 350° for 35 to 40 minutes. Frost with Cream Cheese Frosting. Yield: 1 (9x13-inch) cake.

CREAM CHEESE FROSTING:

1 (8 oz.) pkg. cream cheese	1 (1 lb.) pkg. powdered sugar
1/2 stick butter or margarine	1 tsp. vanilla

Chocolate Brownie Cake

Dora Mae Backhuus

2 c. sugar	2 eggs
2 c. flour	1/2 c. buttermilk
1 stick oleo	1 tsp. baking soda
1/4 c. Crisco	1 tsp. vanilla
1 c. water	1 tsp. cinnamon (opt.)
4 T. cocoa	

Boil together the oleo, Crisco, water and cocoa; cool. Mix sugar and flour; add cocoa mixture, eggs, buttermilk, baking soda, vanilla and cinnamon (if desired). Pour into a jellyroll pan for brownie type or a 9x13-inch pan for cake type. Bake at 350° for 30 minutes.

FROSTING:

1 stick oleo	4 to 6 T. milk
2 T. cocoa	1 box powdered sugar

Melt together the oleo, cocoa and milk; mix with the powdered sugar. Spread on cake.

Milk Chocolate Brownie Cake

Patti Rief

- | | |
|--------------|---|
| 1 c. butter | 1 tsp. baking soda |
| 1 c. water | 1/2 tsp. salt |
| 1/3 c. cocoa | 2 eggs |
| 2 c. flour | 1/2 c. plain yogurt or dairy sour cream |
| 2 c. sugar | |

Heat butter, water and cocoa to boiling in a saucepan, stirring occasionally; remove from heat. Add flour, sugar, baking soda, salt, eggs and sour cream; beat until smooth. Batter will be very thin. Pour into a greased jellyroll pan. Bake at 375° for 20 to 25 minutes. Cool and frost with cocoa frosting.

Chocolate Cake

Coral Petersen

- | | |
|-----------------------------------|---------------------------------------|
| 1 (21 oz.) can cherry pie filling | 1 devils food cake mix (Duncan Hines) |
| 3 eggs | |

Combine above ingredients; mix until well blended. Pour into a greased and floured jellyroll pan. Bake in a 350° oven for 15 to 20 minutes, or until cake springs back when lightly touched. Frost with Chocolate Chip Frosting.

Chocolate Chip Frosting

Coral Petersen

- | | |
|----------------------------|---|
| 1 c. sugar | 1 c. (6 oz.) semi-sweet chocolate chips |
| 5 T. oleo | |
| 1/3 c. milk or canned milk | |

Combine sugar, oleo and milk. Boil constantly for 1 minute; remove from heat. Stir in chocolate chips; stir until smooth. Pour over warm bars or cake. Will frost a 10x15-inch or 9x13-inch pan.

Tastes like fudge.

Chocolate Cake

Sandra Stevens

- | | |
|-------------------------------|--------------------|
| 4 tsp. vinegar or lemon juice | 2 c. flour |
| 1 c. milk | 1/2 c. cocoa |
| 2 c. sugar | 2 tsp. baking soda |
| 1/2 c. shortening | 1/2 tsp. salt |
| 2 eggs | 1 c. boiling water |

Combine vinegar and milk. Cream sugar, shortening and eggs. Add milk mixture with creamed mixture. Add dry ingredients with boiling water and vanilla; mix together. Put into a greased and floured cake pan. Bake at 350° for 30 to 35 minutes.

Chocolate Sheetcake

Jodi Swanger

- | | |
|--------------------|--------------------------------|
| 4 T. cocoa | 1 tsp. cinnamon |
| 2 sticks oleo | 2 c. sugar |
| 1 c. water | 2 eggs |
| 2 c. flour | 1 tsp. vanilla |
| 1 tsp. baking soda | 1/2 c. buttermilk or sour milk |

Boil cocoa, oleo and water until oleo is melted. Mix in the flour, baking soda and sugar. Mix and beat in eggs, vanilla, and buttermilk or sour milk. Bake in a floured jellyroll pan at 375° for 20 minutes.

- | | |
|------------------|------------|
| FROSTING: | 2 T. cocoa |
| 1/2 stick oleo | 3 T. milk |

Heat until oleo is melted. Add 2 cups powdered sugar, nuts and vanilla. This was Grandmother June Swanger's cake recipe that she let us girls help make.

Chocolate Zucchini Cake

Linda Thompson

- | | |
|--------------------------|------------------------|
| In a separate bowl, mix: | |
| 1/2 c. cocoa | 1 1/2 tsp. baking soda |
| 2 1/2 tsp. baking powder | 1 tsp. salt |
| 1 tsp. cinnamon | 2 1/2 c. flour |
| In a separate bowl, mix: | |
| 3/4 c. margarine | 2 c. grated zucchini |
| 3 eggs | 2 c. sugar |
| 2 tsp. vanilla | 1/2 c. milk |

Mix ingredients in each of the separate bowls, then add dry ingredients to wet; mix well. Preheat oven to 350° and pour batter into greased and floured cake pan(s). (I like the 9x13-inch size.) Bake for 45 minutes to 1 hour, or until done. Frost or glaze after cooling.

Note: May use bundt pan or round pans. Baking time is then usually only 45 minutes.

Coffeecake

Priscilla Wick

- | | |
|----------------------|--------------------------|
| 1 c. margarine | 1 tsp. vanilla |
| 1 1/2 c. sugar | 1 c. brown sugar |
| 3 eggs, beaten | 3 tsp. cinnamon |
| 1 c. milk | 1/2 tsp. nutmeg |
| 3 c. flour | 1 c. nuts |
| 3 tsp. baking powder | 1/2 c. margarine, melted |
| 1/2 tsp. salt | |

Sift flour, baking powder and salt. Cream margarine and sugar and add beaten eggs. Add flour and milk alternately to sugar mixture; add vanilla. Mix brown sugar, cinnamon and nuts together. Spread 1/2 of the batter into a greased and floured 9x13-inch pan. Sprinkle 1/2 of the brown sugar mixture, the rest of the batter, then the rest of the brown sugar mixture. Pour 1/2 cup melted margarine over top. Bake at 300° for 45 minutes to 1 hour.

Cinnamon Crumb Cake

Tim Fifer

- | | |
|--------------------|---------------------------------|
| 3 c. flour | 1 c. butter |
| 2 c. sugar | 2 tsp. ground cinnamon |
| 1/4 c. wheat germ | 4 eggs, separated |
| 1 T. baking powder | 1 c. milk |
| 1/2 tsp. salt | 1/4 c. butter, melted & divided |

Combine flour, sugar, wheat germ, baking powder and salt; mix well. Cut in 1 cup of butter until mixture resembles coarse meal. Remove 1 cup of mixture; combine with cinnamon and set aside. Beat egg yolks at high speed for 2 minutes, or until thick and lemon-colored; gradually beat in milk. Add the flour mixture, stirring just until moistened. Beat egg whites (at room temperature) at high speed until soft peaks form; fold egg whites into batter. Pour batter into 2 greased and floured 9-inch round cake pans; sprinkle tops with reserved flour mixture. Bake at 400° for 30 minutes. Drizzle each cake with 2 tablespoons butter. Serve warm or at room temperature.

We like to serve this as coffeecake.

Burdens are not to make us bitter, but better.

Heath Bar Coffeecake

Joyce Barney

- | | |
|--------------------|---------------------|
| 1 stick margarine | 2 eggs |
| 1 c. sugar | 1/2 tsp. salt |
| 1 c. brown sugar | 1 tsp. vanilla |
| 2 c. flour | 4 Heath candy bars |
| 1 c. buttermilk | 1/2 c. chopped nuts |
| 1 tsp. baking soda | |

Mix dry ingredients and save 1/2 cup of this dry mixture. Add buttermilk, baking soda, eggs, salt and vanilla. Beat well and pour into a greased 9x13-inch pan. Top with the following before baking: crush the Heath candy bars (cold) and mix with the 1/2 cup dry mixture and 1/2 cup chopped nuts. Sprinkle over top of cake and bake at 350° for 35 minutes.

Overnight Coffeecake

Phyllis Rodenburg

- | | |
|----------------------|---------------------------|
| 2 c. flour | 1 c. white sugar |
| 1/2 tsp. salt | 1/2 c. brown sugar |
| 1 tsp. cinnamon | 2/3 c. shortening or oleo |
| 1 tsp. baking soda | 2 eggs |
| 1 tsp. baking powder | 1 c. buttermilk |

TOPPING:

- | | |
|--------------------|-----------------|
| 1/2 c. brown sugar | 1/4 tsp. nutmeg |
| 1/2 tsp. cinnamon | 1/2 c. nuts |

Sift together flour, salt, cinnamon, baking soda and baking powder. Cream white and brown sugar and shortening (or oleo). Add eggs and mix well. Add dry ingredients alternately with the 1 cup of buttermilk. Spread into a greased and floured 9x12x2-inch pan; sprinkle with topping. Refrigerate overnight. Remove from refrigerator and let stand for 15 to 20 minutes at room temperature. Bake in a 350° oven for 35 minutes, or until done.

There is no place to hide sin; without the conscience looking in.

Sour Cream Coffeecake

Mindy Eggert

Cream:	
1 c. butter	1 1/4 c. sugar
Add:	
2 slightly-beaten eggs	1 tsp. vanilla
1 c. sour cream (more, if desired)	
Add:	
2 c. flour	1/2 tsp. baking soda
1 tsp. baking powder	
TOPPING:	
1/2 c. chopped nuts	2 heaping tsp. cinnamon
	3 T. sugar

Spread 1/2 of the mixture into a buttered pan. Layer 1/2 the topping and repeat. Bake at 350° for 1/2 hour.

Toffee Bar Coffeecake

Bernice Heck

4 sm. Heath bars (toffee bars)
for topping

Put candy bars into the freezer then put into a plastic bag and pound to crumble. Put the following ingredients into a large bowl and blend with a pastry blender:

2 c. sifted flour	1/2 c. butter or oleo
1/2 c. white sugar	1/2 tsp. butter flavoring (opt.)
1 c. brown sugar (packed)	

Reserve 1/2 cup of the dry ingredients for topping, then add the following ingredients to that which is left in the bowl:

1 c. buttermilk	1 tsp. baking soda
1 egg	1 tsp. vanilla
1/2 tsp. salt	

Pour into a greased 9x9-inch or 7x11-inch pan. Top with the topping.

TOPPING:	
Frozen crushed toffee bars	1/2 c. reserved dry ingredients
	1/2 c. chopped nuts

Bake in a 350° oven for 35 to 40 minutes.

Date Cake

Lavon Nihsen

1 1/2 c. boiling water	1/2 tsp. salt
1 1/2 c. dates	1 tsp. vanilla
1 tsp. baking soda	1 c. sugar
1/4 c. butter	1 1/2 c. flour
1 egg	1 tsp. baking powder

TOPPING:
1 c. chopped dates
3/4 c. water
Pinch of salt

1 c. sugar
1 tsp. butter
1/3 c. nuts
Cool Whip

Pour the boiling water over the dates, then add baking soda and butter. Let stand until dates are plump and softened. Cream egg, salt, vanilla and sugar; add flour and baking powder. Add date mixture to batter; mix well. Pour into a 9x13-inch pan. Bake at 350° for 35 to 40 minutes, or until tests done.

Topping: Cook ingredients together; spread on cake. Top with Cool Whip.

Dump Cake

Norma L. Sperry

1 (20 oz.) can crushed pineapple & juice	1 box yellow or white cake mix
1 can cherry pie filling	1 stick oleo
	1/2 c. pecans

Dump the pineapple into a 9x13-inch cake pan and spread evenly. Spread the cherry pie filling over the pineapple. Dump the box of cake mix (dry) over the fruit evenly. Slice oleo thin, or melt, and cover entire cake. Sprinkle with the nuts and bake at 350° for 50 minutes. Serve plain or with whipped cream.

Variation: Sometimes I add some coconut to the cake mix for added flavor. Using a can of peaches with the juice and a can of crushed pineapple is also good.

Grandma Judy's Fruit Dump Cake

Judy Groves

1 (15 to 20 oz.) can fruit, or fresh fruit	1 yellow cake mix
	1 stick butter or margarine

Put fruit into the bottom of a 9x13-inch pan. Put dry cake mix over and dot with butter. Bake at 350° for 1 hour, or until done.

Variation: You can use whatever fresh fruit you want on the bottom of the pan, also.

Easy, fast and good!

Fastest Cake in the West

Arlene Morse

- | | |
|-------------------------|-----------------|
| 2 c. flour | 1/2 tsp. salt |
| 1 1/2 tsp. baking soda | 3/4 c. oil |
| 1 can apple pie filling | 1/2 c. nuts |
| 2 eggs, beaten | 1 tsp. cinnamon |
| 1 1/2 c. sugar | |

Mix all together and bake in an ungreased 9x13-inch pan at 350° for 35 minutes.

Fast Pudding Cake

Connie Hecker

- | | |
|---|---------------------------------|
| 1 pkg. cook & serve Jello
butterscotch pudding | 1 pkg. white cake mix |
| 2 c. milk | 1 pkg. butterscotch chips |
| | 1/2 c. nuts (pecans or walnuts) |

Mix the pudding and milk together in a large saucepan; cook as directed on the pudding package. When mixture comes to a boil, remove from heat and stir in dry cake mix (batter may have some lumps). Pour mixture into a greased and floured 9x13-inch cake pan. Sprinkle butterscotch chips and nuts on top of batter. Bake at 325° for approximately 25 minutes, or until done.

Variation: Chocolate cook-and-serve pudding and chocolate chips can be used instead of the butterscotch.

Fantasy Fudge Cake

Tim Fifer

- | | |
|---|------------------------|
| 1/2 c. butter, softened | 1/2 tsp. baking powder |
| 2 c. sugar | 1 tsp. baking soda |
| 2 lg. eggs | 3/4 tsp. salt |
| 4 oz. unsweetened chocolate,
melted & cooled | 1 1/2 c. buttermilk |
| 1 3/4 c. flour | 1 tsp. vanilla |

FUDGE FROSTING:

- | | |
|---|---------------------------|
| 6 oz. unsweetened chocolate,
chopped | 5 c. confectioners' sugar |
| 3/4 c. butter | 1/2 c. half & half |
| | 1 tsp. vanilla |

Beat butter at medium speed with an electric mixer for about 2 minutes, or until soft and creamy. Gradually add sugar, beating at medium speed until creamy. Add eggs one at a time, beating well after each addition. Add chocolate, mixing well. Combine the flour and the next 3 ingredients. Add flour mixture to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in vanilla. Pour batter into 2 greased and floured 9-inch round cake pans. Bake at 350° for 30 to 35 minutes, or until a wooden pick inserted in the center comes out clean. Cool in pans for 10 minutes. Remove from pans and let cool completely on wire racks.

Fudge Frosting: Melt the chocolate and butter in a small saucepan over low heat; remove. Beat confectioners' sugar, half & half and vanilla at medium speed. Add melted chocolate mixture, beating until fluffy.

Fruitasia Dump Cake

Lori Cottrell

- | | |
|------------------------------|---|
| 1 box white cake mix | 1 lg. can crushed pineapple,
undrained |
| 1 lg. can cherry pie filling | 1 stick butter |

TOPPING:

- | | |
|------------------------------|--|
| 1 ctn. cream cheese frosting | Crushed nuts (walnuts, pecans,
almonds) |
|------------------------------|--|

In a greased 9x13x2-inch cake pan, pour all but 1/2 cup of the cherry pie filling and spread. Then dump all but 1/2 cup of crushed pineapple over pie filling and spread. Open cake mix and dump over all; spread evenly. Put 12 pats of butter on top, using entire stick. Bake at 350° for 1 hour, or until lightly golden. Cool for 45 minutes, then drizzle frosting in a crisscross pattern over top. In a blender, blend remaining 1/2 cup of pie filling and 1/2 cup pineapple. Drizzle in a crisscross pattern over cake. Top with chopped nuts. Yield: 12 servings.

German Chocolate Cake Frosting

Shirley Neff

- | | |
|-------------------------|--------------------------------|
| 1 c. evaporated milk | 1 c. chopped walnuts or pecans |
| 1 c. sugar | 1 stick margarine |
| 3 egg yolks | 1 tsp. vanilla |
| 1 1/3 c. flaked coconut | |

Cook and stir the first 5 ingredients over medium heat until thickened (about 12 minutes). Add coconut and nuts; beat until thick enough to spread onto cake. Yield: topping for 2 round layers.

German Delite

Claudia Vergamini

- | | |
|--|---|
| 1 German chocolate cake mix | 1 (8 oz.) ctn. whipped topping |
| 1 can sweetened condensed milk (Eagle Brand) | Caramel ice cream topping (Mrs. Richardson's) |
| 2 crushed Heath candy bars | |

Prepare cake mix in a 9x13-inch cake pan, following directions on the package; let cool. Punch holes in the cake with the end of a wooden spoon. Pour condensed milk over cake; sprinkle crushed Heath candy bars on top. Layer with whipped topping, then drizzle with caramel ice cream topping. Refrigerate.

This was served at the Mother-Daughter Banquet in May of 1997.

Melts-in-Your-Mouth Blueberry Cake

Juli Radcliff

- | | |
|----------------------|------------------------|
| 1 1/2 c. flour | 1/3 c. milk |
| 1 tsp. baking powder | 1/2 tsp. vanilla |
| 1/2 tsp. salt | 1/2 tsp. lemon extract |
| 2 eggs, separated | 1 1/2 c. blueberries |
| 1/2 c. butter | 4 T. sugar |
| 1 c. sugar | |

FROSTING:

- | | |
|---------------------|----------------------|
| 1 c. powdered sugar | 2 to 3 T. milk |
| | 1/2 tsp. lemon juice |

Grease and flour a 9-inch pan. Combine flour, baking powder and salt; set aside. Beat egg whites until stiff; set aside. Beat egg yolks. Cream butter and 1 cup sugar together thoroughly. Add beaten egg yolks; blend well. Blend in dry ingredients, alternating with milk, beginning and ending with flour mixture. Reserve 2 tablespoons of flour mixture to sprinkle on blueberries before adding to batter. Fold in egg whites, vanilla and lemon extract. Fold in the floured blueberries. Pour into prepared pan and sprinkle batter with 4 tablespoons sugar. Bake for 30 to 40 minutes, until a toothpick inserted comes out clean. Bake in a 350° oven; cool.

Frosting: Combine ingredients to make powdered sugar icing. Drizzle icing over cooled cake. Makes 9 servings.

Mexican Fruit Cake

Lori Lalk

- | | |
|--------------------|---|
| 2 c. sugar | 2 eggs |
| 2 tsp. baking soda | 1 (20 oz.) can crushed pineapple with juice |
| 2 c. flour | |

Mix all ingredients and pour into a greased 9x13-inch pan. Bake at 350° for 30 to 40 minutes. Cool and frost with cream cheese frosting.

No-Egg Chocolate Cake

Linda L. Thompson

- | | |
|-------------------------|--------------------|
| Mix in a separate bowl: | |
| 3 c. flour | 2 tsp. baking soda |
| 2 c. sugar | 1/2 c. cocoa |
| 1 1/2 tsp. salt | |

- | | |
|-------------------------|----------------|
| Mix in a separate bowl: | |
| 2 c. cold water | 2 tsp. vanilla |
| 2 tsp. vinegar | 2/3 c. oil |

Grease and flour a 9x13-inch pan. Preheat oven to 350°. Mix liquid ingredients in a separate bowl from dry ingredients. Mix liquid into dry ingredients and mix well. Pour into cake pan and bake at 350° for 30 to 35 minutes, or until done. Cool and frost.

Oatmeal Cake

Gelaridine Guterrez

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|------------------------|--------------------|
| CAKE: | 1/2 c. shortening |
| 1 c. quick oatmeal | 2 eggs, beaten |
| 1 1/2 c. boiling water | 1 1/2 c. flour |
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 c. white sugar | 1/2 tsp. salt |

FROSTING:

- | | |
|----------------------------------|----------------|
| 1/2 c. butter | 1 c. nutmeats |
| 1/2 c. brown sugar | 1 c. coconut |
| 1/4 c. cream, or canned Pet milk | 1 tsp. vanilla |

Cake: Pour boiling water over oatmeal and let stand for 20 minutes. Cream sugar and shortening; add eggs. Sift flour, baking soda and salt. Add oatmeal and water to mixture, alternating with flour. Bake in a moderate oven (350°). While hot, top with frosting.

Frosting: Mix ingredients; spread on cake. Place under broiler and broil until coconut is browned a golden brown (it doesn't take long). Eat it up!

Pineapple Sheetcake

Kathy John

- | | |
|--------------------|---|
| 2 eggs, beaten | 2 c. flour |
| 1 tsp. vanilla | 1/2 c. chopped walnuts |
| 2 tsp. baking soda | 1 (20 oz.) can crushed
pineapple & juice |
| 1/4 tsp. salt | |
| 2 c. sugar | |

FROSTING:

- | | |
|------------------------------|-------------------------|
| 8 oz. cream cheese, softened | 1 3/4 c. powdered sugar |
| 1/2 stick oleo, softened | 1/2 c. nuts for top |

Mix beaten eggs, vanilla, baking soda and salt; add sugar. Stir and add nuts, flour, pineapple and juice. Grease and flour a jellyroll pan. Spread batter evenly and bake at 350° for 35 to 40 minutes. Bake until golden brown and firm in center. Frost while still warm.

Note: Fill baking pan only 3/4-full or it may run over.

Pumpkin Cake

Lavon Nihsen

- | | |
|-------------------|--------------------------|
| 1 yellow cake mix | 2 tsp. baking soda |
| 2 eggs | 1 (16 oz.) can pumpkin |
| 1/4 c. water | 2 tsp. pumpkin pie spice |

Bake in a bundt pan or a 9x13-inch pan at 350° for 40 to 45 minutes. Serve with 1 large, drained container of frozen strawberries, 1 cup peach pie filling and marshmallows.

Pumpkin Cake

Martha Killion

- | | |
|--|-------------------|
| 1 box yellow cake mix | 1/4 c. water |
| 1 sm. pkg. instant butterscotch
pudding | 1/4 c. oil |
| 4 eggs | 1 sm. can pumpkin |
| | 2 tsp. spices |

Mix all together. Place in a greased bundt cake pan and bake at 350° for 50 to 55 minutes. Can be served with Cool Whip.

Very good and moist.

Pumpkin Squares

Karla Robillard

- | | |
|-------------------------|--------------------------|
| 1 1/2 c. sugar | 1 1/2 tsp. baking powder |
| 3 eggs, well beaten | 3/4 tsp. baking soda |
| 1 1/2 c. canned pumpkin | 1/2 tsp. cinnamon |
| 3/4 c. oil | Dash of salt |
| 1 1/2 c. flour | |

Mix all together and place into a greased 9x13-inch cake pan. Bake at 375° for 20 minutes.

FROSTING:

- | | |
|--------------------|---------------------|
| 1/2 c. butter | 3 c. powdered sugar |
| 3 oz. cream cheese | 1/2 tsp. vanilla |

Beat until smooth.

Punch Bowl Cake

Donelle Royce

- | | |
|---|---|
| 1 double-fudge chocolate
cake mix | 5 to 6 lg. Butterfinger candy
bars, broken into small pieces
(put into plastic bag & crush
with rolling pin) |
| 3 sm. pkg. instant chocolate
fudge pudding | |
| 3 (8 oz.) ctn. Cool Whip | |

Bake cake mix according to instructions for a 9x13-inch pan; let cool. When cake is cool, crumble into small pieces; divide into 3 bowls. When mixing pudding, use only 1 1/2 cups of milk rather than the 2 cups indicated on package. Using a glass punch bowl, layer 3 times as follows: 1/3 of the cake, pudding (1 box per layer), 1/3 of the candy bar pieces, Cool Whip. (Save a little candy bar to sprinkle on top.) Refrigerate for a couple of hours before serving.

Faith is the bird that feels the light and sings when the dawn is still dark.

Rhubarb Upside-Down Cake

Patty Witthauer

TOPPING:
 3 c. fresh rhubarb, cut into
 1/2" slices
 1 c. sugar

2 T. all-purpose flour
 1/4 tsp. ground nutmeg
 1/4 c. butter or margarine,
 melted

BATTER:
 1 1/2 c. all-purpose flour
 3/4 c. sugar
 2 tsp. baking powder
 1/4 tsp. salt
 1/2 tsp. ground nutmeg

1/4 c. butter or margarine,
 melted
 2/3 c. milk
 1 egg
 Sweetened whipped cream
 (opt.)

Topping: Sprinkle rhubarb into a heavy, greased 10-inch skillet. Combine sugar, flour and nutmeg; sprinkle over rhubarb. Drizzle with butter.

Batter: Combine flour, sugar, baking powder, salt and nutmeg in a mixing bowl. Add butter, milk and egg; beat until smooth. Spread over rhubarb mixture. Bake at 350° for 35 minutes, or until the cake tests done. Loosen edges immediately and invert onto a serving dish. Serve warm, topped with whipped cream, if desired. Yield: 8 to 10 servings.

Rich Cherry-Chocolate Cake

Phyllis Rodenburg

2 c. flour
 3/4 c. sugar
 3/4 c. vegetable oil
 2 eggs
 1 tsp. baking soda
 1 tsp. cinnamon

1 tsp. vanilla
 1/8 tsp. salt
 1 (21 oz.) can cherry pie filling
 1 (6 oz.) pkg. semi-sweet
 chocolate chips
 1 c. chopped nuts

Preheat oven to 350°. Grease and flour a bundt pan. Mix the first 8 ingredients with an electric mixer until well blended, then add pie filling, chocolate chips and nuts. Pour into prepared bundt pan and bake for 1 hour. Cool cake for 10 minutes in the pan. Remove from pan and sprinkle with powdered sugar.

Scripture Cake

Arlene S. Morse

1 c. Psalms 55:21 (butter)
 3 c. Jeremiah 6:20 (sugar)
 6 Isaiah 10:14 (eggs)
 3 1/2 c. I Kings 4:22 (flour)
 2 tsp. I Corinthians 5:6 (yeast)
 A little Leviticus 2:13 (salt)
 1 c. Genesis 24:17 (water)

1 tsp. I Samuel 14:25 (honey)
 2 c. I Samuel 30:12 (flgs)
 1 c. Numbers 17:8 (raisins,
 almonds)
 Flavor with I Kings 10:10
 (spices)

Cream butter and sugar; add eggs. Mix dry ingredients together and add to butter mixture. Add remaining ingredients; mix well. Pour into a greased 10-inch tube pan. Bake in a preheated 325° oven for 60 to 70 minutes, or until cake tests done.

Tangy Tropical Cake

Diana French

1 pkg. Pillsbury Plus yellow
 cake mix
 1 (20 oz.) can crushed
 pineapple, well drained
 (reserve 1 c. liquid)

1/3 c. oil
 3 eggs
 1/2 tsp. pineapple extract
 (opt.)

TOPPING:
 1 (5 1/4 oz.) pkg. instant
 vanilla pudding & pie filling
 1 1/2 c. buttermilk or milk
 Reserved drained pineapple

1 c. coconut
 8 oz. whipped topping with
 real cream, thawed
 Maraschino cherries

Heat oven to 350°. Grease and flour a 9x13-inch pan. Combine cake mix, 1 cup pineapple liquid, oil, eggs and extract, at low speed, until moistened. Beat for 2 minutes at highest speed. By hand, stir in 1/2 cup of the pineapple (reserving remainder for topping). Pour into prepared pan. Bake at 350° for 30 to 40 minutes, or until toothpick comes out clean; cool completely.

Topping: Combine pudding mix and milk at low speed, just until blended. Fold in reserved pineapple, coconut and whipped topping; spread over cooled cake. Garnish each serving with a maraschino cherry half.

Refrigerate until serving time. Store in refrigerator. Yield: 15 servings.

Twinkie Cake

Donna Hough

1 yellow cake mix
1 pkg. instant vanilla pudding
(unless already in cake mix)
1 c. water
1/3 c. oil
3 eggs

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

Mix together the first 5 ingredients and pour into a waxed-paper-lined 9x13-inch pan. Bake at 350° for 35 to 40 minutes. Cool and slice in half horizontally, with a thread or large serrated knife. For the filling, cook the next 2 ingredients (flour and milk); let cool. Add to cooled flour and milk paste the last 3 ingredients; beat until thick. Spread between layers; put powdered sugar on top.

This cake is a favorite each time I fix it. I refrigerate the cake, adding powdered sugar right before I serve it.

Twinkie Filling or Frosting

Sandra Stevens

1/4 c. flour
1 c. milk

Stir over heat constantly until thick; set aside to cool.

1 stick butter
1 c. Crisco

1 tsp. vanilla
1 c. powdered sugar

Cream all ingredients together.

Add cooled flour mixture and beat for 1 to 2 minutes until fluffy.
Delicious frosting.

Twinkie Filling

Wendy Fairbanks

1 c. milk
5 tsp. flour

Cook over low heat until thick. Cool.

1 1/4 c. sugar
1 c. Crisco
1/2 c. butter

1/4 tsp. salt
1 tsp. vanilla

Place in a bowl and mix.

Add the cooled milk mixture and beat at high speed until filling is like whipped cream.

Twinkies

Berneil Hanson

1 pkg. yellow or white cake mix
3/4 c. oil
4 eggs

1 can mandarin oranges with
juice

Grease a jellyroll pan or a 9x13-inch pan, then put a piece of waxed paper over the pan and grease the paper. Mix together and bake the cake mixture for 20 minutes in the jellyroll pan or 35 minutes for the 9x13-inch pan. When cake has cooled, slice horizontally, if in a 9x13-inch pan, or divide in half to make 2 layers, if in a jellyroll pan. Spread frosting on center, top and sides.

FROSTING:
1 (12 oz.) ctn. Cool Whip

1 (13 oz.) can crushed
pineapple with juice
1 pkg. instant vanilla pudding

Mix pudding and pineapple and stir in Cool Whip.
This recipe takes time to do. It is delicious, if you have patience.

Zucchini Cake

Priscilla Wick

3 c. flour
2 1/2 c. sugar
2 tsp. cinnamon
2 tsp. baking powder
1/2 tsp. salt

1 1/2 c. cooking oil
4 eggs
3 c. grated zucchini, seeds out,
unpeeled

Grease and flour a 9x13-inch pan. Combine dry ingredients with oil, eggs and zucchini. Bake at 350° for 1 hour (approximately). Cool completely before icing.

Icing: Combine 3 ounces of cream cheese, 1/4 cup soft oleo, 2 cups powdered sugar and 1 teaspoon vanilla.

Notes & Recipes



Series of horizontal lines for writing notes or recipes.

Cookies, Bars & Candies



Cookies, Bars & Candies

Cookies & Bars

Almost Candy Bars

Karla Robillard

1 butter pecan cake mix
1 stick margarine, melted

1 can sweetened condensed milk

Mix together and pat into cookie sheet. Spread with 1 cup peanut butter and sprinkle 1 cup butterscotch chips. Drizzle 1 can sweetened condensed milk over all. Bake at 350° for 15 to 20 minutes.

Apple Bars

Claudia Vergamini

CRUST:
3 c. flour
1/2 tsp. salt

1 c. lard
1/2 c. milk
1 egg

APPLE FILLING:
10 to 12 apples, peel & slice
1 1/2 c. sugar
2 1/2 T. flour

3 tsp. cinnamon
Dash of salt
1 stick oleo or butter

GLAZE:
2 c. powdered sugar

Milk or water

Mix crust together and roll 1/2 batter to fit large, deep pan (11x16). Mix apple filling together and spread over layer of crust. Slice 1 stick oleo or butter over apples. Roll out top crust and make a lattice work. Pinch edges together. Sprinkle with a mix of cinnamon and sugar. Let stand for 15 minutes. Bake at 350° for 45 to 60 minutes. Add enough water or milk to 2 cups powdered sugar to make it runny. As soon as bars are finished, pour glaze over top of bars. Serve while warm.

Danish Apple Bars

Cyndi R. Merriam

2 1/2 c. flour
1 c. margarine

1 egg yolk in a cup; fill with
milk to 2/3 c.
1 tsp. salt

Mix with a fork the above mixture. Should resemble pie crust; put 1/2 of this mixture on a cookie sheet. Crush 1 cup corn flakes and add on top of crust. Slice 6 to 8 apples, 1 cup sugar and 1 teaspoon cinnamon. Add this mixture to crust. Add another crust on top. Brush with beaten egg yolk. Bake at 350° to 375° for 45 minutes. Drizzle with powdered sugar frosting while warm.

Freezes well.

Apple Oatmeal Bars

Marilyn Peters

1 c. flour
1/2 c. brown sugar
1/2 tsp. salt
1/2 tsp. baking soda
1 c. quick oats

1/2 c. Crisco
2 1/2 c. sliced apples
1/2 c. sugar
2 T. butter

Mix dry ingredients and cut in Crisco until crumbly. Spread half of mixture in greased 8- or 9-inch pan. Cover with apples, sugar (white) and butter in small bits. Add rest of dry mixture and pat lightly. Bake 45 minutes at 350°. Serve warm or cold.

A cherished family recipe. Salt is critical, do not omit.

Apricot Angel Brownies

Karen Swanger

2 (2 oz.) bars white baking
chocolate
1/3 c. butter or oleo
1/2 c. packed brown sugar
2 eggs, beaten
1/4 tsp. vanilla extract
3/4 c. flour

1/2 tsp. baking powder
1/4 tsp. salt
1 c. finely-chopped dried apricots
1/4 c. sliced almonds
1/4 c. flaked coconut

In a saucepan, melt chocolate and butter over low heat, stirring constantly until all of the chocolate is melted. Remove from the heat; stir in brown sugar, eggs and vanilla until blended; set aside. In a bowl, combine flour, baking powder and salt. Stir in chocolate mixture. Combine apricots, almonds and coconut; stir half into the batter. Pour into a greased 9-inch square baking pan. Sprinkle remaining apricot mixture on top. Bake at 350° for 25 minutes, or until golden brown; cool.

Very good. Especially good for people who can't eat chocolate (dark).

Banana-Oatmeal-Chocolate Chip Cookies

Sandra Stevens

1 c. sugar
3/4 c. shortening
2 eggs
1 1/4 c. bananas, mashed
1/2 tsp. baking soda

3/4 tsp. cinnamon
1/2 tsp. salt
1 3/4 c. oatmeal
1 1/2 c. flour
1 bag chocolate chips

In a large bowl, cream together shortening, sugar and eggs. Then add bananas, mixing ingredients thoroughly. In a small bowl, mix together all dry ingredients. Slowly add dry ingredients to creamed ingredients, mixing thoroughly, then add oatmeal and then chocolate chips. Bake at 350° for 10 to 12 minutes.

Very delicious, enjoy!

Banana-Oatmeal Cookies

Oline Beckner

1 c. sugar
3/4 c. shortening
1 egg, beaten
1 c. mashed bananas (2 or 3)
1 c. chopped nuts

1 1/2 c. flour
1/4 tsp. nutmeg
1/2 tsp. baking soda
3/4 tsp. cinnamon
1 3/4 c. oatmeal

Cream sugar and shortening, add bananas and egg; mix in dry ingredients. Fold in nuts last. Drop by teaspoonful on lightly-greased cookie sheet and bake at 350° for 8 to 10 minutes.

Brownies

Dorothy Harris

1 stick oleo
1 c. sugar
4 eggs

1 (16 oz.) btl. Hershey's syrup
1 c. + 1 T. flour

FROSTING:
2/3 c. sugar

3 T. milk
3 T. oleo

Mix first 5 ingredients well and pour in ungreased jellyroll pan. Bake at 350° for 22 minutes. Frost with frosting while warm.

Frosting: Boil 1 1/2 minutes, then add 1/3 cup chocolate chips. Beat until smooth. These brownies are very good.

Best-Ever Brownies

Alta Dickinson

1 stick margarine
1 c. sugar
4 eggs, beaten
1 c. chocolate syrup

1 c. flour
3/4 c. nuts
1 tsp. vanilla

FROSTING:
1 1/2 c. sugar
6 T. margarine

6 T. milk
25 mini marshmallows
1 c. chocolate chips

In a mixing bowl, cream well the margarine and sugar. Add well-beaten eggs one at a time and beat. Add syrup and flour. Beat and add nuts and vanilla last. Bake in 9x12-inch pan for 25 to 30 minutes in 375° oven. Frost when cool.

Frosting: In a saucepan, boil sugar, margarine and milk about 2 to 3 minutes (will form a very loose ball stage in cold water). Remove from heat. Add marshmallows and 1/2 cup chocolate chips and beat until thick; spread on cooled brownies.

Comments: Do not overbake or brownies will be dry. For a very moist brownie, center will still be very soft. Will firm up as cools. Use real chocolate chips in frosting or they won't completely melt. Can add nuts to frosting if desired.

Beverly's Brownies

Doris Shobe

1 c. vegetable shortening
2 1/2 sq. chocolate
1 c. white sugar
1 c. brown sugar
4 eggs

1 c. pastry flour
1 tsp. baking powder
Dash of salt
1 tsp. vanilla
1/2 c. chopped nutmeats

Melt together shortening and chocolate over low heat. Cool. Beat together well the white and brown sugar and the eggs. Add the melted shortening and chocolate; sift together flour, baking powder and salt. Stir in. Add vanilla and nuts. Spread in a very large pan. Bake at 325° for 40 to 60 minutes (depending on the thickness of the batter). Frost, or sprinkle with powdered sugar.

Best brownies we ever made.

Irresistible Brownies

Jeremy Lalk

3/4 c. butter (1 1/2 sticks)
2 c. sugar
1 1/2 c. flour
1/2 c. cocoa
1/2 tsp. baking powder
1/4 tsp. salt

4 eggs
2 tsp. vanilla
1 (12 oz.) pkg. chocolate chips,
divided
1/2 c. nuts (opt.)

Heat oven to 350°. In a 2 1/2- or 3-quart saucepan over low heat, melt butter. Remove from heat. Add sugar, flour, cocoa, baking powder, salt, eggs and vanilla. Stir with spoon until batter is well blended and smooth. Stir in 1 1/2 cups chocolate chips and nuts, if desired. Spread in 9x13-inch baking pan. Sprinkle with remaining 1/2 cup chocolate chips. Bake for 30 to 35 minutes. Makes about 24 brownies.

Turtle Brownies

Claudia Vergamini

1 pkg. German chocolate cake mix
3/4 c. melted margarine
1/3 c. + 1/3 c. evaporated milk

14 oz. caramel candies
6 oz. chocolate chips

Grease and flour 9x13-inch cake pan. Combine cake mix, melted margarine and 1/3 cup evaporated milk. Press half of the cake mix into pan and bake at 350° for 8 to 10 minutes. Melt caramels with remaining 1/3 cup evaporated milk. Spread caramel over cake. Put chocolate chips on top of caramels and the rest of the cake mixture over the chocolate chips. Bake 20 minutes at 350°.

Buttermilk Brownies

Lori Lalk

1 stick oleo
1/2 c. vegetable oil
1 c. water
2 c. sugar
2 c. flour
1/2 tsp. salt

1/4 c. cocoa
2 eggs, beaten
1/2 c. buttermilk
1 1/2 tsp. baking soda
1 tsp. vanilla

FROSTING:

1 stick oleo
1/3 c. buttermilk
1 tsp. vanilla

2 2/3 c. powdered sugar
1/4 c. cocoa
1/2 c. nuts (opt.)

Bring oleo, oil and water to a boil. Pour over sugar, flour, salt, baking soda and cocoa mixture; beat. Add eggs and buttermilk; beat. Add vanilla and beat. Bake on a greased cookie sheet pan at 350° for 20 minutes.

Frosting: Melt oleo and buttermilk. Add powdered sugar, sifted with cocoa. Add vanilla and nuts. Frost cake while still warm.

Cake Mix Cookies

Lori Westbrook

- | | |
|------------------------------------|-----------------------------------|
| 1 (18.25 oz.) pkg. cake mix | 2 eggs |
| 1/2 c. oil | 1 c. white chocolate chips |

Combine cake mix, oil and eggs, stirring well. Stir in chocolate chips. Place 2 inches apart on ungreased baking sheet. Bake at 350° for 10 to 12 minutes. Cool on wire rack. Makes 5 dozen.

Chocolate chips, nuts, mini M&M's or peanut butter pieces can all be substituted for white chocolate chips.

Caramel Bars

Lavon Nihsen

- | | |
|--|---------------------------|
| 30 chocolate chip cookie dough, in the tube | 1 c. flour |
| 1 c. pecans | 1 c. peanut butter |
| 1 (14 oz.) pkg. caramels | 1 c. sugar |
| 1/3 c. evaporated milk | 1 egg |
| | 1 tsp. vanilla |

Press dough into ungreased 9x13-inch pan. Press nuts on top. Combine caramels and milk. Melt. Pour over dough and nuts. Combine flour, peanut butter, sugar, eggs and vanilla; mix until crumbly. Sprinkle over. Bake at 325° for 20 to 25 minutes. Can freeze.

Caramel Brownies

Kristy Ortiz

- | | |
|---------------------------------|---|
| CENTER: | 1/2 sm. can Eagle Brand condensed milk |
| 1 bag caramels | |
| BROWNIES: | 1 pkg. chopped nuts |
| 1 box chocolate cake mix | Rest of Eagle Brand milk |
| 3/4 c. oleo | |

Spread half of brownie mixture in jellyroll pan. Bake at 350° for 6 minutes. Remove from oven and pour caramel mixture over brownie and sprinkle a small bag of chocolate chips. Spread remainder of brownie mix over all, and bake at 350° for 15 to 20 minutes.

Cheerio Cookies

Phyllis Rodenburg

- | | |
|-----------------------------|-------------------------------|
| 1 c. oleo | 1 tsp. salt |
| 1 c. sugar | 1 tsp. baking soda |
| 1 c. brown sugar | 1/2 tsp. baking powder |
| 1/2 c. peanut butter | 1 c. oatmeal |
| 2 eggs | 2 1/2 to 3 c. Cheerios |
| 1 tsp. vanilla | 1 c. chocolate chips |
| 2 c. flour | |

Cream oleo and sugars, peanut butter, eggs and vanilla. Sift together flour, salt, baking soda and baking powder. Add to creamed mixture; mix well. Add oatmeal, Cheerios and chips. Drop by heaping teaspoons onto baking sheet, 2 inches apart. Bake at 350° for 10 to 12 minutes.

Cherry Winks

Michelle Cooper

- | | |
|-----------------------------|-----------------------------------|
| 2 1/4 c. flour | 2 eggs |
| 1 tsp. baking powder | 2 T. milk |
| 1/2 tsp. baking soda | 1 tsp. vanilla |
| 1/2 tsp. salt | 1 c. pecans |
| 3/4 c. shortening | 1 c. dates, chopped |
| 1 c. sugar | 1/3 c. maraschino cherries |

Sift dry ingredients together. Cream shortening and sugar; add eggs, milk and vanilla to dry ingredients. Blend in pecans, dates and cherries. Drop by rounded teaspoonful into 2 1/2 cups crushed corn flakes, toss lightly to coat. Top with 1/4 maraschino cherry. Bake at 375° for 10 to 15 minutes.

Chocolate Cherry Bars

Berneil Hanson

- | | |
|--|------------------------------|
| 1 pkg. fudge cake mix | 1 tsp. almond extract |
| 1 (21 oz.) can cherry fruit filling | 2 eggs, beaten |

Preheat oven to 350°. Using solid shortening or margarine (not oil), grease and flour a 10x15-inch jellyroll or 9x13-inch pan. In a large bowl, combine the cake mix, fruit filling, extract and eggs. By hand, stir until well mixed. Pour into prepared pan. Bake 25 to 30 minutes at 350°.

Frosting: In a small saucepan, combine 1 cup sugar, 5 tablespoons butter or margarine, 1/3 cup milk. Boil, stirring constantly, 1 minute. Remove from heat, stir in 1 cup semi-sweet chocolate pieces until smooth. Pour over bars. Yield is about 3 dozen bars.

Chocolate Chip Cookies

Michelle Cooper

- | | |
|----------------------------------|---------------------------------|
| 1 c. softened shortening | 1 (12 oz.) pkg. chocolate chips |
| 3/4 c. firmly-packed brown sugar | 3/4 c. sugar |
| 1 tsp. vanilla | 1/2 tsp. water |
| 2 c. all-purpose flour | 2 eggs |
| 1 tsp. salt | 1 tsp. baking soda |
| | 1 c. chopped nuts |

Beat shortening, sugars, vanilla, water and eggs until light and fluffy. Mix flour with baking soda and salt; blend into shortening mixture. Stir in nuts and chips. Drop from teaspoon, 2-inches apart, onto greased baking sheets. Bake at 350° for 10 minutes, or until golden brown. Makes about 8 dozen cookies.

Sarah's Chocolate Chip Cookies

Cyndi Merriam

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|------------------|--------------------------------|
| 2 sticks oleo | 1 tsp. salt |
| 1 c. white sugar | 1 tsp. baking soda |
| 1 c. brown sugar | 1 tsp. vanilla |
| 1 egg | 1 (12 oz.) bag chocolate chips |
| 2 1/2 c. flour | |

Cream first 3 ingredients. Beat in egg. Stir in dry ingredients. Bake on ungreased cookie sheet at 350° for 11 minutes.

Chocolate Chip Cookie Pizza

Joyce Barney

- | | |
|--------------------|----------------------|
| 1/2 c. brown sugar | 1 1/4 c. flour |
| 1/3 c. sugar | 1/2 tsp. baking soda |
| 1/2 c. oleo | 1/2 tsp. salt |
| 1 1/2 tsp. vanilla | 1 c. chocolate chips |
| 1 egg | 1/2 c. nuts |

Spread onto a 12-inch pizza pan. Bake at 375° for 10 to 15 minutes. Decorate with favorite frosting and have fun!

Often used in place of a birthday cake.

Chocolate Kisses

Kristy Ortiz

- | | |
|-------------------------|----------------|
| 1 pkg. chocolate kisses | 1/2 c. sugar |
| 1 c. butter | 1 tsp. vanilla |

Cream together butter, sugar and vanilla.

- | | |
|-------------------|--------------------------|
| 2 c. sifted flour | 1 c. finely-chopped nuts |
|-------------------|--------------------------|

Add both ingredients to creamed mixture.

Chill dough. Wrap dough around each "Kiss". Bake until just brown (12 minutes) at 375° on an ungreased cookie sheet. Let cool. Sprinkle with powdered sugar.

Chocolate Malted Chocolate Chip Cookies

Kathy John

- | | |
|--|---------------------------|
| 1 c. butter-flavored Crisco | 1 egg |
| 1 1/4 c. brown sugar | 2 c. flour |
| 1/2 c. malted milk powder | 1 tsp. baking soda |
| 1 T. vanilla | 1/2 tsp. salt |
| 1 1/2 c. semi-sweet mega chocolate chips | 1 c. milk chocolate chips |

In a mixing bowl, combine Crisco, brown sugar, malted milk powder, vanilla and egg. Beat for 2 minutes. Add egg. Combine flour, baking soda and salt; gradually add to creamed mixture, mixing well after each addition. Stir in both kinds of chips. Shape into 1 1/2-inch balls. Place 3 inches apart on an ungreased sheet. Bake at 375° for 6 1/2 to 7 minutes.

We like soft cookies - but if you like a crisp cookie bake 10 minutes. I flatten the top very lightly before baking.

Chocolate Oatmeal Bars

Patti Rief

- | | |
|-------------------------|--------------------|
| 1 c. chocolate chips | 2 c. brown sugar |
| 1 c. butterscotch chips | 2 eggs |
| 1 c. Eagle Brand milk | 2 tsp. vanilla |
| 1 tsp. salt | 2 1/4 c. flour |
| 2 T. butter | 1 tsp. baking soda |
| 1 c. nuts | 3 c. oatmeal |
| 1 c. oleo | |

Melt chips, milk, salt and butter; add nuts and set aside. Cream oleo, sugar, eggs and vanilla; beat well. Add flour and baking soda; add oatmeal. Spread 3/4 batter in an 8x11-inch pan, then spread chocolate mixture over that. Drop rest of batter on top. Spread with fingers. Bake at 350° for 20 to 22 minutes. Don't overbake.

Chocolate Snow Drop Cookies

Cyndi R. Merriam

1/2 c. oleo
4 sq. chocolate or 12 T. cocoa
2 c. sugar
4 eggs, beaten

2 tsp. vanilla
2 c. flour
2 tsp. baking powder
1/4 tsp. salt

Melt oleo and add next 4 ingredients. Add dry ingredients and mix well. Chill for at least an hour. Roll in powdered sugar. Bake 10 minutes at 350°.

Makes 5 dozen. This was my Grandma Andersen's recipe and is made especially at Christmas time!

Chocolate Truffle Cookies

Lori Malone

4 (1 oz.) sq. unsweetened chocolate
2 c. semi-sweet chocolate chips, divided
1/3 c. butter or margarine
1 c. sugar
3 eggs

1 1/2 tsp. vanilla
1/2 c. flour
2 T. baking cocoa
1/4 tsp. baking powder
1/4 tsp. salt
Confectioners' sugar

In microwave, melt unsweetened chocolate, 1 cup chocolate chips and butter. Cool 10 minutes. In mixing bowl, beat sugar and eggs for 2 minutes. Beat in vanilla and chocolate mixture. Combine flour, cocoa, baking powder and salt. Beat into chocolate mixture. Stir in remaining chocolate chips. Chill for 3 hours. Remove 1 cup dough. Lightly flour hands and roll into 1-inch balls. Place on ungreased baking sheet. Bake at 350° for 10 to 12 minutes. Cool on pan 3 to 4 minutes, before removing to wire rack to cool completely; repeat with remaining dough. Dust with confectioners' sugar. Yield: about 4 dozen.

Crispy Chocolate-Peanut Butter Bars

Clair Clark

1/2 c. light corn syrup
1/4 c. packed brown sugar
1 c. peanut butter
1 tsp. vanilla

2 c. Rice Krispies
1 c. corn flakes, slightly crushed
1 c. semi-sweet chocolate chips

In a 2-quart saucepan, combine corn syrup, brown sugar and a dash of salt. Cook and stir until mixture comes to a full boil. Stir in peanut butter. Remove from heat. Stir in cereals, chocolate chips and vanilla. Press into an ungreased 9x9x2-inch pan. Chill 1 hour. Cut into bars. Makes 36.

Date-Nut Icebox Cookies

Karen Sommerville

2 c. dark brown sugar
1 c. butter
2 eggs
1 c. nuts
2 c. chopped dates

1/2 tsp. baking soda
1 tsp. baking powder
3 c. flour
1/2 tsp. salt
1 tsp. vanilla

Mix sugar, butter, eggs and vanilla; set aside. Mix baking soda, baking powder, flour and salt. Blend all together; add nuts and dates. Place 1/4 of mix on waxed paper and shape into a log; freeze overnight. Slice 1/4-inch and place on cookie sheet. Bake in 375° oven for 9 to 11 minutes.

Cut 1/4-inch slices with an electric knife.

Deluxe Chocolate Marshmallow Bars

Patty Withauer

3/4 c. butter or margarine
1 1/2 c. sugar
3 eggs
1 tsp. vanilla extract
1 1/3 c. all-purpose flour

1/2 tsp. baking powder
1/2 tsp. salt
3 T. baking cocoa
1/2 c. chopped nuts (opt.)
4 c. mini marshmallows

TOPPING:

1 1/3 c. (8 oz.) chocolate chips
3 T. butter or margarine

1 c. peanut butter
2 c. crisp rice cereal

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; beat until fluffy. Combine flour, baking powder, salt and cocoa; add to creamed mixture. Stir in nuts, if desired. Spread in a greased jellyroll pan. Bake at 350° for 15 to 18 minutes. Sprinkle marshmallows evenly over cake; return to oven for 2 to 3 minutes. Using a knife dipped in water, spread the melted marshmallows evenly over cake. Cool.

Topping: Combine chocolate chips, butter and peanut butter in a small saucepan. Cook over low heat, stirring constantly until melted and well blended. Remove from heat; stir in cereal. Spread over bars; chill. Yield: about 3 dozen.

No man ever got lost on a straight road.

Diabetic Chocolate Chip Cookies

Kathy John

- | | |
|--|--|
| 2 sticks diet oleo | 2 c. flour |
| 1/4 c. sugar | 1 tsp. baking soda |
| 3/4 c. Brown Sugar Twin sugar substitute | 1/2 tsp. salt |
| 2 eggs | 1/4 c. water, room temp. |
| 1 T. vanilla | 1/2 c. mini semi-sweet chocolate chips |

Cream oleo, sugar and brown sugar substitute at medium speed until light and fluffy. Add eggs and vanilla; beat at medium speed for 1 minute. Stir in 1/4 cup water. Add flour, baking soda and salt; mix until smooth. Add chocolate chips. Drop on cookie sheets (sprayed with Pam), 2 inches apart. Bake at 375° for 6 minutes for a soft cookie.

Diabetic Count: 2 cookies; 1 bread; 2 fats.

Everyday Cookies

Alita Stichler

- | | |
|----------------------|------------------------|
| 1 c. white sugar | 3 1/2 c. flour |
| 1 c. brown sugar | 1 tsp. salt |
| 1 c. vegetable oil | 1 tsp. baking soda |
| 1 c. margarine | 1 tsp. cream of tartar |
| 1 lg. egg | 1 c. oatmeal |
| 1 tsp. vanilla | 1 c. coconut |
| 1/2 c. nuts, or more | 1 c. Rice Krispies |

Blend sugars, margarine and oil. Blend so oil does not separate. Add egg and mix. Add flour, all dry ingredients, vanilla. Add Rice Krispies and nuts last. Chill for 1 hour, form into balls and press with glass dipped in sugar. Bake at 350° for 10 minutes.

Forgotten Cookies

(Overnites)

Mindy Eggert

- | | |
|--------------|----------------------|
| 2 egg whites | 1 tsp. vanilla |
| Dash of salt | 1 c. chopped morsels |
| 3/4 c. sugar | 1 c. chopped pecans |

Preheat oven to 350°. Beat egg whites at room temperature until foamy; add salt. Gradually add sugar, 1 teaspoon at a time, beating mixture until stiff peaks form. Fold vanilla, chocolate morsels and pecans into the beaten whites. Drop by teaspoons onto a cookie sheet lined with aluminum foil. Place in oven and turn off heat immediately. Do not open oven door for at least 8 hours. Carefully remove cookies from aluminum foil. Makes about 3 dozen.

Grandma Brown's Dishpan Cookies

Nancy Bertelsen

- | | |
|-----------------------|------------------------|
| 1 c. oleo | 1 tsp. cinnamon |
| 1 c. granulated sugar | 1 tsp. vanilla |
| 1/2 c. brown sugar | 1 1/2 c. quick oatmeal |
| 2 eggs | 1/2 tsp. salt |
| 2 c. flour | 1/4 c. milk |
| 1 tsp. baking soda | |

Mix all ingredients and chill for 1 hour. Then roll into 1-inch balls and flatten with glass dipped in granulated sugar. Bake at 350° for 8 to 12 minutes.

Grossmutter's Peppernuts

Patty Witthauer

- | | |
|----------------------------|--|
| 3 eggs | 1 tsp. anise extract or crushed anise seed |
| 2 c. sugar | |
| 2 3/4 c. all-purpose flour | |

In a large mixing bowl, beat eggs and sugar at medium speed for 15 minutes. Reduce speed and slowly add flour and anise. Mix until well combined. On a lightly-floured board, shape dough into ropes about 1/2-inch in diameter. Chill 1 hour. Slice ropes into 1/2-inch lengths. Place on greased cookie sheets. Bake at 350° for 6 to 8 minutes, or until set. Cookies will harden upon standing. When cool, store in airtight containers; they are best if allowed to age before serving. Yield: 30 dozen.

Hello Dolly's

Sandi Milner

- | | |
|----------------------------------|-------------------------|
| 1 stick butter | 1 c. butterscotch chips |
| 1 1/2 c. crushed graham crackers | 1 can Eagle Brand milk |
| 1 c. chocolate chips | |

Put butter in 9x13-inch pan; melt in 350° oven. Spread 1 1/4 cups crushed crackers in melted butter. Sprinkle chips on top of crackers; drizzle Eagle Brand milk over chips. Top with remaining crackers. Bake at 350° for 15 to 20 minutes.

High-Protein Cookies

Linda Thompson

- | | |
|--------------------|------------------------|
| 1 c. peanut butter | 1 egg |
| 1/2 c. sugar | 1/2 c. nonfat dry milk |

Mix all ingredients together in a small mixing bowl. Roll into balls 1 1/2 inches in diameter. Place on ungreased cookie sheet. Flatten by criss-crossing with a fork to 1/3-inch thickness. Bake at 350° for about 15 minutes, or until lightly browned. Yield: 2 dozen cookies; 1 cookie has 74 calories.

I Can't Believe It's a Cookie

Katheryn Thomas

1 c. peanut butter (crunchy)
1 egg

1 c. sugar

Mix together ingredients. Spray a cookie sheet lightly. Form mixture into balls and place on cookie sheet. Press balls lightly with fork. Bake at 350° for 10 to 12 minutes. Wait a minute before removing cookies from sheet to cool.

Lazy Lady Bars

Karla Robillard

1 1/2 c. graham crackers
(fine crumbs)

1 stick melted butter

Mix together and pat into bottom of greased 9x9-inch pan.

Layer on:

1 1/2 pkg. chocolate chips
1 1/2 c. coconut

1 c. chopped nuts

Drizzle 1 can sweetened condensed milk over all. Bake at 350° for 20 to 25 minutes.

Lemon Bars

Joyce Barney

1 c. flour
1/4 c. powdered sugar
1/2 c. margarine
2 eggs
1/2 c. sugar

1 pkg. lemon pudding (not instant)
1/2 tsp. baking powder
1 c. coconut
1 1/2 T. lemon juice

Mix together flour, powdered sugar and margarine. Bake 15 minutes at 350° in an 8-inch square pan. Mix last 6 ingredients together and spread over top of baked part. Bake again at 350° for 20 minutes. Sprinkle with powdered sugar.

Lemon Bars

Wendy Fairbanks

BASE:
1 pkg. lemon cake mix
1 1/2 c. quick-cooking rolled oats

1 c. chopped nuts
1/2 c. softened butter or oleo
1 egg

FILLING:
1 can lemon ready-to-spread frosting

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

Combine base ingredients; mix until crumbly. Reserve 2 cups for topping; press remaining crumbs into greased 9x13-inch pan. Blend all filling ingredients; beat at highest speed until smooth and creamy. Pour over crust. Sprinkle reserved crumbs over filling. Bake at 350° for 45 to 50 minutes, or until firm when pan is lightly shaken. Chill before serving. Store in refrigerator.

Lemon Bars

Patty Wilthauer

CRUST:
1 c. all-purpose flour

1/3 c. butter or margarine, softened
1/4 c. confectioners' sugar

TOPPING:
1 c. sugar
2 eggs
2 T. all-purpose flour
2 T. lemon juice

1/2 tsp. lemon extract
1/2 tsp. baking powder
1/4 tsp. salt
Confectioners' sugar

Combine crust ingredients and pat into an 8-inch square baking pan. Bake at 375° for 15 minutes. Meanwhile, for topping, combine sugar, eggs, flour, lemon juice, extract, baking powder and salt in a mixing bowl. Mix until frothy; pour over crust. Bake at 375° for 18 to 22 minutes, or until light golden brown. Dust with confectioners' sugar. Yield: 9 servings.

Monster Cookies

Mindy Eggert

12 eggs
4 c. sugar
2 lb. brown sugar
1 lb. butter
3 lb. peanut butter

8 tsp. baking soda
1 tsp. vanilla
18 c. oatmeal
1 lb. M&M's
12 oz. chocolate chips

Mix all ingredients. Drop onto cookie sheet with an ice cream scoop. Bake at 350° for 10 to 12 minutes, or until golden brown. Devour!

Nut Bars

Lavon Nihsen
1 stick oleo

2 c. flour
3/4 c. brown sugar

Blend. Bake 10 minutes in greased pan.

Then add:

1 can mixed nuts
1 c. butterscotch chips

1/2 c. white syrup
2 1/2 T. oleo

Melt and pour over nuts. Bake another 10 minutes.

Oatmeal-Chocolate Chip Cookies

Clair Clark

1 c. margarine
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
1 c. coconut or chopped nuts

2 1/2 c. flour
2 tsp. baking powder
2 tsp. baking soda
2 tsp. salt
2 c. oatmeal
2 c. chocolate chips

Mix margarine, sugars, eggs and vanilla. Add dry ingredients and mix well. Add chocolate chips and coconut. Drop on greased cookie sheet. Bake at 350° for 8 to 10 minutes. Makes about 4 to 5 dozen cookies.

Old-Fashioned Oatmeal Cookies

Marian Moore

2 c. flour
2 c. oatmeal
1 c. sugar
1 c. raisins
2 eggs
1 c. nutmeats

1/2 c. shortening
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. baking soda
Pinch of salt

Cook raisins in enough water to get 9 tablespoons of juice; cool. Cream sugar, eggs and shortening. Add dry ingredients, baking soda, salt, nutmeg and cinnamon. Stir in raisins, juice and nuts. Drop by spoon on sheet and bake at 350° for 15 to 20 minutes.

Orange Slice Cookies

Arlene S. Morse

1 (1 lb.) pkg. orange slices
6 T. hot water
1/2 c. shortening
2 1/4 c. brown sugar
4 beaten eggs

2 1/2 c. flour
2 tsp. baking powder
1/2 tsp. salt
1/2 c. nuts
1 tsp. vanilla

Soak the orange slices in hot water; let stand. Cream shortening and brown sugar; add beaten eggs. Sift in dry ingredients. Add nuts, vanilla and orange slices. Place in 9x13-inch pan that has been sprayed with Pam. Bake at 350° for 15 to 20 minutes.

Peanut Butter Brownies

Charlotte Christensen

1/2 c. peanut butter
1/3 c. oleo
1 c. white sugar
1/4 c. packed brown sugar
2 eggs

1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 (6 oz.) pkg. chocolate chips
1/2 tsp. vanilla

Beat peanut butter and oleo until blended. Gradually add sugar and beat until fluffy. Add eggs, one at a time, beating well after each. Add dry ingredients; mix well. Stir in chocolate chips and vanilla. Spread in greased 9-inch square pan. Bake at 350° for 30 to 35 minutes.

Peanut Butter-Oatmeal Bars

Kristy Ortiz

1 c. oleo
1/2 c. white sugar

1 c. brown sugar
4 c. quick oatmeal

Mix until crumbly, then press into jellyroll pan.
Bake at 350° until lightly browned, 15 minutes. Cool, then add topping.

TOPPING:
1 (6 oz.) pkg. chocolate chips

3/4 c. peanut butter
1 tsp. vanilla

Melt in microwave and spread on top of bars.

Peanut Butter-Oatmeal Cookies

Jean Provines

- | | |
|--------------------------------|--|
| 1 c. margarine | 2 1/2 c. uncooked oatmeal (quick or old-fashioned) |
| 1 c. creamy peanut butter | 1 c. all-purpose flour |
| 1 c. firmly-packed brown sugar | 2 tsp. baking soda |
| 1/2 c. granulated sugar | 1/4 tsp. salt (opt.) |
| 2 eggs | |
| 1 tsp. vanilla | |

Heat oven to 350°. In a large bowl, beat together margarine, peanut butter and sugars; blend in eggs and vanilla. In a medium bowl, combine oats, flour, baking soda and salt. Add to sugar mixture, mixing well. Shape dough into 1 1/2-inch balls; place on ungreased cookie sheet. Flatten tops of cookies with fork dipped in sugar and form a criss-cross pattern. Bake about 10 minutes, or until edges are golden brown. Cool 1 minute on cookie sheet, then remove and place on waxed paper or cooling rack. Makes about 5 dozen cookies. Can be made as a drop cookie also, no need to form balls, etc.

Jack recently decided that this is his favorite cookie.

Peanut Thins

Lori Cottrell

- | | |
|-------------------------|-----------------------|
| 1/4 c. shortening | 1 tsp. vanilla |
| 1/2 c. margarine | 1 3/4 c. sifted flour |
| 1 c. packed brown sugar | 1/4 tsp. vanilla |
| 1/4 c. peanut butter | Powdered sugar |
| 1 egg yolk | Water |

Mix all ingredients except flour until light and fluffy. Mix in flour and it will form a soft dough. Press evenly into ungreased cookie sheet. Bake at 350° for 14 minutes, or until lightly browned. While still warm, mix vanilla, water and powdered sugar to a slightly runny paste consistency. Glaze bars while still warm. Yield: 3 dozen.

Who does God's work, gets God's pay.

Pecan Squares

Patty Witthauer

CRUST:

- 3 c. all-purpose flour
1/2 c. sugar

- 1 c. butter or margarine, softened
1/2 tsp. salt

FILLING:

- 4 eggs
1 1/2 c. light or dark corn syrup
1 1/2 c. sugar

- 3 T. butter or margarine, melted
1 1/2 tsp. vanilla extract
2 1/2 c. chopped pecans

In a large mixing bowl, blend together flour, sugar, butter and salt until mixture resembles coarse crumbs. Press firmly and evenly into a greased 10x15x1-inch baking pan. Bake at 350° for 20 minutes. Meanwhile, in another bowl, combine first 5 filling ingredients. Stir in pecans. Spread evenly over hot crust. Bake at 350° for 25 minutes, or until set. Cool on a wire rack. Yield: 4 dozen.

Pecan Toasties

Lori Cottrell

CRUST:

- 1 c. flour

- 3 oz. cream cheese
1 stick butter

FILLING:

- 3/4 c. chopped pecans
3/4 c. brown sugar

- 1 egg
2 T. melted butter

Mix together crust ingredients. Spread 1/8 to 1/4-inch thick in a greased muffin pan. Mix filling ingredients and fill cups half-full. Bake at 325° for 25 minutes. Edge of crust should be lightly browned and pecans crusty on the top. Yields 1/2 dozen.

Elizabeth's "Pig" Cookies

Kristy Ortiz

- 1 pkg. sugar cookie dough
1 ctn. white frosting; add red food coloring for a pink shade

- 1 pkg. marshmallows
Pink sugar wafer cookies
Reese's candy bar sprinkles

Bake cookies as on package. Frost with pink frosting. Cut marshmallows in half for the nose. Cut sugar wafers into triangles, place 2 on each cookie for ears. With a toothpick, poke 2 holes in each marshmallow half for nostrils, press (lightly) brown candy bar sprinkles into holes. Place nose on the cookies. Add dark brown candy for eyes.

Pumpkin Bars

Wendy Fairbanks

- | | |
|----------------------|--------------------|
| 2 c. flour | 2 tsp. cinnamon |
| 2 c. sugar | 4 eggs |
| 2 tsp. baking powder | 1 can pumpkin |
| 1 tsp. baking soda | 1 c. vegetable oil |
| 1/2 tsp. salt | |

Mix the first 6 dry ingredients together and add to the eggs, pumpkin and oil. Bake in greased jellyroll pan at 350° for 25 minutes.

FROSTING:

- | | |
|------------------------------|-------------------------|
| 3 oz. cream cheese, softened | 1 tsp. milk |
| 3/4 c. butter | 1 tsp. vanilla |
| | 1 1/4 c. powdered sugar |

Winona's Pumpkin Bars

Lori Westbrook

- | | |
|-----------------------|--------------------------|
| 1 can pumpkin | 1 1/2 tsp. cinnamon |
| 1 can evaporated milk | 3/4 c. margarine, melted |
| 4 eggs | 1 yellow box cake mix |
| 1 1/2 c. sugar | 1 c. nuts |

Beat together pumpkin, milk, eggs, sugar and cinnamon. Pour into a greased 9x13-inch baking pan. Sprinkle cake mix over pumpkin mixture; drizzle margarine over top of cake mix and top with nuts. Bake 1 hour at 350°. Top with Cool Whip. Makes 20 servings.

Range Cookies

Joyce Barney

- | | |
|-------------------------|----------------------|
| 1 c. Crisco shortening | 2 c. flour |
| 1/4 c. oil | 2 eggs |
| 1 c. sugar | 1 tsp. baking soda |
| 1 c. brown sugar | 1 tsp. baking powder |
| 2 c. oatmeal | 1/2 tsp. salt |
| 1 c. butterscotch chips | 2 tsp. vanilla |
| 2 c. Rice Krispies | 1/2 c. nuts |
| 1 c. coconut | |

Bake at 375° for 8 to 9 minutes. Cookies need to be flattened before baking. Makes a large batch.

Rice Krispie Treats

Claudia Vergamini

- | | |
|---------------------------|--------------------|
| 1/2 c. sugar | 1 c. peanut butter |
| 1 c. white corn syrup | 6 c. Rice Krispies |
| 4 cubes white almond bark | |

Bring sugar and corn syrup to a boil in large saucepan. Remove from heat and add peanut butter; stir until smooth. Stir in Rice Krispies. Press into greased 9x13-inch pan. Melt almond bark in microwave on MEDIUM. Spread over Rice Krispies. Let set before cutting into bars.

Scotcheroos

Karen Umphreys

- | | |
|--------------------|--------------------------|
| 1 c. sugar | 6 c. Rice Krispies |
| 1 c. white syrup | 6 oz. chocolate chips |
| 1 c. peanut butter | 6 oz. butterscotch chips |

Mix sugar and syrup together in a large pan. Bring to a boil and boil 1 minute. Remove from heat and add peanut butter. Mix thoroughly. Add Rice Krispies. Stir well. Spread into 9x13- or 12x15-inch pan.

Topping: In a double boiler melt chocolate chips and butterscotch chips together. Spread on top of bars.

Seven-Layer Bar

Helen Smith

- | | |
|---------------------------------|-----------------------------------|
| 1 stick oleo, melted | 1 c. (6 oz.) pkg. chocolate chips |
| 1 c. crushed graham crackers | 1 c. chopped walnuts |
| 1 c. (6 oz.) butterscotch chips | 1 can sweetened condensed milk |
| 1 c. flaked coconut | |

Grease a 9x12-inch pan. Spread 1 layer of ingredients on top of another as they are listed. Pour sweetened condensed milk, over the top of all and pat mixture down. Bake in 350° oven for 25 minutes; cool before cutting.

Snickerdoodles

Ann Carlson

- | | |
|------------------|--------------------|
| 1/2 c. margarine | 1 tsp. vanilla |
| 1/2 c. Crisco | 2 3/4 c. flour |
| 1 1/2 c. sugar | 1 tsp. baking soda |
| 2 eggs | 1/2 tsp. salt |

Cream together margarine and Crisco. Add sugar, eggs and vanilla; mix well. Add flour, baking soda and salt. Chill overnight. Roll dough lightly in 1-inch balls. Roll in 2 tablespoons sugar and 1 teaspoon cinnamon. Bake at 400° for 8 to 10 minutes.

Aunt Katie's Spice Bars

Marie Crum

- | | |
|-------------------|-----------------|
| 1 c. raisins | 1 tsp. cinnamon |
| 1 c. white sugar | 1/4 tsp. cloves |
| 1 c. cold coffee | 1/4 tsp. nutmeg |
| 1/2 c. shortening | 1/4 tsp. salt |

Cook for 3 minutes and cool; then add 2 cups flour and 1 teaspoon baking soda. Add nuts and dates, a little lemon and orange rind, then spread on greased cookie sheet. Bake at 350° for 20 minutes, or longer, on middle rack.

ICING:

- | | |
|---------------------|------------------|
| 2 T. butter or oleo | 6 T. brown sugar |
| 2 T. cream | 1 tsp. vanilla |

Cream together and thicken with powdered sugar. Spread on cookies while hot.

Strawberry Cookies

Karla Robillard

- | | |
|--|-----------------------|
| 1 can sweetened condensed milk | 14 oz. flaked coconut |
| 3 sm. pkg. strawberry Jello
(save 1/2 pkg.) | Red food coloring |

Mix together and refrigerate. Form into shape of strawberries. Roll in reserved Jello. Break toothpicks in half and color with green food coloring for stems. Use powdered sugar frosting with green food coloring to make leaves. Makes about 75.

Cut-Out Sugar Cookies

Oline Beckner

- | | |
|--------------------------------|--|
| 1 1/2 c. sifted powdered sugar | 1/2 tsp. almond or black walnut
flavoring |
| 1 c. oleo | 2 1/2 c. flour |
| 1 egg | 1 tsp. baking soda |
| 1 tsp. vanilla | 1 tsp. cream of tartar |

Cream sugar and oleo. Mix in egg and flavoring. Stir dry ingredients together and stir into oleo mixture. Refrigerate 2 to 3 hours, or overnight. Heat oven to 375°. Roll out and cut into shapes. Bake approximately 10 minutes.

Sugar Cookies

Karen Umphreys

- | | |
|-------------------------|------------------------|
| 1 1/2 c. powdered sugar | 1 egg |
| 1 c. margarine, melted | 2 1/2 c. flour |
| 1 tsp. vanilla | 1 tsp. baking soda |
| 2 tsp. almond flavoring | 1 tsp. cream of tartar |

Mix all ingredients together. Divide in half and chill at least 2 hours. Roll and cut cookies. Bake 7 to 8 minutes, or until lightly browned, in 375° oven.

Sugar Cookies

Tom Backhuus

- | | |
|-----------------------|------------------------|
| 1 c. powdered sugar | 1 tsp. vanilla |
| 1 c. granulated sugar | 1 tsp. baking soda |
| 1 c. (2 sticks) oleo | 1 tsp. cream of tartar |
| 1 c. salad oil | 1/2 tsp. salt |
| 2 eggs | 4 1/2 c. flour |

Blend sugars, oleo and oil. Stir in eggs and vanilla. Stir dry ingredients and add to creamed mixture. Chill a few hours. Form dough into walnut-sized balls. Roll into sugar; place on cookie sheet, flatten with bottom of a glass dipped in sugar, or a fork dipped in sugar. Bake at 350° for 9 to 10 minutes, until lightly browned. These freeze very well.

Can sprinkle with cinnamon sugar for a different taste.

Old-Fashioned Sugar Cookies

Priscilla Wick

- | | |
|---------------------|------------------------|
| 1 c. butter | 2 eggs |
| 1 c. vegetable oil | 1 tsp. baking soda |
| 1 c. sugar | 4 c. flour |
| 1 c. powdered sugar | 1 tsp. cream of tartar |
| 1 tsp. vanilla | 1 tsp. salt |

Cream butter, oil and both sugars. Add vanilla and eggs. Sift dry ingredients. Stir in and blend. Roll a teaspoonful of soft dough into a ball. Roll ball in granulated sugar. Press down on a lightly greased cookie sheet with glass tumbler dipped in sugar, or bake at 350° for 12 minutes.

Three-Layer Keebler Bars

Kristyn Atchley

- | | |
|-------------------------------------|----------------------------------|
| 3/4 c. sugar | Keebler Club crackers |
| 1/2 c. brown sugar | 2/3 c. peanut butter |
| 1 c. crushed graham crackers | 1/2 c. chocolate chips |
| 1/4 c. milk | 1/2 c. butterscotch chips |
| 1 stick oleo | |

Line a lightly-greased 9x13-inch pan with Keebler Club crackers. Boil for 5 minutes (slow boil) the first 5 ingredients. Pour this mixture over the first layer of crackers. Add another layer of crackers on this. Then, melt together the peanut butter and both kinds of chips. Pour over the second layer of crackers. Cool completely. Cut into bars.

Thumbprint Cookies

Joyce Barney

- | | |
|-------------------------|----------------------------|
| 1 c. real butter | 2 c. flour |
| 2 T. water | 1 c. chopped pecans |
| 2 tsp. vanilla | 1/3 c. sugar |

Mix together. Roll into tiny balls. Press with thumb and bake at 325° for 20 minutes. Use a cake decorator and frost half with red and half with green frosting for Christmas.

Twix Bars

Jessica Lalk

- | | |
|-----------------------------------|----------------------------------|
| 1 box Club crackers | 1/4 c. milk |
| 1 stick oleo | 1/2 c. chocolate chips |
| 1 c. graham cracker crumbs | 1/2 c. butterscotch chips |
| 3/4 c. sugar | 2/3 c. peanut butter |
| 1/2 c. brown sugar | |

Line a 9x13-inch pan with 1 layer of Club crackers. Melt together oleo, graham cracker crumbs, sugars and milk. Pour over cracker layer. Top with another layer of Club crackers. Melt together chips and peanut butter. Pour over top and frost. Chill and serve.

Candies

Apricot Walnut Balls

Patty Witthauer

- | | |
|--|---------------------------------|
| 2 c. finely-chopped dried apricots | 1 1/4 c. chopped walnuts |
| 2 1/2 c. flaked coconut | Confectioners' sugar |
| 1 (14 oz.) can sweetened condensed milk | |

In a bowl, combine apricots and coconut. Add milk; mix well. Stir in walnuts. Chill for 30 minutes (the mixture will be sticky). Shape into 1-inch balls and roll in confectioners' sugar. Cover and refrigerate at least 2 hours before serving. Store in refrigerator. Yield: 5 to 6 dozen.

Cherry Bing Bars

Cheri Connell

- | | |
|------------------------------------|--|
| 2 c. sugar | 1/8 tsp. salt |
| 12 marshmallows | 1/2 c. margarine |
| 2/3 c. evaporated milk | 1 tsp. vanilla |
| 1 (6 oz.) pkg. cherry chips | 1 (10 oz.) pkg. Spanish peanuts |
| 2/3 c. peanut butter | 1 (12 oz.) pkg. chocolate chips |

Combine sugar, salt, milk, marshmallows and margarine over low heat. Blend; boil 5 minutes. remove from heat. Add cherry chips and vanilla. Let it stand. In another pan, melt chocolate chips, 1 teaspoon margarine, peanut butter and chopped peanuts. Spread a layer in 9x13-inch pan, then, spread cherry mixture and put rest of chocolate mixture on top. Chill until firm.

Chocolate-Covered Cherries

Wendy Fairbanks

- | | |
|-----------------------------|--------------------------------------|
| 1 lb. powdered sugar | 4 T. sweetened condensed milk |
| 4 T. butter | 1 1/2 btl. stemmed cherries |
| Pinch of salt | 1/2 cake paraffin |
| 1 tsp. vanilla | 2 pkg. milk chocolate chips |

Cream butter and sugar, adding milk in small amounts. Add salt and vanilla. Form sugar filling around cherries. Hold cherries by stem and dip in melted paraffin and milk chocolate chips. Place on waxed paper to dry.

Coconut Brittle Candy

Lori Cottrell

2 c. sugar
1 c. light corn syrup
1/2 c. water

1 c. butter
1 tsp. baking soda
4 c. raw chip coconut

In a 3-quart heavy saucepan, combine sugar, light corn syrup and water; bring to a boil, then add butter. Using a candy thermometer, continue stirring until mixture reaches 305°, remove from heat and quickly stir in baking soda and raw chip coconut. Mix well and divide between 2 well-greased sheet pans. As it cools, stretch it thin by lifting and pulling from edges, using 2 buttered forks. When totally cooled, break into bite-size pieces. Yields approximately 3 pounds of candy.

Always leave candy thermometer in pan from the time you start this to avoid breakage. Use a heavy-duty pan with taller sides, and sturdy wooden spatulas for stirring.

Coconut Clusters/Peanut Clusters

Wendy Fairbanks

12 oz. milk chocolate chips
6 sq. almond bark

1 pkg. coconut

Toast coconut under broiler. Let cool and add to melted almond bark and chips. Drop by small spoonfuls on waxed paper to dry.

Spanish peanuts can be substituted for coconut, for peanut clusters.

Coconut Vanilla Fudge

Marilyn Peters

2 c. vanilla wafer crumbs
1 c. flaked coconut
1 c. chopped pecans

2 c. sugar
1/2 c. butter
1 (5 oz.) can evaporated milk

Combine first 3 ingredients; set aside. Combine sugar, butter and evaporated milk in heavy 3-quart pan. Cook over medium heat until mixture comes to a boil, stirring gently. Boil 3 minutes, stirring gently. Remove from heat, stir in crumb mixture. Immediately pour in buttered 8- or 9-inch square pan. Mixture will be soft, but will harden as it cools. Cool completely before cutting into squares. Yield: 2 1/4 pounds.

This needs to "age" several days for best consistency.

Six-Minute Fudge

Richard Thramer

4 1/2 c. sugar
1 (12 oz.) can evaporated milk
1 (12 oz.) pkg. chocolate chips

1 stick margarine
1 c. chopped walnuts
1 tsp. vanilla

Combine sugar and evaporated milk in large, heavy, cooking pot. Stir constantly and bring to a full rolling boil. Turn down heat until a firm steady boil occurs. While still stirring constantly, boil for exactly 6 minutes. Remove from heat after the 6 minutes and add chocolate chips, margarine, walnuts and vanilla. Stir mixture thoroughly together. Pour evenly into the cake pan. When cool, cut into 1-inch squares.

Lactose-Free Mints

(Low-Fat)

Kristina Beckner

1 T. soft (lactose-free) oleo
1 T. Crisco
3 T. water

2 3/4 c. powdered sugar
1/4 tsp. peppermint extract
Food coloring

In a large bowl, beat with electric mixer the oleo and shortening until blended. Gradually beat in 2 3/4 cups powdered sugar alternately with 3 tablespoons water. Blend well after each addition. Beat in 1/4 teaspoon peppermint extract and food coloring if desired. Knead mixture until smooth, adding powdered sugar until it isn't sticky. Sugar rubber mold and press some dough into it. Ease out shaped mint. Repeat until done. Let stand 24 hours until dry. Store loosely covered.

Nutritional Information: 0 fat, 0 cholesterol, 3 mg sodium, 37 calories.

Marshmallow Puffs

Karla Robillard

27 caramels
1 stick margarine
1/2 can sweetened condensed milk

1 bag lg. marshmallows
Rice Krispies

Melt caramels in double boiler. Mix with margarine and milk. Dip each marshmallow in caramel mixture and roll in Rice Krispies. Use pickle fork or toothpick.

Peanut Brittle

(Microwave)

Sandi Milner

- | | |
|---------------------------------|---------------------------|
| 1 c. raw Spanish peanuts | 1 T. butter |
| 1 c. sugar | 1 tsp. vanilla |
| 1/2 c. light Karo syrup | 1 tsp. baking soda |

Combine nuts, sugar and syrup in microwave dish. Cook 5 minutes on HIGH. Stir; cook 3 more minutes. Add 1 tablespoon butter and 1 teaspoon vanilla. Cook 1 to 1 1/2 minutes. Add 1 teaspoon baking soda. Pour on cookie sheet; cool.

Nutty Noodle Candy

Helen Smith

- | | |
|---|--|
| 1 (12 oz.) pkg. chocolate chips | 1 (5 oz.) pkg. chow mein noodles |
| 1 (12 oz.) pkg. butterscotch chips | 1 c. peanuts (salted or unsalted) |

In a 2-quart saucepan, melt chips over medium heat. Add noodles and peanuts. Stir until noodles and peanuts are coated. Drop by spoonful on waxed paper. Let set for about 2 hours.

Keeps nicely in coffee can with tight lid. Delicious for Christmas parties.

Peanut Clusters

Wendy Fairbanks

- | | |
|---|--------------------------|
| 1 (12 oz.) pkg. Spanish peanuts | 6 sq. almond bark |
| 1 (12 oz.) pkg. milk chocolate chips | |

Microwave chips with almond bark. Don't overcook. Add peanuts to melted mixture and drop on waxed paper to dry. Great for holidays.

You can substitute peanuts with toasted coconut for coconut clusters.

Stuffed Figs

Ina Mae Jackson

- | | |
|--------------------------------|-------------------------|
| 24 dried figs | 3 T. sugar |
| 1 c. orange juice | 24 pecan halves |
| 1 T. lemon peel, grated | Granulated sugar |
| 1 T. lemon juice | |

Remove stem end from figs. Combine orange juice, lemon peel and lemon juice; pour over figs in saucepan and heat to boiling. Simmer, covered, until fruit is tender, about 45 minutes. Drain well. Cool. Insert knife in stem end of each fig to form pocket. Fill each pocket with pecan half. Roll figs in sugar. Let dry overnight.

Velveeta Fudge

(Microwave)

Helen Smith

- | | |
|----------------------------------|---------------------|
| 1 lb. margarine or butter | 1 c. cocoa |
| 1 lb. Velveeta cheese | 1 T. vanilla |
| 4 lb. powdered sugar | Nuts (opt.) |

In a microwave-safe casserole, melt butter and cheese (melt on MEDIUM microwave power; will take 5 to 10 minutes). Stir to blend. In a large bowl, dump powdered sugar and cocoa; mix well. To melted mixture, add vanilla. Pour into sugar/ cocoa mixture and mix well, until blended. Pour into 9x13-inch pan for thick fudge or 2 smaller ones for thinner pieces. Store in refrigerator.

Delicious.

Walnut-Vanilla Caramels

Joyce Barney

- | | |
|----------------------------------|--|
| 1 lg. can evaporated milk | 1 c. butter (butter really tastes better) |
| 2 c. sugar | 4 tsp. vanilla |
| 1 3/4 c. light corn syrup | 1 c. finely-chopped walnuts |

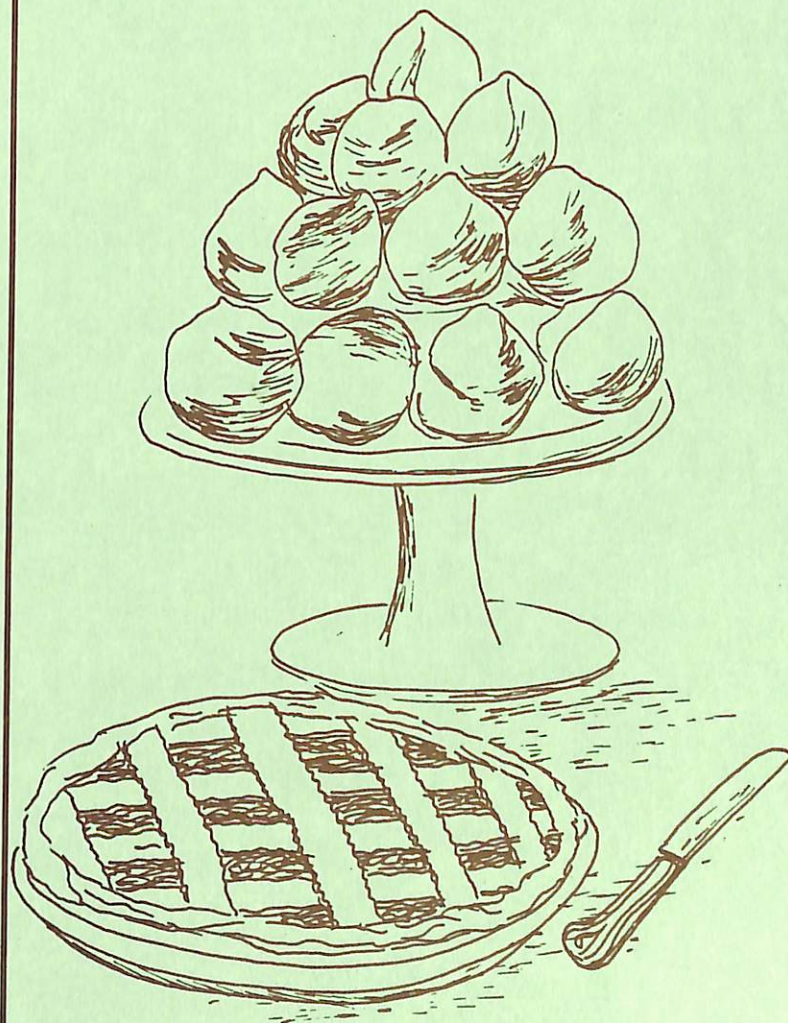
Mix together the milk, sugar, syrup and butter in a heavy 3-quart saucepan. Cook and stir over high heat until mixture reaches 210° on a candy thermometer. Reduce heat and cook; stir constantly until mixture reaches 248°. Immediately remove from heat and mix in the vanilla and nuts. Pour into a well-buttered 9x13-inch pan. Cool until firm; cut and wrap in Saran Wrap.

Notes & Recipes



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Pies & Desserts



Equivalent Can Sizes

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

Alternate Cake Pans

If a recipe calls for:	Use:
Two 8 x 1 1/2 - inch round pans	18 to 24 (2 1/2") cupcake pan cups
Three 8 x 1 1/2 - inch round pans	Two 9 x 9 x 2 - inch square pans or one 13 x 9 x 2 - inch oblong pan
Two 9 x 1 1/2 - inch round pans	Two 8 x 8 x 2 - inch square pans
One 9 x 5 x 3 - inch loaf pan	One 9 x 9 x 2 - inch square pan
Two 9 x 5 x 3 - inch loaf pans	One 10 x 4 - inch tube pan
One 8 x 4 x 3 - inch loaf pan	One 8 x 8 x 2 - inch square pan
One 9 x 3 1/2 - inch angel cake pan	One 10 x 3 3/4 - inch bundt pan or one 9 x 3 1/2 - inch fancy tube pan

Pies & Desserts

Desserts

Mom's Apple-Oatmeal Bars

Marilyn Peters

1 c. flour	1/2 c. Crisco
1/2 c. brown sugar	2 1/2 c. sliced or chopped apples
1/2 tsp. salt (important)	1/2 c. sugar
1/2 tsp. baking soda	2 T. butter, sliced
1 c. uncooked oatmeal	

Mix dry ingredients and cut in Crisco until crumbly. Spread 1/2 of the mixture into a 9-inch square baking dish; cover with apples, sugar and butter. Add the rest of the oatmeal mixture and lightly press down. Bake 45 minutes at 350°, or until apples are tender and topping is browned.

Apple Crisp

Sandy Stevens

6 to 8 (4 c.) sliced apples	1/2 to 3/4 tsp. cinnamon
3/4 c. packed brown sugar	1/4 tsp. nutmeg
1/2 c. flour	1/3 c. softened butter
1/2 c. oatmeal	

Heat oven to 375°. Put apples into a greased 8-inch pan. Mix together brown sugar, flour, oatmeal, spices and butter until crumbly; spread over apples. Bake for 30 to 35 minutes, until apples are tender and top is golden brown.

Faults are thick when love is thin.

Apple Dessert

Patty Witthauer

BOTTOM CRUST:

2 c. flour
1 1/2 c. rolled oats

2 c. brown sugar
2 tsp. cinnamon
1 c. butter (no substitute)

Cut in butter until crumbly. Press 1/2 of this into the bottom of a greased 9x12x2-inch cake pan. Cover until 3/4-full with peeled and sliced apples.

Combine:

2 c. sugar
4 T. cornstarch

2 c. water
2 tsp. vanilla

Cook and stir until thick and clear; pour over apples. Sprinkle with remaining crumb mixture. Bake at 350° for about an hour, or until apples are tender.

Old-Fashioned Apple Dumplings with Cinnamon Ice Cream

Tim Fifer

APPLE DUMPLINGS:

3 c. flour
2 tsp. baking powder
1 tsp. salt
1 c. shortening
3/4 c. milk
3 lg. apples (Winesaps,
Granny Smiths or Jonathans)

2 T. butter, divided
1 T. sugar, divided
1/2 tsp. ground cinnamon, divided
1 1/2 c. sugar
1 1/2 c. water
1 T. butter
1/4 tsp. ground nutmeg
1/4 tsp. ground cinnamon

CINNAMON ICE CREAM:

1 tsp. ground cinnamon

Vanilla ice cream, softened

Apple Dumplings: Combine first 3 ingredients; cut in shortening until mixture resembles coarse meal. Gradually add milk, stirring to make a soft dough. Roll dough out onto a lightly-floured surface to 1/4 inch thickness, shaping into a 14x21-inch rectangle. Cut dough with a pastry cutter into 6 (7-inch) squares. Peel and core apples; cut in half. Place 1 apple half on each pastry square; dot each with 1 teaspoon of butter. Sprinkle each with 1/2 teaspoon sugar and 1/4 teaspoon cinnamon. Moisten edges of each dumpling with water; bring corners to center, pinching edges to seal. Place the dumplings in a lightly-greased 8x12-inch or 9x13-inch baking dish. Bake at 375° for 35 minutes. Combine 1 1/2 cups sugar, 1 1/2 cups water, 1 tablespoon butter, the nutmeg and 1/4 teaspoon cinnamon in a medium saucepan. Bring to a boil; reduce heat and simmer for 4 minutes, stirring occasionally, until butter melts and sugar dissolves. Pour the syrup over cooked dumplings. Serve immediately.

Cinnamon Ice Cream: Stir together the cinnamon and softened ice cream; refreeze.

Hot Apple Sundaes

Barb Walter

1 (21 oz.) can apple pie filling
1/4 c. apple juice
1 T. sugar

1/2 tsp. ground cinnamon
Vanilla ice cream

In a saucepan, combine the first 4 ingredients. Cook and stir over medium heat until heated through. Serve over ice cream. Yield: 2 cups.

Nutmeg Sauced Apples

Patty Witthauer

6 med. tart baking apples,
peeled, cored & halved
1/3 c. water
4 tsp. sugar

4 tsp. all-purpose flour
1/2 tsp. ground nutmeg
1 1/2 c. light cream

Place apples into a 9x13x2-inch baking dish; add water. Bake, covered, at 350° for 30 to 40 minutes, or until tender. Remove from the oven and keep warm. In a small saucepan, combine sugar, flour and nutmeg; stir in cream. Cook and stir over medium heat until thickened and bubbly. Cook 2 minutes longer; remove from heat. Serve warm over apples. Yield: 6 servings.

Prairie Apple Crunch

Patty Witthauer

6 lg. baking apples, peeled
& sliced
1/2 c. sugar
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
Dash of salt

1 c. packed brown sugar
1 c. all-purpose flour
1/2 c. butter or margarine,
melted
Cream (opt.)

Place apples into a greased 7 1/2 x 12 x 2 baking dish. Sprinkle with the sugar, cinnamon, nutmeg and salt. Combine brown sugar, flour and butter; sprinkle over apple mixture. Bake at 350° for 40 to 45 minutes, or until apples are tender. Serve warm or at room temperature, with cream, if desired. Yield: 10 to 12 servings.

Babka

(Noodle Pudding)

Patty Witthauer

1 lb. egg noodles or spaghetti
1/2 c. butter or margarine,
melted
10 eggs

3/4 c. milk
1 c. sugar
Cherry, apricot or strawberry
preserves

Cook noodles in boiling salted water until almost done; drain. Place in a mixing bowl with butter; toss to coat. In a separate bowl, beat eggs, milk and sugar until well blended. Combine with noodles. Pour into a greased 9x13x2-inch baking dish. Bake at 350° for about 35 minutes, or until puffy and noodles begin to brown at edges. Cut into squares and serve hot or cold with fruit preserves. Yield: 12 servings.

Banana Split Dessert

Priscilla Wick

2 c. graham cracker crumbs
1/2 c. margarine, melted
2 c. powdered sugar
2 eggs
1 c. margarine, softened
1 tsp. vanilla
5 to 6 bananas, sliced

1 (20 oz.) can crushed
pineapple, drained
1/2 c. maraschino cherries,
quartered
1 (8 oz.) ctn. Cool Whip, thawed
3/4 c. chopped pecans
1/3 c. chocolate syrup

Combine graham cracker crumbs and 1/2 cup melted margarine and press into a 9x13-inch pan; chill well. Mix sugar, eggs, 1 cup margarine and vanilla. Beat on high speed with an electric mixer for 15 minutes; spread on crumb crust. Add a layer of bananas and a layer of pineapple; spread on whipped topping. Sprinkle on cherries and pecans. Drizzle with chocolate syrup and refrigerate for 8 hours before serving. Serves 16 to 20.

Variation: Substitute drained strawberries in place of pineapple for a change of flavor.

Bread Pudding

(Elsie Hough's Recipe)

Coral Petersen

2 1/2 slices bread, buttered & cubed
2 c. milk, scalded
1/8 tsp. salt
1/3 c. sugar

2 eggs, beaten
1 tsp. vanilla
1/2 c. raisins
Nutmeg (opt.)

Put cubed bread into a buttered casserole. Add remaining ingredients and sprinkle with nutmeg. Bake in a pan of hot water at 350° for 45 minutes, or until a knife comes out clean.

This recipe is great for a small family or a single person, as it doesn't make a large dessert.

Old-Fashioned Bread Pudding

(Diabetic)

Karen Swanger

6 slices day-old white bread,
crust removed
2 T. reduced-calorie margarine,
melted
Sugar substitute to equal
3/4 c. sugar (3 tsp. sugar
substitute), divided

1 tsp. ground cinnamon
1/2 c. seedless raisins
4 eggs, beaten
2 c. skim milk
1 tsp. vanilla

Brush bread lightly with melted margarine; sprinkle with 1 teaspoon sugar substitute and cinnamon. Quarter each bread slice. Layer with raisins in a 1 1/2-quart casserole dish coated with cooking spray. Set dish aside. Combine eggs, milk, vanilla and 2 teaspoons sugar substitute; pour over bread and raisins in dish. Place dish into a pan containing 1 inch of hot water. Bake at 350° for 55 minutes to 1 hour, or until a knife inserted comes out clean. Serve warm, or refrigerate until chilled.

Nutritional Information Per Serving: Serving size: 1/2 cup; 139 calories, 138 mg cholesterol, 4 gm fat, 160 mg sodium, 19 mg carbohydrate, 7 gm protein. Exchanges: 1 starch, 1 fat, 1/2 skim milk.

Buster Bars

Joyce Barney

15 oz. Oreo cookies
1 lb. Spanish peanuts
1 jar Hershey fudge sauce

1/2 gal. vanilla ice cream
8 oz. Cool Whip
1 stick margarine

Crush cookies in a Ziploc bag; save some to sprinkle on top. Mix with 1 stick melted margarine; press into a 9x13-inch pan. Soften ice cream and spread over crust. Layer with fudge sauce, peanuts, Cool Whip, and crumbs on top. Freeze and enjoy!

Butterfinger Pudding Dessert

Joyce Barney

2 c. chocolate graham cracker
crumbs
1 c. soda cracker crumbs
1 stick margarine
1 sm. pkg. instant vanilla
pudding

1 sm. pkg. instant butterscotch
pudding
1 qt. vanilla ice cream
2 Butterfinger candy bars

Mix crumbs and margarine. Reserve 1/3 cup for top; put remainder into a 9x13-inch pan. Bake for 5 to 7 minutes at 350°. Mix puddings according to directions, and mix with ice cream. Put over crust and chill for 1 hour. Top with Cool Whip. Sprinkle on crumbs mixed with crushed candy bars.

Cherries in the Snow

Valerie Godsey

- | | |
|--------------------------|------------------------------|
| 6 egg whites | 1/2 c. sugar |
| 1/4 tsp. salt | 8 oz. cream cheese, softened |
| 1/4 tsp. cream of tartar | 2 c. mini marshmallows |
| 1 1/2 c. sugar | 1 tsp. vanilla |
| 1 pt. whipping cream | 2 cans cherry pie filling |

Beat egg whites to soft peaks; add salt and cream of tartar. Gradually beat in 1 1/2 cups sugar. Put into a greased 9x13-inch pan, then into a preheated 400° oven. Turn off oven and cool completely. Whip cream cheese with the 1/2 cup of sugar. Add the whipping cream, that has been whipped (fold in gently). Fold in miniature marshmallows and vanilla. Top with cherry pie filling.

Blueberry Cheesecake

Sandra L. Payne

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|------------------------------|-----------------------|
| 3 c. crushed graham crackers | 1 stick melted butter |
| 3 T. sugar | |

Place the above into a 9x13-inch pan; pat gently. Bake at 400° for approximately 5 minutes. Let cool.

- | | |
|--------------------------------------|---------------------------------|
| 1 lg. ctn. Cool Whip | 1 lg. can blueberry pie filling |
| 1 c. powdered sugar | Pecans |
| 1 lg. pkg. Philadelphia cream cheese | Bananas |

Cream together the powdered sugar and cream cheese; mix with Cool Whip. When crumbs are cool, cover first with a layer of pecans, then sliced bananas, then creamed mixture. On the very top, put the can of blueberry pie filling. Refrigerate.

No-Bake Cherry Cheesecake

Joyce Henderson

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|---|---|
| 1 (9") baked pastry shell or low-fat graham cracker crust | 1 (14 oz.) can sweetened condensed milk (can use low-fat) |
| 1 (8 oz.) pkg. cream cheese, softened (I use low-fat) | 1/3 c. lemon juice |
| | 1 tsp. vanilla |
| | 1 can cherry pie filling, chilled |

In a large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into pastry shell; chill for 3 hours, or until set. Top with cherry pie filling before serving. Refrigerate leftovers. Serves 6.

Cheesecake

Kristy Ortiz

BOTTOM LAYER:

- 1 box low-fat vanilla wafers, mashed 3/4 c. melted oleo

Mix together and firmly press into a springform pan.

MIDDLE LAYER: Combine:

- | | |
|---|--------------------------------|
| 4 (8 oz.) pkg. reduced-fat cream cheese | 1 can sweetened condensed milk |
| 1/2 c. sugar | 3 eggs |
| | 1 tsp. vanilla |

TOP LAYER:

- | | |
|---|-------------------------------|
| 14 oz. caramels (save a little for top) | 1/2 c. + 3 T. half & half |
| | 1 c. pecans |
| | 1/2 pkg. mini chocolate chips |

Bake for 1 hour at 350°.

Low-Cal Lemon Cheesecake

Pam Swick

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|---------------------------------------|--|
| 1 (9") graham cracker pie crust | 8 oz. low-fat cream cheese |
| 1 (4 oz.) pkg. sugar-free lemon Jello | 2 c. lite Cool Whip |
| 2/3 c. boiling water | 1 c. reduced-calorie cherry pie filling (opt.) |
| 1 c. 1% low-fat cottage cheese | |

Dissolve Jello in boiling water; pour into a blender. Add cottage cheese and cream cheese; blend at medium speed until smooth. Pour into a large bowl and stir in whipped topping. Pour into the pie crust; chill until set, about 4 hours. Top with pie filling.

New York Cheesecake

Barb Elliott

- | | |
|---|------------------------------|
| 6 (8 oz.) pkg. cream cheese, room temp. | 2 tsp. vanilla |
| 1 c. sour cream | 2 1/2 c. sugar |
| 1 T. lemon juice | 2 eggs |
| 1 T. cornstarch | 1 (9" or 10") springform pan |

Spray bottom and sides of pan with spray oil. Beat cream cheese until smooth; add other ingredients, one at a time, until all are mixed smooth. (Only beat eggs enough to blend in, slowly.) Pour into pan. Preheat oven to 400°, then turn down to 325°. Put a pan of water on bottom rack of oven. Bake 45 minutes, then turn off oven and leave cake in oven for 3 to 4 hours until cool (this will allow cake to settle slowly). Refrigerate after baking.

Note: Water in oven helps keep cheesecake from cracking.

Pineapple Cheesecake for a Crowd

Barb Elliott

CRUST:
 2 c. flour
 2/3 c. margarine
 1/2 c. slivered almonds, or
 1 tsp. almond flavoring
 1/2 c. powdered sugar
 1 egg

Mix and press onto the bottom of a 9x13-inch cake pan. Bake 10 minutes at 325°.

FILLING:
 2 (8 oz.) pkg. cream cheese, softened
 1/2 c. sugar
 2 eggs
 2/3 c. unsweetened pineapple juice

Pour on top of crust. Bake for 20 minutes, or until set, at 350°.

TOPPING:
 1 c. pineapple juice
 2 T. cornstarch
 1/2 c. sugar

Heat on stove at medium heat until thick; cool completely. Add 1 (20-ounce) can drained pineapple and 1/2 pint (whipped) whipping cream. Refrigerate until served.

Quick Cherry Cobbler

Alita Stickler

1 qt. sour cherries*
 1 c. sugar
 1 tsp. red food coloring (opt.)
 2 T. oleo
 1 tsp. vanilla
 1/2 c. water to add to cherries (opt.)
 1 c. flour
 1 c. sugar
 2 tsp. baking powder
 1/2 tsp. salt
 2/3 c. milk

*Can substitute other fruit; peaches, apricots, etc.

Bring to a boil the cherries, sugar, water (optional) and food coloring. Add oleo and cook until sugar dissolves. Put into a 9x13-inch pan. Mix remaining ingredients together in a separate bowl. Pour batter over cherries (batter will float on top). Bake at 350° for 20 to 30 minutes.

We enjoy this in June and all winter, as we freeze cherries from our daughter's tree.

Cherry Dessert

Sandra L. Payne

1 can cherry pie filling
 1 can Eagle Brand milk
 1 lg. ctn. Cool Whip
 1 can crushed pineapple
 1 pkg. chopped English walnuts (opt.)

Mix together and spread into a 9x13-inch baking dish. Chill for 4 hours.
Note: Can put into any dish desired.

Chocolate Eclair Dessert

Shirley Neff

15 double graham crackers
 2 boxes French vanilla instant pudding
 3 1/2 c. milk
 1 (8 oz.) ctn. Cool Whip

Line the bottom of a 9x13-inch cake pan with the graham crackers. (Leave crackers whole, but you will have to divide some lengthwise to cover all the pan.) Mix the pudding mix, milk and Cool Whip together and pour 1/2 over the crackers. Put another layer of graham crackers, then the other 1/2 of the pudding mixture. Put 1 more layer of graham crackers on top.

2 oz. Baker's chocolate squares, melted, or 1 (2 oz.) pkg. Choco-Bake
 3 T. soft butter
 2 T. white corn syrup
 3 T. milk
 2 tsp. vanilla
 1 1/2 c. powdered sugar

Beat together and pour over top layer. Refrigerate before serving.

The only wise speed at which to live is...Godspeed.

Cinnamon Pudding

Tim Fifer

BATTER:
 2 c. flour
 1 c. sugar
 2 tsp. baking powder
 2 tsp. cinnamon

1/2 tsp. salt
 1 c. milk
 2 T. butter
 1 tsp. vanilla
 1 c. pecans, chopped

BROWN SUGAR SAUCE:
 2 c. brown sugar
 1 1/2 c. water

2 T. butter
 Dash of salt
 1 tsp. vanilla

Whipped cream

Batter: Combine all ingredients, except pecans (batter will be stiff). Fold in pecans and pour into a greased 9x13-inch pan.

Brown Sugar Sauce: Combine all ingredients in a medium saucepan. Heat until sugar is dissolved and butter is melted, stirring occasionally. Remove from stove and cool. Pour cooled syrup over top of batter. Bake at 350° for 40 minutes. Add a dollop of whipped cream when served. Best when served warm.

Cinnamon Pudding

(An Amish Dish)

Connie Hall

SAUCE:
 2 c. brown sugar
 1 1/2 c. water

2 T. butter or oleo
 1/8 tsp. salt
 1 tsp. vanilla extract

CAKE:
 2 c. all-purpose flour
 1 c. granulated sugar
 2 tsp. baking powder
 2 tsp. ground cinnamon
 1/2 tsp. salt

1 c. milk
 2 T. butter, melted
 1 tsp. vanilla extract
 1 c. very coarsely-chopped pecans

Preheat oven to 350°. Prepare sauce first.

Sauce: In a medium saucepan, combine the first 4 ingredients. Bring to a boil over medium heat and cook, uncovered, for 5 minutes. Remove from heat, stir in vanilla and set aside while you prepare the cake batter.

Cake: In a mixer bowl, combine the flour, sugar, baking powder, cinnamon and salt. Combine the milk, melted butter and vanilla in a small bowl and add all at once to the flour mixture; blend quickly. Spread into an oiled 9x13-inch pan then pour the reserved sauce mixture over the top. Do not mix in. Scatter the pecans over the liquid. Bake for 40 to 45 minutes, or until the center bubbles up. Serve warm with cream or ice cream.

Coconut Crunch Delight

Donelle Royce

1/2 c. melted butter
 1 c. flour
 1 1/4 c. coconut, packed
 1/4 c. brown sugar, packed
 1 c. slivered almonds

1 (3.4 oz.) pkg. vanilla instant pudding
 1 (3.4 oz.) pkg. coconut cream instant pudding
 2 2/3 c. milk
 2 c. Cool Whip

Combine the first 5 ingredients and press lightly into a greased pan. Bake at 350° for 25 to 30 minutes, or until golden brown, stirring every 10 minutes to form coarse crumbs. Cool. Separate out 1/4 of the crumb mixture; set aside. Even out the rest of the crumbs in the pan. Beat milk and pudding mixes in a separate bowl; fold in Cool Whip. Spoon over crust and top with remaining crumb mixture. Cover and refrigerate overnight.

Cream Puff Dessert

Connie Hecker

PASTRY:
 1 c. water
 1 c. all-purpose flour

1/2 c. butter or oleo
 4 eggs

FILLING:
 2 (3 oz.) boxes vanilla instant pudding
 3 c. milk

1 (8 oz.) pkg. cream cheese, softened
 1 lg. ctn. Cool Whip

Pastry: Mix water and butter and bring to a boil. Add flour all at once and stir rapidly until the mixture forms a ball and leaves side of pan. Remove from heat and cool. Beat in eggs one at a time, beating well after adding each egg. Spread mixture into a 9x13-inch pan and bake at 400° for 30 minutes. Let cool.

Filling: Mix pudding with milk and beat well. Blend in the softened cheese; spread over the crust. Top with Cool Whip; drizzle chocolate syrup on top. Refrigerate.

Frozen Custard

Tim Fifer

4 c. whole milk
 4 eggs
 1 1/4 c. sugar
 1/3 c. cornstarch

1/8 tsp. salt
 1 (14 oz.) can sweetened condensed milk
 2 T. vanilla

In a large saucepan, bring milk to a boil. Meanwhile, beat eggs. Add sugar, cornstarch and salt; mix well. Gradually add a small amount of hot milk; return all to saucepan. Cook and stir constantly for 6 to 8 minutes, or until the mixture thickens and coats a spoon. Gradually stir in condensed milk and vanilla; mix well. Chill for 3 to 4 hours. Pour into an ice cream freezer; freeze accordingly. Yield: 1 1/2 quarts.

Custard Cups

Linda Thompson

2 eggs
1/8 tsp. salt
2 c. 2% milk

1/4 c. sugar
1 tsp. vanilla

Beat the eggs, sugar, vanilla and salt together until blended. Add milk; stir until smooth. Pour into custard cups; sprinkle with nutmeg, if desired. Put cups into a flat pan containing 1 inch of water. Bake at 350° until set, about 45 minutes. Yield: 4 servings.

Nutritional Information Per Serving: 146 calories, 30% of calories from fat, 162 mg sodium, 5 gm fat.

Get-Well Custard

Patty Witthauer

4 eggs
1/2 c. sugar
1/4 tsp. salt

1 tsp. vanilla extract
4 c. milk
Ground nutmeg

In a mixing bowl, lightly beat eggs. Whisk in sugar, salt and vanilla. Warm the milk; slowly add to egg mixture. Pour through a strainer into a 1 1/2-quart round baking dish; sprinkle with nutmeg. Place baking dish into a larger pan. Fill a larger pan with 1 inch of hot water. Bake at 350° for 55 to 60 minutes, or until a knife inserted near the center comes out clean. (This is a very soft custard and will jiggle even after chilling.) Cool to room temperature. Chill until serving. Yield: 8 to 10 servings.

Claudia's Fruit Pizza

Linda Welch

DOUGH:

1 c. butter or oleo
1 1/2 c. sugar
2 eggs

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

Spread dough onto a large cookie sheet. Bake at 400° for 8 to 10 minutes; let cool.

8 oz. cream cheese
2 T. juice from drained fruit

1/2 c. sugar

Spread onto cookie layer.

Next, layer fruits of your choice (drain and save juice). I always use frozen strawberries because it helps make a nice glaze.

Glaze: Use juices from fruit; add 2 tablespoons of cornstarch while cold. Cook until clear; cool. Pour over fruit. Chill.

Ice Cream Cake

Richard Thrumer

36 Oreo cookies

1/2 c. soft butter

Grease the bottom of a 9x13-inch cake pan with butter. In a bowl, crush cookies and combine with butter until it forms a thick paste. Place this on the bottom of the cake pan. Freeze solid. Add 1/2 gallon soft ice cream (I use DQ soft ice cream); freeze solid.

3 oz. real German chocolate
Dash of salt
1 sm. can evaporated milk

1/4 c. butter
1/2 tsp. vanilla
2/3 c. sugar

Melt the chocolate, butter, sugar, salt, vanilla and evaporated milk in a saucepan. Boil for 4 minutes; cool, then spread over ice cream. Freeze solid. Add 1 (12-ounce) container Cool Whip. Freeze solid. Top with nuts or chocolate shavings and serve.

Ice Cream Crunch

Marilyn Knauss

2 1/2 c. Rice Krispies
1 c. coconut
1 c. chopped nuts

1 stick oleo, melted
3/4 c. brown sugar
1/2 gal. vanilla ice cream

Mix Rice Krispies, coconut, nuts and oleo and bake on a cookie sheet for 25 minutes at 300°, stirring occasionally. Remove from oven; stir in brown sugar. Place 1/2 of the mixture into a 9x13-inch pan. Layer ice cream, sliced in 6 pieces, on top. Cover ice cream layer with the rest of the mixture. Freeze until serving.

Note: Allow ice cream to partially thaw on counter, it will be easier to work with.

Ice Cream Dessert

Karen Swanger

10 Hershey bars
1 c. oleo
6 egg yolks
1 c. powdered sugar

6 stiffly-beaten egg whites
1 pkg. vanilla wafers
1/2 gal. ice cream

Gently melt chocolate bars and oleo. Combine egg yolks; cook over medium heat for a few minutes. Add powdered sugar and let cool. Fold in stiffly-beaten egg whites. Line a 9x13-inch pan with crushed vanilla wafers (save some back to sprinkle on top). Put layers of ice cream over vanilla wafers; pour on some of the chocolate mixture. Add another layer of ice cream and the rest of the chocolate. With a knife, cut down into the ice cream. Sprinkle the top with the rest of the vanilla wafers. Put into freezer.

Note: This keeps for a long time in the freezer.
Very good.

Oreo Ice Cream Dessert

Lisa Davis

CRUST:

24 Oreos, crushed

1/3 c. margarine

FILLING:

1/2 gal. vanilla ice cream,
softened

Chocolate syrup

TOPPING:

8 oz. Cool Whip

1/3 to 1/2 c. chopped nuts

Spread Oreos into a 9x13-inch baking pan; pour melted margarine over Oreos. Spread ice cream over crust; pour as much chocolate syrup as you want on top of ice cream. Freeze for 2 to 3 hours or overnight. Top with Cool Whip; garnish with chopped nuts.

*Sittin' and wishin'
Won't improve your fate
The Lord provides the fishes
But you gotta dig the bait.*

Kringle

(From O & H Bakery, Racine WI)

Tim Fifer

3/4 c. butter, softened

1 pkg. yeast

1/4 c. warm water

1/4 c. lukewarm milk

1/4 c. sugar

1/2 tsp. salt

1/2 tsp. lemon extract

1 egg

2 c. sifted flour

PECAN FILLING:

1 1/2 c. chopped pecans

1 c. packed brown sugar

1/2 c. butter, softened

GLAZE:

1 c. powdered sugar

1 T. water

1/2 tsp. vanilla

Divide the 3/4 cup butter in half and spread each half on waxed paper to an 8x8-inch square; chill. Dissolve yeast in warm water. Add lukewarm milk, sugar, salt, lemon extract and egg, mixing well. Add flour and mix until smooth. Roll dough on a well-floured board to an 8x12-inch rectangle. Place 1 piece of chilled butter on 2/3 of the dough. Fold uncovered 1/3 of dough over the middle 1/3, then fold the remaining 1/3 over the top. Again, fold 1 end over the middle 1/3 and fold the remaining 1/3 over the top, making a square of 9 layers. Wrap in waxed paper and refrigerate for 30 minutes. Roll dough again to an 8x12-inch rectangle. Add chilled butter and fold the same way. This makes 18 layers. Refrigerate for 2 hours. (Can be folded over 32 times; the more the better.) Cut dough into 2 equal pieces. Lightly roll 1 piece at a time until piece is about 6x20 inches. Spread the center 1/3 of the dough with filling. Fold 1 of the long edges to the middle, moisten the other edge and fold over the top to cover filling; seal well. Put Kringle onto a greased baking sheet and form into an oval shape, pressing ends of Kringle together to form a continuous circle. Flatten dough with hands. Cover Kringle for 1 hour at room temperature. Bake at 350° for 25 to 30 minutes, or until golden brown. Cool, then ice and sprinkle with remaining pecans.

Pecan Filling: Mix ingredients.

Glaze: Mix ingredients until smooth. If necessary, stir in additional water, 1/2 teaspoon at a time, until of desired consistency.

Note: Kringles keep very well in the freezer, or for several days in the refrigerator. The high butter content keeps them moist.

This is a big project, but well worth it!

Laughter is God's hand on a troubled world.

Lemon Fluff

Karen Sommerville

- | | |
|---------------------------------------|----------------------------------|
| 1 lg. pkg. lemon Jello | 1/4 c. lemon juice |
| 3/4 c. hot water | 2 1/2 c. vanilla wafers, crushed |
| 1 c. sugar | 1 tsp. butter |
| 1 lg. can evaporated milk,
chilled | |

Make Jello; let partially set, then whip until light and fluffy. Add lemon juice and sugar. Whip chilled milk; fold all together. In a 9x13-inch pan, spread crumbled vanilla wafers with butter; press into the bottom of pan. Pour mixture over crust; chill overnight.

Orange Yogurt Pops

Linda Thompson

- | | |
|--|------------------|
| 1 (6 oz.) can frozen orange
juice concentrate | 2 tsp. vanilla |
| 1 pt. plain low-fat yogurt | Honey to sweeten |

Beat orange juice concentrate, yogurt and vanilla until well blended. Sweeten with honey, if desired. Fill paper cups and insert sticks. Freeze for 24 hours. Yield: 6 servings.

Nutritional Information Per Serving: 125 calories (without honey), 8% calories from fat, 54 mg sodium, 1 gm fat.

Peach Crisp

Linda Thompson

- | | |
|---------------------------------|---------------------------|
| FRUIT: | |
| 4 1/2 c. sliced, peeled peaches | 1/4 c. sugar |
| 1 T. lemon juice | 1/4 tsp. cinnamon |
| TOPPING: | |
| 1/2 c. quick oats, uncooked | 1/4 c. packed brown sugar |
| 1/4 c. flour | 1/2 tsp. cinnamon |
| | 3 T. margarine |

Fruit: Combine peaches, lemon juice, sugar and cinnamon. Put mixture into a lightly-greased, 8-inch square baking pan.

Topping: In a small bowl, combine oats, flour, brown sugar and cinnamon; cut in the margarine until crumbly. Sprinkle topping over peach mixture. Bake for 45 minutes at 350°. Yield: 9 servings.

Nutritional Information Per Serving: 145 calories, 25% calories from fat, 49 mg sodium, 4 gm fat.

Baked Peaches

Helen Smith

- | | |
|-----------------------------------|--|
| 4 canned peach halves,
drained | 1/2 tsp. grated orange peel |
| 2 T. chopped walnuts | 1/8 tsp. ground allspice |
| 2 T. brown sugar | Ice cream or low-fat frozen
yogurt (opt.) |

Place peaches with cut-side up in a 1-quart baking dish. In a small bowl, combine walnuts, brown sugar, orange peel and allspice; sprinkle over peaches. Bake, uncovered, at 350° for 20 minutes. Serve warm, topped with ice cream, if desired. Yield: 2 servings.

Heart-healthy, delicious and nutritious.

Baked Spiced Peaches

Tim Fifer

- | | |
|--|---|
| 1 (16 oz.) can peach halves
packed in juice | 2 T. lemon juice |
| 1/4 c. sugar | 6 (3") sticks cinnamon, broken
into pieces |
| 3 T. margarine | 12 whole cloves |

Drain peaches, reserving 2/3 cup of juice. Place peach halves into a 1 1/2-quart baking dish; set aside. Combine peach juice, sugar, margarine and lemon juice in a small saucepan. Heat on medium setting until margarine melts. Tie spices in a cheesecloth bag; add to juice mixture and bring to a boil. Reduce heat and simmer for 15 minutes; discard spice bag. Pour syrup over peach halves. Bake, uncovered, at 350° for 20 minutes.

Peach Crisp

Tim Fifer

- | | |
|----------------------------|---------------------------|
| 1 c. flour | 1 1/2 c. rolled oats |
| 1/2 c. packed brown sugar | 1/2 c. packed brown sugar |
| 1/4 tsp. salt | 1/4 c. flour |
| 1/2 c. butter or margarine | 5 T. butter or margarine |
| 2 cans peach pie filling | |

In a bowl, combine flour, brown sugar and salt; cut in butter until crumbly. Pat into a greased 9-inch square pan. Bake at 350° for 15 minutes; cool slightly. Pour 2 cans peach pie filling over crust; set aside. Combine oats, brown sugar and flour. Cut in butter until crumbly; sprinkle over filling. Bake at 350° for 25 to 30 minutes, or until golden and bubbly. Cool slightly before serving. Serves 6 to 8.

Peach Dessert

Berneil Hanson

1 c. sugar	1 stick melted margarine
2 T. flour	4 to 6 peaches, peeled & sliced
1 egg	5 slices white bread

Mix together the sugar, flour, egg and margarine. Peel peaches and slice into a square 8x8-inch glass dish. Trim crusts off the slices of bread. Cut each slice into 5 fingers and lay over peaches. Put sugar mixture over the top of the peaches and bread. Bake at 350° for 35 to 45 minutes, until golden brown.

Variation: I sprinkle 1 teaspoon of almond flavoring over the peaches.

Peanut-Chocolate Parfait Dessert

Diana French,
In Memory of Louise Marshall

BASE:

1 pkg. Pillsbury Plus devils food cake mix	1/4 c. milk
1/2 c. butter, melted	1 egg
	3/4 c. peanuts

FILLING:

3/4 c. peanut butter	2 1/2 c. milk
1 1/2 c. powdered sugar	8 oz. whipped topping with real cream, thawed
1 (8 oz.) pkg. cream cheese, softened	1 (5 1/4 oz.) pkg. instant vanilla pudding

TOPPING:

1/2 c. peanuts	1 (1.45 oz.) bar milk chocolate, chilled & grated
----------------	--

Heat oven to 350°. Grease and flour bottom only of a 9x13-inch pan.

Base: Combine all ingredients at medium speed until well blended. Spread evenly in prepared pan. Bake at 350° for 20 to 25 minutes; do not overbake. Cool.

Filling: Combine peanut butter and powdered sugar at low speed until crumbly; set aside. Beat cream cheese until smooth. Add milk, whipped topping and pudding mix; beat at low speed for 2 minutes, until well blended. Pour 1/2 of the cream cheese mixture over cooled base; sprinkle with 1/2 of the peanut butter mixture. Repeat with remaining cream cheese and peanut butter mixtures.

Topping: Sprinkle with the peanuts; gently press into filling. Sprinkle with grated chocolate.

Cover, and refrigerate or freeze until serving time. Store in refrigerator. Yield: 16 servings.

Pineapple Fluff

Coral Petersen

1 (8 oz.) can crushed pineapple	1/2 c. sugar
1/2 box lemon Jello	4 egg yolks

Mix together and cook until thick, about 3 to 4 minutes. Beat 4 egg whites stiff; add 1/2 cup sugar. Beat to consistency of marshmallows; fold hot mixture into egg whites. Pour into a 7 1/2 x 11 1/2-inch pan lined with crushed vanilla wafers, mixed with 1/2 cup melted butter. Save 1/2 cup crushed wafers for top. Refrigerate.

Pudding Mix

Linda Thompson

BASIC MIX:

6 c. nonfat dry milk	1 1/2 c. sugar
1 c. cornstarch, or 1 1/2 c. flour	1/2 tsp. salt

CHOCOLATE:

2 c. basic mix	3 T. cocoa
1 tsp. vanilla	1 T. margarine
	2 c. water

VANILLA:

2 c. basic mix	1 T. margarine
1 tsp. vanilla	2 c. water

Basic Mix: Mix ingredients and store in a jar or can with a tight lid. Makes 4 batches of pudding; 4 servings each.

Vanilla: Stir 2 cups of mix and 2 cups of water in a saucepan. Cook over medium heat, stirring constantly, as it begins to thicken. When mixture starts to bubble, remove from heat and add vanilla and margarine. Pour into serving dishes.

Chocolate: Stir 3 tablespoons of cocoa into 2 cups of mix, then prepare like vanilla pudding recipe.

Variation: For other ideas, top pudding with bananas, peach slices or other fruits. Top pudding with crushed graham crackers.

Yield: 4 batches/4 servings each.

Nutritional Information Per Serving: 193 calories, 31% USRDA for calcium.

If God seems far away - Who moved?

Pumpkin Bars

Lori Cottrell

4 eggs
1 c. salad oil
2 c. sugar
1 (15 oz.) can pumpkin
2 c. flour

2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 tsp. pumpkin pie spice

FROSTING:
6 oz. cream cheese
3/4 stick butter

1 T. milk
1 tsp. vanilla
4 c. powdered sugar

Mix eggs, oil, sugar and pumpkin; add sifted dry ingredients. Pour into a greased 12x18x1-inch pan and bake at 350° for 25 to 30 minutes. Cool, then frost. Yield: 2 to 3 dozen.

Frosting: Beat cream cheese, butter, vanilla and milk until softened. Add powdered sugar until correct consistency to spread.

Pumpkin Pie Squares

Linda Thompson

1 c. flour
1/2 c. oatmeal, uncooked
1/2 c. brown sugar
1/2 c. margarine
1 (16 oz.) can pumpkin
1 (13 oz.) can evaporated milk

2 eggs
3/4 c. sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

Combine the first 4 ingredients until crumbly; press into a 9x13-inch pan. Bake 15 minutes at 350°. Mix all remaining ingredients and pour on top of first baked layer. Bake 35 minutes at 350°. Yield: 12 servings.

Nutritional Information Per Serving: 269 calories, 37% calories from fat, 139 mg sodium, 11 gm fat.

Pumpkin-Gingersnap Dessert

Joyce Barney

1 pt. half & half
1 c. milk
2 (3 oz.) pkg. vanilla instant pudding
1 c. chopped pecans

1 c. pumpkin
1 1/2 c. gingersnap crumbs
1 (8 oz.) ctn. Cool Whip
2 tsp. pumpkin pie spice

CRUST:
1/3 c. melted oleo

2 T. sugar
18 sq. graham crackers, crushed

Crust: Mix and pat into a 9x13-inch pan. Chill before pouring pumpkin mixture onto it.

Combine half & half, milk and pudding mix. Mix for 1 minute. Let stand for 3 minutes, then add all other ingredients (fold in Cool Whip last). Pour this into pan with crust and freeze overnight. Remove from freezer 1 hour before serving. Top with more Cool Whip.

Raspberry Trifle

Patty Witthauer

1 (16 oz.) pkg. pound cake,
cut into 18 slices, or 2 (3 oz.)
pkg. ladyfingers
2 (3.4 oz.) pkg. instant vanilla
pudding mix

1 (18 oz.) jar raspberry jam
1 1/2 pt. fresh raspberries
Whipped cream & fresh
raspberries for garnish

Arrange 1/3 of sliced cake on the bottom of a trifle dish or large decorative bowl (can use a punch bowl). Prepare pudding according to package directions. Place 1/3 more cake pieces around inside of bowl, using 1/2 of the pudding to hold them in place. Gently stir together jam and raspberries; spoon 1/2 over the pudding. Cover with remaining cake pieces. Layer remaining pudding and raspberry mixture. Chill. Garnish with whipped cream and fresh raspberries. Yield: 8 to 10 servings.

Refrigerator Dessert

Tim Fifer

60 Ritz crackers, crushed
1/2 c. melted butter
1 (6 oz.) can frozen orange
juice, thawed
1 can Eagle Brand milk

2 cans mandarin oranges,
drained
1 sm. can crushed pineapple,
drained
1 (8 oz.) ctn. Cool Whip

Mix together the crushed crackers and melted butter. Press into a 9x13-inch pan (save enough crumbs to sprinkle over filling). In a large bowl, mix together orange juice, milk, oranges, pineapple and Cool Whip; pour over crust. Sprinkle top with remaining cracker crumbs. Cover and refrigerate until ready to serve.

Note: Will keep for 3 or 4 days, covered.

Rice Pudding

Linda Thompson

2 c. water
1/2 c. raisins
2 c. instant nonfat dry milk
1 c. water

1/2 c. uncooked rice
1 T. margarine
1/2 c. sugar
1 tsp. vanilla

Heat 2 cups water to boiling; add rice and margarine. Reduce heat to low, cover, and cook gently for 30 minutes. Remove from heat and add raisins. Mix dry milk, sugar and 1 cup water; add vanilla. Stir mixture into rice. Stir and cook over low heat for 10 minutes. Cool to thicken. Yield: 6 servings.

Nutritional Information Per Serving: 253 calories, 27% USRDA for calcium.

Rhubarb Crunch

Lavon Nihsen

1 c. oatmeal
6 T. flour
4 T. reduced-calorie margarine,
melted
1 tsp. cinnamon
3 T. Sugar Twin brown sugar
substitute

4 c. rhubarb
1 tsp. vanilla
1 (4 serving) pkg. sugar-free
strawberry Jello
1 (4 serving) pkg. sugar-free
cook & serve vanilla pudding
1 1/2 c. water

Preheat oven to 350°. Combine oatmeal, flour, cinnamon and brown sugar; add melted oleo. Mix until crumbly. Place rhubarb into an 8x8-inch pan. In a medium saucepan, combine Jello, pudding mix and water. Cook until thick; add vanilla. Pour over rhubarb. Top with dry crumbs. Bake 1 hour at 350°.

Crumb-Topped Rhubarb

Patty Witthauer

3 c. diced fresh or frozen
rhubarb
1 T. all-purpose flour

1/2 c. sugar
1 tsp. ground cinnamon
1/8 tsp. salt

TOPPING:
6 T. all-purpose flour
1/2 c. packed brown sugar

1/2 c. quick-cooking or rolled
oats
6 T. butter or margarine,
softened

In a mixing bowl, combine rhubarb, flour, sugar, cinnamon and salt. Spoon into a greased 8x12x2-inch baking dish; set aside.

Topping: Combine flour, brown sugar and oats. Cut in butter until crumbly; sprinkle over rhubarb mixture. Bake at 350° for 40 minutes, or until lightly browned and bubbly. Yield: 6 to 8 servings.

Rhubarb Dessert

Patricia D. Johnson

CRUST:
1 c. flour

1/2 c. butter or oleo
5 T. powdered sugar

FILLING:
2 eggs
1 1/2 c. sugar

1/4 c. flour
3/4 tsp. baking powder
3 c. finely-diced rhubarb

Crust: Use a 9x9-inch pan sprayed with Pam. Mix crust ingredients together and pat into pan. Bake 10 minutes at 400°.

Filling: While crust is baking, make the filling. Beat the eggs very well; continue beating as you gradually add the sugar. Add flour and baking powder, mixed. Fold in rhubarb and spoon over hot crust. Finish baking at 375° for 35 to 45 minutes. This ends up with a meringue-like topping.

Strawberry-Angel Dessert

Kathy Woolcott

1 sm. box strawberry Jello
1 angel food cake

1 (10 oz.) pkg. frozen
strawberries
1 ctn. Cool Whip

Dissolve Jello in 1 cup boiling water. Add frozen strawberries; let set up slightly. Break cake into bite-size chunks then add to Jello mixture. Fold in Cool Whip. Chill.

Mock Whipped Cream

Linda Thompson

- | | |
|-----------------------------|---------------------------------|
| 1/2 tsp. unflavored gelatin | 1/4 c. water |
| 2/3 c. nonfat dry milk | Sweetener equal to 4 tsp. sugar |
| 3/4 tsp. vanilla extract | 1/4 c. ice water |

Chill a medium bowl and the beaters from an electric mixer in the freezer for 30 minutes. Sprinkle gelatin over the 1/4 cup of water in a small saucepan. Heat on low heat until gelatin is completely dissolved. Remove bowl from freezer and place it in a large bowl of ice cubes. In the chilled bowl, place dry milk, sweetener, vanilla and ice water. Beat on low speed of electric mixer, gradually adding gelatin mixture. Beat on high speed until soft peaks form. Chill in a covered container 10 to 15 minutes before serving. Yield: 4 servings.

Note: Topping keeps well in refrigerator for 2 days.

Nutritional Information Per Serving: Serving size: 1 tablespoon, 42 calories, 1% calories from fat, 63 mg sodium, less than 1 gm fat.

Pies

Apple Cider Pie

Wendy Fairbanks

- | | |
|-----------------------------------|----------------------|
| 1 c. apple cider | 1/4 tsp. lemon juice |
| 2/3 c. sugar | 1 tsp. vanilla |
| 6 c. pared, cored & sliced apples | 1 T. butter |
| 2 T. water | Dash of cinnamon |
| 2 1/2 T. cornstarch | Dash of nutmeg |
| | Pastry |

Combine cider and sugar in a saucepan and bring to a boil. Add apple slices and cook until tender, about 6 to 8 minutes. Drain apples; reserve syrup. If necessary, add more cider to make 1 1/2 cups of syrup. Combine syrup, water, cornstarch, lemon juice, vanilla, butter, nutmeg and cinnamon. Cook over medium heat until thickened; add apples to mixture. Pour into pie shell and top with crust. Bake at 350° until crust is lightly browned.

Apple Küchen (German Apple/Cream Cheese Pie)

Tim Fifer

- | | |
|---------------------------------------|--------------------------------------|
| 1/2 c. butter, softened | 1 1/2 c. peeled & thin-sliced apples |
| 1/4 c. sugar | 2 T. apple juice |
| 1/4 tsp. vanilla | 1/4 c. sugar |
| 1 1/4 c. flour | 2 T. brown sugar |
| 2 (3 oz.) pkg. cream cheese, softened | 1 tsp. ground cinnamon |
| 1/4 c. sugar | 1/2 tsp. lemon juice |
| 1/2 tsp. vanilla | 1/2 c. rolled oats |
| 1 egg | 1/3 c. flour |
| 1 1/2 c. peeled & chopped apples | 1/3 c. packed brown sugar |
| | 1/4 c. butter |

In a bowl, combine 1/2 cup butter, 1/4 cup sugar and 1/4 teaspoon vanilla. Gradually beat in 1 1/4 cups flour. Press crumbly mixture onto bottom and up sides of a 9-inch pie plate. Bake at 350° for 5 minutes; cool.

Beat cream cheese, 1/4 cup sugar and 1/2 teaspoon vanilla until combined. Beat in egg. Pour over crust.

Mix apples, juice, 1/4 cup sugar, 2 tablespoons brown sugar, cinnamon and lemon juice; spoon over cheese. Bake at 350° for 45 minutes.

Combine oats, 1/3 cup flour and 1/3 cup brown sugar. Cut in 1/4 cup butter to resemble coarse crumbs; sprinkle over pie. Bake for 15 to 20 minutes more.

Pie is best when eaten at room temperature.

Norwegian Apple Pie

Phyllis Rodenburg

- | | |
|---------------------|-----------------------|
| 3/4 c. sugar | 1/2 c. flour |
| 1/4 tsp. salt | 1 tsp. baking powder |
| 1 egg | 1/2 tsp. vanilla |
| 1/2 c. chopped nuts | 1 1/2 c. diced apples |

Combine sugar, flour, salt and baking powder; stir well. Add egg and vanilla and blend well. Stir in apples; add nuts. Spoon into a buttered 8- or 9-inch pie plate; spread evenly. Bake in a 350° oven for 30 minutes. Serves 6 to 8.

Banana Cream Pie

Tim Fifer

3/4 c. sugar
1/3 c. flour
1/4 tsp. salt
2 c. milk
3 egg yolks, lightly beaten
2 T. butter

1 tsp. vanilla
1 (9") pastry shell, baked
3 med., firm bananas
Whipped cream & additional
sliced bananas

In a saucepan, combine sugar, flour and salt; stir in milk and mix well. Cook over medium heat, stirring constantly, until the mixture thickens and comes to a boil; boil for 2 minutes. Remove from heat. Stir a small amount into egg yolks; return all to saucepan. Cook for 2 minutes, stirring constantly; remove from heat. Add butter and vanilla; cool slightly. Slice the bananas into the pastry shell; pour filling over. Cool. Before serving, garnish with whipped cream and banana slices. Refrigerate any leftovers.

Chocolate Pie

Kristy Ortiz

1 3/4 c. milk

Graham cracker crust
2 pkg. instant chocolate
pudding (or 1 chocolate
& 1 vanilla)

Beat as for pudding, then fold in 1 quart of softened vanilla ice cream. Top with Cool Whip before serving; add some chocolate curls. This will make 1 large pie or 2 medium-sized pies.

Chocolate Cream Pie

Tim Fifer

1 1/2 c. sugar
1/2 c. flour
1/4 c. cocoa
Dash of salt
4 egg yolks

2 c. milk
1/4 c. butter
1 tsp. vanilla + 4 drops almond
extract
1 baked (9") pastry shell

MERINGUE:

4 to 6 egg whites
1/2 to 3/4 tsp. cream of tartar

1/2 c. sugar
1/2 tsp. vanilla

Combine first 4 ingredients in a large heavy saucepan; set aside. Combine egg yolks and milk; stir into sugar mixture. Add butter. Cook over medium heat, stirring constantly, until mixture thickens and boils; remove from heat. Stir in vanilla and almond extracts. Spoon into pastry shell. Spread meringue over hot filling, sealing to edge of pastry. Bake at 325° for 25 to 28 minutes.

Meringue: Beat egg whites and cream of tartar at high speed, just until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Add vanilla, beating well.

Bishop's Chocolate Pie

Tim Fifer

CRUST:
1 1/2 c. graham cracker crumbs

1/3 c. sugar
1/2 c. melted butter

FILLING:
1 1/2 c. vanilla ice cream
1/2 c. cold milk

1 box instant chocolate pudding
2 c. Cool Whip
German chocolate shavings

Crust: Mix together ingredients, or buy a ready-made 9-inch crumb crust.

Filling: Beat together for 10 minutes the ice cream, milk and pudding mix; fold in the Cool Whip. Put mixture into graham cracker crust; refrigerate. Top with additional Cool Whip; garnish with German chocolate shavings.

Easy French Silk Pie

Marty Struthers

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|------------------------------------|---|
| 4 oz. cream cheese | 2 c. cold milk |
| 1 T. milk | 2 (4-serving-size) pkg. instant chocolate pudding |
| 1 (12 oz.) ctn. Cool Whip | |
| 1 Keebler graham cracker pie crust | |

Mix cream cheese (softened in microwave for 20 seconds), 1 tablespoon milk and 1 tablespoon sugar with a wire whisk until smooth. Gently stir in 1 1/2 cups Cool Whip; pour into pie crust. Mix 2 cups cold milk with pudding (it will be thick). Stir in 2 cups Cool Whip; pour on top of the first mix in pie crust. Chill for 4 hours. Use the rest of the Cool Whip on top, and then serve.

Streusel-Top Fruit Pie

Linda Thompson

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|---------------------------|---|
| PIE CRUST: | 1 tsp. salt |
| 1 1/2 c. flour | 1/2 c. oil |
| 2 tsp. sugar | 2 T. milk |
| FRUIT PIE FILLING: | 4 c. sliced fresh fruit (apples, peaches, strawberries, etc.), or 2 (29 oz.) cans sliced fruit, drained |
| 1/2 c. powdered sugar | |
| 1/3 c. flour | |
| PIE TOPPING: | 1/2 tsp. cinnamon |
| 3/4 c. flour | 1/3 c. margarine or butter |
| 1/2 c. packed brown sugar | |

Pie Crust: Combine ingredients, in the order listed, to form a soft dough. Press pastry evenly into a 9-inch pie pan; flute edges, if desired.

Fruit Pie Filling: Combine in a mixing bowl; mix well. Spoon into unbaked pie crust, then top with crumb topping and bake at 375° for 40 to 45 minutes.

Pie Topping: Combine to form crumb mixture; spoon over fruit filling. Yield: 1 (9-inch) pie.

Variation: A no-roll crust, fresh or canned fruit and a brown sugar crumb topping makes an easier version of this pie.

Lemon Pie

Alita Stichler

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|-------------------|--------------------------|
| 1 1/2 c. sugar | 1/2 c. lemon juice |
| 1 1/2 c. water | 3 T. oleo |
| 1/2 tsp. salt | 1 tsp. grated lemon rind |
| 1/2 c. cornstarch | Dash of salt |
| 1/3 c. water | 1/2 c. white sugar |
| 4 eggs, separated | 1 baked pie shell |

Combine 1 1/2 cups sugar, 1 1/2 cups water and salt and bring to a boil. Mix cornstarch and 1/3 cup water and add to sugar water; cook until thick and clear. Beat egg yolks and lemon juice; add to sugar mixture and cook until it bubbles. Add oleo and lemon rind; cool. Combine egg whites and a dash of salt; beat until frothy. Add 1/2 cup sugar and beat to form peaks. Stir 2 tablespoons of meringue into the lukewarm filling. Put into baked pie shell; add meringue. Bake 10 to 15 minutes, or until brown, at 325°.

Best lemon pie.

Mangrove Mama's Key Lime Pie

Tim Fifer

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|--|-------------------------------|
| 8 lg. eggs, separated | 1 to 1 1/3 c. Key Lime juice |
| 3 (10 oz.) cans sweetened condensed milk | 2 graham cracker crumb crusts |

Separate eggs and beat yolks at least 2 minutes with mixer. Blend condensed milk into yolks; add Key Lime juice. Blend well for another 1 1/2 minutes. Pour into prepared pie shells and bake at 325 for 10 to 15 minutes. Refrigerate at least 3 hours.

Note: The more Key Lime juice added, the more tart the pie. I stick to 1 cup or less. This recipe won first prize in the Florida Key Lime Pie contest.

No-Weep Meringue

Coral Petersen

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|--------------|-----------------|
| 1/2 c. water | 1 T. cornstarch |
| 1/4 c. sugar | Dash of salt |

Combine ingredients and cook over low heat until it turns clear; cool. Beat 3 egg whites very stiff, then fold in cold mixture. Bake at 350° for 12 to 15 minutes.

Note: You can beat the sugar into the eggs as you beat them, getting the egg whites very stiff and then adding the cold mixture. If you add the sugar this way, do not add sugar to the cornstarch.

Frosty Orange Pie

Etta Mae Worlow

- | | |
|--|---|
| 1 c. uncooked oats (quick or old-fashioned) | 1/3 c. melted (soft) butter or margarine |
| 3/4 c. flaked coconut, divided | 1 qt. vanilla ice cream, softened |
| 1/3 c. firmly-packed brown sugar | 1/4 c. orange juice concentrate |

Place oats in a shallow pan or skillet and toast at 350° for about 10 minutes. Combine 1/2 the coconut, the brown sugar, butter and oats; mix until crumbly. Press firmly onto the bottom and sides of a 9-inch pie plate; chill. Spread 1/2 of the soft ice cream in the shell. Drizzle 2 tablespoons of orange juice concentrate over ice cream; repeat layers. Toast remaining coconut; sprinkle on pie. Freeze until firm. Take out 15 minutes before serving and cut in wedges (any size preferred). Yield: 1 (9-inch) pie.

Good.

Grand-Champion Peanut Butter Pie

Tim Fifer

CRUST:

- | | |
|---|------------------------------|
| 1 1/4 c. chocolate cookie crumbs | 1/4 c. sugar |
| | 1/4 c. butter, melted |

FILLING:

- | | |
|--|----------------------------------|
| 1 (8 oz.) pkg. cream cheese, softened | 1 c. sugar |
| 1 c. creamy peanut butter | 1 T. butter, softened |
| | 1 tsp. vanilla |
| | 1 c. heavy cream, whipped |

Crust: Combine ingredients and press into a 9-inch pie plate. Bake at 375° for 10 minutes; cool.

Filling: In a mixing bowl, beat cream cheese, peanut butter, sugar, butter and vanilla until smooth; fold in whipped cream. Gently spoon into crust. Garnish with chocolate cookie crumbs. Refrigerate.

Peanut Butter Pie

Penni Burkum

- | | |
|---|--------------------------------------|
| 3 oz. softened cream cheese | 1 c. powdered sugar |
| 1/3 c. creamy or crunchy peanut butter | 1 regular-size ctn. Cool Whip |
| | 1 graham cracker crust |

Mix all ingredients (if you want a little higher pie, you can increase cream cheese and peanut butter). Can top with nuts, graham cracker crumbs or sectioned peanut butter cups.

Peanut Butter Pie

Beverly Worley

- | | |
|-------------------------------------|--------------------------------------|
| 8 oz. cream cheese, softened | 1 T. butter or oleo, softened |
| 1 c. creamy peanut butter | 1 tsp. vanilla |
| 1 c. sugar | 4 oz. Cool Whip |

Mix cream cheese, peanut butter, sugar, butter and vanilla until smooth; fold in whipped cream. Spoon into a 9-inch chocolate cookie pie crust. Garnish with chocolate or cookie crumbs. Refrigerate.

Pecan Pie

Lori Ingoldsby

- | | |
|-------------------------------------|-------------------------|
| 3 eggs | 1 c. sugar |
| 3/4 c. light corn syrup | 1/4 tsp. salt |
| 1/4 c. melted butter or oleo | 1 tsp. vanilla |
| 1 c. pecans | 1 (9") pie shell |

Combine all ingredients and then pour into the unbaked pie shell. Bake in a 350° oven for 1 hour, or until a knife comes out clean. Very good.

Pecan Pie

Joyce Barney

- | | |
|------------------------------|----------------------------|
| 1 c. light corn syrup | 1 tsp. vanilla |
| 3 eggs | 1/8 tsp. salt |
| 1 c. sugar | 1 c. pecan halves |
| 2 T. margarine | 1 unbaked pie crust |

Mix all ingredients for filling together, adding pecans last. Pour into a 9-inch pie shell and bake at 400° for 15 minutes. Reduce heat to 350° and bake 30 to 35 minutes longer.

Grandma's Pecan Pie

Tim Fifer

- | | |
|-----------------------------|-------------------------------------|
| 1 c. sugar | 1 tsp. vanilla |
| 1 c. dark corn syrup | 1 c. coarsely-chopped pecans |
| 3 eggs | 1 unbaked (9") pastry shell |
| 2 T. butter, melted | |

Combine sugar and corn syrup in a small saucepan; bring to a boil. Beat eggs at medium speed. Gradually add hot sugar mixture to eggs, beating constantly. Stir in butter, vanilla and pecans. Pour mixture into pastry shell. Bake at 350° for 40 minutes.

Classic Pecan Pie

Karla Robillard

- | | |
|---|---------------------------------|
| 3 eggs, slightly beaten | 1 tsp. vanilla |
| 1 c. Karo light or dark syrup | 1 1/2 c. pecans |
| 1 c. sugar | 1 unbaked (9") pie crust |
| 2 T. butter or margarine, melted | |

In a large bowl, stir eggs, corn syrup, sugar, butter and vanilla until well blended; stir in pecans. Pour into pie crust. Bake at 350° for 50 to 55 minutes, or until a knife inserted halfway between center and edge comes out clean. Cool.

Easy Pie Crust

Joyce Barney

- | | |
|------------------------------------|----------------------------|
| 1 1/2 c. flour | 3/4 tsp. salt |
| 3/4 c. margarine (not lite) | 3 T. ice-cold water |

Cut shortening into flour and salt; add water and mix. Moisten countertop. Lay Saran Wrap on counter; put pie crust on Saran Wrap. Put another piece of Saran Wrap on top. Roll with rolling pin. Pull off Saran Wrap and lay in pie pan. (Helps to put in freezer for 5 or 10 minutes before taking off Saran Wrap.)

Ends frustrating pie crusts!

Basic Pastry

Tim Fifer

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|-----------------------|---|
| 1 1/4 c. flour | 1/2 c. shortening |
| 1/2 tsp. salt | 3 to 4 T. cold water (ice water) |

Combine flour and salt in a medium bowl. Cut in shortening with a pastry blender until crumbly. Sprinkle cold water, 1 tablespoon at a time, evenly over surface. Stir mixture with a fork just until dry ingredients are moistened. Shape dough into a flattened disk, wrap in plastic wrap, and chill for 2 hours or freeze 30 minutes. Roll dough out to 1/8-inch thickness on a lightly-floured surface. Place in a 9-inch pie plate; trim excess pastry along edges. Fold edges under and crimp. Prick bottom and sides of pastry shell generously with a fork for a baked pastry shell. (Do not prick if the pastry shell is to be filled before baking.) Bake at 450° for 10 to 12 minutes, or until golden brown. Cool on a wire rack.

Note: Do not overstir dough when mixing, because it will toughen dough. For a flaky crust, the crumbly mixture needs to have irregular-size pieces of shortening, as small as dried peas and as large as English peas.

Purple Plum Pie

Margaret L. Kruse

- | | |
|--|---------------------------------|
| 1 unbaked 9" pie shell | 1/4 tsp. salt |
| 4 c. sliced, pitted, purple plums | 1/4 tsp. ground cinnamon |
| 1/2 c. sugar | 1 T. lemon juice |
| 1/4 c. flour | Spicy Topping |

SPICY TOPPING:

- | | |
|---------------------|---------------------------------|
| 1/2 c. flour | 1/4 tsp. ground cinnamon |
| 1/2 c. sugar | 1/4 tsp. ground nutmeg |

Spicy Topping: Combine ingredients. Cut in 1/4 cup butter or margarine until mixture resembles coarse crumbs.

Remove pits and cut plums in quarters. Combine with sugar, flour, salt and cinnamon. Turn into pie shell and sprinkle with lemon juice; sprinkle spicy topping over plums, mounding crumbs up in center of pie. Place pie in a heavy brown paper bag from supermarket (be sure bag is large enough to cover pie loosely); fold over and fasten with paper clips. Set on baking sheet in hot oven (425°) and bake for 1 hour. Remove from oven; let stand a few minutes before removing pie from paper bag. Partially cool on rack. Serve warm.

Spiced Pumpkin Pie

Karen Swanger

- | | |
|--|----------------------------------|
| 1 (16 oz.) can pumpkin | 1 tsp. cinnamon |
| 1 (12 oz.) can evaporated skim milk | 1/2 tsp. ginger |
| 3 eggs | 1/4 tsp. nutmeg |
| 3/4 c. Equal or Spoonful | 1/8 tsp. cloves |
| 1/4 tsp. salt | 1 (9") pie crust, unbaked |

Beat pumpkin, milk and eggs in a bowl. Beat in remaining ingredients. Pour into pie crust. Bake in a preheated 425° oven for 15 minutes. Reduce heat to 350° and bake until a knife inserted in center comes out clean, approximately 40 minutes. Cool on wire rack for 40 minutes. Makes 8 servings.

Nutritional Information Per Serving: 175 calories (31% calorie reduction from traditional recipe), 8 gm protein, 22 gm carbohydrates, 7 gm fat, 86 mg cholesterol, 208 mg sodium.

Sour Cream and Raisin Pie

Velda James

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|-------------------------------|------------------------|
| 1 c. sour cream | Pinch of nutmeg |
| 1/2 c. chopped raisins | 1 c. sugar |
| 1/2 tsp. cinnamon | 3 beaten eggs |
| 1/4 tsp. cloves | |

Mix together. Bake in unbaked pie shell. One egg white may be saved for top.

White Chocolate-Raspberry Pie

Cheri Dickinson

12 oz. white chocolate
1/2 c. whipping cream
1/4 c. butter or margarine
2 tsp. light corn syrup
1 pt. fresh raspberries

1 baked 10" tart shell
1 (10 oz.) pkg frozen
raspberries in heavy syrup,
thawed

Cut chocolate into small pieces. Microwave in a bowl until softened. Combine whipping cream, butter and corn syrup in a pan. Bring to a boil, stirring frequently. Pour over chocolate; stir until blended and smooth. Stir in fresh raspberries. Spoon into tart shell; chill until firm. Serve with thawed raspberries. Yield: 12 servings.

I have served this dessert many times, as it is so delicious and so simple. It is wonderful at Christmas and Valentine's Day.

Mile-High Strawberry Pie

Lori Lalk

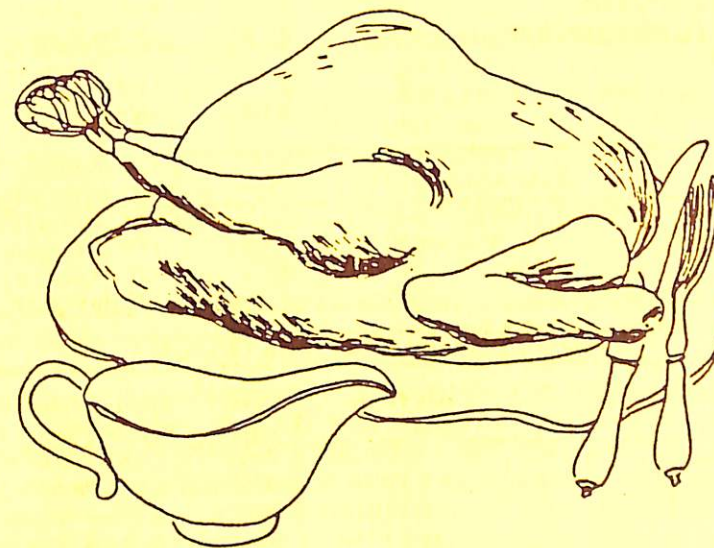
10 oz. frozen strawberries
2 egg whites
1/8 tsp. salt
1 c. sugar

1 T. lemon juice
2 c. Cool Whip
1 graham cracker pie crust

Thaw strawberries. Mix all ingredients, except Cool Whip, in a mixer bowl and beat 15 minutes, or until stiff and holds shape. Fold in Cool Whip. Spoon mixture into graham cracker crust and freeze several hours or overnight. Add Cool Whip, with a strawberry on top, to garnish.

Great for a summer day.

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hrs.) (325°)	Internal Temp.
BEEF			
Standing Rib Roast (10-inch ribs) Allow 30 min. longer for 8-inch cut	4	1 3/4	140° (rare)
		2	160° (medium)
		2 1/2	170° (well done)
	8	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Rolled Rump	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin Tip Roast only if high quality, otherwise braise	3	1 1/2	140° (rare)
		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 - 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled Shoulder	3-5	3 - 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temp.	Approx. Total Roasting Time
TURKEY			
	6-8 lbs.	325°	2 1/2 - 3 hrs.
	8-12 lbs.	325°	3 - 3 1/2 hrs.
	12-16 lbs.	325°	3 1/2 - 4 hrs.
	16-20 lbs.	325°	4 - 4 1/2 hrs.
	20-24 lbs.	325°	5-6 hrs.
CHICKEN			
(Unstuffed)	2 - 2 1/2 lbs.	400°	1 - 1 1/2 hrs.
	2 1/2 - 4 lbs.	400°	1 1/2 - 2 1/2 hrs.
	4-8 lbs.	325°	3-5 hrs.
DUCK			
(Unstuffed)	3-5 lbs.	325°	2 1/2 - 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

Main Dishes

Apricot Chicken

Berneil Hanson

4 lb. chicken
6 oz. apricot preserves

8 oz. French dressing
1 env. onion soup mix

Place chicken into a 9x13-inch pan; spread with apricot preserves. Pour French dressing over. Sprinkle with onion soup. Cover with foil and bake at 350° for 2 hours (don't peek). Put under the broiler for a few minutes if you like it crispier.

Apricot-Pecan Stuffed Pork Loin Roast

Tim Fifer

1 1/2 c. dried apricots
1/2 c. pecans
1 clove garlic
1/2 tsp. salt
1/4 tsp. pepper
2 T. dried thyme, divided
1/4 c. molasses, divided

1/4 c. peanut or vegetable oil, divided
1 (5 lb.) boneless rolled pork loin roast
1 c. bourbon
1 c. chicken broth
1/4 c. whipping cream
1/4 tsp. salt

Place the first 5 ingredients into a food processor; process until coarsely chopped. Add 1 tablespoon thyme, 1 tablespoon molasses and 2 tablespoons oil. Process until finely chopped, but not smooth. Remove pork loin halves from elastic net; trim excess fat. Make a lengthwise cut down the center of each piece; cutting to, but not through, the bottom. Starting from center cut, slice horizontally toward one side, stopping 1/2 inch from side. Repeat on opposite side. Unfold meat so it is flat; repeat with other loin half. Flatten to 1/2 inch thickness using a meat mallet or rolling pin. Spread apricot mixture evenly on top of pork. Roll each loin half, separately, jellyroll-fashion, starting with long edge. Secure with kitchen twine and place, seam down, in a shallow roasting pan. Brush with remaining 2 tablespoons oil and sprinkle with remaining 1 tablespoon thyme. Bring bourbon, chicken broth and remaining 3 tablespoons molasses to a boil; remove from heat. Carefully ignite bourbon mixture with a long match. When flames die, pour over pork roasts. Bake at 350° for 1 to 1 1/2 hours; meat thermometer should read 160°. Remove pork from pan, reserving drippings; keep warm. Add whipping cream and salt to drippings; cook over medium heat, stirring constantly, until slightly thickened. Slice pork and serve with sauce. Serves 10.

Aunt Opal's Casserole

Tim Fifer

8 oz. egg noodles	1 (8 oz.) ctn. sour cream
1 1/2 lb. ground beef	1 can cream of mushroom soup
1/2 chopped onion	1 can cream of celery soup
1/2 c. celery, chopped	6 T. butter
1 sm. can whole kernel corn, drained	6 slices white bread, cut into 1/2" squares
1 (4 oz.) can pimento	

Sauté ground beef, onion and celery (do not brown); drain and set aside. Cook noodles; drain. Place noodles and remaining ingredients (except butter and bread) into a deep casserole dish; mix well. Melt butter in a saucepan. Coat bread crumbs in butter; place over casserole. Bake at 350° for about 30 minutes.

Baked Fish Fillets

Berneil Hanson

1 lb. fish fillets	1/4 tsp. pepper
2 T. melted margarine	1/4 tsp. dill weed
2 T. lemon juice	2 c. Total cereal
1/2 tsp. salt	Sprinkle of lemon pepper

Preheat oven to 350°. Grease a baking pan. Mix margarine and lemon juice. Mix salt, pepper and dill weed. Dip each fillet in margarine mix, sprinkle with salt mixture and coat with cereal. Bake, uncovered, at 350° for 20 to 30 minutes, or until fish is tender.

BBQ Meat Balls

Connie Hecker

MEAT BALLS:

2 lb. hamburger	1 tsp. dry mustard
2 beaten eggs	1 c. milk
1/2 c. onion, chopped	3/4 c. cracker crumbs

SAUCE:

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

Mix the meat ball ingredients and make into balls. Bake at 325° for 30 minutes. Pour off the grease and cover the meat balls with the sauce. Return to the oven and continue baking for approximately 1 hour or so.

Barbecued Meat Balls

Phyllis Rodenburg

3 lb. ground beef	1/2 c. chopped onion
1 (12 oz.) can evaporated milk	1/2 tsp. garlic powder
1 c. oatmeal	2 tsp. salt
1 c. cracker crumbs	1/2 tsp. pepper
2 eggs	2 tsp. chili powder
	1/2 tsp. liquid smoke, or to taste
SAUCE:	1/2 tsp. garlic powder
2 c. ketchup	1/4 c. chopped onion
1 c. brown sugar	

Meat Balls: Mix all ingredients and shape into walnut-sized balls (mixture will be soft). Freeze meat balls by placing in a single layer on a waxed-paper-lined cookie sheet. Freeze until solid. Store in freezer bags until ready to cook.

Sauce: Combine all ingredients and stir until sugar is dissolved.

Place frozen meat balls into a 9x13-inch baking pan and pour sauce over the top. Bake for 1 hour at 350°. Makes about 80 meat balls.

Bavarian-Style Knockwurst with Red Cabbage and Boiled Potatoes

Tim Fifer

4 slices bacon
1 med. onion, chopped (1/2 c.)
4 c. shredded red cabbage
1 tart apple, cored & chopped
(1 c.)
1 T. sugar
1/2 tsp. salt

1/8 tsp. pepper
1/4 tsp. caraway seeds
3 T. cider vinegar
4 knockwursts (1 lb.)
Chopped fresh parsley
8 or 10 boiled new potatoes

Fry bacon in a large skillet until crisp. Remove and drain; crumble and set aside. Pour drippings into a 1-cup measure, then measure 2 tablespoons back into the skillet. Add onion; sauté until tender, approximately 5 minutes. Add cabbage, apple, sugar, salt, pepper and caraway seeds. Pour remaining drippings back into the skillet; stir to coat well. Cover; cook over low heat for 10 minutes. Add vinegar; place knockwursts on top of cabbage. Cover; cook 15 minutes, or until knockwursts are hot and cabbage is crisp-tender. Place cabbage on a heated platter; arrange knockwursts on top. Sprinkle with bacon and parsley; serve with boiled potatoes. Serves 4.

Beef (or Turkey) and Noodle Dinner

Linda Thompson

1 lb. ground beef or turkey
4 onions, chopped
3 1/2 c. canned tomatoes
1/2 c. shredded Cheddar
cheese

4 stalks celery, chopped
2 green bell peppers, chopped
1 (8 oz.) pkg. noodles, cooked
Salt & pepper, to taste

Brown meat; add celery, onion and green pepper. Add tomatoes, salt and pepper to taste. Bring mixture to boil, lower heat, simmer for 1 hour. Mix with cooked noodles in a casserole dish. Top with cheese and put into microwave or 350° oven until bubbly. Yield: 6 servings.

Nutritional Information Per Serving: 330 calories, 39% calories from fat, 399 mg sodium, 14 gm fat when made with turkey; 365 calories, 46% calories from fat, 370 mg sodium, 19 gm fat when made with beef.

Beef Stroganoff

Coral Petersen

1 1/2 lb. round steak
1 (10 oz.) can beef broth
1/2 c. onion, finely chopped
1 clove garlic

1 (4 oz.) can mushrooms
1 c. sour cream
3 c. cooked noodles

Slice round steak into thin strips; coat with flour and brown in butter or oleo. Add beef broth, onion, garlic and mushrooms. Cook on low heat until tender, approximately 1 hour. Stir in sour cream; cook for 5 minutes. Serve over cooked noodles.

This is Wendy Fairbanks' recipe, which I have used a lot.

Bunsteads

Linda Thompson

1/2 c. cheese, cubed
1 (7 oz.) can tuna, drained &
flaked

6 hamburger buns
3 hard-cooked eggs, chopped
1/2 c. mayonnalse

Combine the first 4 ingredients. Place filling in buns and wrap each bun in foil (or Saran Wrap). Refrigerate until ready to use. Before serving, heat buns in foil in a 350° oven for 15 minutes; or warm plastic wrap or paper towel-wrapped buns in microwave. Yield: 6 servings.

Variation: For extra flavor, you may add chopped onion, celery, or green pepper.
Nutritional Information Per Serving: 242 calories, 12% USRDA for calcium.

Cabbage Casserole

Linda Thompson

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|-----------------------------------|--------------------------------|
| 1 sm. head cabbage, cut in wedges | 1 lb. ground meat (beef, pork) |
| 1/2 c. chopped onion | 1/4 c. uncooked white rice |
| 1 (10 oz.) can tomato soup | 1 (16 oz.) can tomatoes |

Place cabbage into a greased casserole dish or large saucepan. Brown meat; drain fat. Layer meat, onion, rice and soup over cabbage. Chop tomatoes; pour tomatoes and liquid over all ingredients. Cover and cook over low heat, or bake in casserole for 1 1/2 hours at 350°. Yield: 6 servings.

Nutritional Information Per Serving: 237 calories, 48% calories from fat, 242 mg sodium, 13 gm fat.

Cheeseburger Casserole

Linda Thompson

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|--------------------------------|----------------------|
| 1 lb. ground meat (beef, pork) | 1/4 c. chopped onion |
| 1 (8 oz.) can tomato sauce | 1/2 c. catsup |
| 1/8 tsp. pepper | 6 slices cheese |
- Refrigerator biscuits

Brown meat and onion in a large skillet, breaking up meat; drain fat. Add tomato sauce, catsup and pepper; stir well. Place meat mixture into a casserole dish; cover with slices of cheese. Top with unbaked biscuits. Bake for 25 minutes at 400°. Yield: 6 servings.

Nutritional Information Per Serving: 442 calories, 26% USRDA for calcium.

Cheesy Ham and Potato Casserole

Tim Fifer

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|----------------------|---|
| 2 T. chopped onion | 1 1/2 c. milk |
| 1/4 c. butter | 2 c. (8 oz.) shredded Cheddar cheese, divided |
| 1/4 c. flour | 2 c. cubed cooked ham |
| 1 tsp. salt | 6 c. cubed cooked potatoes |
| 1/2 tsp. dry mustard | |
- Dash of pepper

Sauté onion in butter in a large saucepan until tender. Add flour and seasonings, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually add milk and cook over medium heat, stirring constantly, until thickened and bubbly. Add 1 1/2 cups cheese, stirring until cheese melts. Add ham and potatoes, tossing gently. Spoon into a greased 2-quart shallow baking dish. Bake, uncovered, at 350° for 25 minutes. Sprinkle with remaining 1/2 cup cheese. Bake for 5 minutes more, or until cheese is melted. Serves 6.

Cheddar-Chicken Mostaccioli

Penni Burkum

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|-------------------------------|----------------------------|
| 9 oz. raw mostaccioli noodles | 1/4 c. sliced green olives |
| 1 T. margarine | 1 T. Worcestershire sauce |
| 1/2 c. chopped onions | 1 1/4 tsp. garlic salt |
| 1/2 c. chopped celery | 1/2 tsp. basil |
| 4 c. diced chicken or turkey | 1/4 tsp. oregano |
| 1/4 c. half & half | 1/2 tsp. pepper |
| 1 can cream of mushroom soup | 1 3/4 c. Cheddar cheese |
| 1 can drained mushrooms | 2 1/2 c. Swiss cheese |
| 1/4 c. pimentos | |

Cook mostaccioli noodles as directed on package. Sauté celery and onions in margarine until tender. Mix all ingredients, except cheeses, with celery and onions. Combine the two cheeses; reserve 1/2 the cheese and mix the other 1/2 into the casserole. Place mixture into a 9x13-inch baking pan. Cover with foil and bake at 350° for 45 minutes. Remove foil and sprinkle cheese over top. Return to oven until cheese melts.

Chicken Almond

Marilyn Peters

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|-----------------------------|-----------------------------|
| 4 to 6 chicken breasts | Seasoned flour (for frying) |
| 1 can cream of chicken soup | 1/2 c. chopped almonds |
| 1 tsp. curry powder | 1/2 c. sour cream |

Dip chicken breasts in seasoned flour and brown lightly; place into a baking dish. Stir curry powder into condensed soup and pour around browned breasts. Bake for 40 minutes at 350°. Stir the almonds and sour cream into the gravy. Serve with brown or white rice, and broiled peach halves. Makes 4 to 6 servings.

Chicken-Almond Casserole

Doris Shobe

- | | |
|------------------------------|---|
| 1/2 lb. noodles | 2 (10 1/2 oz.) cans cream of chicken soup |
| 1 med. onion, chopped | 1 tsp. salt |
| 1/2 c. slivered almonds | 1/4 tsp. pepper |
| 1 sm. can mushrooms, drained | 2 c. chopped chicken |
| 1/4 c. margarine or butter | |

Cook noodles until tender. Sauté the onion, almonds and mushrooms in the butter or margarine for about 2 minutes. Add the soup; stir to combine. Add the salt, pepper, noodles and chicken. Pour into a 2-quart buttered casserole; top with buttered bread crumbs (I make my own). Bake 30 minutes in a 350° to 375° oven.

Another one of my favorite dishes.

Chicken and Biscuit Bake

Jenny Hecker

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|--|---|
| 1 can condensed cream of mushroom soup | 1 c. frozen vegetables |
| 1/2 c. milk | 1/2 c. onion, chopped |
| 1 clove garlic | 1/2 c. celery, chopped |
| 1 1/2 c. chopped cooked chicken | 2 (7 1/2 oz.) tubes buttermilk biscuits |
| | 1 c. shredded Cheddar cheese |

Preheat oven to 350°. Combine soup, milk and garlic; stir together. Add chicken and mixed vegetables to soup mixture, then add chopped celery and onion. Separate biscuits into 10 pieces; cut each of the 10 pieces into fourths. Add to soup mixture; stir together. Pour into a greased 9x13-inch pan; sprinkle with cheese. Bake for 25 to 30 minutes. Let stand for about 5 minutes before serving. Makes 6 to 8 servings.

Chicken Cacciatore

Alta Dickinson

- | | |
|---|-----------------------------|
| 1 T. margarine | 1 c. sliced fresh mushrooms |
| 4 boned, skinned chicken breasts, cut into halves | 1/2 c. chopped parsley |
| 1/2 c. chopped onion | 1/4 c. chopped green pepper |
| 1/2 c. chopped celery | 1 tsp. dried whole basil |
| 1 clove garlic, minced | 1 tsp. dried whole oregano |
| 1 (26 oz.) can whole tomatoes, undrained | 1/2 tsp. salt |
| | 1/4 tsp. pepper |
| | 1/8 tsp. red pepper |

Melt margarine over low heat in a large skillet. Add chicken and cook until lightly browned. Chop chicken and set aside. Add onion, celery and garlic to margarine in skillet; sauté until vegetables are tender. Return chicken to skillet with tomatoes and remaining ingredients. Cover and simmer for 20 minutes. Serve over hot cooked rice, or noodles that have been cooked without salt or fat.

Nutritional Information Per Serving: Exchanges: without noodles, this dish exchanges for 2 vegetables and 1 lean meat on diabetic exchange. 113 calories, 2 gm fat, 11 gm carbohydrate, 1 gm fiber, 13 gm protein, 462 mg sodium.

Chicken Casserole

Patricia D. Johnson

- | | |
|-------------------------------------|---------------------------|
| 4 c. diced cooked chicken or turkey | 1 sm. jar pimentos |
| 2 cans cream of chicken soup | 1/2 c. diced black olives |
| 1/2 c. diced green pepper | 1 c. slivered almonds |
| 2 c. diced celery | 1 1/2 c. mayonnaise |

Mix ingredients together. Place into a 9x13-inch pan. Top with 1 cup shredded Cheddar cheese and 1 cup crushed potato chips. Bake for 45 minutes to 1 hour at 375°.

Chicken Divan

Berneil Hanson

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|--|-------------------------------------|
| 1 lg. pkg. frozen broccoli, or fresh flowerets of broccoli | 2 to 3 c. cooked chicken, cut up* |
| | 1 c. grated Cheddar or Colby cheese |

SAUCE:

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|------------------------------|---------------------|
| 1 c. Miracle Whip | 1 tsp. curry (opt.) |
| 2 cans cream of chicken soup | 1 T. lemon juice |

*Can use chicken that is bought cubed and cooked.

Spray a 9x13-inch baking pan with Pam. Put broccoli in the pan as the bottom layer. Put chicken on top of the vegetables; put cheese over the chicken.

Sauce: Mix ingredients and pour on top. Sprinkle Italian bread crumbs over top and drizzle with 1/4 cup melted butter. Extra cheese can be used on top. Bake at 350° for 25 to 30 minutes.

Note: If one buys the ingredients ready-to-go, the recipe is quick.

Chicken Enchiladas

Patty Hiatt

- | | |
|------------------------------|----------------------------|
| 2 c. cooked chicken | 2 c. grated Cheddar cheese |
| 2 cans cream of chicken soup | 1 c. sour cream |
| 2 cans diced green chilies | 1/2 c. chopped onion |
| 1 doz. flour tortillas | |

SAUCE:

- 1 c. cheese
Soup

- Sour cream
Chilies
Onion

Fill tortillas with chicken. Spoon sauce over, roll and put into a baking dish. Spoon remaining sauce over top; top with remaining cheese. Bake at 350° for 15 minutes before adding cheese and 15 minutes after adding cheese (total baking time 30 minutes).

Chicken Enchiladas

Kristy Ortiz

- | | |
|---|-----------------------------------|
| 2 lg. chicken breasts, cooked & chopped | 6 green onions |
| 1 can cream of chicken soup | 12 to 16 oz. Monterey Jack cheese |
| 1 pt. sour cream | 12 to 16 oz. Cheddar cheese |
| 1 sm. can diced chili peppers | 10 sm. flour tortillas |
| | Olives (opt.) |

Mix soup, sour cream, chilies and chicken; put a small amount on the bottom of a greased 9x13-inch casserole. Fill tortilla shells with both cheeses and a large spoonful of chicken mixture. Roll up and place seam-side down in dish. Top with remaining sauce and sprinkle with cheese. Cover with green onion and bake at 350° for 35 to 40 minutes. (I like to add some black olives.) Serves 6 to 8.

Chicken Enchilada Pie

The Robersons

- | | |
|--|------------------------------------|
| 1 (3 lb.) chicken | 4 tsp. minced onion |
| 1 can condensed cream of chicken soup | 1/8 tsp. garlic powder |
| 1 can condensed cream of mushroom soup | 1/4 tsp. black pepper |
| 1 (4 oz.) can chopped green chilies | 1/4 tsp. Tabasco sauce |
| 1 tsp. chili powder | 1 c. chicken broth |
| | 4 c. corn chips |
| | 8 oz. sharp Cheddar cheese, grated |

Cook and bone chicken; reserve 1 cup of the chicken broth. Combine soups, green chilies, spices, Tabasco sauce and chicken broth; blend well. Preheat oven to 350°. Cover the bottom of a 2 1/2- to 3-quart casserole with 2 cups corn chips. Spread 1/2 the chicken over this layer, then 1/2 the sauce, then 1/2 the grated cheese. Repeat, ending with cheese. Bake at 350° for 25 to 30 minutes.

Chicken Holiday Wreath

Linda Thompson

- | | |
|---|---|
| 1/2 c. chopped bell pepper | 2/3 c. canned condensed cream of chicken soup |
| 1/2 c. fresh chopped broccoli | 1 c. (4 oz.) shredded Colby-Jack cheese |
| 1/4 c. drained chopped water chestnuts | 2 (8 oz.) cans refrigerated crescent rolls |
| 2 T. chopped onion | |
| 1 (5 oz.) can chunk chicken, drained & flaked | |

Preheat oven to 350°. Mix together the first 7 ingredients. Unroll crescent rolls and arrange triangles in a circle on a round pizza pan or baking stone; overlap edges. Press into a hollow circle and scoop mixture around the circle of dough. Fold up the corners; tuck into the center to form a wreath shape. Bake 25 to 30 minutes.

Chicken Hot Dish

Donna Mortensen

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|--|--|
| 1 1/2 lb. ground beef <u>or</u> 3 c. chopped chicken | 3 T. minced pimento |
| 1 tsp. salt | 2 cans cream of celery <u>or</u> cream of chicken soup |
| 2 T. minced onions | 2 c. water |
| 1 c. rice (not Minute Rice) | |

Brown beef (or mix chicken with poultry seasoning). Add rice; put into a 9x13-inch pan. Mix rest of ingredients and pour over beef or chicken. Bake at 350° for about 2 hours; stir 3 to 4 times during baking. Cover with buttered bread crumbs or crushed potato chips for the last 1/2 hour.

Chicken Monterey

Marilyn Peters

- | | |
|--|--------------------------------|
| 3/4 c. flour | 6 T. butter or oleo |
| 1 tsp. seasoned salt | 3 c. chicken broth (Swanson's) |
| 3/4 tsp. tarragon | 1 can mushrooms |
| 10 to 12 pieces chicken breast, boned or bone in | |

Mix flour, salt and tarragon (reserve 1/4 of mixture); coat chicken pieces and brown in butter. Make sauce with reserved flour mixture and chicken broth, stirring until smooth. In a casserole, layer sauce, chicken breasts and mushrooms. Bake at 325° for 1 1/2 hours, or until chicken is done. Serve individual plates with chicken over rice mixed with 1 cup chopped pecans. Spoon sauce over and garnish with mandarin oranges.

Chicken Pot Pie

Richard Thramer

- | | |
|--|-------------------------------|
| 1 (3 to 3 1/2 lb.) broiler-fryer chicken, cut up | 1/4 tsp. cracked black pepper |
| 1 tsp. salt | 2 to 3 stalks celery, cut up |
| 1 c. coarsely-chopped carrots | 1 med. onion, cut up |
| 1 1/2 c. peeled & cubed potatoes | 1 c. chopped celery |
| 1/3 c. butter or margarine | 1 c. frozen peas |
| 1/3 c. all-purpose flour | 1/2 tsp. salt |
| | 3/4 tsp. dried thyme, crushed |

Rinse chicken pieces and place in a large pot. Add the cut-up celery, onion, 1 teaspoon salt and enough cold water to nearly cover (about 6 cups). Bring to boiling; reduce heat. Cover and simmer until chicken is tender, 40 to 50 minutes; remove chicken. Strain broth through a large sieve lined with 2 layers of 100% cotton cheesecloth; discard vegetables. Skim fat from broth; reserve 2 cups broth. (If desired, refrigerate remaining broth for up to 2 days, or freeze for up to 3 months for another use.) When chicken is cool enough, remove chicken from bones; discard skin and bones. Cut meat into bite-size pieces (about 3 cups). In a large saucepan, cook carrots, potatoes and the 1 cup chopped celery, covered, in 1 inch of boiling water for about 10 minutes, or until nearly tender. Add frozen peas and cook 3 minutes more, or just until vegetables are tender; drain. Meanwhile, in a medium saucepan, melt butter. Stir in the flour, thyme, 1/2 teaspoon salt and pepper; add the 2 cups reserved broth. Cook and stir until thickened and bubbly. Remove from the heat; gently stir in the chicken and vegetables. Season with additional salt, if desired. Transfer to a 1 1/2-quart casserole.

Pastry for Single-Crust Chicken Pot Pie

Richard Thramer

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|------------------------------------|------------------------|
| 1 1/4 c. all-purpose flour, sifted | 1/4 tsp. salt |
| 1/3 c. shortening | 1 glass ice-cold water |

Combine flour and salt; cut in shortening. Add 1 tablespoon ice-cold water; gently toss. Push mixture to side of bowl. Repeat with 3 to 4 additional tablespoons ice-cold water (1 tablespoon at a time), until all mixture is moistened. Form into a ball.

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|----------------------------------|---------------------|
| TOPPING FOR PASTRY CRUST: | 1 T. water |
| 1 egg, slightly beaten | 1 tsp. sesame seeds |

On a lightly-floured surface, flatten the pastry dough. Roll from center to edge until 1 1/2 inches larger than the diameter of the casserole. If desired, make cutouts in dough with a cookie cutter. Place crust atop chicken mixture. Turn under; crimp edge. If cutouts were not made, cut slits in crust. Combine beaten eggs and 1 tablespoon of water, brush atop pastry, sprinkle with sesame seeds. Top crust with additional cutouts, if desired; brush them with egg mixture. Bake in a 375° oven for 40 to 50 minutes, or until crust is golden brown. Let stand for 10 minutes. Makes 6 servings.

Chicken and Noodles

Grandma Hazel/Wendy Fairbanks

- | | |
|----------------------|-------------------|
| 6 eggs | 3 chicken thighs |
| 1 tsp. salt | 3 chicken breasts |
| 1 tsp. baking powder | Onion |
| 5 to 6 c. flour | Celery |

Beat eggs, salt and baking powder; add 5 to 6 cups flour to mixture. Roll out on flour and cut into noodles. Let dry overnight or 5 to 6 hours. Cook chicken in a covered pan with enough water to cover chicken; salt and pepper chicken. Add a little onion and celery. When done, pull chicken out and debone. Add more water to chicken broth. Add chicken and after it boils, add noodles. Cook until noodles are tender.

Chicken-Rice Casserole

Joan Brisso

- | | |
|---|---------------------------------------|
| 4 T. margarine | 1 soup can milk |
| 1 (10 3/4 oz.) can cream of mushroom soup | 6 chicken breasts, boneless & skinned |
| 1 (10 3/4 oz.) can cream of celery soup | 1 env. onion soup mix |
| | 2 c. uncooked rice |

Scatter margarine in a 9x13-inch baking dish. Sprinkle raw rice over margarine. Combine cream of mushroom and cream of celery soups with the soup can of milk; pour over rice. Place chicken breasts on top. Sprinkle onion soup mix over chicken and soups. Cover with foil and bake for 3 hours in a 275° oven. Do not open until ready to serve.

Conscience is God's presence in man.

Chimichangas

Tim Fifer

1/4 lb. ground round	1/2 tsp. red pepper
1 lg. onion, finely chopped	1/2 c. refried beans
1 lg. green pepper, finely chopped	1 c. shredded Monterey Jack cheese
1 clove garlic, minced	Flour tortillas
1 T. vegetable oil	Vegetable oil for frying
2 T. chili powder	

GARNISH:

Lettuce (opt.)	Salsa (opt.)
Sour cream (opt.)	Cheese (opt.)
	Black olives (opt.)

Combine ground round, onion, green pepper, garlic and vegetable oil in a large skillet. Cook until meat is browned, stirring to crumble meat; drain off drippings. Stir in chili powder, red pepper and refried beans. Add cheese and stir until cheese melts. Spoon 1/4 cup meat mixture off-center of each tortilla. Fold the edge nearest the meat filling up and over filling, just until mixture is covered. Fold in sides of each tortilla to center. Roll up; secure with wooden picks. Fry in deep hot oil (375°) for 2 to 3 minutes, or until golden brown, turning once. Drain well on paper towels. Remove wooden picks; arrange on shredded lettuce bed. Top with choice of condiments. Yield: 12.

All the flowers of all the tomorrows are in the seeds of today.

Crazy-Crust Casserole

(Italian)

Linda Thompson

CRUST:

1/2 c. flour	1/2 c. dairy sour cream (no chives)
1/2 tsp. salt	1 egg
1/2 tsp. baking powder	Shredded Mozzarella cheese
1/4 c. solid shortening (Crisco)	

ITALIAN BEEF & CHEESE FILLING:

1 lb. ground beef, scrambled & drained	1/4 tsp. garlic powder
1 tsp. salt	1/4 c. cut onion, or 2 T. minced mushrooms
1 tsp. oregano	1 (4 oz.) can undrained mushrooms
	1 (6 oz.) can tomato paste

Lightly grease and flour the bottom and sides of a 9-inch or 10-inch metal or glass pie pan. Preheat oven to 425°.

Crust: Combine all crust ingredients in a medium mixing bowl; stir until blended (batter will be slightly lumpy). Spread batter thinly on bottom and thickly up sides to within 1/4 inch of the top of the casserole or pie pan rim.

Italian Filling: Combine all ingredients which have been mixed thoroughly. Spoon into crust and bake for 18 to 28 minutes at 425°, until crust is golden brown. When done, spread 1 to 1 1/2 cups shredded Mozzarella cheese on top. Return to oven long enough for cheese to melt; serve. (Optional: you may want to add 1/2 cup chopped black olives to filling.) Serves 6.

It takes both rain and sunshine to make a rainbow.

Crazy-Crust Casserole

(Mexican)

Linda Thompson

CRUST:
 1/2 c. flour
 1/2 tsp. baking powder
 1/2 tsp. salt

1/4 c. solid shortening (Crisco)
 1/2 c. dairy sour cream (no chives)
 1 egg

MEXICAN FILLING:

1 lb. ground beef, scrambled & drained
 1 tsp. salt
 2 tsp. chili powder
 1/2 c. cut onion, or 2 T. minced

1 (16 oz.) can undrained kidney beans
 1 (6 oz.) can tomato paste
 Cut-up tomato & lettuce
 Shredded cheese

Lightly grease and flour the bottom and sides of a 9-inch or 10-inch metal or glass pie pan. Preheat oven to 425°.

Crust: Combine all crust ingredients in a medium mixing bowl; stir until blended (batter will be slightly lumpy). Spread batter thinly on bottom and thickly up sides to within 1/4 inch of the top of the casserole or pie pan rim.

Mexican Filling: Combine all ingredients, except tomato, lettuce and shredded cheese. Mix thoroughly, then spoon into unbaked pie crust. Bake at 425° for 20 to 30 minutes until crust is golden brown. When done, top with chopped tomato, lettuce and shredded cheese. Serve with taco sauce, if desired.

Variation: You may add 1/4 to 1/2 teaspoon Tabasco sauce to the filling for a little spicier flavor.

Creamy Chicken Tetrazzini

Cheri Dickinson

1/4 c. chopped celery
 1/4 c. chopped onion
 2 (4 oz.) cans mushroom pieces, drained
 1/2 c. margarine
 2 (10 oz.) cans cream of chicken soup

2 c. sour cream
 4 c. chopped chicken or turkey
 8 oz. thin spaghetti, cooked
 Grated Parmesan cheese
 Paprika, to taste

Preheat oven to 350°. Sauté onion, celery and drained mushroom pieces in margarine in a large skillet. Stir in soup, sour cream and chicken; mix well. Add cooked spaghetti. Spoon into a buttered 9x13-inch casserole; sprinkle with cheese and paprika. Bake for 40 minutes, or until bubbly. Yield: 8 servings.

Variation: To make this recipe low-fat, decrease margarine to 1/4 cup, use Special Request cream of chicken soup, fat-free sour cream and fat-free Parmesan cheese.

Enchilada Casserole

Sandra Stevens

1 pkg. sm. flour taco shells
 2 1/2 lb. hamburger
 1 can cream of chicken soup
 1 can cream of mushroom soup
 1 med. onion, chopped

12 or 16 oz. mild shredded Cheddar cheese
 2 cans Old El Paso enchilada sauce (1 mild & 1 hot)

Cook hamburger and drain. Add soups, onion and mild enchilada sauce in a pan. Cook for 10 minutes. Grease a 9x13-inch pan. Dip shells in hot enchilada sauce, one at a time, coating as desired, then put into pan so they overlap and cover bottom of pan (about 6 shells). Spread 1/2 of the hamburger mixture on top; sprinkle 1/2 of the cheese over hamburger. Repeat, shells, hamburger and cheese. Bake at 350° for 30 minutes.

Joyce's Enchiladas

Joyce Barney

1 1/2 lb. ground beef
 1 (15 oz.) can refried beans
 1 can diced green chilies
 1 can cream of mushroom soup
 1 can cream of tomato soup

1 can mild enchilada sauce
 1 pkg lg. flour tortillas
 1 sm. onion
 1 (8 oz.) pkg. (2 c.) shredded Cheddar cheese

Cook ground beef. Add beans, chilies, cooked diced onion, 1/2 can of each of the soups and 1/2 can enchilada sauce to beef, and heat through. Put 2 tablespoons of mixture on tortillas and roll up. Place in a 9x13-inch dish. Add remaining soups and enchilada sauce to meat mixture and pour on top of tortillas. Microwave, covered, until hot. Uncover and sprinkle cheese on top. Microwave until melted.

Note: The tortillas roll better if each one is microwaved on a plate for 15 seconds before spreading meat mixture on them.

If we trust more we will worry less.

Spinach and Mushroom Enchiladas

Diana French

- | | |
|---|---|
| 2 (10 oz.) pkg. frozen chopped spinach, thawed | 1 (8 oz.) can tomato sauce |
| 1 1/2 c. sliced mushrooms | 2 T. water |
| 1 (15 oz.) can pinto beans, drained & rinsed | 1/2 tsp. hot pepper sauce |
| 3 tsp. chili powder, divided | 8 (8") corn tortillas |
| 1/4 tsp. crushed red pepper | 1 c. (4 oz.) shredded Monterey Jack cheese |

Combine spinach, mushrooms, beans, 2 teaspoons chili powder and red pepper in a large skillet over medium heat. Cook and stir for 5 minutes; remove from heat. Combine tomato sauce, water, 1 teaspoon chili powder and pepper sauce in a medium skillet. Dip tortillas into tomato sauce mixture; stack tortillas on waxed paper. Divide spinach filling into 8 portions. Spoon onto centers of tortillas; roll up and place in an 8x12-inch microwavable dish. Secure rolls with wooden picks. Spread remaining tomato sauce mixture over enchiladas. Cover with vented plastic wrap. Microwave at MEDIUM for 10 minutes, or until heated through; sprinkle with cheese. Microwave at MEDIUM for 3 minutes, or until cheese is melted. Serve with lettuce and tomatoes. Yield: 4 servings.

Nutritional Information Per Serving: 385 calories, 11 gm fat, 1 gm saturated fat.

Fettucini Alfredo

Tim Fifer

- | | |
|--------------------------------------|--|
| 1 (8 oz.) pkg. fettucini | 2 T. half & half |
| 6 T. butter, melted | Freshly-ground pepper, to taste |
| 1/2 c. grated Parmesan cheese | |

Cook fettuccine according to package; drain. Combine remaining ingredients, mixing well. Add fettuccine and toss gently. Serve immediately. Serves 4.

Note: Can be doubled.

Our family has been to Alfredo's in Rome. This tastes exactly like the original. Very rich!

Five-Can Casserole

Sandra L. Payne

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|-------------------------------------|---------------------------------|
| 1 can cream of mushroom soup | 1 sm. can Carnation milk |
| 1 can chicken with rice soup | 1 can chow mein noodles |
| 1 sm. can boned chicken | |

Mix all of the above together. Bake for 30 minutes at 350°.

Five-Layer Dinner

Alta Dickinson

- | | |
|---------------------------------|------------------------------------|
| Raw sliced potatoes | Carrots or corn |
| Browned ground beef | Salt & pepper, to taste |
| Chopped or ringed onions | |

Layer the above items in a baking dish. Pour 1 can of tomato soup over layered ingredients and cover with boiling water. Bake for 1 hour in a 400° oven. If desired, add cheese to the top of the dish and brown for 5 to 10 minutes.

Glazed Pork Chops

Sandra L. Payne

- | | |
|-----------------------------------|---------------------------|
| 6 loin pork chops | 1 tsp. paprika |
| 1/3 c. brown sugar, packed | 1 tsp. dry mustard |
| 1 tsp. sage | 1/8 tsp. pepper |
| 1 tsp. salt | 1 T. water |

Combine brown sugar, seasonings and water; spoon over chops. Bake in a slow oven at 325°, basting often, for 1 hour.

Note: If chops are very thin, shorten cooking time.

Gloria's Chicken Coating

(For Oven-Baked Chicken)

Lori Cottrell

- | | |
|-----------------------------------|--------------------------------|
| 6 c. corn flakes | 2 1/2 tsp. lemon pepper |
| 1 1/2 T. poultry seasoning | 1/8 c. salt |
| 3 T. paprika | 3 T. chili powder |

Crush corn flakes and mix well with other ingredients. Place in a baggie and shake over chicken before baking. Bake at 350° for 1 to 1 1/2 hours.

Good Goulash

Helen Smith

- | | |
|----------------------------------|----------------------------------|
| 2 lb. hamburger | 1/4 tsp. pepper |
| 2 c. elbow macaroni | 1/4 tsp. chili powder |
| 1 c. catsup | 1 T. prepared mustard |
| 1/2 c. packed brown sugar | 1 sm. diced onion |
| 1 tsp. salt | 1 T. Worcestershire sauce |
| 1/2 tsp. onion salt | 1 to 2 qt. tomato juice |

Brown hamburger and onion together and drain. Boil the macaroni until tender. Add the hamburger and macaroni and the other ingredients all together in a pan. Let the goulash simmer on top of the stove for 40 minutes. Serves 6 to 8.

Quick Goulash

Jenny Hecker

1 lb. hamburger
1 box Velveeta macaroni & cheese

1 sm. jar spaghetti sauce
3 to 4 slices bread
Melted butter

Brown hamburger; drain. Cook macaroni and cheese according to box. Add hamburger to spaghetti sauce. Put into a casserole dish, add bread crumbs and drizzle with melted butter. Bake at 350° for 45 minutes.

Grilled Cheese Sandwiches

Micah Provines

2 slices Texas-style bread
(this is bread that is sliced extra thick)

Colby-Jack sliced cheese (we get this at the deli; they will slice it for you & put papers between the slices so you can separate it later)*

Margarine (just spread across each side of the bread)

*We like Colby-Jack cheese because it has a great taste and because it gets real soft and gooey!

Heat griddle to approximately 375°. Drop about 2 tablespoons of margarine onto griddle and let it melt. If it smokes or turns brown, turn down the heat. Put your prepared sandwich on top of the melted margarine. Let it cook approximately 1 minute, or until it is nicely browned, then put a small pat of margarine on the top slice of the bread and turn the sandwich over. Let that side cook about a minute until nicely browned. This is good with tomato soup, pickles and Jello--all things kids can learn to make.

Note: Kids, be sure to turn off the stove or griddle, and be sure to clean up your mess and put things away.

Hamburger and Baked Beans

Helen Smith

1 lb. hamburger
1 c. chopped onion
1 tsp. salt
1/2 c. catsup

1 T. vinegar
1 tsp. Worcestershire sauce
1 T. mustard
2 cans pork & beans

Brown hamburger and onion. Combine remaining ingredients. Bake, covered, for 35 minutes at 325°. Serves 8 to 10.

Hamburger Patties with Gravy

Cris Stichler, Evansville, IN

2 lb. lean ground beef
2 eggs
3/4 c. bread crumbs
1/2 c. milk

Flour
1 can mushroom soup
1 soup can water
1 pkg. dry onion soup mix

Mix beef, eggs, crumbs and milk and roll out or pat out on waxed paper on a cookie sheet, 1/2-inch thick. Cover and refrigerate overnight. Cut in serving pieces. Roll in flour. Brown, and place into a sprayed 9x13-inch pan (or 2 pans). Mix soup, water and onion soup mix and cover the meat. Bake 45 minutes at 350°.

Hamburger Pie

Tim Fifer

1 lb. ground beef, browned & drained
1 can green beans, drained
1 can cream of mushroom soup

Salt & pepper, to taste
2 c. mashed potatoes
Cheese slices to cover

Mix beef, soup, green beans, salt and pepper in a casserole dish. Place in a 350° oven for 15 minutes. Prepare mashed potatoes per package directions. Remove casserole from oven. Put mashed potatoes on top of beef mixture; spread to edges to seal. Top with cheese slices; put back into oven until cheese melts.

Hamburger-Potato Casserole

Shirley Wilson

4 or 5 raw, sliced potatoes
1 can vegetable-beef soup
1 lb. hamburger

1 sm. onion
1 can cream of mushroom soup

Brown hamburger and onion in skillet; pour off fat. Place the potatoes and hamburger into a greased 2-quart casserole or 9x13-inch pan; add soups and season. Cover and bake at 325° for 2 hours, or until the potatoes are done.

Hearty Beef 'n Vegetables

Roena Fletcher

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|---|---|
| 4 c. frozen potato rounds | 1 (10 3/4 oz.) can condensed cream of celery soup |
| 1 lb. ground beef | 1/3 c. milk |
| 1 (10 oz.) pkg. frozen chopped broccoli, thawed & drained | 1 c. (4 oz.) shredded Cheddar cheese |
| 1 (2.8 oz.) can French-fried onions | 1/4 tsp. garlic powder |
| 1 med. tomato, chopped | 1/8 tsp. ground black pepper |

Preheat oven to 400°. Arrange frozen potatoes in the bottom and up the sides of an 8x12-inch baking dish to form a shell. Bake, uncovered, at 400° for 10 minutes. In a medium skillet, brown ground beef, leaving in large chunks; drain well. Layer beef, broccoli, 1/2 can French-fried onions and the tomato in the potato shell. In a small bowl, combine soup, milk, 1/2 cup cheese and the seasonings; pour evenly over beef mixture. Bake, covered, at 400° for 20 minutes, or until heated through. Top with remaining cheese and onions. Bake, uncovered, for 1 to 3 minutes, or until onions are golden brown. Makes 4 to 6 servings.

Herbed Pork Roast with Potatoes

Tim Fifer

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|------------------------------------|---|
| 1 1/2 tsp. olive oil | 2 tsp. cracked black pepper |
| 4 cloves garlic, minced | 1 tsp. salt |
| 1 T. dried marjoram | 2 lb. red potatoes, halved & thinly sliced |
| 2 1/2 tsp. dried rosemary, chopped | 1 1/2 lb. boneless center-cut pork loin roast |
| 2 tsp. dried sage | |

Preheat oven to 425°. Combine oil, garlic, marjoram, rosemary, sage, pepper and salt. In a roasting pan, combine potatoes with 2 tablespoons of oil mixture. Spread potatoes out in an even layer in pan. Rub pork with remaining oil mixture; place meat on top of potatoes. Roast until meat thermometer inserted into center of pork registers 165°, about 1 hour. Transfer to serving platter; let meat stand for 15 minutes before slicing. Serve with potatoes.

A perfect touch for each God given day - a SMILE.

Ham Balls

Terry Oldenburg

- | | |
|---------------------|------------------------------|
| 2 1/2 lb. cured ham | 2 c. milk |
| 2 lb. lean pork | 3 eggs |
| 1 lb. lean beef | 3 c. crushed graham crackers |

HAM SAUCE: Boil until thick.

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|----------------------|-------------------|
| 2 bouillon cubes | 1/4 c. vinegar |
| 1/2 c. hot water | 1/4 c. cold water |
| 1 can tomato soup | 2 T. butter |
| 1 1/2 c. brown sugar | 2 egg yolks |
| 1/3 c. mustard | |

Have butcher grind meat together 3 times. Add milk, eggs and graham crackers; form into 1/2-cup balls. Cover with ham sauce and bake, uncovered, for 1 hour. This serves 40 (good for a large gathering).

This recipe is submitted in memory of Blanche Terry and Marie Campbell.

Ham Balls

Kristy Ortiz

- | | |
|---------------------|----------------------------------|
| 1 lb. ground ham | 1 1/2 c. crushed graham crackers |
| 1 lb. ground pork | 1 c. milk |
| 1/2 lb. ground beef | |
| 2 eggs | |

Form into balls and place into a shallow baking dish with sauce.

SAUCE:

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

Mix sauce ingredients and spoon over meat balls. Bake at 350° for 1 hour.

Ham Balls

Jenny Sperry

- | | |
|------------------------------|---------------------|
| 1 lb. ground ham | 1 egg |
| 1 lb. ground pork | 1/2 lb. ground beef |
| 1 c. crushed graham crackers | 1 c. milk |

Mix and form into balls. Cover with sauce made from 1 tablespoon prepared mustard, 1/2 cup vinegar, 1/2 cup water, 1 cup brown sugar and 1 tablespoon barbecue sauce. Cover pan with foil and bake for 1 1/2 hours in a 325° oven. Turn once.

Note: Baking time depends on the size of the ham balls.

Ham Balls

Claudia Vergamini

- | | |
|------------------------------|---------------------------------|
| 2 lb. ground turkey ham | 2 (10 3/4 oz.) cans tomato soup |
| 2 lb. ground pork | 1/4 c. vinegar |
| 2 eggs | 1 1/4 c. brown sugar |
| 1 1/2 c. milk | 1 T. dry mustard |
| 2 c. crushed graham crackers | |

Grind turkey ham in a food processor. Mix ham and pork together, then add eggs, milk and graham crackers. Mix and form into meat balls. Combine tomato soup, vinegar, brown sugar and mustard for sauce; pour sauce over meat balls (these can be made the day before and marinated overnight in the sauce). Bake at 250° to 300° for 1 1/2 to 2 hours.

This recipe was served at the Mother-Daughter Banquet in 1997.

Ham Balls for 100 to 120 People

Claudia Vergamini

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|-------------------------------|-----------------------------|
| 15 lb. ground turkey ham | 3 (50 oz.) cans tomato soup |
| 15 lb. ground pork | 2 1/4 c. vinegar |
| 15 eggs | 8 c. brown sugar |
| 11 c. milk | 7 1/2 T. dry mustard |
| 15 c. crushed graham crackers | |

Have the meat department grind and mix the meats, then add eggs, milk and graham crackers (it's easier to work with 10 pounds of meat at a time). Mix and form into meat balls. Combine tomato soup, vinegar, brown sugar and dry mustard for sauce. Pour sauce over meat balls (these can be made the day before and marinated overnight in the sauce). Bake at 250° to 300° for 2 hours.

This recipe was served at the Mother-Daughter Banquet in 1997.

Ham Hock and Red Beans

(New Orleans-Style)

Tim Fifer

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|-------------------------|-------------------------|
| Hot peppers, to taste | 1 T. chili powder |
| 1 green pepper, chopped | 2 T. salt |
| 2 onions, chopped | 1 tsp. black pepper |
| 1 lg. ham hock | 2 garlic cloves, minced |
| 2 lb. red pinto beans | |

Combine all ingredients. Boil in enough water to cover for several hours; add water as needed. Good served over rice. Serves 10 to 12.

Note: Can be done in crock-pot for convenience (cook on low for 10 hours).

Honey Barbecued Spareribs

Arlene Morse

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|----------------------|-------------------------|
| 3 lb. pork spareribs | 1 T. dried minced onion |
| 3 T. lemon juice | 1 tsp. paprika |
| 2 T. honey | 1 tsp. salt |
| 2 T. vegetable oil | 1/2 tsp. dried oregano |
| 1 T. soy sauce | 1/8 tsp. garlic powder |

Cut ribs into serving-size pieces. Place, bone-side down, on a rack or in a shallow roasting pan. Cover and roast at 350° for 1 hour. Combine all other ingredients in a bowl. Brush some of the glaze on the ribs and roast, uncovered, for 30 to 45 minutes.

Note: These may be prepared in the oven or on a grill in a foil package to keep meat juicy.

Irish Corned Beef and Cabbage with Mustard Sauce

Tim Fifer

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|--|---------------------------------------|
| 1 (4 lb.) corned beef brisket | 1 bay leaf |
| 2 med. onions, sliced | 1/4 tsp. pepper |
| 1 med. onion, studded with
3 whole cloves | 2 lb. sm. new potatoes, peeled |
| 1 lg. carrot, scraped & sliced | 1 (2 lb.) cabbage, cut into
wedges |
| 1 bunch fresh parsley | Irish Mustard Sauce |
| IRISH MUSTARD SAUCE: | 1 c. water |
| 1 T. cornstarch | 1/4 c. cider vinegar |
| 2 tsp. sugar | 1 T. butter, melted |
| 1 tsp. dry mustard | 1 tsp. grated fresh horseradish |
| 1/2 tsp. salt | 2 egg yolks, beaten |

Combine corned beef and water to cover, in a large Dutch oven; bring to a boil. Remove from heat; drain. Add fresh water to cover. Add onions, carrot, parsley, bay leaf and pepper. Bring to a boil; skim off foam, if necessary. Reduce heat, cover and simmer for 4 hours, or until tender. Remove onion and parsley. Add potatoes to Dutch oven; simmer for 10 minutes. Add cabbage and simmer for 20 minutes, or until vegetables are tender. Remove from Dutch oven and discard bay leaf. Put all on a serving platter; serve with Irish Mustard Sauce. Yield: 6 to 8 servings.

Irish Mustard Sauce: Combine the first 4 ingredients in a medium saucepan; stir well, add water. Cook over low heat; stirring constantly until thickened. Remove from heat. Stir in vinegar, butter and horseradish. Gradually stir about 1/4 of the hot mixture into the egg yolks. Add back to remaining hot mixture, stirring constantly. Cook over low heat, stirring constantly, until thickened. Yield: 1 1/2 cups.

Italian Spaghetti

Richard Thramer

- | | |
|---------------------------------------|--|
| 1 lb. hamburger | 1 c. water |
| 1 clove garlic, crushed | 1 tsp. sugar |
| 1 tsp. salt | 1 bay leaf |
| 1 tsp. dried oregano leaves | 1 (8 oz.) can tomato sauce |
| 1/2 tsp. dried marjoram leaves | 4 c. hot cooked spaghetti |
| 1 (6 oz.) can tomato paste | 1/4 tsp. dried rosemary leaves (opt.) |
| 1 lg. onion | |

Cook and stir hamburger, onion and garlic in a 10-inch skillet until lightly browned. Stir in remaining ingredients (except spaghetti). Heat to boiling, reduce heat, cover and simmer for 1 hour. Stir occasionally. Serve over hot cooked spaghetti noodles.

Jambalaya

Frank Sillik

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|--|--|
| 2 1/2 c. water | 3 c. shrimp, or 1 can shrimp |
| 1 T. butter | 5 c. peeled tomatoes, diced, or canned tomatoes to equal 5 c. |
| 1 onion, sliced thin | 2 c. long-grain rice |
| 1/2 c. chopped green pepper | 2 T. Worcestershire sauce |
| 1 clove garlic | 1 1/4 tsp. salt |
| 2 T. flour | 1/4 tsp. cayenne pepper |
| 1 Hillshire Farm sausage (kielbasa) | Red Devil sauce, to taste |

In a large deep skillet, heat butter; add onion, green pepper and garlic. Sauté for 5 minutes until tender; remove from heat. Stir in flour and 2 1/2 cups water; stir until smooth. Return to heat; add remaining ingredients, except shrimp. Bring to a boil; reduce heat to simmer then add rice. Cook rice until tender, 5 minutes. Heat shrimp just until warm, and add last.

Yum yum!

Let not your heart be troubled.

Lasagna

Norma Sperry

Bring water to a boil and add 2 tablespoons salt and 1 tablespoon of oil. Add lasagna a strip at a time and continue boiling until tender, 10 to 12 minutes, or until tender. Drain and rinse in cold water.

For the meat sauce, brown 1 pound of hamburger and season to taste with salt and pepper. Stir in 2 (6-ounce) cans of tomato paste, 4 (6-ounce) cans of water and 1 package of spaghetti sauce mix. Cover and simmer for 15 minutes, stirring occasionally.

For Cheese filling, beat together 1 pound of cubed Velveeta cheese, 1 tablespoon chopped parsley and 2 eggs.

Lightly grease a cake pan and spoon enough meat sauce just to cover bottom of pan; top with strips of lasagna. Spread with part of the cheese filling, then meat sauce. If desired, sprinkle with a little Parmesan cheese. Repeat layers, ending with meat sauce. May add more Parmesan cheese on top. Bake in a 350° oven for 30 to 40 minutes. Let stand 5 to 10 minutes before cutting.

Note: This can be prepared a day ahead of time and refrigerated, but will take about 1 hour to bake. Let stand at room temperature for 1 hour before baking in a 350° oven.

Lasagna

Joyce Barney

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|--|---|
| 10 lb. (80% lean) ground beef | 1 1/2 oz. sweet basil |
| 4 Industrial-size cans tomato sauce | 5 (1 lb.) pkg. lasagna noodles |
| 1/4 oz. bay leaves | 20 c. shredded Mozzarella cheese |
| 1 jar ground oregano | 6 lb. cottage cheese |
| 2 bulbs garlic, pressed | 2 (8 oz.) ctn. Parmesan cheese |

Boil ground beef and drain. Add tomato sauce and seasonings; simmer until thickened. Cook noodles. Spray 9x13-inch pans. First layer includes: noodles, sauce, cottage cheese, Mozzarella cheese and Parmesan cheese. Second layer includes: noodles, sauce, Mozzarella cheese and Parmesan cheese. Cover with foil. Bake at 350° for 45 minutes. Yield: 8 (9x13-inch) pans and serves approximately 90.

Note: Sauce is always better if made the day before. We used 10 loaves of bread for garlic bread.

Lasagna

Clair Clark

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|---------------------------------|----------------------------------|
| 1 med. chopped onion | 8 oz. shredded Mozzarella cheese |
| 1/4 c. chopped green pepper | 4 oz. shredded Swiss cheese |
| 1 1/2 lb. ground beef | 12 oz. sm. curd cottage cheese |
| 1 clove garlic | 4 oz. shredded Cheddar cheese |
| 2 tsp. sugar | 1/2 c. Parmesan cheese |
| 1/2 tsp. Worcestershire sauce | 1 1/2 tsp. sweet basil |
| 1/4 tsp. salt | 1/2 tsp. oregano |
| 1/4 tsp. pepper | 8 oz. lasagna noodles |
| 2 (15 oz.) cans tomato sauce | |
| 1 (4 oz.) can drained mushrooms | |

Sauté onion and green pepper in 2 tablespoons oil. Add ground beef and brown; drain. Add chopped garlic, spices, tomato sauce and mushrooms; simmer for 1/2 hour. Cook noodles according to package directions. Layer lasagna, cheese and meat mix; top with sauce. Bake at 350° for 40 minutes. Serves 8.

Overnight Lasagna

Diane Underwood

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|--------------------------------|---------------------------------|
| 1 lb. ground beef | 1/2 tsp. oregano leaves |
| 1 (32 oz.) jar spaghetti sauce | 8 oz. uncooked lasagna noodles |
| 1 c. water | 16 oz. sliced Mozzarella cheese |
| 1 (15 oz.) ctn. ricotta cheese | 2 T. grated Parmesan cheese |
| 2 T. chopped chives | 1 egg |

Brown meat; drain well. Add spaghetti sauce and water; blend well. Simmer for 5 minutes. In a medium bowl, combine ricotta cheese, chives, oregano and egg; mix well. In the bottom of a 9x13-inch baking dish or pan, spread 1 1/2 cups of meat sauce; top with 1/2 of the noodles, 1/2 of the ricotta cheese mixture and 1/2 of the Mozzarella cheese. Repeat layers. Top with remaining meat sauce; sprinkle with Parmesan cheese. Cover and refrigerate overnight. Heat oven to 350°. Uncover baking dish and bake for 50 to 60 minutes, or until noodles are tender and casserole is bubbly. Let stand for 15 minutes. Serves 12.

God is greater than any problem I have.

Lemon Chicken

Arlene Morse

- | | |
|----------------------------------|------------------------------|
| 1 lb. skinned & boned chicken | 1 lg. carrot, cut diagonally |
| 1 med. onion, chopped | 2 T. fresh lemon juice |
| 2 garlic cloves, chopped | 1/2 tsp. lemon rind |
| 2 T. butter or margarine | 1/2 tsp. salt |
| 1 T. cornstarch | 1 c. snowpea pods |
| 1 (13 3/4 oz.) can chicken broth | 2 T. chopped parsley |
| | 1 1/2 c. Minute Rice |

Sauté chicken, onion and garlic in butter until browned (5 minutes); stir in cornstarch. Add broth, carrot, lemon juice, lemon rind and salt; bring to a boil. Stir in pea pods and parsley; add cooked rice. Cover and cook for 7 minutes on high heat.

Lone Star Pot Roast

Charlotte Christensen

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|--|-------------------------------|
| 1 (3 to 3 1/2 lb.) boneless beef chuck roast | 2 T. taco seasoning mix |
| 2 T. cooking oil | 2 tsp. beef bouillon granules |
| 1 (14 1/2 oz.) can tomatoes | 1 tsp. sugar |
| 1 (4 oz.) can chopped green chilies | 1/4 c. water |
| | 3 T. flour |

In a Dutch oven, brown roast in oil. Combine tomatoes, chilies, taco seasoning, bouillon and sugar; pour over roast. Cover and simmer for 2 to 2 1/2 hours until meat is tender. Remove roast.

Gravy: Pour 2 cups of pan juices into a saucepan. Combine water and flour; stir until smooth. Add to juices and cook and stir over high heat until thickened. Serve with roast. Serves 6 to 8 people.

Macaroni Buffet Casserole

Linda Thompson

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|---|---------------------------------|
| 1 macaroni & cheese dinner | 1/4 c. chopped pimento |
| 1/4 c. chopped green pepper | 1/2 c. chopped onion |
| 1 can condensed cream of celery or cream of mushroom soup | 2 T. butter or margarine |
| | 1 (6 oz.) can drained tuna |
| | 1 (3 oz.) can drained mushrooms |

Prepare macaroni and cheese dinner as directed on box. Sauté pepper and onion in the 2 tablespoons of butter or margarine; if celery is to be used, add it to this mixture also. All ingredients should be added to the macaroni and cheese and mixed well. Bake at 350° for 30 minutes. Cover for a more moist casserole. Yield: 6 servings.

Variation: May substitute cream of celery soup with cream of mushroom soup and then use fresh celery, cut into small pieces. The green pepper and pimento are optional.

Macaroni and Cheese Casserole

Linda Thompson

3 T. butter or margarine	2 T. flour
1/2 tsp. salt	Dash of pepper
2 c. whole milk	1/4 c. finely-chopped onion
8 oz. sharp American cheese (2 c. cubed cheese)	1/2 c. elbow macaroni

Cook and drain macaroni. Melt butter and blend in flour, salt and pepper. Add milk and stir until thick. Add onion (optional) and cheese until melted. Mix cheese and macaroni and put into a 1 1/2-quart casserole dish. Bake at 350° for 35 to 40 minutes, or until hot. May add crumbled potato chips for topping and bake until they brown. Yield: 6 servings.

Variation: May substitute Velveeta cheese and canned evaporated milk with a dash of Worcestershire sauce as a shortcut.

Maid-Rites

Phyllis Rodenburg

1 1/2 lb. hamburger	1 T. water
1/2 sm. onion, or minced onion, to taste	1 tsp. dry mustard powder
1 T. brown sugar	1 tsp. chili powder (or more, to taste)
1 T. Worcestershire sauce	1/4 c. ketchup
1 T. vinegar	1/2 to 1 T. flour
	Salt & pepper, to taste

Cook hamburger and onion until done; drain off fat. Combine all remaining ingredients, except flour, and add to hamburger. Simmer, covered, for 10 minutes. Add flour and stir a couple of times. Serve on buns.

Manicotti

Sandi Lammert Hanson

1 (8 oz.) pkg. manicotti	1 tsp. salt
1 T. vegetable oil	1/4 tsp. pepper
1 (15 oz.) ctn. ricotta cheese	2 beaten eggs
1 (16 oz.) ctn. cottage cheese	1/4 tsp. parsley flakes (opt.)
1 c. grated Mozzarella cheese	2 1/2 c. Hunt's spaghetti sauce
1/3 c. Parmesan cheese	

Boil manicotti and vegetable oil according to manicotti package directions; drain. Run cold water over manicotti. Combine cheeses, salt, pepper, eggs and parsley flakes; stuff manicotti with cheese mixture. Place into a glass 9x13-inch dish; pour spaghetti sauce over manicotti. Bake in a 350° oven for 45 minutes, covered. Bake an additional 15 minutes, uncovered. Serves 8.

Note: Can be frozen and thawed before baking.

Meat Balls

Berneil Hanson

1 lb. hamburger	1 tsp. salt
1/2 c. dry bread crumbs	1/2 tsp. Worcestershire sauce
1/4 c. milk	1 egg
2 T. finely-chopped onion	

Mix ingredients and shape into 20 (1 1/2-inch) meat balls. Bake in oven at 400° for 20 to 25 minutes, until light brown, in a 9x13x2-inch pan. When ready to serve, bake in a casserole dish with 1 can of chicken soup, a little Worcestershire sauce and some water, for 1/2 hour in a 350° oven.

Note: This recipe is easily doubled.

Meat Balls

Kristy Ortiz

1 lb. ground beef	1 egg
1/2 lb. pork sausage	1 T. onion
1 tsp. salt	1/4 c. half & half
1/8 tsp. pepper	1/2 c. bread crumbs
1/8 tsp. allspice	

Mix together and place on a cookie sheet. Bake at 375° for 20 to 30 minutes. Watch!

SAUCE:

1/4 tsp. salt	2 c. chicken broth
1/4 c. margarine	2 tsp. dill weed
1/4 c. flour	1 c. sour cream

Melt margarine and add flour; mix with broth, salt and dill. Cook on medium heat until thick. Remove, and stir in sour cream, then pour over meat balls.

Meat Balls

Karen Umphreys

1 lb. hamburger	1 c. Rice Krispies
1 egg	1 T. onion
Pinch of pepper	

Mix all ingredients together; form into balls. Bake at 350° for 20 minutes. Cover with sauce of choice and bake another 15 minutes, or until done.

My family likes this with cream of mushroom soup as a sauce, and served on a bed of rice.

Meat Balls with Beans

Linda Thompson

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|------------------------------|-----------------------------|
| 1 lb. ground beef | 1/4 c. chopped onion |
| 2/3 c. nonfat dry milk | 1/4 tsp. dry mustard (opt.) |
| 1/2 tsp. salt (opt.) | 1 T. brown sugar (opt.) |
| 1/2 tsp. chili powder (opt.) | 1/8 tsp. pepper |
| 1/2 c. chopped onion | 1 (16 oz.) can kidney beans |
| 1/4 c. catsup | |

Mix meat, 1/4 cup onion, nonfat dry milk, salt, chili powder and pepper; shape into 18 meat balls. Brown meat balls in a skillet with 1/2 cup chopped onions. Drain off the fat and add remaining ingredients. Cover and cook over low heat for 10 minutes. Yield: 6 servings.

Nutritional Information Per Serving: 315 calories.

Morton Summer Sausage

Mindy Eggert

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|---|---|
| 2 T. Morton Tender Quick salt
(blue box) | 1 c. water |
| 1 1/2 tsp. liquid smoke | 1/2 tsp. salt |
| 1/2 tsp. garlic salt or powder | 1 lb. hamburger & 1 lb. ground
deer meat, or 2 lb. hamburger |
| 1/4 tsp. onion salt | |

Work all ingredients with hands; make into small rolls. Wrap in plastic wrap and refrigerate for 24 hours. Bake for about 1 hour at 300°, on a flat greased pan.

No-Peek Stew

Patty Hiatt

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|-------------------------------|---------------------------|
| 1 1/2 to 2 lb. stew meat | 1 pkg. dry onion soup mix |
| 2 cans cream of mushroom soup | 3/4 to 1 soup can water |

Slow-cook in a crock-pot all day. Serve over rice or noodles.

Oat Burgers

Helen Smith

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|----------------------------|---|
| 1 c. lowfat cottage cheese | 1 crushed garlic clove |
| 1 c. quick oats | 1/2 tsp. sage |
| 1 c. crushed corn flakes | 1 can lite mushroom soup
(low-fat, low-sodium) |
| 3 egg whites | |
| 1 diced onion | |

Form into patties and brown in vegetable oil. Arrange patties in a casserole dish and pour mushroom soup over all. Bake at 350° for 20 to 30 minutes. Yield: 4. Heart-healthy and nutritious.

Old-Fashioned Chicken and Dumplings

Tim Fifer

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|--------------------------|----------------------|
| 1 (2 1/2 to 3 lb.) fryer | 1/2 tsp. baking soda |
| 2 qt. water | 1/2 tsp. salt |
| 2 tsp. salt | 3 T. shortening |
| 1/2 tsp. pepper | 3/4 c. buttermilk |
| 2 c. flour | |

Place chicken in a Dutch oven. Add water and 2 teaspoons salt; bring to a boil. Cover, reduce heat and simmer for 1 hour, or until tender. Remove chicken from broth and cool. Bone chicken and cut meat into bite-size pieces; set aside. Bring broth to a boil; add pepper. Combine flour, baking soda and 1/2 teaspoon salt; cut in shortening. Add buttermilk, stirring with a fork until dry ingredients are moistened. Turn dough out onto a well-floured surface and knead lightly, 4 or 5 times. Pat dough to 1/2-inch thickness. Pinch off dough in 1 1/2-inch pieces and drop into boiling broth. Reduce heat to medium-low and cook for about 8 to 10 minutes, or until desired consistency, stirring occasionally. Stir in chicken. Yield: 4 to 6 servings.

One-Dish Ham Bake

Joyce Lammert

- | | |
|------------------------------|-----------------------|
| 1 pkg. frozen broccoli cuts | 1/2 tsp. onion powder |
| 1 can cream of mushroom soup | 1 c. milk |
| 1 can Cheddar cheese soup | 2 c. Bisquick |
| 3 c. cooked ham, cubed | 1 1/2 c. milk |

Combine the first 6 ingredients. Put into a deep 9x13-inch pan (lasagna pan). Combine Bisquick and milk and pour evenly over top. Bake in a 450° oven for 30 to 45 minutes (light golden brown). Let stand 5 minutes before cutting.

Variation: Chicken or turkey can be substituted for ham.

Praise to a child is as water to a thirsty plant.

Oven-Baked Pork Stew

Dora Mae Backhuus

- | | |
|--|--|
| 1 1/2 lb. boneless pork, cut into 1" cubes | 1/4 tsp. bottled hot pepper sauce (we prefer Louisiana) |
| 2 T. cooking oil | 4 med. sweet potatoes, peeled & sliced 3/4" thick (4 c.) |
| 3 T. flour | 1 lg. onion, cut into wedges |
| 1 (16 oz.) can tomatoes, cut up | 1 med. green pepper, cut into strips |
| 1 clove garlic, minced | 1 (10 oz.) pkg. frozen peas, thawed |
| 1 bay leaf | 1/4 c. water |
| 1 tsp. sugar (opt.) | 1/2 tsp. salt |
| 1 tsp. instant beef bouillon granules | |
| 1/2 tsp. thyme, crushed | |
| 1/2 tsp. oregano | |

In a large skillet, brown meat, 1/2 at a time, in hot oil. Remove meat from skillet; reserve drippings. Stir flour into drippings. Stir in undrained tomatoes, garlic, bay leaf, sugar, bouillon granules, thyme, oregano, hot sauce, 1/4 cup water and 1/2 teaspoon salt. Cook and stir until thickened and bubbly. In a 3-quart casserole, combine meat, sweet potatoes, onion and green pepper; stir in tomato mixture. Bake, covered, in a 350° oven for about 1 1/2 hours, stirring occasionally. Remove bay leaf; stir in peas. Bake 5 to 10 minutes more. Serves 6-plus.

Note: This looks complicated, but it is easy to put together. If you like sweet potatoes, you'll love this pork stew!

Oven-Barbecued Chicken

Patty Witthauer

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|---------------------------|
| 3 T. brown sugar |
| 1/2 c. water |
| 2 tsp. prepared mustard |
| 1 T. Worcestershire sauce |
| 1/4 tsp. salt |
| 1/8 tsp. pepper |
| Cooking oil |
| 3 to 4 lb. chicken pieces |
| 1/3 c. chopped onion |
| 3 T. butter or margarine |
| 3/4 c. ketchup |
| 1/3 c. vinegar |

Heat a small amount of oil in a large skillet. Fry chicken until browned; drain. Place chicken into a 9x13x2-inch baking dish. In a saucepan, sauté onion in butter until tender; stir in remaining ingredients. Simmer, uncovered, for 15 minutes; pour over chicken. Bake at 350° for about 1 hour, or until chicken is done, basting occasionally. Yield: 6 to 8 servings.

Party Brisket

Phyllis Rodenburg

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|-------------------------|----------------------------------|
| 4 to 5 lb. beef brisket | 1/2 c. water |
| 1/4 c. light soy sauce | 1 pkg. dry Lipton onion soup mix |

Place brisket (fat-side up) in a large shallow baking dish. Combine soy sauce, water and onion soup mix; pour over brisket. Cover and marinate in refrigerator for several hours or overnight. Cover tightly with heavy-duty foil and bake at 225° for 5 to 6 hours. Pour all liquid off after baking and separate fat. Trim fat from brisket and slice on the diagonal (meat will slice easier if cooled for 30 minutes or so). Return broth to brisket to keep moist.

Note: You can also bake this overnight, for 8 hours at 200°.

Pizza Casserole

Alta Dickinson

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|--|---|
| 2 lb. hamburger | 1 (16 oz.) pkg. wide noodles |
| 1/4 c. diced onion | 2 cans tomato soup |
| 1 1/2 tsp. oregano | 1/4 lb. processed cheese (I use Velveeta) |
| 2 cloves garlic, minced, or 2 tsp. garlic salt | |

Brown hamburger; add onion, oregano and garlic. Cook over low heat until onion is tender; drain grease. Cook noodles according to package directions. Add soup to meat and simmer until heated through. Place noodles into a 2-quart casserole, add hamburger mixture and mix together. Grate cheese over top (may add small jar of sliced mushrooms). Cover and bake in a 350° oven for 10 minutes, or until cheese melts.

Note: I use a 9x13-inch baking dish and cover with foil to bake.

Pizza Hot Dish

Linda L. Thompson

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|-------------------------------------|------------------------------|
| 1 1/2 lb. ground beef | 1 jar prepared pizza sauce |
| 2 (8 oz.) cans crescent rolls | 1 sm. onion, chopped |
| 2 1/2 c. shredded Mozzarella cheese | 1 c. shredded Cheddar cheese |
| Sliced pepperoni | Mushrooms (opt.) |

Preheat oven to 350°. Using a 9x13-inch pan, spread 1 can of crescent rolls along the bottom, leaving no holes. Scramble ground beef and onion together, then drain off grease. Spread hamburger mixture over top of crescent dough in pan. Place pepperoni slices next, then mushrooms, if desired. Sprinkle Cheddar and Mozzarella cheeses over, then pour pizza sauce over all. Layer second can of crescent rolls on top. Bake 45 minutes at 350°.

Variation: For top layer of dough, try using waxed paper to make a top crust, then transfer it to the casserole.

Pork Chop Supper

Charlotte Christensen

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|---------------------------|------------------------|
| 6 pork chops (3/4" thick) | 1/4 tsp. pepper |
| 1/2 c. flour | 4 lg. potatoes |
| 2 T. oil | 5 med. carrots, sliced |
| 2 tsp. dried thyme | 1 med. onion, wedged |
| 2 tsp. salt | 3 c. beef broth |

Dredge chops in flour. Heat oil in a large skillet. Brown chops on both sides; sprinkle with thyme, salt and pepper. Place peeled cubed potatoes, carrots and onion into skillet with chops. Add beef broth and bring to a boil. Reduce heat, cover and simmer for 40 to 50 minutes, or until chops and vegetables are tender. Serves 6.

Prime Rib

Robin Swanger

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|--------------------------------|------------------------|
| 1/2 c. coarsely-cracked pepper | 1/2 tsp. garlic powder |
| 1/2 tsp. ground cardamom | 1 c. soy sauce |
| 1 T. tomato sauce | 3/4 c. vinegar |
| 1 tsp. paprika | 5 to 6 lb. prime rib |

Trim prime rib of excess fat. Combine pepper and cardamom; rub in and press in with the heel of your hand. Place meat in a shallow baking dish. Combine tomato sauce and all other ingredients. Carefully pour mixture over meat so the other ingredients don't run off. Marinate overnight to 3 days and keep basting. Remove from marinade and let stand for 1 hour so it is at room temperature. Wrap in foil, put into shallow pan and roast at 300° for 2 hours for medium-rare (or use a meat thermometer). Brown roast, uncovered, at 350° while making gravy--using a packaged au jus gravy mix.

Very good!

Today is the tomorrow you worried about yesterday.

Quick-Baked Pasta

(Family-Style)

Shawn Rold

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|--|--|
| 2 T. olive oil | 1/2 c. half & half |
| 1 lb. lean, coarse-ground beef | 1/4 c. Parmesan or Romano cheese, freshly grated |
| 3 cloves garlic, peeled & crushed | 1 tsp. dried whole oregano |
| 3/4 c. red marinara or spaghetti sauce | 1/2 tsp. dried whole rosemary |
| 3/4 c. good brown gravy (homemade beef gravy, or canned brown gravy, in a pinch) | Salt & black pepper, to taste |
| | 3/4 lb. penne pasta (short, sm. pasta tubes) |

TOPPING:

- 1 c. Mozzarella or Swiss cheese, coarsely grated

Bring 4 quarts of water to a boil. Heat a large frying pan and add the oil, beef and garlic. Sauté until the meat is tender and then drain excess fat. Add all remaining ingredients, except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart glass rectangular baking dish and top with the remaining cheese. Bake, uncovered, at 350° for 25 minutes, or until all is bubbly hot. Serves 6.

Reunion Casserole

Patty Witthauer

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|---|---|
| 1 lb. ground beef | 1 (10 3/4 oz.) can condensed tomato soup, undiluted |
| 1/2 lb. bulk hot sausage | 1 (8 oz.) can tomato sauce |
| 1 c. chopped onion | 1/3 c. sliced stuffed olives |
| 2 c. (8 oz.) shredded Cheddar cheese, divided | 1 garlic clove, minced |
| 1 green pepper, chopped | 1/2 tsp. salt |
| 1 (12 oz.) can whole kernel corn, drained | 8 oz. wide noodles, cooked & drained |

In a large Dutch oven, brown the beef, sausage and onion; drain off fat. Stir in 1 cup cheese, green pepper, corn, soup, tomato sauce, olives, garlic, salt and noodles. Place into a 9x13x2-inch baking pan; sprinkle with remaining cheese. Cover and bake at 350° for 35 minutes. Uncover and bake 10 minutes longer. Yield: 8 to 10 servings.

Romano Chicken

Claudia Vergamini

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|-----------------------------------|-----------------------------------|
| 1 cut-up fryer chicken, or | Shredded Mozzarella cheese |
| 6 skinless chicken breasts | 1 jar spaghetti sauce |

Grease a 9x13-inch pan. Place chicken in pan and sprinkle shredded Mozzarella cheese over each piece of chicken. Gently spoon spaghetti sauce over cheese, making sure spaghetti sauce covers the entire bottom of the pan. Bake at 350° for 1 to 1 1/2 hours.

Round Steak over Noodles

Marilyn Peters

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|----------------------------|--------------------------|
| 1 lb. round steak | 2 tsp. cornstarch |
| 1/4 c. soy sauce | 1 T. soy sauce |
| 1 tsp. sugar | 1/2 tsp. ginger |
| 2 lg. firm tomatoes | 1/4 c. salad oil |
| 2 green peppers | Garlic, to taste |

Slice beef (partially frozen is easiest) into thin strips and marinate in soy sauce and sugar (mixed) for 1/2 hour. Cut tomatoes and green peppers in 1-inch cubes. Heat oil, add ginger and garlic and stir slightly. Add green peppers; sauté for 3 minutes. Add beef and liquid; sauté for another 3 minutes. Add tomatoes. Mix cornstarch and 1 tablespoon soy sauce; add to beef mixture, stir for 1 minute. Cook for 10 to 15 minutes over medium heat. Serve over noodles or rice. Serves 4.

Note: Easy to prepare ingredients ahead, and quick to cook.

Runza Bake

Mindy Eggert

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|------------------------------------|----------------------------------|
| 1 lb. ground beef | 4 c. grated cabbage |
| 1 med. onion, chopped | 1 can Cheddar cheese soup |
| 1 c. Cheez Whiz | 2 cans crescent rolls |
| Salt & pepper, to taste | |

Brown hamburger and drain. Add salt and pepper, cabbage and onion, and cook until tender. Stir in soup and Cheez Whiz. Cover the bottom of a 9x13-inch pan with 1 can of rolls and press together. Put Runza mix on top, and top with the second can of rolls. Sprinkle with Parmesan cheese and bake at 350° for 20 to 30 minutes.

St. Louis Toasted Ravioli

Tim Fifer

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|---|--|
| 1 (1 lb.) pkg. frozen ravioli | Shortening or oil for deep-frying |
| 2 T. milk | 1 c. spaghetti sauce |
| 1 egg | Grated Parmesan cheese |
| 2/3 to 1 c. fine, dry, seasoned bread crumbs | |

Thaw ravioli. In a mixing bowl, beat together milk and egg. Dip each ravioli into egg mixture; coat with crumbs. In a deep-fryer or Dutch oven, heat 2 inches of oil to 350°. Fry ravioli a few at a time in hot oil for 1 minute per side, or until golden; drain on paper towels. Keep warm in a 300° oven while frying the rest. Heat the sauce; sprinkle ravioli with Parmesan. Serve with warm sauce for dipping. Makes 12 to 14.

Salmon Patties

Tim Fifer

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|--------------------------------------|---|
| 1 (16 oz.) can salmon, flaked | 1 T. flour |
| 1/4 tsp. pepper | Soda cracker crumbs (about 4 crackers) |
| 1 T. mustard | Corn oil |
| 2 eggs, beaten | |
| 1/2 c. milk | |

Mix salmon, pepper and mustard together. Mix eggs, milk and flour in a heavy pan and cook slowly, stirring constantly, until thick. Add salmon mixture and cracker crumbs; let cool. Make into patties; fry patties in oil until brown on both sides.

Scalloped Potatoes and Pork Chops

Laura Moore

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|--|-------------------------------------|
| 5 c. thinly-sliced potatoes | 1/2 c. sour cream |
| 1 c. chopped onion | 6 pork loin chops (1" thick) |
| Salt & pepper, to taste | Chopped fresh parsley |
| 1 (10 3/4 oz.) can cream of mushroom soup | |

In a greased 9x13-inch baking dish, layer 1/2 of the potatoes and onion; sprinkle with salt and pepper. Repeat layers. Combine soup and sour cream; pour over potatoes. Cover and bake at 375° for 30 minutes. Meanwhile, in a skillet, brown pork chops on both sides. Place chops on top of casserole, cover, and return to oven for 45 minutes. Yield: 6 servings.

Schwein Schnitzel

(Breaded Pork Cutlets with Sour Cream/Dill Sauce)

Tim Fifer

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|------------------------|-------------------------------------|
| 1/2 c. flour | 3 T. cooking oil |
| 1/4 tsp. garlic salt | 6 (4 oz.) pork cutlets (1/2" thick) |
| 1/4 tsp. celery salt | 1 1/4 c. chicken broth |
| 1/4 tsp. paprika | 1/2 c. sour cream |
| 1/4 tsp. seasoned salt | 2 T. flour |
| 1/8 tsp. pepper | 1/2 tsp. dried dill weed |
| 1 egg, slightly beaten | |
| 1/2 c. milk | |

In a shallow dish, stir together flour, garlic salt, celery, salt, paprika, seasoned salt and pepper. In another shallow dish, stir together egg and milk. In a large skillet, heat oil. Coat each cutlet with flour mixture, then dip in egg mixture and again in flour mixture. Cook in hot oil over medium heat for 12 to 15 minutes, or until browned on both sides and meat is no longer pink, turning once. After preparing cutlets, remove meat from skillet and keep warm while preparing sauce. Pour chicken broth into the skillet used for cooking the cutlets. Over medium heat, scrape up brown bits in skillet; bring to boiling. In a small bowl, stir together sour cream, flour and dill weed. Stir into hot broth in skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve sauce over cutlets.

Seafood Fettuccine

Rena Dieatrick

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|--------------------------------------|--|
| 1 (12 oz.) box fettuccine | 1 sm. can sliced ripe black olives |
| 1/2 c. butter or margarine, softened | Salt & pepper, to taste |
| 1 c. whipping cream, room temp. | 1/3 to 1/2 lb. med.-size cooked shrimp |
| 3/4 c. grated Parmesan cheese | 1/2 lb. imitation crabmeat |
| 2 T. snipped parsley | |

Cook fettuccine according to package directions. Mix butter, whipping cream, grated cheese and parsley; warm on low heat until it just starts to bubble. Add olives and seafood; salt and pepper to taste. Pour over warm, drained noodles. Serve with Italian-style salad and garlic bread.

Shrimp Creole

Tim Fifer

- | | |
|----------------------------------|---------------------------------|
| 1 qt. water | 1 (6 oz.) can tomato paste |
| 1/2 lemon, sliced | 1 (28 oz.) can tomatoes & juice |
| 4 whole peppercorns | 1 T. lemon juice |
| 2 lb. shrimp, shelled & deveined | 1 T. sugar |
| 4 slices bacon, cut up | 1 tsp. salt |
| 2 T. butter | 1/2 tsp. black pepper |
| 1 clove garlic, minced | 1 bay leaf |
| 1 c. onion, chopped | 1/4 tsp. Tabasco sauce |
| 1 1/2 c. green pepper, chopped | 1/2 tsp. thyme |
| 1 1/2 c. celery, sliced | 1/4 tsp. cayenne pepper |
| | 1/2 tsp. file powder |

In a large saucepan, bring 1 quart of water to boil. Add lemon, peppercorns and shrimp; reduce heat and simmer for 3 minutes. Drain and reserve 1 cup liquid. Sauté bacon in a Dutch oven. Remove bacon from pan and add butter, garlic, onion, celery and green pepper; cook about 5 minutes. Add 1 cup reserved liquid, tomatoes, tomato paste, bacon and lemon juice; stir to mix. Then add Tabasco sauce, sugar, salt, pepper, bay leaf and thyme; stir again to mix well. Bring to a boil and simmer for 1 1/2 hours. Add shrimp and file powder. Remove bay leaf before serving. Serve over rice. Serves 6.

Note: Best when made the day before and refrigerated, to take on spices.

Skillet Lasagna

Linda Thompson

- | | |
|-----------------------------|--|
| 1/2 lb. ground beef | 1 (15 oz.) can tomato sauce |
| 1/2 c. chopped onion | 1/4 tsp. garlic powder |
| 2 oz. shredded cheese | 1/2 tsp. basil |
| 1/2 tsp. oregano | 1 (10 oz.) pkg. frozen chopped spinach, thawed |
| 8 oz. uncooked wide noodles | |
| 1 c. cottage cheese | |

Brown meat and onion in a large frypan; drain off fat. Add tomato sauce, 1 to 1 1/2 cups water, garlic powder, oregano and basil; bring to a boil. Add noodles, cover and simmer for 5 minutes. Break up the thawed spinach and stir into the pan. Cover and simmer for 5 minutes; stir mixture. Spread cottage cheese on top; sprinkle with cheese. Cover and simmer for about 10 minutes until noodles are tender. Yield: 6 servings.

Nutritional Information Per Serving: 237 calories, 37% calories from fat, 702 mg sodium, 10 gm fat.

Sloppy Joes

Kristy Ortiz

- | | |
|---------------------|----------------------|
| 1 lb. hamburger | 1/2 tsp. dry mustard |
| 1 c. chopped celery | 3/4 c. ketchup |
| 1/2 c. onion | 2 T. flour |
| 1 T. brown sugar | 1 green pepper |
| 2 T. vinegar | |

Brown hamburger, add celery and onion, and cook until tender; drain off excess fat. Add remaining ingredients and simmer for 20 to 30 minutes.

Smoked Turkey

Joyce Barney

- | | |
|----------------------------------|------------------------|
| 1 (10 to 12 lb.) turkey (thawed) | 1 c. sugar |
| 8 cloves garlic | 1 c. liquid smoke |
| 1 c. salt | 2 turkey roasting bags |

Place garlic cloves into turkey cavity. Place turkey into a large plastic bag. Mix salt, sugar and liquid smoke and place in bag with turkey. Fill bag with water to cover turkey, about 3/4 full, and seal; put into pan and place into refrigerator. Turn once every day for 7 days. Remove turkey, except for garlic cloves. Grill or bake in oven. If baking in the oven, use a different cooking bag and bake according to timing instructions.

Southern Illinois Sloppy Joes

Geri Knoebel

- | | |
|--------------------|--------------------|
| 4 lb. ground beef | 1 tsp. pepper |
| 1 lg. onion | 1 T. chill powder |
| 32 oz. ketchup | 1 tsp. dry mustard |
| 1/4 c. white sugar | 2 T. flour |
| 1/4 c. brown sugar | |

Chop onion and cook with ground beef until beef is thoroughly done; drain. Combine all other ingredients in a bowl, mix thoroughly, then add to ground beef. Cook in a crock-pot on low for 2 1/2 hours. Serves 20 to 25.

Note: These taste better the longer they are cooked.

Sour Cream Chicken Enchiladas

Roma Jean Backhuus

- | | |
|--------------------------------------|-------------------------------|
| 2 to 3 chicken breasts
(boneless) | 1 bell pepper, chopped (opt.) |
| 12 lg. flour tortillas | 1 sm. can green chilies |
| 2 cans cream of chicken soup | 1 lb. Cheddar cheese |
| 1 lg. ctn. sour cream | 1 lb. Monterey Jack cheese |
| 1 med. onion, chopped | 1 can enchilada sauce |

Heat together the sour cream and soup. Chop the cooked chicken and mix together with Monterey Jack cheese, onion, green peppers and chilies. Pour 1/2 of the soup and sour cream into the bottom of a 9x13-inch pan. Put ingredients into tortillas and roll. Place into the pan, pour the rest of the soup and sour cream on top of tortillas, and pour the can of enchilada sauce over, with Cheddar cheese covering that. Bake at 350° for 30 to 45 minutes.

Note: Some ingredients are optional.

Sour Cream-Noodle Bake

Doris Shobe

- | | |
|----------------------------|--------------------------------|
| 1 (8 oz.) pkg. noodles | 1/8 tsp. pepper |
| 2 T. butter | 1 c. sour cream |
| 1 lb. ground beef | 1 c. cottage cheese |
| 1 (8 oz.) can tomato sauce | 1/2 c. chopped onion |
| 1 tsp. salt | 3/4 c. shredded Cheddar cheese |

Cook noodles; rinse and drain. Melt butter in skillet; add ground beef and chopped onion. Cook until brown (not hard). To the beef, add the tomato sauce and salt and pepper; simmer for 5 minutes. Into the noodles, fold the sour cream and cottage cheese. Spoon 1/2 of the noodles into a 2 1/2-quart casserole; cover with 1/2 of the meat mixture. Repeat layers; sprinkle with the shredded Cheddar cheese. Bake for 25 to 30 minutes at 350°, or until bubbly. Serves 6 to 8.

Very good; one of my favorite dishes.

Spaghetti Pie

Cheri Dickinson

- | | |
|----------------------|---|
| 1 1/2 lb. hamburger | 3 c. Mozzarella cheese, grated |
| 1 chopped onion | 1 c. Parmesan cheese |
| 1 lb. thin spaghetti | 1 (28 oz.) jar favorite spaghetti sauce |

Brown hamburger and onion together; drain. While hamburger is cooking, cook spaghetti according to package directions; drain. Spread a thin layer of sauce onto the bottom of a 9x13-inch pan. Layer 1/2 of the spaghetti, sauce, Mozzarella and Parmesan cheeses, in that order. Layer a second time. Cover with foil and bake at 350° for 1 hour. Yield: 8 servings.

Spaghetti Pie

Linda Welch

8 oz. spaghetti, broken into 2" pieces	4 oz. Mozzarella cheese, shredded
2 T. margarine	1/2 tsp. salt
1/3 c. Parmesan cheese, grated	1/4 tsp. pepper
1 (15 1/2 oz.) jar spaghetti sauce	1 egg, beaten
	1 1/2 lb. ground beef, browned
	1 sm. onion
	1 (8 oz.) ctn. cottage cheese

Cook spaghetti in boiling water; drain. Place into a greased 9x13-inch baking dish. Mix margarine, Parmesan cheese, salt, pepper and egg thoroughly, and spread over spaghetti; mix together with a fork. Spread cottage cheese over spaghetti layer. Sauté ground beef and onion in a skillet until meat is brown; drain off excess fat. Stir in spaghetti sauce and spread over cottage cheese. Bake at 350° for 20 minutes. Sprinkle Mozzarella cheese over top and bake 10 minutes longer, or until cheese is melted and just begins to brown. Let stand for 10 minutes before cutting.

Spaghetti with Meat Sauce

Joyce Barney

30 lb. (80% lean) ground beef	5 oz. ground oregano
10 industrial-size cans tomato sauce	1/2 oz. bay leaves
4 oz. garlic powder	1 1/2 bulbs garlic, pressed
2 oz. generic Italian seasoning	26 lb. spaghetti
	4 (8 oz.) ctn. Parmesan cheese

Boil ground beef and drain. Add tomato sauce and seasonings; simmer for 2 hours. Make 1 day ahead of serving, so flavor has a chance to blend. Yield: 250 servings.
Note: Will need to use roasters, as this will not all fit in pans.

No one is rich enough to do without a neighbor.

Spaghetti Sauce

Berneil Hanson

1/2 c. onion	1 clove garlic or, 1 tsp. garlic salt
1 can tomato soup	1 tsp. salt
2 c. peeled tomatoes, or 1 can stewed tomatoes, blended	1/2 tsp. oregano
	Dash of pepper

Sauté in hot fat, or add to ground beef when browning.

Add and simmer for 15 minutes.

1 (6 oz.) can tomato paste	1/4 c. brown sugar
1 c. water	1 lb. browned ground beef
1/4 c. vinegar	

Add and simmer for 1 1/2 hours, stirring occasionally.

Note: If using garlic salt, add at the end of the cooking time. If time is a problem, I turn up the heat a bit more and is ready in 15 to 20 minutes. I use my frypan to brown the hamburger and mix together. When spaghetti sauce is finished, before serving, boil a pan of water and add spaghetti for about 10 minutes; drain and serve.

Variation: I use frozen tomatoes from the garden and leave out the tomato paste. This was Susan Schultz's recipe and we like it.

Stromboli

Karen Umphreys

1 lb. hamburger, browned	1 sm. ctn. ricotta or cottage cheese
1 loaf frozen bread dough (thaw & rise)	1 (8 oz.) pkg. Mozzarella cheese
1 jar spaghetti sauce	

Roll out dough. Spread ricotta or cottage cheese, meat and the Mozzarella cheese. Roll up like a jellyroll. Bake on a cookie sheet or in a cake pan at 350° for 25 minutes. Slice, then pour the sauce on top.

Life is 10% what you make it and 90% how you take it.

Stuffed Cabbages

Karen Sommerville

- | | |
|----------------------|----------------------------------|
| 1 1/2 lb. hamburger | 2 slices bacon, browned & cut up |
| 1 1/2 c. cooked rice | 1 (29 oz.) can tomato paste |
| 2 eggs | 1 lg. head cabbage |
| 1 lg. onion, chopped | 1 can tomato juice |
| Salt & pepper | |

Mix hamburger, rice, eggs, onion, salt, pepper, tomato paste and bacon together. Parboil the head of cabbage for 15 minutes; let cool. Peel leaves and fill with the mixture; roll up, placing seam down, in a pan. Pour tomato juice over rolled cabbages. Bake in a 350° oven for 1 1/2 to 2 1/2 hours.

Stuffed Peppers

Sandy Stevens

- | | |
|----------------------------|---------------------------|
| 1 sm. pkg. Velveeta cheese | 3/4 c. rice |
| 1 lb. hamburger | 1 can stewed tomatoes |
| 4 to 5 bell peppers | 2 slices toast, broken up |
| 1/2 chopped onion | |

Cook hamburger; drain grease. Add rice, tomatoes, onion and 1/2 to 1 cup water to hamburger. Cook until rice is tender. While hamburger is cooking, boil peppers until they are tender. Stuff peppers with hamburger mixture; top with sliced Velveeta cheese and toast pieces. Bake at 350° for 20 minutes.

Sugar-Glazed Ham

Patty Witthauer

- | | |
|---|-------------------------|
| 1 (5 to 7 lb.) fully-cooked bone-in ham | 2 tsp. prepared mustard |
| 1 c. packed brown sugar | 1 to 2 T. cider vinegar |

Score ham about 1/2-inch deep with a sharp knife. Place ham on a rack in a shallow baking pan. Bake at 325° for 2 to 2 1/2 hours (20 minutes per pound). Combine brown sugar, mustard, and enough vinegar to make a thick paste. During the last hour of baking, brush glaze on ham every 15 minutes. Yield: 10 to 14 servings.

Summer Sausage

Gladys Malone

- | | |
|-------------------------------|----------------------------|
| 2 lb. hamburger | 1 tsp. coarse black pepper |
| 1 c. cold water | 1 tsp. mustard seed |
| 2 T. Morton Tender Quick salt | Hot peppers (opt.) |
| 1 tsp. garlic salt | 2 tsp. liquid smoke |
| 1 tsp. onion salt | |

Mix ingredients together and refrigerate for 24 hours. Make 3 rolls, wrap in foil and prick holes in bottom for grease to come out. Bake at 325° for 1 1/2 hours.

Swedish Meat Balls

Jean Brisso

- | | |
|------------------------|---------------------------------------|
| 2 lb. ground round | 2 slices bread, soaked & squeezed dry |
| 1/2 lb. pork sausage | 1/2 tsp. (more or less) nutmeg |
| 1/2 lb. turkey, ground | 1 tsp. salt |
| 1 chopped onion | 1 tsp. black pepper |
| 2 eggs | |

Combine all ingredients. Form into 1 1/2-inch balls; brown in a hot skillet. Put into a casserole and cover with brown gravy (or other gravy). Bake at 375° for 30 to 40 minutes.

Taco Casserole

Donna Hough

- | | |
|------------------------------|-----------------------------|
| 1 lb. ground beef | 1 med. onion |
| 1 pkg. frozen corn tortillas | 1 can chopped green chilies |
| 1 can cream of mushroom soup | 1 can taco sauce |
| 1 can cream of chicken soup | 1 lb. cheese |

Brown hamburger; drain, then sauté onion. Stir in soup, chilies and taco sauce. Pour a little mixture onto the bottom of a greased casserole dish. Layer tortillas, torn in fourths, meat, soup mixture and cheese. Repeat layers; end with cheese. Bake for 1 hour at 350°.

Taco Casserole

Cyndi Merriam

- | | |
|---|--|
| 4 flour tortillas | 1 pkt. taco seasoning |
| 1 lb. hamburger, browned & drained | 1 (8 oz.) pkg. shredded Mozzarella cheese |
| 1 sm. can tomato sauce | 1 (8 oz.) pkg. shredded Cheddar cheese |
| 1 sm. can tomato paste | |
| 1/4 c. water | |

Mix sauce, paste, water and seasoning packet in a 4-quart measuring cup; add cooked hamburger. Place 1 tortilla in a round Pyrex casserole dish. Spread 1/4 of the hamburger mixture on tortilla, then 1/2 cup of each cheese; add the next tortilla. Repeat and form 4 layers, ending with cheese. Cover and microwave for 5 minutes on HIGH, or until hot clear through casserole. Let stand a few minutes before serving. Serves 4 to 6 people.

Quick and easy.

Tater Tot Casserole

Teresa Osborne

- | | |
|--------------------------------|---------------------------------------|
| 2 lb. hamburger, thawed | 1 can cream of chicken soup |
| 1/3 pkg. onion soup mix | 1 can cream of celery soup |
| 8 oz. tomato sauce | 20 oz. frozen mixed vegetables |
| 1/4 tsp. salt | 32 oz. frozen tater tots |
| Dash of pepper | |

Mix hamburger, onion soup mix, tomato sauce, salt and pepper thoroughly. Press into a 9x13-inch pan. Mix soups and mixed vegetables; spread on top of hamburger mixture. Arrange tater tots on top of the vegetable mixture. Bake in a 350° oven for 2 to 2 1/2 hours. Yield: 12 to 18 servings.

Tater Tot Casserole

Taryn Struthers

- | | |
|----------------------------------|---|
| 1 (16 oz.) bag tater tots | 1 can cream of mushroom soup |
| 1 lb. browned hamburger | 1 (12 oz.) pkg. shredded Mozzarella cheese |
| 1 can tomato soup | |

Spray a 9x13-inch pan with oil. Spread tater tots in a single layer in the pan. Mix drained hamburger and soups; pour over tater tots. Sprinkle cheese on top. Bake at 350° for 45 minutes.

Tarragon Chicken Casserole

Kristy Ortiz

- | | |
|---|--|
| 2 (10 3/4 oz.) cans condensed cream of chicken soup, undiluted | 1/2 tsp. pepper |
| 2 c. half & half cream | 1 (16 oz.) pkg. linguine or spaghetti, cooked & drained |
| 4 tsp. dried tarragon | 6 c. cubed cooked chicken |
| | 1 c. Parmesan cheese |

In a large bowl, combine soup, cream, tarragon and pepper. Stir in the linguine and chicken. Transfer to an ungreased 4-quart baking dish; sprinkle with the Parmesan cheese. Bake, uncovered, at 350° for 30 minutes, or until heated through.

Wiener Stew

John Groves

- | | |
|------------------------|-------------------------------|
| 1 pkg. hot dogs | 1 can pork & beans |
| Ketchup | 1 can corn |
| Mustard | |

Put into a large pot: cut hot dogs (in bite-size pieces). Add 1 can pork and beans, 1 can of corn, ketchup and mustard to taste. Cook on an open fire until warm, when camping, or on top of stove at home.

Good for dads and children on camp-outs.

Wild Rice-Seafood Casserole

Arlene Morse

- | | |
|----------------------------------|---------------------------------|
| 2/3 c. uncooked wild rice | 1/2 c. white rice |
| 2 c. water | 1 c. water |
| 1/2 tsp. salt | 1/2 tsp. salt |
| 1 c. fresh mushrooms | 2 c. cooked shrimp |
| 1/4 c. chopped pepper | 1/2 tsp. basil |
| 1/2 c. onion | 1/4 c. (sm. jar) pimento |
| 1 c. celery | |

WHITE SAUCE:

- | | |
|--------------------|--------------------|
| 2 c. milk | 2 T. flour |
| 2 T. butter | 1 tsp. salt |

Cook wild rice in water and salt. Boil, cover, and steam for 20 minutes. Cook white rice in water and salt. Bring to a boil and simmer for 15 minutes. Sauté mushrooms, chopped pepper, onion and celery. Lower heat and add shrimp, basil and pimento. Spray a casserole with Pam. Place rices and shrimp mixture into casserole and pour on the white sauce. Serves 6.

Yum-A-Setta

Mindy Eggert

2 lb. hamburger
Salt & pepper, to taste
1/4 onion, chopped
1 can tomato soup

1 can cream of chicken soup
A little brown sugar
1 (16 oz.) pkg. egg noodles
1 (8 oz.) pkg. processed cheese

Brown hamburger with salt, pepper and brown sugar; add tomato soup. Cook egg noodles; drain. Add cream of chicken soup. Layer hamburger mixture and noodle mixture in a casserole dish, with processed cheese between layers. Bake at 350° for 1/2 hour.

Zippy Meat Balls

Dee Anna Haack

1 1/2 lb. hamburger
3/4 c. oatmeal
1/2 c. milk
2 sm. onions, chopped
1 1/2 tsp. salt

1 c. catsup
1/4 c. vinegar
1/2 c. water
4 T. brown sugar

Combine beef, oatmeal, milk, onions and salt; form into balls. Put into a 9x13-inch pan or dish and bake at 325° for 1 hour, or until brown; drain. Mix catsup, vinegar, water and brown sugar; pour this mixture over meat balls. Bake at 300° for 30 more minutes, or until bubbly.

Zucchini Bake

Tim Fifer

2 sm. zucchini
1 can cream of chicken soup
1/4 c. milk
1 lb. ground beef

1/4 c. onion, chopped
Salt & pepper, to taste
1 c. grated Cheddar cheese

Slice zucchini to cover the bottom of a greased baking dish. Combine cream of chicken soup and the milk; pour over zucchini. Brown ground beef with onion and drain; layer over zucchini. Add salt and pepper to taste. Place into a 350° oven for 45 minutes; remove and top with cheese. Return to oven long enough to melt cheese.

Salads & Soups



Seasoning Guide

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups

STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.

TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.

CONSOMMÉ: Dash in basil, marjoram, savory, or tarragon.

MUSHROOM SOUP: Season with curry, oregano, or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mace, or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage, or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage, or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.

COFFEE CAKE: Mix crushed anise in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORNBREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome; add 1/2 teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon-sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry -- add dash of nutmeg to dry ingredients. Season plain muffins with caraway or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan, and snipped chives.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasoning near the end of cooking.

SOUFFLÉ: Add 1/4 teaspoon marjoram to 4-egg soufflé. To cheese soufflé, add basil or savory.

CHEESE CASSEROLES: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RAREBIT: Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted processed cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise or cumin. Prepare several hours ahead of time.

Salads & Soups

Salads

Apple-Blue Cheese-Walnut Salad

Penni Burkum

1 Granny Smith apple, chopped	1/2 tsp. salt
Romaine & Bibb lettuce	1/2 tsp. sugar
2 T. minced onion	2/3 c. walnut oil
2 T. vinegar	2/3 c. crumbled blue cheese
2 T. lemon juice	2/3 c. roasted walnuts
3/4 tsp. ground pepper	

Make dressing of onion, vinegar, lemon juice, pepper, salt and sugar. Whisk in walnut oil and blue cheese. Add walnuts. Pour over chopped apple and lettuce. Toss.

Appleberry Jello Salad

Rena Dieatrick

1 sm. pkg. strawberry Jello	1 (10 oz.) pkg. frozen strawberries
1 c. boiling water	1 c. applesauce

Dissolve Jello in boiling water. Add frozen strawberries and stir until thawed. Add applesauce and mix well. Refrigerate until set.

Awesome with pork roast!

Apple Snicker Salad

Mindy Eggert

3 c. cold milk	7 regular-size Snickers bars or
2 sm. pkg. French vanilla pudding mix	1 (14 oz.) pkg. mini Snickers bars
	7 Granny Smith apples, diced
	1 (12 oz.) ctn. Cool Whip

Slice candy bars into thin, wafer-size pieces. Combine milk into pudding mix and refrigerate to set pudding. Add Cool Whip, apples and candy. Refrigerate.

Blueberry Salad

Joyce Barney

- | | |
|---|-----------------------------|
| 1 (3 oz.) pkg. grape Jello | 1 can blueberry pie filling |
| 1 (3 oz.) pkg. raspberry Jello | 8 oz. sour cream |
| 1 (15 oz.) can crushed pineapple,
<u>not drained</u> | 3 oz. cream cheese |
| | 1/4 c. sugar |

Mix Jellos with 2 cups boiling water. Add pineapple and blueberries. Pour into a 8- or 9-inch square pan. Top with mixed sour cream and cream cheese, and sugar. Top with chopped pecans.

Broccoli Delight

Coral Petersen

- | | |
|--|-------------------------------|
| 1 lg. bunch fresh broccoli, cut
in bite-size pieces (4 to 5 c.) | 10 strips bacon, cooked crisp |
| 1 c. raisins | 1/4 c. diced onion (red) |
| | 1 c. sunflower seeds |

- DRESSING:**
- | | |
|------------|-------------------|
| 2 T. sugar | 2 T. vinegar |
| | 1/2 c. mayonnaise |

Mix all ingredients in bowl and pour dressing over and mix.

Broccoli Salad

Norma Sperry

- | | |
|------------------------------------|---------------------------------|
| 1 bunch broccoli | 1/2 c. onion, chopped |
| 1/2 lb. bacon | 1/2 c. raisins (golden or dark) |
| 1 pkg. sunflower seeds (or 1/4 c.) | |

- DRESSING:**
- | | |
|------------|---------------------|
| 2 T. sugar | 1 c. salad dressing |
| | 2 T. white vinegar |

Cut broccoli into bite-size pieces. Chop onion. Cut bacon into small pieces and fry crisp. Mix together the broccoli, onion, cooked bacon, raisins and sunflower seeds in a medium-sized bowl. Mix dressing and pour over salad. Serve.

Favorite Broccoli Salad

Patty Withauer

- | | |
|---|-----------------------------------|
| 1 bunch broccoli, separated into
florets | 1 c. chopped, seeded tomatoes |
| 1 head cauliflower, separated
into florets | 2 hard-cooked eggs, sliced |
| 8 bacon strips, fried & crumbled | 1 c. mayonnaise or salad dressing |
| 1/3 c. chopped onion | 1/3 c. sugar |
| | 2 T. vinegar |

In a large salad bowl, combine broccoli, cauliflower, bacon, onion, tomatoes and eggs; set aside. In another bowl, combine mayonnaise, sugar and vinegar; mix until smooth. Just before serving, pour dressing over salad and toss. Yield: 6 to 8 servings.

Cherry Salad

(or Dessert)

Sandra L. Payne

- | | |
|--------------------------|----------------------------------|
| 1 can cherry pie filling | 1 can crushed pineapple, drained |
| 1 can Eagle Brand milk | 1 c. chopped nuts (opt.) |
| 1 lg. ctn. Cool Whip | |

Mix together and spread in 2 (9x3-inch) baking dishes or in 1 large bowl. Chill 4 hours.

Chicken Caesar Salad

Jeremy Groves

- | | |
|------------------------------|---------------------|
| Boneless chicken breast | Tomatoes |
| Italian dressing (Wish-Bone) | Croutons |
| Lettuce | Green pepper (opt.) |

Marinate chicken breast in Italian dressing for 2 hours or overnight. Grill, then chop or slice. Tear lettuce into a bowl (make as much as you want, just increase for more people). Chop tomato (1 is enough); season croutons with whatever you desire. Put cooked, chopped, hot or cold chicken breast on top. Toss with Caesar dressing.

Note: Best eaten right away.

Chicken Salad

Patty James

- | | |
|-----------------------------------|-----------------------------|
| 3 c. cooked, diced chicken breast | 1 c. chopped cauliflower |
| 1 c. mayonnaise | 1 c. chopped broccoli |
| 8 oz. shredded Cheddar cheese | 1/2 c. chopped black olives |
| 1 c. chopped celery | 1/4 c. chopped onion |

Mix all ingredients together and stuff a tomato or put on a croissant roll. This recipe is always better with mayonnaise. Don't substitute with Miracle Whip.

Chicken Salad

Diane Underwood

- | | |
|--------------------------|-------------------------|
| 2 1/2 lb. chicken | 1/2 tsp. salt |
| 1 c. finely-diced onion | 1/2 tsp. garlic powder |
| 1 c. grated cheese | 3/4 tsp. onion powder |
| 1/2 c. chopped pecans | 3/4 tsp. pepper |
| 1 c. finely-diced celery | 1 1/2 c. salad dressing |

Boil chicken. Cool. Bone and chop into 1/4-inch pieces. Add onion, cheese, pecans and celery. Blend well. Add remaining seasonings and mix. Stir in salad dressing and blend thoroughly. Makes 10 servings.

Chicken Salad

Kristy Ortiz

- | | |
|--------------------------------|---|
| 1 1/2 c. toasted almonds | 3 tsp. minced onion |
| 6 tsp. lemon juice | 6 to 8 c. cooked chicken (bite-size pieces) |
| 2 1/4 c. Hellmann's mayonnaise | |
| 3 c. chopped celery | |

Mix all together and serve.

Chicken Salad

Berneil Hanson

- | | |
|--|--------------------------|
| 2 c. cubed chicken breast | 2 T. purple onion (opt.) |
| 1 1/2 c. seedless red grapes | 1/3 c. plain yogurt |
| 1 c. cubed, unpeeled Red Delicious apple | 2 T. mayonnaise |
| 2/3 c. raisins | 1 1/2 T. lemon juice |
| | 1/4 tsp. salt |

Combine first 6 ingredients, and then yogurt with the next 4 ingredients. Mix together, cover and chill. Put over lettuce leaves.

Chicken Salad

Janet Rains

- | | |
|-------------------------------|---|
| 5 c. cooked chicken, cubed | 1 1/2 c. celery, chopped |
| 2 T. salad oil | 1 (13 1/2 oz.) can pineapple tidbits, drained |
| 2 T. orange juice | 1 (11 oz.) can mandarin oranges, drained |
| 2 T. vinegar | 1 c. almonds, sliced, toasted |
| 1 tsp. salt | 1 1/2 to 2 c. mayonnaise |
| 3 c. cooked rice | |
| 1 1/2 c. green grapes, sliced | |

Combine in medium bowl, chicken, salad oil, orange juice, vinegar and salt. Mix well and let stand while you combine in large bowl: rice, grapes, celery, pineapple tidbits, oranges and almonds. Add chicken mixture to rice mixture and chill. Just before serving, fold in mayonnaise. Serves 10 to 12.

Chicken (or Turkey) Salad

Linda Thompson

- | | |
|-------------------------------|---|
| 1 1/2 c. meat, cooked & diced | 1 onion, chopped |
| 1 green pepper, diced | 1 carrot, grated |
| 1 c. celery, diced | 1 c. low-fat mayonnaise, or 1 c. low-fat salad dressing |
| 1 c. peas, cooked | |
| 3 c. cooked macaroni | |

Combine meat, macaroni, pepper, onion, celery, carrots and peas. Toss with mayonnaise. Refrigerate before serving. Yields 10 servings.

Nutritional Information: 1 serving = 212 calories, 41% of cal from fat, 213 mg sodium, 10 grams fat.

Note: To keep foods containing mayonnaise safe, keep in refrigerator until just before serving and immediately after serving.

Cantaloupe with Chicken Salad

Patty Witthauer

- | | |
|---------------------------------|------------------------------------|
| 2 c. cubed cooked chicken | 1 c. seedless green grapes, halved |
| 1 1/2 to 2 c. fresh blueberries | 1/2 c. sliced almonds |
| 1 c. sliced celery | 3 cantaloupe, halved & seeded |

DRESSING:

- | | |
|------------------------------|--|
| 1/2 c. mayonnaise | 1 1/2 tsp. sugar (or sugar substitute to equal 1 1/2 tsp.) |
| 1/4 c. sour cream | 1/2 tsp. ground ginger |
| 1 T. fresh lemon juice | 1/4 tsp. salt (opt.) |
| 1 1/2 tsp. grated lemon peel | |

In a large bowl, combine chicken, blueberries, celery, grapes and almonds. In a small bowl, mix dressing ingredients. Pour over the chicken mixture and toss gently. Spoon into cantaloupe halves. Yield: 6 servings.

Chicken Salad Supreme

Sandra L. Payne

- | | |
|-------------------------|---|
| 1 3/4 c. mayonnaise | 5 c. shredded lettuce |
| 2 to 3 T. Dijon mustard | 1 lg. cucumber, sliced |
| 2 T. lemon juice | 1 c. elbow macaroni, cooked & chilled |
| 1/8 tsp. pepper | 1 (10 oz.) pkg. frozen peas, cooked & chilled |
| 4 to 5 c. cubed chicken | 2 tomatoes, cut into wedges |
| 1 c. chopped celery | 1 T. chopped parsley |
| 1/4 tsp. salt | |

Combine mayonnaise, mustard, lemon juice and pepper. Toss together chicken, celery, salt and 1/2 cup mayonnaise mixture. Layer: lettuce, chicken mixture, cucumber, macaroni and peas in large clear salad bowl. Spread remaining mayonnaise mixture over peas. Cover and chill several hours or overnight. Garnish with tomatoes and parsley.

Hot Chicken Salad

Berneil Hanson

**3 chicken breasts, or a chicken,
cut up**

Boil until tender and season with salt, celery and onion salt. Cool and dice.

1 can cream of mushroom soup	1 c. diced celery
1 can cream of celery soup	1/2 c. diced onion
1 c. mayonnaise	1 can water chestnuts, sliced

Mix all ingredients together. Grease a medium-size baking dish. Put 1 large can of charlamagne noodles on bottom of dish. Put chicken mixture on top of the noodles. Bake 45 minutes at 350°.

Hot Chicken Salad

Ethel Sorensen

5 c. diced, cooked chicken	2 c. undiluted cream of chicken soup
3 1/2 c. diced celery	2 tsp. chicken bouillon
1 1/2 cans water chestnuts	1 tsp. salt
1 can bamboo shoots	1 c. slivered almonds
4 T. chopped onions	French-fried onions
1 c. Hellmann's mayonnaise	

Toss all ingredients except onion rings together. Put in a 9x13-inch pan. Sprinkle with onion rings. Bake at 300° for 30 minutes or until hot.

Tea Party Chicken Salad

Lori Westbrook

1 whole chicken	1/2 c. slivered almonds
1 can pineapple tidbits	1 c. mayonnaise
1 c. chopped celery	1/2 c. buttermilk salad dressing
1 (8 oz.) can water chestnuts, sliced	Leaf lettuce

Cook and debone chicken. Let meat cool. Drain pineapple and reserve juice. Combine pineapple, chicken, celery, water chestnuts and almonds. Cover and chill. Blend mayonnaise, pineapple juice and dressing and pour over salad 2 hours before serving. Refrigerate until served. Arrange lettuce leaves and serve salad from 1/2 cup scoop onto the lettuce. Makes 10 to 12 servings.

Christmas Cranberry Salad

Tim Fifer

2 pkg. cherry Jello	1 (13 oz.) can crushed pineapple
2 c. boiling water	1 can cranberry sauce (whole)
1 (10 oz.) pkg. frozen strawberries	2 c. mini marshmallows

Mix cherry Jello in boiling water; stir until dissolved. Mix in remaining ingredients. Pour into a 9x13-inch pan. Chill. Yield: 8 servings.

Citrus Salad

Patty Witthauer

1 c. fresh pineapple chunks, or 1 (8 oz.) can pineapple chunks, drained	1 c. (8 oz.) sour cream
1 c. fresh orange pieces	1/2 c. mini marshmallows
1 c. fresh tangerine pieces, or 1 (11 oz.) can mandarin oranges, drained	1/2 c. flaked coconut
	Lettuce leaves (opt.)

In a large bowl, combine the fruit, sour cream, marshmallows and coconut. Cover and refrigerate for several hours. If desired, serve in a lettuce-lined bowl or on individual lettuce-lined plates. Yield: 6 to 8 servings.

Cranberry Jello Salad

Claudia Vergamini

2 lg. pkg. red Jello (strawberry or raspberry)	2 c. boiling water
	2 cans jellied cranberry sauce

TOPPING:
8 oz. cream cheese, room temp. **12 oz. Cool Whip**

Dissolve Jello in boiling water. Add cranberry sauce; stir until smooth. Put in a 9x13-inch glass pan; allow Jello to set up in refrigerator.

Mix cream cheese and Cool Whip. Spread over set-up Jello. Top with finely chopped walnuts, if desired.

This Jello salad was served at the Harvest Home dinner, 1997.

Creamed Cucumbers

Patty Witthauer

5 cucumbers, peeled & thinly sliced	1/4 c. sugar
1 bunch green onions with tops, chopped	2 drops hot pepper sauce
1 c. mayonnaisse	1 tsp. dried parsley flakes
1/4 c. evaporated milk	1 tsp. salt
1/4 c. vinegar	1/4 tsp. pepper
	1/4 tsp. garlic salt
	1/4 tsp. onion salt

Combine cucumbers and green onions in a large bowl. Cover and let stand for 1 hour. Combine all remaining ingredients; pour over cucumber mixture and mix well. Refrigerate for several hours. Yield: 10 to 12 servings.

Dorothy Lynch Dressing

Lavon Nihsen

1 c. sugar	1 tsp. celery seed
1 tsp. dry mustard	1 tsp. garlic powder
1 tsp. salt	1 tsp. black pepper
1 c. tomato soup	1 c. salad oil
1/2 c. tarragon vinegar	

Makes 1 quart.

Dorothy's Good Salad

Helen Smith

1 can shoepeg corn*	1 jar pimentos, chopped
1 can early (small) peas	1/2 c. chopped celery
1 can French-cut green beans	

DRESSING:	1/2 c. vinegar
1/2 c. cooking oil	1/2 c. sugar

*Shoepeg means very tiny kernels of corn. Cans in the grocery store are labeled "shoepeg corn."

Mix dressing and toss gently with salad ingredients. Refrigerate covered.

Makes a large salad. You can make this 2 to 4 days ahead. Keeps a long time in refrigerator.

Flavors of the Rainbow Jello Salads

Leon F. Hansen

OPTION 1:

- 1 box cherry gelatin - 3 or 4 Miracle Whip
- 1 box orange gelatin - 1 1/2 c. diced fresh carrots
- 1 box lime gelatin - 1 1/2 c. diced celery
- 1 box lemon gelatin - 1 1/2 c. walnuts

OPTION 2:

- 1 box cherry gelatin - 3 oz. cream cheese & 3 T. Cool Whip, mixed together
- 1 box orange gelatin - 1 sm. can mandarin orange slices
- 1 box lime gelatin - 1 1/2 c. dry curd (or drained) cottage cheese
- 1 box lemon gelatin - 1 1/2 c. either orange or grapefruit sections

OPTION 3:

- 1 box cherry gelatin - 1 c. flaked coconut
- 1 box orange gelatin - 1 1/2 c. shredded Colby-Jack cheese
- 1 box lemon gelatin - No. 10 can irregular cut pears
- 1 box lime gelatin - 1 1/2 c. shredded lettuce

Using a 2-quart saucepan, make layer 1 gelatin following instructions on box. Pour into a deep cake pan or small roaster pan (also aluminum throw-away pans can be readily purchased). For Options 1 and 2, use a cake decorator or just a zipper sandwich bag with a small hole to drop the topping into the Jello. Make layers 2 through 4 separately and add the listed ingredient to the Jello as your last step, before placing under refrigeration for setting up.

For Option 3, simply make each layer separately and add the listed ingredient to the Jello as your last step, before placing under refrigeration for setting up.

Use all fruit juices to substitute for equal measures of water when making Jellos. To speed time Jello sets, use 1 3/4 cups small ice cubes to substitute for 1 cup cold water when completing Jello.

When fully set, using a large roaster pan or the sink itself, fill about half-full with moderately warm water. Hurriedly dip the Jello mold into the water only long enough to loosen up the edges. Then using a large platter placed over your pan, invert the mold onto the platter and place back under refrigeration until served.

Actually, any flavor of red gelatin may be used for layer 1. Black cherry is a good one to substitute. These salads generally take at least 2 days of planning to complete, as each layer must set before the other is started. The following regimen will work best: make first layer at noon day, second layer that evening, third layer the following morning, fourth layer at noon of day 2. It will be ready to serve that evening. When I'm using these salads for large groups they are done over 4 days and served on the 5th, so they will keep. Jello's usually tend to get watery when left set, but this is alleviated by adding a new layer each time.

Frog-Eye Salad

Wendy Fairbanks

- | | |
|----------------------------------|------------------------------------|
| 1 c. macaroni spezzello | 1/2 pkg. colored mini marshmallows |
| 1 can mandarin oranges | 1 T. cornstarch |
| 1 (20 oz.) can chunked pineapple | 1 tsp. vanilla |
| 1 c. sugar | 1 (8 oz.) ctn. Cool Whip |
| 2 eggs | |

Cook macaroni spezzello for 10 minutes with 1/2 teaspoon salt. Drain and blanch with cold water. Bring sugar, eggs and juices to boil. Add cornstarch and some water. Put this in boiling mixture to thicken. Boil until clear. Cool this. When cool, add all ingredients, except Cool Whip. Refrigerate overnight and then add Cool Whip before serving.

Frozen Fruit Cups

Sherrie Tolliver

- | | |
|---|--|
| 2 c. sugar | 1 lg. can sliced peaches, diced & drained |
| 1 c. water | 2 (15 oz.) cans pineapple tidbits, drained |
| 2 boxes frozen strawberries, thawed & drained | 2 bananas, sliced/diced |

Boil 2 cups sugar and water until clear. Mix fruit together and put in fruit cups for individual servings. Then cover fruit with cooled syrup. Freeze on tray, then put in plastic bag to store until ready to serve. Makes about 12 cups, depending on size of cup used.

This is wonderful for a brunch or after-school snack.

Fruit-Rice Salad

Priscilla Wick

- | | |
|--|-------------------------------|
| 1 1/2 c. rice (rinse after cooking, with cold water) | 1 (16 oz.) can fruit cocktail |
| 2 to 3 bananas, sliced* | 1 sm. can chunk pineapple |
| 1/2 c. sugar** | 1 (12 oz.) ctn. Cool Whip |
| | 2 c. mini marshmallows |

*Use the juice from either fruit cocktail or pineapple to coat the bananas; helps keep them from browning.

**Mix sugar in Cool Whip; stir well.

Mix all ingredients together. Chill. Serve.

Fudge-Stripe Salad

Joyce Barney

- | | |
|--|--|
| 1 (3 oz.) pkg. vanilla instant pudding | 1 (15 oz.) can pineapple chunks, drained |
| 1 1/2 c. buttermilk | 1 pkg. fudge-striped cookies, broken into sm. pieces |
| 1 (3 oz.) ctn. Cool Whip | |
| 2 cans mandarin oranges, drained | |

Mix pudding and buttermilk in serving bowl. Add Cool Whip, oranges, pineapple and cookies. Marshmallows may be added. Refrigerate.

Garden Salad

Coral Petersen, In Memory of Alberta Anderson

- | | |
|---|---------------------------|
| 1 (32 oz.) pkg. frozen mixed vegetables, cooked & drained | 6 stalks celery, diced |
| 1 (15 oz.) can kidney beans, drained & rinsed | 1/2 green pepper, chopped |
| | 1 med. onion, chopped |
| | 1 sm. jar pimento |

DRESSING:

- | | |
|----------------|-------------------------------|
| 1/2 c. vinegar | 1 T. cornstarch |
| 3/4 c. sugar | 1 heaping T. prepared mustard |

Cook dressing ingredients; allow to cool while preparing other ingredients. Cook frozen vegetables; drain and rinse. Drain and rinse kidney beans. Dice or chop other vegetables. Pour cooled dressing mix over tossed vegetables. Allow to marinate in refrigerator before serving. Keeps well.

Garden Pasta Salad

Linda L. Thompson

- | | |
|--|--------------------|
| 2 c. uncooked rotini pasta | 1 tomato |
| 1 sm. zucchini | 1 green pepper |
| 1 sm. red onion | 1 can black olives |
| 1 tsp. dry mustard | 1 garlic clove |
| 1/2 c. red wine vinegar salad dressing | Dash black pepper |

Cook pasta according to package directions and cool. Whisk dressing, mustard, garlic and black pepper to taste. Chop onion, pepper and tomato. Slice zucchini and olives. Add chopped and sliced ingredients to the pasta and mix well. Pour dressing over all and mix well. Serve.

For added flair, serve in bread bowl or pita pocket.

Ginger Ale Salad

Phyllis Rodenburg

- | | |
|---------------------------------|--|
| 1 sm. box orange Jello | 1 (11 oz.) can mandarin oranges,
drained |
| 1 sm. box lemon Jello | 1 c. fresh blueberries and/or sliced
strawberries |
| 2 c. boiling water | 1 med. banana, sliced |
| 1 (8 oz.) can pineapple tidbits | |
| 1 (12 oz.) can ginger ale | |

Lemon Topping: Dissolve a 3-ounce package lemon Jello and 1/4 cup sugar in 1 1/2 cups boiling water. Cool to room temperature. Stir in an 8-ounce carton dairy sour cream and 1 teaspoon vanilla. Whisk until smooth.

Dissolve orange and lemon Jello in boiling water. Drain pineapple; reserve juice. Set tidbits aside. Stir pineapple juice and ginger ale into Jello mixture. Chill about 1 1/2 hours, or until mixture has consistency of egg whites. Fold in tidbits, mandarin oranges, berries and banana. Spoon into 3-quart rectangular dish. Cover and chill several hours or until nearly firm. Spoon lemon topping over salad. Cover and chill several more hours. Serves 12 to 15.

Gooseberry Salad

Beverly Worley

- | | |
|--------------------|----------------------------------|
| 1 can gooseberries | 1 c. grated sharp Cheddar cheese |
| Sugar, to taste | 1 c. celery, chopped |
| 3 oz. lime Jello | 1 c. nuts, chopped |
| 3 oz. lemon Jello | 1/2 c. mayonnaise |
| 2 c. boiling water | 8 oz. frozen whipped topping |

Dissolve Jellos in boiling water. Place in refrigerator until partially set. In a 9x13-inch pan, mix Jello, celery, cheese, gooseberries mixed with sugar, and nuts. Chill until set. When firm, combine mayonnaise and whipped topping; spread over Jello. Garnish with nuts or cheese.

Lime Gelatin Salad

Linda Thompson

- | | |
|--|-------------------------------------|
| 1 sm. (3 oz.) pkg. lime Jello | 1 c. boiling water |
| 1 sm. (3 oz.) pkg. cream cheese | 1 c. mini marshmallows |
| 1/2 c. chopped walnuts | 1 sm. (8 oz.) can crushed pineapple |
| 1 (8 oz.) ctn. Cool Whip (or 1 env.
Dream Whip, prepared) | |

Dissolve Jello in hot water; add marshmallows and bits of cheese. Cool. Add pineapple and juice; stir well. Refrigerate until partly set. Stir in nuts, then fold in whipped topping. Cool until completely set; serve chilled. Yield: 6 to 8 servings.

Nuts are optional, or you may use a different nut than listed. For best results follow directions exactly.

Macaroni Salad

Sandra Stevens

- | | |
|-------------------------------|------------------------------|
| 1 (8 oz.) pkg. shell macaroni | 1/2 c. diced American cheese |
| 4 hard-boiled eggs | Salt & pepper |
| 1 sm. onion, chopped | Salad dressing, to taste |
| 1 (8 oz.) can peas | |

Cook macaroni until tender. Drain and let cool. Then add eggs, onion, drained peas, cheese, salt and pepper. Mix well with salad dressing. Cover and chill.

Macaroni Salad

Cyndi R. Merriam

- | | |
|--------------------|--------------------------|
| 1 lb. macaroni | 2 celery stalks, chopped |
| 4 to 6 boiled eggs | 6 oz. cubed hard cheese |
| 1/2 onion, chopped | |

Boil macaroni until tender. Drain and add chopped eggs, onion, celery and cheese. Pour the following dressing over the top:

- | | |
|----------------|----------------|
| 1 c. sugar | 2 tsp. vinegar |
| 1/3 c. mustard | 1/2 c. milk |

Stir and mix well. Add 2 cups Miracle Whip mayonnaise. Store in airtight container. Serves 12 to 15 people.

Macaroni Salad

Lori Lalk

- | | |
|--------------------------------|-------------------|
| 2 c. cooked macaroni, drained | 2 c. Miracle Whip |
| 1/2 c. green pepper, chopped | 1/2 tsp. pepper |
| 1 med. onion, chopped | 1 tsp. salt |
| 1 can sweetened condensed milk | 1 T. vinegar |
| 2 to 3 grated carrots | 1 c. sugar |

Mix all together in large bowl. Chill several hours or overnight. Makes lots.

Mary's Salad

Berneil Hanson

- | | |
|--|-----------------------------|
| 1 can cherry pie filling | Mini marshmallows, to taste |
| 1 can whole cranberry sauce | Pecans, to taste |
| 1 lg. can crushed pineapple
(drain off 1/2 juice) | |

Stir all ingredients together and put in bowl. It's great for Christmas, and quick. Mary is my stepiece.

Mediterranean Fruit and Yogurt Salad

Ina Mae Jackson

- | | |
|-----------------------------------|--------------------------------------|
| 1/4 c. nonfat plain yogurt | 1 red apple, coarsely chopped |
| 1/2 tsp. brown sugar | 1/2 c. green grapes |
| Dash of coriander | 1/2 c. pitted, sliced dates |
| Dash of cardamom | 1/2 c. raisins |
| Dash of ground red pepper | 4 leaves red leaf lettuce |
| 1 tsp. poppy seeds | |

In a small bowl, combine yogurt, sugar, coriander, cardamom, red pepper and poppy seeds; chill, covered, for 30 minutes. In a medium bowl, toss the apples, grapes, dates and raisins. Fold in the dressing. Place 2 lettuce leaves on each salad plate; top with salad. Serves 2.

Nanny's Orange Delight

Renae Dieatrick

- | | |
|--|--|
| 1 lg. box orange Jello | 1 (8 oz.) ctn. Cool Whip |
| 2 sm. boxes tapioca pudding (not instant) | 1 lg. can mandarin oranges, drained |
| | 3 3/4 c. water |

Mix Jello, pudding and water together. Bring to a boil on medium heat. Boil for 2 minutes. Put in bowl and let cool to lukewarm. Then add Cool Whip and mandarin oranges. Blend well with beaters. Refrigerate overnight.

Orange Jello

Wendy Fairbanks

- | | |
|----------------------------------|---------------------------------------|
| 1 sm. box orange Jello | 3 c. water |
| 1 sm. box vanilla pudding | 1 (8 oz.) ctn. Cool Whip |
| 1 sm. box tapioca pudding | 1 can drained mandarin oranges |

Mix water with first 3 ingredients and bring to a boil for 3 minutes. Cool completely. Whip in Cool Whip and oranges. Keep chilled until served.

Orange Salad

Berneil Hanson

- | | |
|----------------------------|---|
| 3 pkg. orange Jello | 2 cans frozen orange juice |
| 1 1/2 c. hot water | 1 (No. 2) can crushed pineapple, juice & all |
| 1 1/4 c. cold water | 1/2 banana, mashed |
| 1/4 tsp. salt | |

Set partially and add 1/2 pint whipping cream, whipped, plus 2 tablespoons powdered sugar. Fold in carefully.

This is a large recipe. I often cut the ingredients in half and omit the whipping cream. The orange juice gives it a tangy taste.

Oriental Coleslaw

Kristy Ortiz

- | | |
|--|---------------------------------|
| 1 bag coleslaw, or 1 head cabbage, shredded | 1 pkg. sunflower seeds* |
| | 1 pkg. slivered almonds* |

*Broil sunflower seeds and almonds; watch closely so they won't burn. Mix all of above ingredients and add the uncooked Ramen noodles, broken up. Then add dressing (can be made ahead of time).

DRESSING:

- | | |
|-----------------------------|--|
| 1/2 c. vegetable oil | 1/2 tsp. oregano, salt & pepper |
| 3 T. brown sugar | Flavor pack from noodle soup |

Pineapple Velvet Salad

Connie Hecker

- | | |
|--|---|
| 2 (3 oz.) pkg. lemon Jello | 1 c. crushed pineapple, drained (save juice) |
| 1 c. boiling water | 1 c. shredded Cheddar cheese |
| 1 c. pineapple juice | |
| 1 pt. vanilla ice cream, softened | |

Dissolve Jello in boiling water. Measure pineapple juice and add enough cold water to make 1 cup. Add to Jello. Stir in softened ice cream until melted and smooth. Fold in pineapple and cheese. Pour into large bowl or 6-cup mold and refrigerate until firm. Can garnish with maraschino cherries and nuts if desired. Makes 8 servings.

Pink Champagne Salad

Lori Lalk

- | | |
|---|--|
| 8 oz. cream cheese | 10 oz. sweetened strawberries, thawed |
| 3/4 c. sugar | 2 bananas, sliced |
| 1 lg. can crushed pineapple, drained | 1 lg. ctn. Cool Whip |

Cream together cream cheese and sugar. Add drained crushed pineapple, thawed strawberries and sliced bananas. Mix well. Fold in Cool Whip. Freeze.

Serve salad partially thawed; 1/2 to 1 hour before serving, remove from freezer. Freeze any leftovers.

Pink Delicious Salad

Marie Crum

- | | |
|----------------------------------|---|
| 1 can tomato soup | 2 c. vegetables (celery, cucumbers, green peppers, grated onion), chopped small |
| 1 box lemon Jello | Stuffed olives |
| 1 pkg. Philadelphia cream cheese | |
| 1 c. mayonnaise | |

Heat soup and add Jello and cheese. Let cool, but not set. Add chopped vegetables and mayonnaise.

Use egg beater to smooth, before adding vegetables.

Best-Ever Potato Salad

Connie Hall

- | | |
|--------------------|------------------------------------|
| 1/4 c. vinegar | 2 eggs, well beaten |
| 1/4 c. water | 1 c. salad dressing |
| 1/4 c. sugar | 4 c. cubed potatoes, cooked |
| 1 tsp. salt | 1 sm. onion |
| 1/2 tsp. pepper | 1/2 green pepper & cucumber (opt.) |
| 1 tsp. dry mustard | 3 hard-cooked eggs |

Combine first 6 ingredients; bring to a boil and reduce heat. Gradually beat in eggs slowly, beating constantly. Cook until slightly thickened, 5 minutes. Cool and beat in salad dressing. Toss remaining ingredients with dressing. Serves 6.

Potato Salad

Ethel Sorensen

- | | |
|-----------------------------|---|
| 8 c. cooked, diced potatoes | 1 T. celery seed, or 1 1/2 c. cooked celery |
| 2 T. sugar | 12 hard-boiled eggs |
| 2 T. vinegar | 2 c. mayonnaise |
| 1/2 c. green onions | 1/2 c. sour cream |
| 1/2 tsp. salt | 1 lb. bacon, fried, drained & cooled |
| 1/8 tsp. onion salt | |

Mix sugar and vinegar and pour over potatoes. Add onion, salts, celery, eggs and crumbled bacon. Mix mayonnaise and sour cream and add to combined ingredients. Chill.

Makes large amount. Suitable for a group of people.

Lotta Potato Salad

Mindy Eggert

- | | |
|---|--|
| 10 lb. potatoes (boil with skin on, peel) | 1/2 c. sugar |
| 2 doz. hard-boiled eggs | Healthy squirt of mustard |
| 1 c. onion flakes | 32 oz. Miracle Whip salad dressing (not mayonnaise here) |
| Salt & pepper, to taste | |

Combine all of the above ingredients in a very large bowl and refrigerate. This makes about 7 1/2 quarts. (12 quarts feeds 100, approximately.)

Rich & Charlie's Special

Marilyn Knauss

- | | |
|-------------------------|-------------------------|
| 1 head romaine | Black pepper, to taste |
| 1 head lettuce | 1 can hearts of palm |
| 1 med. red onion | 1/2 c. olive oil |
| 1 sm. jar cut pimentos | 1/4 c. tarragon vinegar |
| 3 jars artichoke hearts | 4 oz. Parmesan cheese |

Cut/slice and mix first 7 ingredients. Mix oil with vinegar and add to salad just before serving. Then add Parmesan cheese.

Romaine-Mandarin Orange Salad

Pam Swick

- | | |
|---------------------------|--|
| 1/2 c. sliced almonds | 2 stalks celery, sliced |
| 1 T. sugar | 2 green onions, sliced |
| 1/4 head lettuce | 1 can mandarin oranges or pineapple tidbits, drained |
| 1/2 bunch romaine lettuce | |
| DRESSING: | 2 T. vinegar |
| 1/4 c. oil | 1 T. parsley |
| 2 T. sugar | Salt, pepper, Tabasco, to taste |

Spray Pam in a small pan and cook sliced almonds and sugar over a low heat until almonds are coated with sugar. Toss lettuce, romaine, celery, onions and mandarin oranges. Combine ingredients for dressing and pour over greens when ready to serve.

7-Up Salad

Sandra Stevens

2 lg. boxes lemon Jello
1 1/2 c. boiling water
2 c. 7-Up

3 bananas, cut up
1 sm. can crushed pineapple
1 c. mini marshmallows

TOPPING:

1/2 c. sugar
2 T. flour
2 T. butter

Dream Whip
1 egg
1 c. pineapple

In a small bowl, mix together 1 package of Dream Whip. Let set in refrigerator. Combine Jello, water and bananas together in deep, square or round casserole dish. Slowly add 7-Up. Let set in refrigerator until hard.

Topping: Cook 1/2 cup sugar, 2 tablespoons flour, 2 tablespoons butter, 1 beaten egg, and 1 cup pineapple juice until thick. Fold in Dream Whip completely. Pour over Jello and let set in refrigerator 1 hour, or overnight is best.

A must dessert for the holidays. It's one of our favorites.

Strawberry Salad

Tim Fifer

1ST LAYER:

1 (3 oz.) pkg. strawberry Jello

2 c. water, divided

2ND LAYER:

1 env. unflavored gelatin
1/2 c. cold water
1 c. half & half

1 c. sugar
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese
1 c. chopped pecans

3RD LAYER:

1 (3 oz.) pkg. strawberry Jello
1 c. hot water

1 1/2 c. frozen strawberries, thawed

First Layer: Dissolve Jello in 1 cup boiling water. Add 1 cup cold water. Pour into a 9x13-inch dish. Chill.

Second Layer: Soften gelatin in the cold water. Heat the half & half and sugar until hot (but not boiling). Place remainder of ingredients with half & half mixture in a large bowl (except nuts); blend until smooth. Stir in nuts; cool mixture. Pour over the first layer and chill until firm.

Third Layer: Dissolve Jello in hot water. Stir in strawberries. Cool mixture. Pour over the second layer and chill.

Note: Make sure each layer cools sufficiently before pouring onto bottom layers, to keep bottom layers from melting.

Strawberry-Pineapple Salad

(Diabetic)

Karen Swanger

1 (3 oz.) pkg. strawberry sugar-free Jello	1 (8 1/4 oz.) can crushed pineapple, water packed
3/4 c. boiling water	1 med. banana, mashed
1 (10 oz.) pkg. frozen unsweetened strawberries, partially thawed	1 c. plain, unsweetened, low-fat yogurt

Dissolve gelatin in boiling water in a large mixing bowl, stirring well. Chill until mixture is the consistency of unbeaten egg whites. Fold strawberries, pineapple and banana in gelatin mixture. Pour half of mixture into a 9x13x2-inch baking dish coated with cooking spray. Chill until firm. Store rest of Jello at room temperature. Spread yogurt evenly over congealed layer and then pour remaining gelatin mixture over yogurt. Chill until firm. Cut into squares to serve.

Nutritional Information: Serving size: 1 square; Exchanges: 1 fruit; Cholesterol 1 mg, Calories 72, Carbohydrates 16 mg, Protein 2 mg, Sodium 18 mg.

Strawberry Pretzel Salad

Joyce Barney

2 c. pretzels (sm. sticks)
3/4 c. margarine
3 T. sugar
8 oz. cream cheese
8 oz. Cool Whip

1 c. powdered sugar
2 (3 oz.) pkg. strawberry Jello
2 1/2 c. boiling water
2 (10 oz.) pkg. frozen strawberries

Crush pretzel sticks with rolling pin until coarsely broken, and measure 2 cups. Mix pretzels, margarine and sugar and pat in bottom of 9x13-inch pan. Bake 10 minutes in 400° oven. Cool. Mix together softened cream cheese, Cool Whip and powdered sugar. Mix well. Spread over crust. Cool.

Top Layer: Dissolve Jello in boiling water. Add frozen strawberries. Spoon carefully over cream cheese layer. Let set 5 to 6 hours, or until well-set.

Strawberry Supreme

Mindy Eggert

2 (16 oz.) ctn. Cool Whip
2 (16 oz.) pkg. frozen strawberries
2 (20 oz.) cans crushed pineapple, drained

2 (5 oz.) boxes instant vanilla pudding
1 (8 oz.) bag marshmallows
Couple drops red food coloring

Mix Cool Whip and dry pudding. Add food coloring. Mix in drained pineapple, marshmallows and strawberries.

Sunshine Salad

Phyllis Rodenburg

- | | |
|---|--|
| 1 (20 oz.) can pineapple tidbits | 1 c. fresh strawberries, sliced |
| 1 (11 oz.) can mandarin oranges | 1 lg. ripe banana |
| 1 sm. box instant lemon pudding | |

Drain pineapple and oranges. RESERVE JUICE. Prepare pudding using the reserved juice in place of milk. Combine pineapple, oranges and strawberries, gently fold in pudding. Chill for a couple of hours, then add sliced banana just before serving. Serves 8 to 10.

Good for breakfast/brunch.

Taco Salad

Phyllis Rodenburg

- | | |
|--|--|
| 1 lg. head lettuce, shredded | 1 can chili beans with gravy |
| 1 1/2 lb. lean hamburger | 1 lg. btl. fat-free Creamy Italian dressing |
| 1 bag nacho cheese chips | 1 sm. green pepper (opt.) |
| 1 tomato, chopped | 1 sm. green onion (opt.) |
| 1 (8 oz.) pkg. Mexican cheese, shredded | |

Brown and thoroughly drain hamburger. Cool. Mix in chili beans; add tomato, optional green pepper and onion to shredded lettuce. Crush chips; add to lettuce mixture along with Mexican cheese. Before serving, toss with Italian dressing. Makes a lot!

Taco Salad

Karen Sommerville

- | | |
|--|---|
| 1 sm. head lettuce | 1 (15 oz.) can kidney beans, drained |
| 3 tomatoes, cut up | 1 bag taco chips, crushed |
| 1 onion, chopped | 1 c. Cheddar cheese, shredded |
| 1 lb. ground beef, browned with onion | Western dressing, to desired taste |

Cook hamburger with onion. Cool. Chop lettuce and tomatoes. Add drained kidney beans, cheese and chips to all above, and mix thoroughly. Add Western dressing. Mix; chill.

Tomato-Honey Dressing

Arlene Morse

- | | |
|-----------------------|------------------------------|
| 1 c. salad oil | 1 tsp. salt |
| 1/2 c. catsup | 1 tsp. paprika |
| 1/3 c. vinegar | 1/4 tsp. clove garlic |
| 1/3 c. honey | |

Blend at high speed until mixed. Chill. Keep refrigerated. Makes 2 1/2 cups.

Tomato-Onion Salad

Karen Sommerville

- | | |
|----------------------------|------------------------------|
| 2 lg. tomatoes | 2 T. red wine vinegar |
| 1/2 lg. sweet onion | 2 oz. blue cheese |
| 1 T. olive oil | |

Slice tomatoes and onions. Sprinkle 1 tablespoon olive oil and 2 tablespoons red wine vinegar. Sprinkle blue cheese over top and serve.

Tomatoes and onions should be cold and cut into rings.

Vegetable Salad

Joyce Barney

- | | |
|---------------------------------------|--|
| 10 oz. frozen peas | Pimento (opt.) |
| 1 c. diced celery | 1 pkg. cooked bacon |
| 1 head cauliflower or broccoli | 1 c. cashews |
| 1 clove minced garlic | 1 c. Hidden Valley Ranch dressing |
| 1 T. Dijon mustard | 1/2 c. sour cream |

Mix and toss with dressing.

Veggie Vinaigrette

Suzanne Philbrick

- | | |
|---|--|
| 1 head cauliflower, cut into bite-size pieces | 6 lg. carrots, chopped |
| 1 bunch broccoli, cut into bite-size pieces | 2 bunches green onions |
| 1 pt. cherry tomatoes, cut into bite-size pieces | 1 (16 oz.) jar black olives, drained |
| | 1 (16 oz.) jar green olives |
| | 1 (16 oz.) btl. red wine vinaigrette dressing |

Cut veggies into bite-size pieces and toss with dressing. Very good at picnics because there is nothing to go sour in the heat.

Watergate Salad

Tim Fifer

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|--|------------------------------------|
| 1 (3 oz.) pkg. instant pistachio pudding | 1 c. mini marshmallows |
| 1 (No. 2) can crushed pineapple, undrained | 1 c. chopped pecans |
| 1 (8 oz.) ctn. Cool Whip | 1/4 c. chopped maraschino cherries |
| | 1/2 c. chopped dates (opt.) |

Mix all ingredients together. Chill.

Zippy Waldorf Salad

Dora Mae Backhuus

- | | |
|--------------------------------|------------------------------------|
| 3 med. apples, chopped & cored | 1/3 c. seedless red grapes, halved |
| 1/2 c. celery | 1/4 c. chopped walnuts |
| 1/2 c. apple/cinnamon yogurt | |

Combine all ingredients. Cover and chill 2 to 3 hours. Makes 8 servings. Delicious with less fat than regular Waldorf Salad.

Soups

Bean Soup

Claudia Vergamini

- | | |
|---------------------------------|-----------------------|
| 2 to 3 c. Great Northern beans | 2 to 3 sliced carrots |
| 1 tsp. baking soda | 2 sliced potatoes |
| 1 qt. stewed or canned tomatoes | 2 c. chopped ham |
| 1/3 c. chopped onions | 2 stalks celery |

Season with:

- | | |
|-------------------------|-----------------------------|
| 1 T. Italian seasonings | 1/4 tsp. celery seed (opt.) |
| 1/4 tsp. garlic powder | 1/4 tsp. sage (opt.) |
| 1/4 tsp. onion powder | 1/4 tsp. dry mustard (opt.) |
| 1/4 tsp. pepper | |

Put beans in a large saucepan and cover with water. Allow this to sit all night. In the morning boil beans 30 minutes. Remove from heat. Add baking soda to help remove gas from beans (stir baking soda into the beans until foamy). Allow to stand while preparing remaining ingredients. Drain and rinse beans. Put all ingredients into crock-pot. Add seasonings. Add enough water so there is enough liquid to cover the beans. Cook on low all day (8 hours) or on medium for 3 to 4 hours.

Navy Bean and Ham Vegetable Soup

Marilyn Peters

- | | |
|------------------------------------|------------------------------|
| 1 T. butter or margarine | 1/2 c. canned or frozen corn |
| 1/2 c. cubed ham | 1 1/2 c. chicken broth |
| 1/4 c. sliced celery | 1/4 tsp. leaf thyme |
| 2 T. finely-chopped onion | 1/4 tsp. pepper |
| 1 clove garlic, minced | 1 T. dried minced parsley |
| 1 (15 oz.) can navy beans, drained | Salt, to taste |
| 1/4 c. finely-chopped carrot | |

In a medium saucepan, sauté ham, celery, carrot, onion and garlic about 3 minutes or until carrot is tender. Stir in navy beans, corn, chicken broth, thyme and pepper. Bring to boiling. Cover and simmer 15 minutes. Stir in parsley and salt. Makes 3 1/2 cups soup.

This is a delicious and quick soup.

Beef and Barley Soup

Patty Withauer

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|---------------------------------|--|
| 1 T. cooking oil | 1 (28 oz.) can whole tomatoes with liquid, chopped |
| 2 lb. beef short ribs | 2 qt. water |
| 2 med. onions, coarsely chopped | 4 chicken bouillon cubes |
| 3 lg. carrots, sliced | 1/3 c. med. pearl barley |
| 3 celery stalks, sliced | |

In a large Dutch oven or kettle, heat oil over medium-high. Brown beef. Add onions, carrots, celery, tomatoes, water and bouillon; bring to a boil. Cover and simmer for about 2 hours or until beef is tender. Add barley; simmer another 50 to 60 minutes or until the barley is done. Yield: 10 to 12 servings (3 1/2 quarts).

Calico Bean Soup

Wendy Fairbanks

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|--|-----------------------------|
| 1 lb. browned & drained hamburger meat | 1 c. ketchup |
| 1 can kidney beans with juice | 1 tsp. vinegar |
| 1 lg. can pork & beans with juice | 1/2 c. packed brown sugar |
| 1 can corn with juice | 2 tsp. prepared mustard |
| 1 can lima beans with juice | 2 tsp. Worcestershire sauce |
| 1 T. garlic powder | Green pepper, to taste |
| | Onion, to taste |

Cook in crock-pot at least several hours or most of the day.

Beef Stew

Sandra L. Payne

8 lb. stew meat
4 onions
4 stalks celery
24 carrots

1/4 c. sugar
1/2 c. tapioca
2 c. tomato juice
5 lb. potatoes

Put meat in pan first, then vegetables. Mix sugar, salt, tapioca and tomato juice. Pour over vegetables. Cover tightly with heavy foil. Bake 5 to 6 hours at 250°. Stir with fork halfway through cooking. Serves 24.

Broccoli-Cheese Soup

Tim Fifer

8 T. butter
3/4 c. chopped onion
8 T. flour
6 c. milk
1 sm. pkg. frozen chopped
broccoli

1 (8 oz.) pkg. American cheese
(block), cubed
1 tsp. salt
Dash of black pepper

Cook broccoli according to directions. Drain and set aside. Melt butter in large saucepan. Sauté onion in butter until clear and tender. Add flour and whisk until smooth. Pour in milk and stir. Add salt, pepper and cheese; cook until cheese is melted, stirring constantly. Add cooked broccoli. Simmer until thickened, stirring often.

Cheese-Broccoli Soup

Penni Burkum

4 chicken bouillon cubes
1 qt. water
1 1/2 c. diced potatoes
1 c. diced celery
1 c. diced carrots

1/2 c. diced onion
1 pkg. frozen cauliflower-broccoli
mix, or fresh
2 cans cream of chicken soup
1 lb. Velveeta cheese

Dissolve bouillon in water. Add potatoes, celery, carrots and onion and cook 15 minutes. Add cauliflower and broccoli and cook 6 to 8 minutes. Add 2 cans cream of chicken soup and cheese. Cook until melted. Do not allow to boil.

Cheese-Broccoli Soup

Wendy Fairbanks

1 1/2 qt. chicken stock/broth
1 lb. fresh broccoll, or 10 oz.
frozen, chopped
2/3 c. flour
1/2 c. butter

1 sm. onion, diced
8 oz. Cheddar spread with garlic
5 strips bacon, fried & diced
1 c. hot milk

Cook broccoli in chicken stock. Sauté onion in butter. Add flour. Cook 5 minutes, stirring constantly. Add brocoli and chicken stock. Bring to boil; simmer 10 minutes. Add cheese spread and allow to melt. Add hot milk and bacon pieces. Pour into soup tureen or bowls.

Cheese Soup

Linda Thompson

1/4 c. chopped onion
1 T. margarine
1 1/2 c. chicken or turkey broth
1/8 tsp. pepper
1 1/2 T. all-purpose flour

1 1/2 c. shredded cheese
2 carrots, shredded or diced
1/4 tsp. paprika (opt.)
Salt (opt.)
1 1/2 c. reconstituted dry milk

Cook onions in margarine until tender. Add carrots, broth, paprika, pepper and salt. Cook until carrots are tender. Combine flour and milk; add to soup. Cook until bubbly, stirring, 1 minute. Stir in cheese. Serve. Yield: 4 servings; 270 calories per serving.

Chicken Noodle Soup

Coral Petersen

2 1/2 to 3 lb. chicken
1 can chicken vegetable soup
starter

2 lg. cans low-sodium chicken broth
1 (16 oz.) pkg. frozen Reames
noodles

Boil chicken in a large kettle. Debone and dice chicken meat. Save the broth for the soup. Add chicken, broth and remaining ingredients. Allow to simmer until vegetables and noodles are soft. Season as desired.

I add a few drops of yellow food coloring to have a more colorful presentation.

Cream of Cheese Soup

Joyce Barney

- | | |
|----------------------|--------------------------------|
| 2 c. diced potatoes | 2 c. milk |
| 1/2 c. diced carrots | 1/2 c. minced cooked ham |
| 1/2 c. diced celery | 1/2 lb. Velveeta, cubed |
| 3 T. chopped onion | 2 c. chicken broth or bouillon |
| 1 c. water | 1 T. parsley flakes |
| 1/4 c. butter | 1/2 tsp. salt |
| 1/2 c. flour | |

Combine vegetables and cook in water until tender. Melt butter in a small skillet and blend in flour. Slowly add milk, cooking and stirring to make a smooth, slightly-thickened sauce. Gradually add milk to hot vegetables. Add ham and stir until well blended. Add cheese cubes, chicken broth and parsley. Cook, stirring constantly, until thickened. DON'T BOIL.

Alberta Anderson's Chili

Penni Burkum

- | | |
|--------------------------|--------------------------|
| 2 lb. beef | 1 (No. 10 can red beans |
| 1/2 lb. chopped onion | (8 [15 1.2 oz] cans) |
| 1/2 gal. tomato purée | 1 T. salt |
| (6 [10.5 oz.] cans) | 1/2 tsp. pepper |
| 1/2 gal. water | 1 1/2 tsp. chili powder |
| 1/2 average btl. ketchup | 2 T. flour in 1 c. water |

Brown beef and onions together. Add remaining ingredients and simmer. This recipe makes a roasterful.

Chili

Michelle Cooper

- | | |
|---|-------------------------|
| 1 1/2 lb. ground beef | 2 lg. cans chili beans |
| 1 c. chopped onion | Pinch of sugar |
| 2 cans tomato sauce | Salt & pepper, to taste |
| 2 cans chopped tomatoes with
chili seasoning | |

Brown ground beef and chopped onion. Drain. Combine tomato sauce, chopped tomatoes, chili beans, sugar, salt and pepper. Bring to a boil in large soup pot. Turn heat down to simmer and add ground beef and onion to soup pot. Simmer for 15 to 20 minutes.

Chili

Wendy Fairbanks

- | | |
|--------------------------------|----------------------|
| 1 lg. can tomato juice | 1 lg. jar salsa |
| 2 cans kidney beans with juice | 1 T. chili powder |
| 2 can chili beans with juice | 3 or 4 lb. hamburger |
| 2 cans diced tomatoes | |

Brown hamburger and drain. Add to other ingredients in large soup kettle. Let simmer. Salsa really gives the chili a great taste.

Chili

(Quick)

Helen Smith

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|--|---|
| 2 T. fat or salad oil | 2 to 3 (8 oz.) cans tomato sauce |
| 1 lb. ground beef | 1 to 2 c. red kidney beans, including
liquid |
| 1 tsp. salt | 2 T. vinegar |
| 2 to 3 T. chili powder | Up to 1/2 tsp. garlic powder, to taste |
| 1/3 c. onion flakes, or 2 med.-
size onions | |

Heat oil in skillet. Brown meat, stirring with fork. Add remaining ingredients; mix well. Cover and simmer, stirring occasionally, 30 to 45 minutes.

Number of cans of tomato sauce and beans can vary, depending on how large a pot of chili you want – even better as leftovers.

Chili

Lori Westbrook

- | | |
|-----------------------------------|----------------------------|
| 1 lb. ground beef | 1 (8 oz.) can tomato sauce |
| 1 c. water | 1 env. onion soup mix |
| 1 (16 oz.) can crushed tomatoes | 2 to 4 T. chili powder |
| 1 (15 oz.) can kidney/pinto beans | |

Cook ground beef in Dutch oven until meat is browned; crumble and drain. Add remaining ingredients. Bring to a boil, reduce heat and simmer for 10 minutes. Makes 7 cups.

Add additional water if necessary.

Chili

Joyce Barney

- | | |
|----------------------|--------------------------------------|
| 5 lb. hamburger | 1 (51 oz.) can tomato soup |
| 2 lg. onions | 1 (51 oz.) can water |
| 2 tsp. salt | 2 (46 oz.) cans tomato juice (3 qt.) |
| 10 tsp. chili powder | 1 gal. red beans |

Brown hamburger with onion. Add remaining ingredients and simmer. Electric roaster holds 1 1/2 recipes.

White Chili

Joyce Barney

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|---------------------------|--------------------------------------|
| 1 lb. lg. white beans | 2 (4 oz.) cans chopped green chilies |
| 6 c. chicken broth | 2 tsp. cumin |
| Garlic | 1 1/2 tsp. oregano |
| 2 med. onions | 1/4 tsp. ground cloves |
| 1 T. oil | 1/4 tsp. cayenne pepper |
| 4 c. diced cooked chicken | 3 c. grated Monterey Jack cheese |

Combine beans, chicken broth, garlic and 1/2 onions in large pot and bring to a boil. Reduce heat; simmer until beans are soft. Add more chicken broth if necessary. In skillet, sauté rest of onion in oil until tender. Add chilies. Mix thoroughly. Add to bean mixture. Add chicken and continue to simmer 1 hour. Can serve with cherry tomatoes, green onion, parsley and ripe olives.

Clam Chowder Soup

Margaret L. Kruse

- | | |
|----------------------------|--------------------------------|
| 10 potatoes, chopped fine | 1 sm. can minced clams |
| 2 carrots, grated | 4 c. milk |
| 1 med. onion, chopped fine | 3 cans celery or mushroom soup |
| Water | Chunk of Velveeta cheese |
| Salt & pepper | Bacon |
| Dry parsley | |

Combine potatoes, carrots and onions in soup pot. Add enough water to cover. Add salt, pepper and dry parsley. Cook until tender. Chop and fry bacon; set aside. Add to vegetables: clams, milk, soup and cheese. Add bacon. Heat, but do not boil. Thicken with flour if needed.

Corn Chowder

Lori Westbrook

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|----------------------------|----------------|
| 1/4 lb. ham, chopped | 4 c. hot milk |
| 1 onion, chopped | 1/2 tsp. salt |
| 2 c. diced boiled potatoes | Dash of pepper |
| 2 c. boiling water | parsley |
| 1 can creamed corn | |

Cook onions until tender. Add remaining ingredients and seasoning. Heat until boiling. Serves 6 to 8.

French Onion Soup

Linda Welch

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|---|---|
| 2 lg. onions | 1 bay leaf (remove before serving) |
| 1 clove garlic, or 1/8 tsp. powder, or 1/4 tsp. garlic salt | 1/4 tsp. thyme |
| 1 T. flour | 6 to 8 slices French bread, buttered & toasted in broiler |
| 6 c. beef broth | Shredded Swiss or Mozzarella cheese (or both) |
| 3 T. margarine | |
| Salt & pepper | |

Chop onions and sauté in butter and garlic. Cook very slowly until soft. Add salt, pepper and flour. Stir while cooking, 3 to 4 minutes. Add broth, bay leaf and thyme. Simmer 30 minutes. Put in crocks with bread and cheese and microwave until cheese melts.

Best if made day ahead of serving. (Go through simmer stage.) Reheat soup before adding bread and cheese on 2nd day.

Holiday Fruit Soup

Patty Withauer

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|--------------------------|--------------------------|
| 1 lb. mixed dried fruit | 5 apples, peeled & cubed |
| 3/4 c. sm. pearl tapioca | 1 c. sugar |
| 6 c. water, divided | Ground cinnamon |

Place fruit, tapioca and 4 cups water in a large saucepan. Cover and let stand overnight. Add apples, sugar and remaining water; bring to a boil. Reduce heat; cover and simmer for 1 hour or until tapioca is transparent. Add additional water if necessary. Serve warm or cold with a dash of cinnamon. Yield: 8 to 10 servings.

Pastimes Ham and Potato Soup

Tim Fifer

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|-------------------------|-----------------------------------|
| 1/2 onion, chopped | 4 T. ham base |
| 2 T. butter | 4 slices ham, diced |
| 1 gal. water (warm) | 4 baked potatoes, skinned & diced |
| 11 oz. nondairy creamer | Salt & pepper, to taste |
| 3/4 c. flour | |

In a large Dutch oven, sauté onion in butter. Add ham base and stir. Add flour, stirring until smooth. In separate container, combine nondairy creamer to warm water. Stir until dissolved. Add to flour mixture. Add ham and potatoes. Season to taste. Simmer at least 1/2 hour, stirring occasionally.

Hamburger Soup

Coral Petersen

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|---------------------------|------------------------------|
| 1 1/2 lb. hamburger | 1/2 tsp. pepper |
| 3 to 4 carrots | 1 (No.2) can cut-up tomatoes |
| 3 to 4 potatoes | 1 lg. onion |
| 1/2 head cabbage (opt.) | 3 to 4 stalks celery |
| 1/2 tsp. basil | 1 bay leaf |
| 4 tsp. salt | 1/4 c. rice |
| 1 1/2 qt. water (or more) | |

Brown hamburger and onion; drain and put in kettle; add carrots, celery, tomatoes, spices and liquid. Bring to a boil. Add rice. Let simmer for 30 minutes; stir often, so as not to stick to pan. Then add potatoes. Cook until done, about 30 minutes more.

If you want the cabbage, add at this time. If added, cook about 10 minutes; it will be crisp.

Variation: Use broth instead of water.

Hamburger-Vegetable Soup

Phyllis Rodenburg

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|--|------------------------------------|
| 2 lb. lean hamburger | 1 (10 oz.) pkg. frozen green beans |
| 1 (10 oz.) can tomatoes, or
5 fresh tomatoes, cut up | 1 bay leaf |
| 16 oz. tomato juice | 1/2 tsp. basil |
| 1 c. chopped onion <u>or</u> onion
seasoning to taste | 1/4 tsp. dill weed |
| 1 c. sliced carrots | 1/4 tsp. pepper |
| 1 c. diced potatoes | 1/4 tsp. thyme |
| 1/2 c. diced green pepper | 1/2 tsp. garlic powder |
| | 4 c. water |

Brown meat in large kettle; pour off fat. Add all remaining ingredients and bring to a boil. Reduce heat; cover and simmer about 1 hour, or until vegetables are tender. Remove bay leaf before serving.

Minestrone Soup

Claudia Vergamini

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|--|--|
| 1 lb. hamburger meat, browned
& drained | 1 can dark kidney beans |
| 1 qt. canned or stewed tomatoes | Onion, green pepper, celery,
to taste |
| 8 oz. tomato sauce | 8 oz. chicken or beef broth |
| 8 oz. sm. noodles | 1 qt. water (or more, to
desired consistency) |
| 8 oz. mixed vegetables | |

Mix all ingredients in large stock pot or in crock-pot. Season with Italian seasoning, chili powder, garlic powder, onion powder, celery seeds and paprika. Cook on low until noodles are soft. Stir occasionally if using stock pot.

Holiday Oyster Stew

Tim Fifer

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|------------------|------------------------------------|
| 2 T. butter | 1 (12 oz.) ctn. oysters, undrained |
| 1 1/2 T. flour | 2 T. butter |
| 3 c. milk | 1 1/2 tsp. salt |
| 1 c. half & half | Dash of hot sauce |

Melt 2 tablespoons butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk and half & half; cook over medium heat, stirring constantly, until mixture is bubbly. Add oysters with liquid, 2 tablespoons butter, salt and hot sauce. Reduce heat and simmer, stirring constantly, 5 to 8 minutes, or until edges of oysters curl. Makes 5 1/2 cups.

Potato Dumplings

(For Stew/Soup)

Phyllis Rodenburg

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|----------------------------------|--|
| 1 egg | 1/2 tsp. dried thyme |
| 3/4 c. seasoned dry bread crumbs | 1/2 tsp. salt |
| 1 T. flour | 1/2 tsp. pepper |
| 1 T. minced fresh parsley | 2 1/2 c. finely-shredded raw
potatoes |
| 1 T. minced onion | |

In a medium mixing bowl, beat egg. Add bread crumbs, flour, parsley, onion and seasonings. Stir in potatoes and mix well. With floured hands, shape into 1 1/2-inch balls. Dust with flour. When soup or stew is almost done, return to boiling and drop dumplings onto soup. Cover and simmer 30 minutes. Do not lift cover!

Potato Soup

Cheri Connell

- | | |
|-------------------------------------|-----------------------|
| 2 to 3 lb. potatoes, peeled & cubed | 2 qt. milk |
| 1 c. chopped cabbage | 1 can evaporated milk |
| 1/2 c. chopped carrot | 2 T. butter |
| 1 onion, chopped | 2 tsp. salt |
| | 1/2 c. crisp bacon |

Cook vegetables until well done. Add milk, butter and bacon. Season and simmer 15 to 20 minutes. Makes 1 gallon soup.

Creamed Potato Soup

Wendy Fairbanks

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|---|--|
| 4 c. chicken broth (homemade or canned) | 8 med. to lg. potatoes |
| Chopped celery, to taste | 1 T. parsley |
| Chopped onion, to taste | 1 stick butter |
| Chopped carrots, to taste | 1 pt. nondairy creamer (found in frozen foods) |

Simmer chicken broth, celery, onion and carrots. Cook potatoes, reserving 2 cups of potato water. Purée potatoes and water in blender. Add to chicken broth mixture. Add parsley, salt and pepper to taste, and 1 stick of butter. Stir until melted. Be careful, all liquids are still hot. Add nondairy creamer.

Potato Soup

Wendy Fairbanks

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|------------------------|----------------|
| 10 to 12 med. potatoes | 1 onion |
| 2 to 3 c. celery | 1 stick butter |
| 2 to 3 c. diced ham | 3 to 4 c. milk |

Dice potatoes, celery, ham and onion. Put in covered pan with enough water to just cover, and sprinkle with salt. Cook over medium heat until potatoes are tender. Add butter and milk. Salt and pepper to taste.

Hearty Potato Soup

Patty Witthauer

- | | |
|----------------------------------|--------------------------|
| 6 med. potatoes, peeled & sliced | 6 T. butter or margarine |
| 2 carrots, diced | 6 T. all-purpose flour |
| 6 celery stalks, diced | 1 tsp. salt |
| 2 qt. water | 1/2 tsp. pepper |
| 1 onion, chopped | 1 1/2 c. milk |

In a large kettle, cook potatoes, carrots and celery in water until tender, about 20 minutes. Drain, reserving liquid and setting vegetables aside. In the same kettle, sauté onion in butter until soft. Stir in flour, salt and pepper; gradually add milk, stirring constantly until thickened. Gently stir in cooked vegetables. Add 1 cup or more of reserved cooking liquid, until soup is desired consistency. Yield: 8 to 10 servings (about 2 1/2 quarts).

Soup-in-a-Pumpkin

Penni Burkum

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|----------------------------------|--|
| 1 well-shaped (5 lb.) pumpkin | 1 bay leaf |
| 2 lb. stew meat, cut in 1" cubes | 2 med. zucchini, sliced |
| Salt, pepper | 2 carrots, sliced |
| Margarine | 2 potatoes, peeled & cubed |
| 1/4 c. flour | 2 cloves garlic, minced |
| 2 T. cooking oil | 2 c. beef broth |
| 1 lg. onion, sliced | 1 c. tomatoes, peeled |
| 1/2 tsp. salt | 1 (20 oz.) can garbanzo beans, drained |
| 1/2 tsp. thyme | |

Remove lid of pumpkin and retain for later use. Scoop out seeds and stringy portion. Score inside several times. Rub interior surface with salt and pepper. Place pumpkin upside down in large shallow pan, with "lid" in pan beside pumpkin. Add 1/4-inch water and bake at 350° for an hour, or until it is tender. Remove from oven. Drain water and return upright pumpkin to baking pan. Rub inside surfaces with margarine. In Dutch oven, dredge meat in flour; brown in oil with garlic. Add onions and simmer until soft. Stir in broth and seasonings and cook over low heat until meat is tender, about 1 hour. Add all vegetables and simmer 45 minutes. Spoon stew into warm pumpkin. Serve stew from pumpkin.

Pulp may be eaten with the stew.

Shrimp Bisque

Tim Fifer

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|--|---------------------|
| 1/2 c. butter | 1/3 c. flour |
| 1 med. carrot, thinly sliced | 1/2 tsp. salt |
| 1 sm. onion, chopped (1/4 c.) | 2 to 3 tsp. paprika |
| 1 bay leaf | 3 c. milk |
| 1/4 tsp. leaf thyme, crumbled | 2 c. half & half |
| 1/2 c. dry white wine | Fresh dill sprigs |
| 3/4 lb. raw shrimp, shelled & deveined | |

Melt 2 tablespoons butter in a large saucepan. Sauté carrot and onion until tender, about 3 minutes. Add bay leaf, thyme, wine and shrimp. Cook just until shrimp turn pink, about 3 minutes. Drain shrimp into a bowl, reserving liquid. Melt remaining butter in same saucepan; stir in flour. Cook, stirring constantly, until bubbly. Add reserved shrimp liquid to saucepan, along with salt, paprika and milk. Cook, stirring constantly, until mixture thickens. Reserve 8 whole shrimp; coarsely chop remainder. Add chopped shrimp and vegetables with half & half to saucepan; heat thoroughly. Garnish with reserved shrimp and fresh dill. Yield: 8 servings.

Almira's Super-Sensational Tomato Soup

Penni Burkum

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|--------------------------|---------------------|
| 3 T. butter | 2 tsp. oregano |
| 6 T. flour | 1 tsp. basil |
| 4 c. cold water | 1 tsp. marjoram |
| 2 c. chopped tomatoes | 1 tsp. salt |
| 1/4 c. soy sauce | 1/2 tsp. thyme |
| 1 1/2 c. tomato sauce | 2 tsp. honey |
| 1/2 tsp. cinnamon | Pinch of red pepper |
| 1 1/2 tsp. cumlin powder | |

Melt butter and stir in flour to make a paste. Mix well, while adding cold water. Continue stirring while adding the tomatoes and soy sauce. Stir in tomato sauce, stirring until you have an even consistency. Heat, stirring frequently. Add spices and remaining ingredients. Simmer another 10 minutes, or until creamy and smooth.

Italian Vegetable Soup

Valerie Godsey

- | | |
|---------------------------------|---------------------------|
| 1 lb. ground beef | 1 T. dried parsley flakes |
| 1 c. diced onion | 1 tsp. salt |
| 1 c. sliced celery | 1/2 tsp. oregano |
| 1 c. sliced carrots | 1/2 tsp. sweet basil |
| 2 cloves garlic, minced | 1/4 tsp. black pepper |
| 1 (16 oz.) can tomatoes | 2 c. shredded cabbage |
| 1 (15 oz.) can tomato sauce | 1 c. green beans |
| 1 (15 oz.) can red kidney beans | 1/2 c. sm. elbow macaroni |
| 2 c. water | Parmesan cheese |
| 5 tsp. beef bouillon granules | |

Brown beef in large heavy kettle; drain. Add all ingredients except cabbage, green beans and macaroni. Bring to boil. Lower heat; cover and simmer 20 minutes. Add cabbage, green beans and macaroni; bring to a boil and simmer until vegetables are tender. If you prefer thinner soup, add additional water or broth. Sprinkle with the Parmesan cheese before serving.

Vegetable Soup

Michelle Cooper

- | | |
|-------------------------|----------------------------------|
| 1 1/2 lb. stew meat | 1 lb. frozen or homemade noodles |
| 1 1/2 c. diced carrots | 3 qt. water |
| 1 1/2 c. diced celery | 2 T. beef base |
| 1 1/2 c. diced potatoes | |

Quickly brown stew meat in skillet with 1 tablespoon oil. Combine water, stew meat, carrots, celery, potatoes and beef base in large soup pot. Bring to a boil and simmer for 1 hour or until vegetables are done. Add noodles, bring to a boil again, then simmer for 20 to 30 minutes.

Wild Rice Soup

Lori Westbrook

- | | |
|-----------------------|-------------------------------|
| 6 T. butter | 1/2 c. grated carrots |
| 1 T. minced onion | 3 T. chopped slivered almonds |
| 1/2 c. flour | 1/2 tsp. salt |
| 3 c. chicken broth | 1 c. half & half |
| 2 c. cooked wild rice | Minced parsley |
| 1/3 c. minced ham | |

Melt butter in saucepan; sauté onion until tender. Blend in flour, gradually add broth. Cook, stirring constantly, until mixture comes to a boil; boil 1 minute. Stir in wild rice, ham, carrots, almonds and salt; simmer about 5 minutes. Blend in half & half and garnish with minced parsley. Makes 6 cups.

Venison Stew

Patty Witthauer

2 T. cooking oil	1 tsp. pepper
2 lb. venison stew meat	3 c. water
3 lg. onions, coarsely chopped	7 potatoes, peeled & quartered
2 garlic cloves, crushed	1 lb. carrots, cut into 1" pieces
1 T. Worcestershire sauce	1/4 c. all-purpose flour
1 bay leaf	1/4 c. cold water
1 tsp. dried oregano	Bottled browning sauce (opt.)
1 T. salt	

Heat oil in a Dutch oven. Brown meat. Add onions, garlic, Worcestershire sauce, bay leaf, oregano, salt and pepper. Simmer, covered, 1 1/2 to 2 hours or until meat is tender. Add potatoes and carrots. Continue to cook until vegetables are tender, about 30 to 45 minutes. Mix flour and water; stir into stew. Cook and stir until thickened and bubbly. Add browning sauce, if desired. Remove bay leaf. Yield: 8 to 10 servings.

Vegetables & Side Dishes



Dietetic

Foods To Be Avoided When Salt is Restricted

Sauerkraut or other vegetables prepared in brine	Cheese spreads
Breads and rolls with salt toppings	Peanut butter
Potato chips	Salted nuts
Pretzels	Bouillon cube, regular
Salted popcorn	Catsup
Salty or smoked meats	Celery, garlic, or onion salt, except when used in cooking in place of regular salt
Bacon	Chili sauce
Bologna	Horseradish, prepared
Chipped or corned beef	Meat extracts
Frankfurters	Meat sauces
Ham	Meat tenderizers
Koshered meat	Monosodium glutamate
Luncheon meats	Mustard, prepared
Salt pork	Olives
Sausage	Pickles
Salty or smoked fish	Relishes
Anchovies	Salt at the table
Caviar	Salt substitutes, unless recommended by physician
Salted or dried cod	Soy sauce
Herring	Worcestershire sauce
Sardines	
Processed cheese	

Foods Which are Very Low in Sodium

Asparagus	Escarole	Mushrooms
Broccoli	Eggplant	Okra
Brussels sprouts	Endive	Radishes
Cabbage	Green beans	Summer squash
Cauliflower	Green peppers	Tomatoes
Cucumbers	Lettuce	Turnip greens

Spices Give Taste To Low-Sodium Diet

Many Americans these days are being urged to cut back on their sodium intake — one of the most important of these reasons being the high cost of high blood pressure.

Luckily, however, giving up excess sodium doesn't have to mean giving up good taste. The test kitchen of the American Spice Trade Association has found that spices can do a lot to put enjoyment back in your mealtimes.

Spices themselves contain so little sodium that they can be used wherever salt has been reduced or cut out. One good idea is to keep a shaker of mixed spices at the table.

Here is one blend the spice kitchen suggests: 2 1/2 tsp. each of paprika, garlic powder, and powdered mustard; 5 tsp. of onion powder; 1/2 tsp. ground white pepper; and 1/4 tsp. celery seed.

Vegetables & Side Dishes

Acorn Squash with Molasses and Pecans

Tim Fifer

3 med. acorn squash
3/4 c. chopped pecans
1/4 c. molasses

3 T. butter, melted
1 T. grated orange rind
1/2 tsp. salt

Cut squash in half; remove seeds. Place cut-side down in a shallow baking dish and pour in boiling water 1-inch deep. Bake, uncovered, at 375° for 35 minutes. Turn squash, cut-side up. Combine remaining ingredients; mix well. Spoon into squash cavities. Bake squash, uncovered, at 375° for 25 to 30 minutes. Makes 6 servings.

Autumn Beans

Patty Witthauer

8 slices bacon, chopped
1/4 c. minced onion
1 c. apple cider

2 (16 oz.) cans baked beans, undrained
1/4 to 1/2 c. raisins
1/2 tsp. ground cinnamon

In a skillet, lightly fry bacon. Remove to paper towel to drain. Discard all but 2 tablespoons drippings. Sauté onion in the drippings until tender. Add all remaining ingredients. Bring to a boil; reduce heat and simmer, uncovered, 20 to 25 minutes, stirring occasionally. Yield: 4 servings.

Baked Broccoli and Cauliflower

Patti Rief

2 pkg. frozen, chopped broccoli
1 can cream of chicken soup
2 T. melted butter

1 pkg. frozen cauliflower
1 can Cheddar cheese soup
1 c. cracker crumbs

Cook broccoli and cauliflower as directed and drain. Mix together and place in greased baking dish. Combine soups and heat in pan; pour over vegetables. Combine melted butter and crumbs. Sprinkle over casserole. Bake at 350° for 30 minutes, or until bubbly and light brown.

Blooming Onions

Tim Fifer

- | | |
|------------------------------------|---------------------------|
| 1 lg. Vidalia or other sweet onion | 1 c. fine cracker crumbs |
| 2 T. flour | Vegetable oil, for frying |
| 1 lg. egg, slightly beaten | 1/2 tsp. salt (opt.) |

DIP FOR BLOOMING ONIONS:

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|-------------------------|---------------------------------|
| 1/2 c. sour cream | Lemon pepper, to taste |
| 1 1/2 tsp. horseradish | Cajun seasoning, to taste |
| Garlic powder, to taste | 1 tsp. grated lemon zest (opt.) |

Peel onion, leaving root end intact. Cut onion vertically into quarters to within 1/2-inch of root end. Cut each quarter vertically into thirds. Place onion in boiling water for 1 minute. Remove immediately and plunge into ice water for 5 minutes. Petals should form. If not, loosen the onion sections into petals. Drain onion, cut-side down. Place the drained onion in a plastic bag with flour. Shake to coat. Remove from bag and dip onion in beaten egg. Place cracker crumbs in the plastic bag and then the onion. Shake to coat. Refrigerate 1 hour, or until cold. Heat oil, to cover, in a heavy saucepan. Heat to 375°. Fry the onion 5 to 7 minutes, or until golden brown. Drain well on paper towels. Season with salt, if desired.

Dip: Combine all ingredients, except lemon zest. Garnish, if desired, with lemon zest.

Blooming Onion

Alita Stichler

- | | |
|--|-----------------------------|
| 1 lg. Vidalia onion, or Oso sweet,
or other sweet onion | 1 c. saltine cracker crumbs |
| 2 T. flour | Vegetable oil, for frying |
| 1 lg. egg, slightly beaten | 1/2 tsp. salt (opt.) |

ACCOMPANIMENT:

Ranch-style salad dressing or dark honey-mustard

Cut onion vertically into quarters to within 1/2 inch of the root end. Then cut each quarter vertically into thirds. Place onion in boiling water for 1 minute. Remove immediately and plunge into ice water for 5 minutes. Petals should form; if not, loosen the onion sections into petals. Drain onion, cut-side down. Place the drained onion in a plastic bag with flour. Shake to coat. Remove from bag and dip onion in beaten egg. Place cracker crumbs in the plastic bag and then the onion. Shake to coat. Refrigerate 1 hour, or until cold. Heat oil, 3 inches deep, in a heavy saucepan or electric fryer. Heat to 375°. Fry the onion 5 to 7 minutes, or until golden brown. Drain well on paper towels. Season with salt, if desired. Serve with dressing or honey-mustard sauce for dipping.

Braised Celery and Apples

Ina Mae Jackson

- | | |
|------------------------------------|---------------------------------------|
| 2 T. margarine | 1/2 c. water |
| 5 1/4 c. diagonally-sliced celery | 1/2 tsp. salt |
| 1 1/2 c. slivered purple onion | 1/2 tsp. dried tarragon |
| 3 1/2 c. cubed, unpeeled red apple | 1/4 tsp. pepper |
| 2/3 c. golden raisins | 1/4 c. English walnut pieces, toasted |

In a large skillet, melt margarine over medium heat. Add celery and onion; sauté 5 minutes. Add apple, raisins, water, salt, tarragon and pepper; stir well. Cover; reduce heat and simmer 10 minutes, or until tender. Remove from heat; stir in walnuts. Serves 10.

Broccoli Casserole

Lori Lalk

- | | |
|----------------------------------|----------------------------|
| 1 c. cooked Minute Rice | 1 can cream of celery soup |
| 1 (16 oz.) pkg. broccoll, cooked | 3 T. chopped onion |
| 1/2 lb. Velveeta cheese, diced | 1/4 c. butter |

Sauté 3 tablespoons chopped onion and butter. Combine rice, broccoli, onion and Velveeta cheese. Add cream of celery soup. Bake at 350° for 30 minutes.

Broccoli/Cheese Twice-Baked Potatoes

Patty Withauer

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|--------------------------|--|
| 6 med. baking potatoes | 2 green onions, thinly sliced |
| 1/2 c. sour cream | 1 1/2 c. cooked, chopped broccoll |
| 3 T. butter or margarine | 1 c. (4 oz.) shredded Cheddar
cheese, divided |
| 1/2 tsp. salt | Paprika |
| 1/4 tsp. pepper | |

Bake potatoes at 425° for 56 to 60 minutes, or until soft. Cut a lengthwise slice from the top of the potatoes. Scoop out pulp and place in bowl. Mash potatoes; and sour cream, butter, salt, pepper, onions, broccoli and 3/4 cup cheese. Refill potato shells; top with remaining cheese and sprinkle with paprika. Bake at 425° for 20 to 25 minutes, or until heated through. Yield: 6 servings.

Broccoli and Corn Casserole

Marie Crum

- | | |
|--|-----------------------|
| 1 (16 oz.) can cream-style corn | 1 T. minced onion |
| 1 (10 oz.) pkg. frozen broccoli, chopped | 2 T. melted margarine |
| 1 beaten egg | 1/2 tsp. salt |
| 1/2 c. cracker crumbs (12 sm. crackers) | Dash of pepper |

Place in 1-quart buttered baking dish. Cover with 1/4 cup cracker crumbs. Drizzle with 1 tablespoon melted butter or margarine. Bake at 350° for 35 to 40 minutes.

Broccoli-Rice Casserole

Linda Thompson

- | | |
|------------------------------|---------------------------|
| 1 can cream of mushroom soup | 1 can Cheddar cheese soup |
| 1 can cream of chicken soup | 2 c. instant rice |
| 1 can water | 1 bag frozen broccoli |

Combine all soups, water, rice and broccoli. Bake at 325° for 1 hour (less, if done earlier). Serve with favorite meat dish. Yield: 6 to 8 servings.

Note: Soups should be in their condensed form.

Rice and Broccoli Casserole

Tim Fifer

- | | |
|---|-----------------------------|
| 3/4 c. rice | 4 T. butter |
| 2 (10 oz.) boxes frozen, chopped broccoli | 1 can cream of chicken soup |
| 1/2 c. chopped celery | 1 can cream of celery soup |
| 1/3 c. chopped onion | 1 sm. jar Cheez Whiz |

Cook rice in lightly-salted water until tender; drain well. Cook broccoli according to package directions, omitting salt. Sauté celery and onion in butter in a medium saucepan. Add soups and cheese. Stir until well blended. Place rice in bottom of large, buttered casserole dish. Spread broccoli over rice. Pour soup and cheese mixture over top. Bake at 350° about 30 minutes.

Broccoli-Rice Casserole

Juli Radcliff

- | | |
|---|-----------------------------------|
| 1/2 c. margarine | 1 (8 oz.) jar Cheez Whiz |
| 1/2 c. chopped onion | 1/4 c. water |
| 1/4 c. chopped celery | 1 c. Minute Rice |
| 1 (10 1/2 oz.) can cream of mushroom soup | 1 sm. box frozen broccoli, thawed |

Mix all ingredients together in dish. Bake at 350° for 45 minutes. (Or microwave on FULL POWER for approximately 12 minutes, stirring twice.)

Brunede Kartoffler

(Sugar-Browned Potatoes)

Coral Petersen

Boil small potatoes in salted water until just tender. Cool slightly and peel. For each pound of potatoes, melt together 2 tablespoons sugar and 1/4 cup butter in a black cast-iron skillet, to brown, on medium heat. Add potatoes and shake so they are well coated with mixture. Cook until glazed, shaking pan occasionally. Watch carefully.

A favorite of Paul's.

California Orange Carrots

Patty Witthauer

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|--|--|
| 1 lb. carrots, peeled & sliced
1/4" thick | 2 T. butter or margarine, softened |
| 1/2 tsp. salt | 1 orange, peeled, sectioned & cut
into bite-size pieces |
| 3/4 c. water | 1 T. minced green onion (opt.) |
| 1/2 tsp. grated orange peel | |

In a saucepan, cook carrots in salted water until crisp-tender. Drain. Return carrots to pan; add orange peel, butter and orange pieces, and onion if desired. Heat through. Serve immediately. Yield: 6 servings.

Baked California Mix

Berneil Hanson

- | | |
|------------------------------------|-----------------------------|
| 1 box Stove Top stuffing | 1 can cream of chicken soup |
| 1 pkg. California Blend vegetables | 1 ctn. sour cream |

Make dressing according to box; put in casserole dish. Cook vegetables and put on top of dressing. Mix sour cream and soup. Pour on top of dressing and vegetables. Bake at 350° for 30 to 45 minutes.

California Vegetable Casserole

Claudia Vergamini

- | | |
|--|--|
| 1 pkg. frozen California mix vegetables (broccoli, cauliflower & carrots) | Velveeta cheese |
| | 1/2 tube Ritz crackers, crushed |
| | 1/4 c. melted margarine |

Place frozen vegetables in a greased casserole dish. Cover with slices of Velveeta cheese. Spread crushed Ritz crackers over Velveeta cheese. Drizzle melted margarine over crackers. Bake at 350° for 45 to 60 minutes.

Cajun Red Beans and Rice

Tim Fifer

- | | |
|--------------------------------------|---|
| 1 lb. dried red beans | 1 tsp. cayenne pepper |
| 1/2 lb. salt pork | 1 tsp. black pepper |
| 2 qt. water | 3 dashes Tabasco sauce |
| 3 c. chopped Bermuda onions | 1 T. Worcestershire sauce |
| 1 bunch green onions, chopped | 1 (4 oz.) can tomato sauce |
| 1 c. chopped parsley | 1/4 tsp. oregano |
| 1 c. chopped green pepper | 3/4 tsp. dried thyme |
| 1 T. salt | 1 lb. bulk pork sausage, made into |
| 2 cloves garlic, crushed | 8 to 10 little balls (opt.) |

Soak beans overnight. Cook beans and pork in water, slowly, 45 minutes. Add onions, parsley, green pepper, garlic, salt, cayenne pepper, black pepper, Tabasco sauce, Worcestershire sauce, tomato sauce, oregano and thyme. Cook slowly, another 1 hour and 45 minutes, stirring occasionally. Add sausage (if used) for the last 45 minutes. Cool; let stand. Add salt if needed. Reheat and bring to a boil, then lower heat and simmer 30 to 40 minutes. Serve over boiled rice. Serves 6 to 8.

Copper Pennies

Patty Withauer

- | | |
|---|---------------------------------------|
| 2 lb. carrots, peeled & sliced into 1/4" coins | 1 (5 1/2 oz.) can tomato juice |
| 1/2 c. vegetable oil | 3/4 c. red wine vinegar |
| 1 c. sugar | 1 tsp. prepared mustard |
| 1 lg. onion, diced | 1 tsp. Worcestershire sauce |
| 1 lg. green pepper, diced | 1 tsp. salt |
| | 1/4 tsp. pepper |

Cook the carrots just until crisp-tender; drain. Combine all remaining ingredients in a large bowl; mix well. Add carrots, and stir until well mixed. Cover and refrigerate at least 3 to 4 hours. Serve cold as a salad, or warm it and use as a side dish. Store in the refrigerator for up to 2 weeks. Yield: 8 cups.

Corn Casserole

Tim Fifer

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|---|-------------------------------|
| 1 box Jiffy cornbread mix | 1 can creamed corn |
| 8 oz. sour cream | 3 egg, slightly beaten |
| 1 can whole kernel corn, drained | 1 stick butter, melted |

Mix all ingredients and bake in a 9x9-inch baking dish (covered) for 45 minutes at 350°. Remove cover and bake 15 minutes more, to brown top. Yield: approximately 6 servings.

Note: Recipe can be doubled (use only 3 eggs even when doubling recipe).

Corn-Macaroni Casserole

Alita Stichler

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|---|--|
| 1 can cream-style corn | 1 c. uncooked macaroni or spaghetti |
| 1 can whole kernel corn, with liquid | 1 c. cubed Velveeta cheese |
| | 1/4 c. margarine, melted |

Preheat oven to 350°. Combine all ingredients in a large bowl; mix well. Place in a 9x13-inch greased casserole. Bake for 1 hour (may need to stir). Yield: 6 to 8 servings.

Corn Pudding

Laura Moore

- | | |
|----------------------|-----------------------------------|
| 2 beaten eggs | Pinch of salt & pepper |
| 2 T. flour | 1 can corn, drained |
| 2 T. butter | 1/3 c. milk |
| 2 T. sugar | Lots of cheese |

Mix all the above ingredients together in a casserole pan. Bake at 350° for 1/2 hour. **Note:** If doubling, don't use 2/3 cup milk (too much), and bake for an hour.

Creamy-Lumpy Potatoes

Phyllis Rodenburg

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|--------------------------------------|--------------------------------------|
| 8 med. red potatoes, unpeeled | 1/4 c. butter or oleo, cut up |
| 1/3 c. Ranch salad dressing | Salt & pepper, to taste |
| 1/4 c. milk | Snipped chives (opt.) |

Cube potatoes and cook, covered, in a small amount of water for 20 minutes, or until tender. Drain. Mix potatoes, Ranch dressing, milk and butter together in a large bowl. With a spoon or fork, slightly mash potatoes. Mix again, adding desired salt and pepper. Top with snipped chives, if desired.

Creamy Potato Bake

Tim Fifer

- | | |
|---|--------------------------------------|
| 3 c. mashed potatoes | 3 sm. green onions, chopped |
| 1 (8 oz.) ctn. sour cream | 1 c. (4 oz.) shredded Cheddar |
| 5 or 6 slices bacon, cooked & crumbled | cheese |

Spread potatoes evenly in a lightly greased 6x10x2-inch baking dish. Top with sour cream; sprinkle with bacon and green onion. Top with cheese. Bake potatoes at 300° for 30 minutes. Serve hot. Makes 6 servings.

Ermine's Vegetable Casserole

Tim Fifer

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|--|---|
| 1 (16 oz.) can Veg-All, drained | 1 can mushrooms, sliced or pieces, drained |
| 3/4 c. mayonnaise | 1 c. grated sharp Cheddar cheese, packed |
| 1/2 c. green onions, chopped | 2 c. crushed Ritz crackers |
| 1 can water chestnuts, sliced & drained | 1 c. melted butter |

Stir everything together, except for crackers and butter. Mix crackers and butter together; sprinkle over casserole. Bake at 350° for 30 minutes.

This casserole is extremely rich!!

Fried Green Tomatoes

Patty Withauer

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|--|---------------------------------------|
| 1 T. brown sugar | 1/4 c. milk |
| 1 c. all-purpose flour | 1 c. seasoned dry bread crumbs |
| 4 to 6 med. green tomatoes, sliced 1/2" thick | 3 T. butter or margarine |
| 1 egg, beaten | 1 T. cooking oil |

Combine sugar and flour; place on a shallow plate. Dip both sides of each tomato slice into the mixture. Combine the egg and milk. Dip each tomato slice, then dip into the bread crumbs. In a skillet, heat butter and oil over medium-high heat. Fry tomatoes until brown on both sides, but firm enough to hold their shape. Yield: about 6 servings.

Fried Zucchini Strips

Tim Fifer

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|------------------------|------------------------------------|
| 3 med. zucchini | 2 eggs, slightly beaten |
| 1/4 c. flour | 1 c. fine, dry bread crumbs |
| 1/2 tsp. salt | 1/2 c. vegetable oil |
| 1/8 tsp. pepper | |

Cut zucchini into finger-size strips. Combine flour, salt and pepper; mix well. Dredge zucchini in flour mixture; dip in egg and coat with bread crumbs. Fry zucchini in hot oil (375°) until golden brown. Drain on paper towel. Serve with Ranch dressing to dip.

The same recipe can be used to make fried Mozzarella sticks.

Freezer Corn

Tim Fifer

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|-----------------------------------|------------------------------|
| 18 c. corn (about 35 ears) | 1 pt. half & half |
| 1 lb. butter | |

Cut corn from cob. Put corn, butter and half & half in roaster. Put in 325° oven for 1 hour. Stir often. When cool, package and freeze as quickly as possible.

To serve, heat through. Add salt, if desired.

French-Fried Potatoes

Johnna Sillik

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|--|--|
| White potatoes (not new potatoes) | Oil (if watching cholesterol, use canola oil) |
| Paper towels | Salt |

Cut pared potatoes lengthwise into strips. Soak in cold water for 1 hour. Drain thoroughly between towels. Fry small amounts at a time in hot oil (370°) until light brown. Drain on paper towels. At serving time, return to fat (380°) until crisp and brown. Drain on paper towels, salt and serve.

Note: Double frying makes a crispier, better-cooked potato. White potatoes are best for French frying. New potatoes are not suitable for French-fries.

Great with lots of ketchup to dip them in.

Fried Rice

Linda Thompson

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|-----------------|-------------------------|
| 2 T. oil | 4 c. cooked rice |
| 1 onion | 2 T. soy sauce |
| 2 eggs | 1/4 tsp. pepper |

Cook onion in oil until tender. Beat eggs and add to the onion. Stir in and cook. Add remaining ingredients. Serve as a side dish.

Makes 6 servings. 1 serving = 252 calories, 24% calories from fat, 365 mg sodium, 7 gm fat.

Hash Brown Casserole

Sandra Stevens

8 oz. sour cream
8 oz. Cheddar cheese
2 lb. hash browns

1/2 to 1 stick butter, melted
1 can cream of chicken soup
1 tsp. salt

Mix all ingredients together; spread into a long casserole dish.

TOPPING:

1 c. corn flakes
1/2 stick butter

Melt butter. Mix together and spread over hash browns. Bake at 350° for 35 to 45 minutes.

Harvard Beets

Patty Witthauer

3 c. sliced, raw beets, or
2 (16 oz.) cans sliced beets
1/2 c. sugar
1 T. all-purpose flour

1/2 c. white vinegar
1/2 tsp. salt
2 T. butter or margarine

In a saucepan, place raw beets and enough water to cover. Cook until tender, about 15 to 20 minutes. Drain, reserving 1/4 cup liquid. (If using canned beets, drain and reserve 1/4 cup juice.)

In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes. Yield: 6 to 8 servings.

Macaroni and Cheese

Tim Fifer

2 c. small elbow macaroni
3 T. margarine
2 T. flour
1/2 tsp. salt

Dash of black pepper
2 c. milk
8 oz. processed cheese

Cook macaroni in salted water until tender. Drain and put in cold water. Melt margarine in large saucepan. Blend in 2 level tablespoons flour, and salt. Add black pepper. Add milk; stir until bubbly and thick, on medium heat. Cut up processed cheese; add to milk mixture. Stir until melted. Drain macaroni and mix all ingredients in a 1 1/2-quart casserole. Bake 20 to 25 minutes at 350°.

Note: Don't use Velveeta. It's too salty. Recipe can be doubled.

Marinated Carrots

Arlene Morse

2 lg. pkg. carrots
1 can Campbell's tomato soup
1/2 c. sugar
1/2 c. oil

1/2 c. vinegar
1 onion
1 green pepper
Salt & pepper

Cook carrots in salted water. In saucepan, combine tomato soup, sugar, oil, vinegar, onion and green pepper, cut into small pieces. Pour over cooked carrots; add salt and pepper.

Mexican Vegetables

Linda Thompson

1 onion
1 zucchini
1 (16 oz.) can tomatoes
1/4 tsp. chill powder
Dash of red pepper

1 T. margarine
1 1/2 c. corn
1/4 tsp. garlic powder
Salt & pepper

Chop onion. Cook in margarine until soft. Slice zucchini crosswise into 1/4-inch pieces. Drain tomatoes and chop. Add zucchini, corn, tomatoes, chili powder, garlic powder and red pepper to onion. Salt and pepper to taste. Cover and cook over low heat for 15 minutes. Yield: 6 servings.

Nutritional Information Per Serving: 77 calories, 27% from fat; 243 mg sodium; 3 gm fat.

Molasses Baked Beans

Tim Fifer

2 (21 oz.) cans pork & beans
1 c. chopped onion
1/2 c. chopped green pepper
1/2 c. catsup
1/3 c. molasses
2 T. brown sugar

2 T. prepared mustard
2 tsp. chill powder
1/8 tsp. garlic powder
3 to 6 slices bacon, cooked & crumbled

Combine all ingredients, except bacon; stir well. Spoon mixture into a lightly greased, shallow 2-quart casserole. Bake, uncovered, at 350° for 55 minutes. Sprinkle top with crumbled bacon; bake an additional 5 minutes. Yield: 8 servings.

Mom Warner's Noodles

Lavon Nihsen

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

1/4 c. soft oleo or butter
1/4 tsp. baking powder
2 1/2 T. milk

Mix and roll out on floured board until thin. Let stand 20 minutes. Cut into long, thin strips. Cook in chicken broth until tender.

Note: These can be dried and then frozen.

Mushroom Rice

Marty Struthers

1 can French onion soup
1 can beef broth
1/2 stick butter

1 can mushrooms
1 c. rice (not instant)
1 dash of garlic salt

Place all ingredients in a roaster pan, covered. Place in the oven at 350° for 50 minutes, or until rice is done.

Note: Be sure not to use instant rice.

Onion Pie

Sherrie Tolliver

4 sweet onions, sliced thin
1 T. olive oil
3 T. butter
2 eggs
1 partially-baked pie crust

1 c. half & half
2 T. flour
2 oz. grated Swiss cheese
Salt & pepper
Dash of nutmeg

Sauté onions in oil and butter. Beat eggs, half & half, flour, salt, pepper and nutmeg together. Add to onion, and add half of grated cheese. Pour into partially-baked pie crust. Sprinkle top with remaining cheese. Bake at 375° for 30 minutes.

Very good for something different.

Broasted Potatoes

Alita Stichler

6 baking potatoes
1 cube margarine
1/2 c. vegetable oil

Garlic salt, to taste
Seasoned bread crumbs

Preheat oven to 350°. Wash potatoes; cut into thin wedges. Melt margarine in a 9x13-inch baking pan. Add oil. Coat potatoes. Bake for 30 minutes. Sprinkle with garlic salt and bread crumbs. Bake for 30 minutes. Yield: 4 to 6 servings.

Paprika Potatoes

Patty Witthauer

1/2 c. butter or margarine
1/4 c. all-purpose flour
1/4 c. grated Parmesan cheese
1 T. paprika
3/4 tsp. salt

1/8 tsp. pepper
Pinch of garlic salt or onion salt
6 med. potatoes (about 2 lb.), peeled & quartered lengthwise

Melt butter in a 9x13x2-inch baking pan. Combine the next 6 ingredients in a large plastic bag; set aside. Rinse potatoes under cold water; drain well. Place half of the potatoes in the bag; shake well to coat. Place in a single layer in baking pan. Repeat with remaining potatoes. Bake, uncovered, at 350° for 50 to 60 minutes, or until tender, turning once after 30 minutes. Yield: 4 to 6 servings.

Parmesan Noodles

Phyllis Rodenburg

8 oz. wide egg noodles
2 T. butter or oleo
1/4 tsp. garlic powder

1/4 c. Parmesan cheese
2 T. minced fresh parsley

Cook noodles according to directions and drain. Immediately add butter or oleo and toss gently. Add remaining ingredients and mix well.

Quick and easy side dish, serves about 4.

Parmesan Potato Rounds

Patty Witthauer

1/3 c. butter or margarine, melted
1/4 c. all-purpose flour
1/4 c. grated Parmesan cheese
Salt & pepper, to taste

6 med. potatoes, each sliced into 4 rounds
Italian seasoning, to taste

Pour butter into a 10 1/2 x 15 1/2 x 1-inch baking pan. In a plastic bag, combine flour, cheese, salt and pepper. Shake a few potato slices at a time in the bag to coat with the flour mixture. Place potatoes in a single layer over the butter. Bake at 375° for 30 minutes. Turn slices and sprinkle with Italian seasoning. Bake 30 minutes more, or until tender. Yield: 6 servings.

Pineapple Casserole

Phyllis Rodenburg

2 (20 oz.) cans crushed pineapple
1/2 c. sugar
2 T. flour
3 eggs, beaten
4 slices bread (crust removed),
buttered & cubed

Drain pineapple, reserving 1 cup of juice. Mix pineapple, juice, sugar, flour and eggs together. Spoon into a 2-quart baking dish; top with bread cubes. Bake, uncovered, 45 to 50 minutes, or until set and browned.

Delicious with ham.

Potato Bake

Marian Moore

Instant potatoes
1 pkg. Philadelphia cream cheese
1 sm. ctn. sour cream
Dash of garlic
Instant chives

Prepare potatoes as directed on box for 12 servings. Add cheese, cut into small pieces. Add sour cream; add garlic and instant chives. Put into a 9x12-inch baking dish; sprinkle with paprika and chives before baking. Bake at 350° about 20 minutes.

You can use regular potatoes. Prepare as you would for table. I prepare these the day before holidays, then bake just before dinner. Delicious and very easy. I make 12 servings.

Potato Casserole

Kristy Ortiz

2 lb. frozen hash browns
1 can cream of chicken soup
2 c. shredded cheese
1 pt. sour cream
1 tsp. salt
2 T. onion
1/2 c. oleo
2 c. crushed corn flakes

Combine hash browns, soup, cheese, sour cream, salt, onion and oleo; put in a 9x13-inch pan. Spread the crushed corn flakes on top. Bake at 350° for 45 minutes.

Potato Casserole

Robin Swanger

2 lb. frozen hash browns
1 sm. onion, chopped
1 c. chopped celery
1/2 c. butter or oleo
1 can cream of potato soup
1 can cream of celery soup
1 c. sour cream
2 c. grated cheese
1 c. potato chips, crushed

Sauté onion, celery and oleo together. When onion and celery are tender, add the soups and sour cream. Add potatoes to mixture. Put in a 9x13-inch pan; bake for 30 minutes at 350°. Then put cheese and potato chips on top; put back in oven until cheese melts.

I use dry onion rings instead of potato chips.

Baked Potato with Cheesy Vegetables

Linda Thompson

2 c. chopped broccoli
1 c. finely-chopped carrots
2 T. flour
1 c. shredded cheese
1 c. chopped onion
2 T. margarine
1 1/2 c. 2% milk
8 baked potatoes

Cook broccoli, onions and carrots in a small amount of water. In saucepan, melt margarine and stir in flour. Add milk slowly, while stirring. Cook until sauce thickens. Add cheese; stir until melted. Add tender vegetables. Serve over hot, baked potatoes. Yield: 8 servings.

Nutritional Information Per Serving: 352 calories, 22% from fat; 171 mg sodium; 9 gm fat.

Red Bean Salsa Salad in Cornbread Cups

Diana French

- | | |
|---|--|
| 1 (15 oz.) can Green Giant red beans, drained | 1 T. chopped fresh cilantro or parsley |
| 1/4 c. chopped green onions | 1 T. fresh lime juice |
| 1 lg. tomato, seeded & chopped | 1/4 tsp. salt |
| 1 serrano pepper, seeded & chopped | 1/4 tsp. coarsely-ground black pepper |

Combine all ingredients; mix well. Cover; refrigerate at least 1 hour.

CORBREAD CUPS:

- 1 (11.5 oz.) can Pillsbury refrigerated cornbread twists

Heat oven to 375°. Unroll dough; separate at perforations to form 16 strips. Gently press out each to form 6- to 7-inch-long strips. Along 1 side, cut off 1/3 of strip. Coil the cut strip into bottom of ungreased muffin cup; press gently to cover bottom, sealing seams. Place remaining 2/3 strip around inside edge of muffin cup; press gently to flatten, and seal edges together. Repeat with remaining strips to form 16 cups. Bake at 375° for 9 to 13 minutes, or until golden brown. Cool 5 minutes. Remove from pan. Fill cups with Red Bean Salsa Salad.

Nutritional Information: Red Bean Salad-1/2 cup serving: 60 calories; 1 gm fat. Cornbread Cup (1): 70 calories; 4 gm fat.

Red Cabbage

Tim Fifer

- | | |
|---|--------------------------|
| 1 med. head red cabbage (approx. 3 lb.) | 1 c. cider vinegar |
| 1 med. onion, sliced | 1 1/2 c. water |
| 2 lg. apples, pared & chopped | 1/4 tsp. ground allspice |
| 1 T. bacon drippings | 1 bay leaf |
| 1 tsp. salt | 2 cloves |
| 6 T. sugar | 6 peppercorns |

Remove any bruised and discolored outer leaves from cabbage. Quarter and core cabbage. Slice thinly to make about 12 cups. Combine with onion and apples in a large kettle. Add bacon drippings, salt, sugar, vinegar, water and allspice. Tie bay leaf, cloves and peppercorns in a small piece of cheesecloth. Add to cabbage. Cover and simmer 30 minutes; uncover and simmer 1 hour longer. Remove spice bag. Serve hot. Yield: 6 to 8 servings.

Note: Reheats well.

Refried Beans

Rodger Brisso

- | | |
|--|------------------------|
| 2 to 2 1/2 c. red beans or pinto beans, well picked over | 5 c. warm water |
| | 1/2 c. bacon drippings |

Combine beans and warm water. Cook slowly for 1 1/2 to 2 hours, until beans are soft. Salt to taste while beans are cooking. Drain beans, reserving liquid.

Heat fat in pan; add beans and liquid, mashing beans as fat and liquid are added, until all are combined. Cool and process in blender, then return to cook until desired thickness is achieved. Add desired seasonings (garlic, chili pepper, cumin powder, onion).

Savory Dressing

Doris Shobe

- | | |
|----------------------------|-----------------------------------|
| 8 to 10 c. bread cubes | 2 eggs, beaten |
| 1 tsp. sage | 1/2 c. melted butter or margarine |
| 1 c. celery, chopped fine | 1 c. broth (from the giblets) |
| 1/4 c. onion, chopped fine | Turkey giblets |

Cook the giblets until tender; measure 1 cup of broth for moistening the dressing. Cool while preparing the other ingredients. Mix the bread, seasonings and vegetables. Pour the butter over them and stir to blend well. Beat the eggs; add to the cooled broth. Thoroughly combine with the dressing. Makes enough for a 12 to 14-pound turkey.

I've made this many times and I think there's none better.

Scalloped Corn

Donna Mortensen

- | | |
|--|--|
| 1 can whole kernel corn (drain off half of liquid) | 1 c. dry macaroni (shell) |
| 1 can cream-style corn | 2/3 c. margarine, cut up |
| 1 c. Velveeta cheese, diced | Onion flakes or small amount fresh onion |

Mix all ingredients together and put in a covered casserole dish. Bake at 375° for 30 minutes, covered. Stir and bake for 30 minutes more, uncovered.

Note: Double the recipe and you can bake in a 9x13-inch pan.

Scalloped Potatoes

Michelle Cooper

6 c. raw potatoes, peeled	1 tsp. salt
3 T. margarine	1/4 tsp. pepper
3 T. flour	1 med. onion
3 c. milk	

Slice the potatoes thinly. Make a white sauce, over medium heat, of the milk, flour and margarine. Add the salt and pepper. Add 1 cup American cheese and let melt. Put half the potatoes in a greased 2-quart casserole. Cover with half the sauce and onion. Add the remaining potatoes, sauce and onion. Cover and bake 1 hour. Uncover and let brown on the top. Serves 6.

Scalloped Potatoes

Berneil Hanson

24 oz. frozen hash browns	1 tsp. salt
1 can cream of chicken soup	1/2 tsp. pepper
3/4 can milk	1 T. onion
1 ctn. sour cream	2 c. grated Velveeta cheese
1/2 c. melted oleo	

TOPPING:

2 c. crushed corn flakes	1/4 c. melted oleo
--------------------------	--------------------

Stir all ingredients, except topping, and spread in a greased 9x13-inch pan. Top with corn flake mixture and bake for 45 minutes at 350°.

Scalloped Potatoes

Linda Thompson

2/3 c. chopped onion	3 T. margarine
3 T. flour	1/2 tsp. salt
1/2 tsp. pepper	1 1/2 c. skim milk
4 med. potatoes	

Cook onion in margarine over medium heat until tender. Stir in salt, flour and pepper. Stir in milk slowly; cook until thickens. Cut potatoes in thin slices; put half in 1 layer in casserole dish. Pour half of sauce on top; repeat layers. Cover and bake 45 minutes at 375°. Uncover and bake 15 minutes more. Yield: 6 servings.

Nutritional Information Per Serving: 240 calories, 23% from fat; 286 mg sodium; 6 gm fat.

Spanish Rice

Kristy Ortiz

1/4 c. oil	1 tsp. salt
1 c. rice	1 1/2 pt. chicken broth

Brown rice in oil until tan.

Add:

1/2 c. onion	1/2 c. frozen peas
2 tomatoes, cut up	1 tsp. garlic

Takes about 20 minutes to cook. Stir on medium heat.
I use Uncle Ben's rice.

Spicy Green Beans

Linda Thompson

1 lb. green beans	1 onion
2 tsp. margarine	1 tsp. flour
1 tsp. oregano	1/4 tsp. garlic powder
1 (16 oz.) can tomatoes, chopped (drain & reserve liquid)	

Cook beans until crisp-tender. Set aside. Chop onion and cook in margarine until soft. Add flour, oregano and garlic powder to onions. Cook 1 minute. Add liquid from tomatoes to the onion mixture. Add chopped tomato mixture to beans. Cook over low heat until hot. Yield: 6 servings.

Nutritional Information: 1 serving = 60 calories; 21% cal from fat; 143 mg sodium; 2 grams fat.

Stir-Fry Vegetables

Linda Thompson

2 T. oil	1/3 c. water
1 c. carrots, peeled & sliced thin	2 c. chopped fresh broccoli
1 tsp. cornstarch	1/2 c. sliced onion
1/2 tsp. garlic powder	2 tsp. soy sauce

Heat the oil in a large skillet or saucepan. Add vegetables. Stir and cook over moderate heat for 3 to 5 minutes, or until vegetables are crisp and tender. For more tender, add 2 to 3 tablespoons water and cover while cooking.

In a small bowl, mix cornstarch, garlic powder, soy sauce and water. Add this mixture to the vegetables; stir and cook 1 minute. Serve with rice. Yield: 4 servings.

Nutritional Information Per Serving (without rice): 159 calories, 38% from fat; 214 mg sodium; 7 gm fat.

Sweet Potato Casserole

Diana French

3 c. hot, mashed, cooked sweet potatoes
1/2 c. sugar
1/2 tsp. salt
2 lg. eggs
1/4 c. butter, softened

1/2 tsp. vanilla
1/2 c. milk
1/2 c. light brown sugar
1/3 c. flour
1 c. chopped pecans
3 T. butter, softened

Combine sweet potatoes, sugar, salt, eggs, 1/4 cup butter, vanilla and milk. Place in a greased 1 1/2-quart baking dish.

Combine brown sugar, flour, pecans and remaining butter. Top sweet potato casserole with crumbled mixture. Bake in a 350° oven for 35 minutes.

Sweet Potato Casserole

Tim Fifer

3 c. cooked, mashed sweet potatoes
1 c. sugar
2 eggs
1 c. coconut
1 tsp. vanilla extract

1/3 c. milk
1/2 c. butter, softened
1 c. firmly-packed brown sugar
1/3 c. flour
1/3 c. butter, firm
1 c. finely-chopped pecans

Combine sweet potatoes, sugar, eggs, coconut, vanilla, milk and 1/2 cup butter. Beat with electric mixer until smooth. Spoon into a greased 2-quart shallow casserole.

Combine brown sugar, flour, 1/3 cup butter and pecans; sprinkle over top of casserole. Bake at 350° for 30 minutes. Makes 8 to 10 servings.

Great with holiday ham.

Twice-Baked Mashed Potatoes

Sandy Stevens

17 mashed potatoes
2 c. sour cream

1 tsp. garlic salt or powder
8 oz. cream cheese

Mix all ingredients together and put in a greased 9x13-inch pan. Sprinkle with paprika. Bake at 350° for 30 minutes. Sprinkle shredded Cheddar cheese on top and bake 5 minutes longer.

Zesty Potatoes

Coral Petersen

4 med. potatoes
Salt

1 btl. low-calorie Italian salad dressing

Cook 4 medium, unpared potatoes in 1-inch of boiling, salted water (1/2 teaspoon salt to 1 cup water), just until tender.

While hot, cut unpared potatoes diagonally into 1/2-inch slices. Place in shallow glass dish. Pour 1/2 cup Italian dressing over hot slices. Let stand 1 hour, turning slices once. Place potato slices on grill, 3 inches from hot coals. Cook 8 to 10 minutes on each side, or until golden brown. Season with salt and pepper after turning. Serves 4.

Dietetic

Foods Which are Fairly Low in Sodium - About 50 mg.

1 tsp. salted butter or margarine	1/2 c. flavored gelatin
1/2 c. raw carrots	1/2 c. ice cream or ice milk
1 1/2 tsp. mayonnaise	water containing 40 milligrams of sodium per qt.

Substituting Artificial Sweeteners

Sugar	Tablets	Liquid	Granulated
1 tsp.	1	1/8 tsp. or 2 drops	1 tsp.
2 tsp.	2	1/4 tsp.	2 tsp.
1 Tbsp.	3	3/8 tsp. or 6 drops	1 Tbsp.
1/4 c.	12	1 1/2 tsp.	1/4 c.
1/3 c.	16	2 tsp.	1/3 c.
1/2 c.	24	3 tsp.	1/2 c.
2/3 c.	32	4 tsp.	2/3 c.

Tablets work best if crushed and stirred into a small amount of liquid until dissolved. Liquid sweeteners may be added directly to mixtures. Granulated may be added the same as sugar.

Helpful Hints

Did you know that tuna canned in water has 50% fewer calories than tuna in oil? So water-packed tuna is on the program for most weight watchers. Chunk light tuna has just 100 calories per 3 oz. serving and 22 gm. of high quality protein.

To save a few calories, when dips and toppings call for sour cream, use cottage cheese or yogurt instead. This lowers cost and calories. Cottage cheese may be pressed through a sieve or colander or put in a food blender for a short time to yield a whipped consistency. Yogurt can be substituted without any preparation.

Dieters who include high-fiber bread in their menus lose weight faster. This somehow reduces cravings for more fattening foods.

To cut down on those unwanted calories, top baked potatoes with hot bouillon instead of butter. I think it tastes just as good and it's much less fattening.

One-half a grapefruit with each meal will help burn off extra fat.

A glass of milk each day will keep you from getting flabby while losing.

Chew sugarless gum while cooking and cleaning up after dinner.

Suck on a sour lemon drop after meals to trigger your eating stopper.

A cup of warm (not hot) soup, bouillon or coffee before a meal will start your stomach working slowly before you start putting in the heavy food.

Use unsweetened applesauce to top pancakes, waffles or French toast. So much better than the artificially sweetened syrup. (Good for diabetics.)

Real whipped cream has 10 times more calories than whipped nonfat dried milk which is just as easy to make. Mix 1/2 c. dried milk and 1/2 c. ice water for 3 to 4 minutes. Add 2 Tbsp. lemon juice and beat 3 to 4 minutes. Fold in 1/4 c. sugar and serve immediately. Be sure bowl and beaters are thoroughly chilled and water is ice cold.

A delicious applesauce can be made by slicing apples into a saucepan and adding a small bottle or can of Fresca. No sugar is needed and what a delightful flavor combination.

This 'n That

Geneva's Apple Butter

Geneva Johnson

10 c. apple pulp	5 c. sugar
1/2 c. red hot candies	2 sticks cinnamon

Bake in a 350° oven for about 2 hours, or until thick. Makes 4 to 5 pints. Very easy to make! This was made for the Harvest of Talents 1997.

Slow-Cooker Apple Butter

Lori Westbrook

4 lb. apples, peeled & sliced	1 c. brown sugar
1/2 c. apple cider vinegar	1 tsp. cinnamon
3 c. sugar	

Place apples and vinegar in 4-quart slow-cooker. Cook, covered, at high for 6 hours. Stir in sugars and cinnamon; reduce to low. Cook, covered, for 4 hours. Cool and can, or keep in refrigerator for up to 1 week. Makes 6 cups.

Apricot Jam

Berneil Hanson

5 c. prepared fruit (about 3 1/2 lb. fully-ripe apricots)	7 c. sugar
1/4 c. fresh lemon juice	1 box Sure-Jell fruit pectin
	1/2 tsp. margarine or butter

Boil jars on rack in large pot filled with water 10 minutes. Place flat lids in a saucepan with water. Bring to a boil; remove from heat. Let stand in hot water until ready to fill. Drain well before filling.

Pit apricots; do not peel. Grind or finely chop. Measure 5 cups into 6- or 8-quart saucepot. Add lemon juice. Measure sugar and set aside. Mix pectin into fruit in saucepan. Add margarine. Place over high heat; bring to a full rolling boil, stirring constantly. Immediately stir in all sugar. Bring to a full rolling boil and boil 1 minute, stirring constantly. Remove from heat; skim off foam with metal spoon. Ladle quickly into prepared jars, filling to within 1/8-inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly. Invert jars for 5 minutes, then turn upright or follow the water bath method and boil 5 minutes. Makes about 8 1/2 cups or 9 (1-cup) jars. Jam sets slowly; may take up to 2 weeks.

Rhubarb-Cherry Jam

Sherrie Tolliver

6 c. diced rhubarb
4 c. sugar

1 (3 oz.) box cherry gelatin
1 can cherry pie filling

Mix rhubarb and sugar; let stand overnight. Next day, cook for 10 minutes. Add dry gelatin and cherry pie mix to hot mixture. Stir thoroughly and put in sterilized jars. Store in refrigerator or freezer. Makes 8 cups.

Very good on toast or as ice cream topping.

Zucchini Jam

Berneil Hanson

8 c. grated zucchini, peeled
6 c. sugar
2 T. lemon juice

1 (20 oz.) can crushed pineapple,
well drained
2 (3 oz.) pkg. apricot gelatin

Add 1 cup water to zucchini. Bring to a boil and cook 6 minutes. Add sugar, lemon juice and pineapple; cook 6 more minutes. Add apricot gelatin and cook 6 minutes more. Seal in jelly glasses.

This was my mother's recipe.

"Better Butter"

Ina Mae Jackson

1/2 c. butter (1 stick)
1/2 c. canola oil or olive oil

If you don't want to give up butter completely and don't want to use margarine (usually high in dangerous trans-fatty acids), here's an idea.

Put butter and oil in a blender or food processor and blend until thoroughly combined. This Better Butter will be the consistency of yogurt or thick cream. Spoon into a bowl or mold. Cover and put in the refrigerator to firm. Makes 1 cup.

Variation: Add herbs or fresh crushed (not powdered) garlic.

Better Butter has half the saturated fat of regular butter and unlike most margarines, negligible amounts of hazardous trans-fatty acids. It spreads well at refrigerator temperature.

Nutritional Information Per Teaspoon: 37 calories, 5 mg cholesterol, 4 gm fat (1 gm saturated fat when made with canola oil, 2 gm when made with olive oil).

Garlic Lemon Butter

Patty Witthauer

1/2 c. butter or margarine, softened
1 garlic clove, minced
1 tsp. minced fresh parsley

2 to 3 tsp. grated lemon peel
1/4 tsp. salt (opt.)
Pepper, to taste

In a small bowl, mix all ingredients until smooth. Spread on hot corn on the cob or dab on any cooked vegetables. Yield: 1/2 cup.

Cooking for Two: Lemon butter will keep in a covered container in the refrigerator for up to 2 weeks.

Cheese Frenchie

Mindy Eggert

Spread Cheez Whiz liberally on 2 slices white bread. Next, spread mayonnaise over Cheez Whiz. Make sandwich, then cut into thirds. Dip each sandwich piece in beaten eggs until covered thoroughly. Coat in crushed corn flakes and deep-fry. Eat while warm.

Jezebel Sauce

Maggie Oder

1 (12 oz.) jar apple jelly
12 oz. pineapple preserves
Garlic salt or powdered, to taste

Dry mustard, to taste (opt.)
Horseradish, to taste

Blend jelly and preserves in blender. Add seasonings to taste. No cooking needed. Blend well and return to jars. Refrigerate.

This sauce is excellent with ham, pork, beef, chicken, etc. It is very good on bagels or hot bread.

Green Tomato Relish

Tim Fifer

4 c. ground onion
10 green tomatoes
12 green peppers
6 sweet red peppers
1/2 c. salt
6 c. sugar

1 T. celery seed
2 T. mustard seed
1 1/2 tsp. turmeric
4 c. cider vinegar
2 c. water

Grind vegetables, using coarse blade. Sprinkle with 1/2 cup salt; let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetable mixture. Heat to a boil. Simmer 3 minutes. Seal in hot, sterilized jars. Yield: 8 pints.

Bathtub Pickles

(Adapted)

Leon F. Hansen

These pickles got their name because we were willing to accept large gunny sacks of overgrown and beginning-to-ripen cucumbers that no one else wanted. We were given a pint of lime pickles by an elderly lady in our church from time to time. When she could no longer make them and learned of our gift of the cukes, she passed her family recipe on. It became the basis for our Bathtub Pickles, named because we only make our pickles in very large batches of 3 to 4 gunny sacks or 3 to 4 bushels at a time. The only place large enough to soak them is the bathtub.

7 lb. peeled, seedless, 1/4" sliced cucumber chunks made from very lg. & slightly ripe cucumbers	2 qt. vinegar
2 c. pickling lime (available at drug or hardware stores)	1 tsp. whole cloves
2 gal. water per step	1 tsp. celery seed
	4 1/2 lb. sugar
	1 tsp. salt
	1 tsp. pickling spice
	Green food color, to suit

Soak the cucumbers for 24 hours using 2 gallons of water with the lime added, stirring occasionally. Rinse cucumbers thoroughly and soak in 2 gallons of clear water for 3 hours. Next, let cucumbers stand overnight in the vinegar, sugar, food coloring and salt mixture. Tie the other spices in bag or use a tea strainer, and add to mixture. Additional food coloring can be added anytime. In the morning, boil 35 minutes or until cucumbers are clear. Pack and seal in clean and rinsed canning jars. Pints are best but quarts will do. You can even recycle Miracle Whip jars for these pickles. These pickles will keep indefinitely but begin to lose some of their firmness after 18 months.

These pickles are great on sandwiches or for just munching. They make a nice colorful part of a relish tray, along with your other favorite items. Best of all, they are not sold in stores, so you can serve something not everyone has access to. Always serve well-chilled for best results.

Lime Pickles

Tim Fifer

7 lb. cucumbers, cut into strips	2 gal. water
2 c. lime	

UNCOOKED SOLUTION:

2 qt. vinegar	1 tsp. allspice
9 c. sugar	1 T. salt
1 T. celery seed	1 tsp. cloves
3 T. pickle spice	2 sticks cinnamon

Cover cucumbers with lime and water. Let soak 24 hours; rinse well. Cover with clear water and soak 3 hours. Drain and cover with uncooked solution. Let stand overnight. Next morning, heat slowly to boiling and cook until clear. Put in hot jars. Seal.

Sweet Dill Pickles

Marie Crum

1 qt. lg. dill pickles	1/2 c. vinegar
2 c. sugar	1 tsp. celery seed
1 c. boiling water	1 tsp. mustard seed

Cut pickles in 1-inch chunks. Put back into jars. Boil above ingredients for 15 minutes and pour over pickles. Let stand in refrigerator for 24 hours before using.

Gloria's Camp of the Risen Son Pizza Sauce

Lori Cottrell

1/4 gal. tomato sauce	1/4 c. onion flakes
1 tsp. sweet basil	1/2 tsp. paprika
1 tsp. garlic powder	1 T. sugar
1/2 T. chill powder	1 T. cornstarch
1/4 c. parsley	

Mix all ingredients thoroughly. Seal in a tight container and refrigerate at least 24 hours prior to use.

Fresh Southwest Salsa

Joyce Barney

- | | |
|--|-----------------------|
| 5 lb. tomatoes | 1/3 c. fresh cilantro |
| 1/2 c. wine vinegar | 4 tsp. salt |
| 2 to 3 garden salsa peppers,
or 1 c. jalapeño peppers | 1/2 c. cider vinegar |
| | 3 c. onions |

Chop tomatoes and mix with peppers, onions, cilantro and salt. Let stand for 1 hour; drain. Add wine vinegar and cider vinegar. Refrigerate. Keeps in refrigerator for 3 to 4 weeks.

If this is too spicy, just add more tomatoes.

Play Dough

Cyndi Merriam

- | | |
|------------------------|------------|
| 1 c. flour | 2 T. oil |
| 1/2 c. salt | 1 c. water |
| 2 tsp. cream of tartar | |

Cook over low heat for 10 minutes or until dough forms ball. Food coloring may be added. Cool and store in airtight container.

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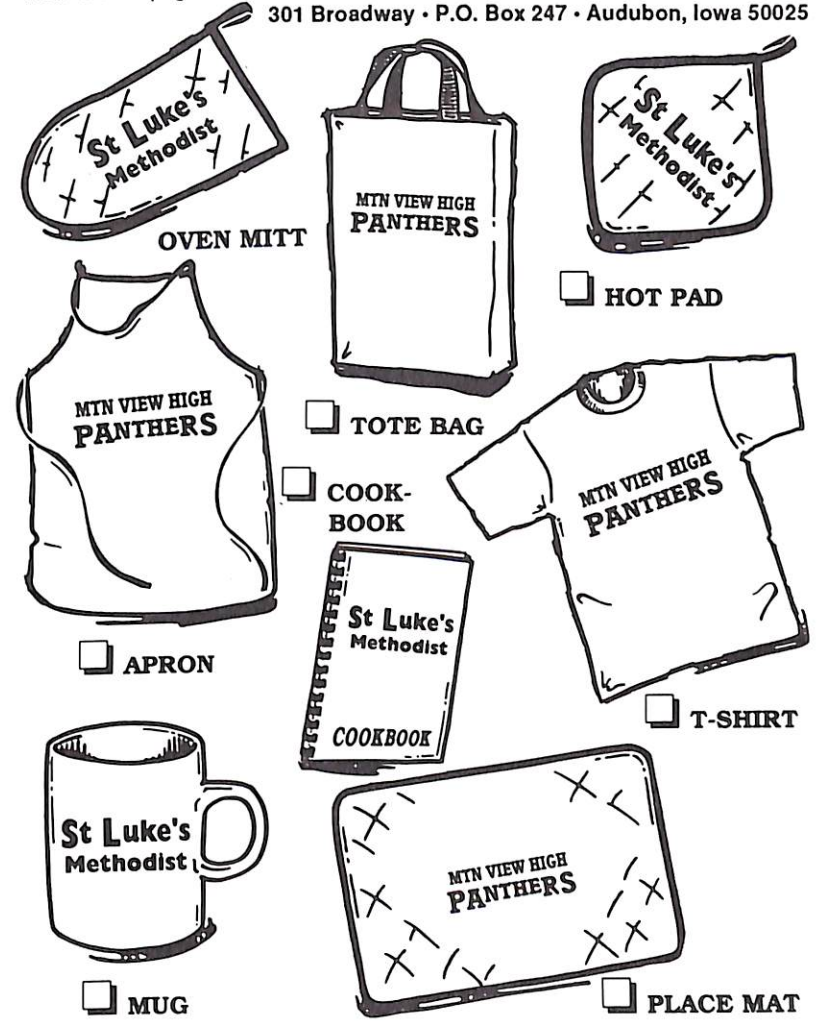
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