

# Local Recipes to Remember



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Since 1929*



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# Local Recipes to Remember



*Serving the Community  
Since 1929*

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## History of the Council Bluffs Service League

The Council Bluffs Service League was organized in February 1929 by Helen Sprague Cogley for the purpose of maintaining interest among its members in social, economic, educational, civic, and cultural activities of the community.

Each member is asked to maintain active status for a seven-year period. During which time she is required to give a yearly 100 hours of service to the Council Bluffs Community. The list of community services which the Service League has developed and maintained is as impressive as it is varied. Some of those are the Visiting Nurse's Association, Relay for Life, Children's Square, Micah House, Phoenix House, and Mohm's Place.

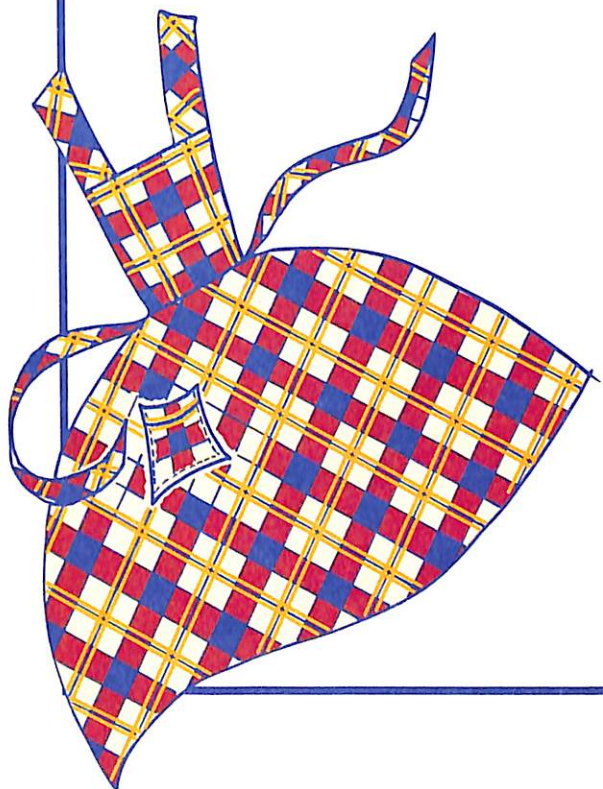
Since the foundation of the League, members have given many hours of service and financial assistance to such organizations as the Red Cross, Girl Scouts, Boy Scouts, Visiting Nurse's Association, Children's Square, Habitat for Humanity, Meals on Wheels, Micah House. Our schools and hospitals also receive many volunteer hours from our members.

Our Family Assistance fund lends a helping hand to needy individuals, providing necessary clothing, medical, and dental care.

Through the years, various fundraising projects such as benefit bridge parties, doll sales, Service League Follies, The Book Shelf, The Gift Shop, a series of successful annual bazaars (begun in 1953) and most recently, a Silent Auction and Dinner has made it possible for the League to contribute thousands of dollars to a long list of community services. In 1981, the Service League Thrift Shop was opened to allow yet another means of channeling funds as well as clothing and household goods into our community.

There has been a total membership of 1,183 women in the Council Bluffs Service League. From a nucleus of sixty members, the League has grown to an active membership of 70 members in 2002. Since 1952, eight alumnae groups have been formed. These groups provide, in addition to the annual Spring Luncheon, the guidance, and inspiration to keep on with the work of the league.

*Appetizers,  
Beverages  
& Dips*





## **ARTICHOKE DIP**

***Michele Kaufman***

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 lb. cream cheese                | 1/4 tsp. Tabasco sauce |
| 1 can artichoke hearts            | 1/2 tsp. white pepper  |
| 1/4 bunch diced scallions         |                        |
| 1/4 C. grated dry Parmesan cheese |                        |

In mixer, whip cream cheese until fluffy. Drain half of the juice from artichoke hearts and add the rest to the cream cheese. Add the rest to the cream cheese. Add the rest of the ingredients and mix together.

## **ARTICHOKE DIP**

***Carol Brandt***

- |                               |   |
|-------------------------------|---|
| 2 C. mayonnaise               | 1-16 oz. can plain artichokes in brine (rinse drain and mash) |
| 1 C. shredded Parmesan cheese |   |

Put in casserole dish. Bake at 350° for 30 minutes.

## **BLACK BEAN AND CORN SALSA**

***Jerre Hunter  
NP Dodge Realty***

- |   |                         |
|---|-------------------------|
| 2-15 oz. cans black beans, rinsed and drained | 1 onion                 |
| 1 pkg. white shoe peg corn, thawed            | 1 red and yellow pepper |

Chop the onion and peppers and add to corn and beans. Mix together and pour over the mixture of corn, beans, onions and peppers.

- 1 cup red wine vinegar
- 3 T. olive oil
- 1/2 tsp. cumin
- 1 T. cilantro-dried
- 1/2 tsp. chili powder

Serve with chips.....the scoops.

Serves 20.

## **BUFFALO BLUE WRAPS**

*Chef Jim  
Horse Shoe Casino  
Council Bluffs*

- |                                     |                            |
|-------------------------------------|----------------------------|
| 6 oz. grilled chicken breast strips | 1 T. crumbled blue cheese  |
| 1 oz. red hot sauce                 | 2 oz. blue cheese dressing |
| 2 small celery sticks               | 2 oz. shredded lettuce     |
| 1.5 oz. cream cheese                | 12" blue flour tortilla    |
| 2 small carrot sticks               |                            |

Combine blue cheese crumbles, cream cheese and red hot sauce. Place shredded lettuce down the center of the wrap. Toss grilled chicken strips in the Red Hot sauce. Place chicken over lettuce. Place celery and carrot sticks, cut in half lengthwise, over chicken. Sprinkle remaining blue cheese crumbs and roll up the wrap. Makes 1 single serving.

## **CARAMEL FRUIT DIP**

*Gerri Baxter*

- |   |                          |
|---|--------------------------|
| 2-8 oz. pkgs. cream cheese,<br>softened | 1/2 C. powdered sugar    |
| 1 C. brown sugar                        | 2 tsp. vanilla           |
|   | Chopped pecans, optional |

Mix cream cheese, brown sugar and powdered sugar until smooth. Add vanilla and stir in nuts if desired. Serve with apples.

## **CHEDDAR CHEESE BALL**

*Jen McDaniel*

- |                            |  |
|----------------------------|--|
| 2-8 oz. pkgs. cream cheese | 8 oz. bag Cheddar cheese, finely<br>shredded |
| 1 pkg. ranch party dip     |  |
| 2 T. sour cream            |  |

First, mix slightly softened cream cheese and ranch party dip. Next, mix in the sour cream. Then, mix in half of the Cheddar cheese (1 cup). Form the mixture into a round ball. Roll the ball in the remaining (1 C.) Cheddar cheese until ball is coated. Refrigerate for 1/2 hour to firm. Serve with crackers or raw vegetables.

## **CHICKEN DIP**

***Heather Wollan***

2-10 oz. cans chicken breast	3/4 C. Velveeta cheese
1-10 3/4 oz. can cream of mushroom soup	8 oz. sour cream
1-8 oz. pkg. cream cheese	1 small can green chilies, drained
Small onion, chopped	Dash of garlic powder
4 oz. shredded mozzarella cheese	

Mix all ingredients together and warm in mini crock pot. Eat with tortilla chips, Wheat Thins or fresh vegetables.

## **CHICKEN ENCHILADA DIP**

***Loree Hackett***

2-8 oz. pkgs. cream cheese at room temperature	1 T. garlic powder
1 can Ro-Tel tomatoes, drained	2 cans white meat chicken
1 can green chilies	1 C. shredded Mexican blend cheese

Combine all ingredients. Use small crock pot to heat through. Use as a dip with corn or tortilla chips.

## **CHICKEN SALSA DIP**

***Paulette Cramer***

1 jar salsa (peach is good)	10 oz. cubed cooked chicken breasts
8 oz. soft cream cheese	
8 oz. grated Mexican cheese	

Mix half of salsa with cream cheese. Layer in 9x13" pan. Spread rest of salsa on top. Layer chicken. Spread Mexican cheese on top. Bake at 350° for 20 minutes.

## **CORN DIP**

***Angie Stoufer***

2-12 oz. Mexicorn	4 oz. chopped green chilies
1 C. sour cream	1 small onion
8 oz. taco cheese	Garlic salt to taste
1 C. real mayonnaise	

Mix all ingredients together. Chill for 1 hour. Serve with corn chips.

## **CRAB SPREAD**

*Shirley Belt*

1-6 oz. can white crab meat, very well drained	1 T. minced red onion
8 oz. cream cheese, whipped	1/8 tsp. liquid smoke
1 T. minced celery	1/4 tsp. garlic powder
	Fresh ground pepper to taste

Mix all ingredients together. Chill at least 2 hours before serving. Serve on crackers or in little cream puffs shells.

## **CRANBERRY MEATBALLS**

*Katie Nelson  
MRN*

2 lbs. lean ground beef	2 tsp. salt
2 T. Worcestershire sauce	1/4 tsp. ground black pepper
2 T. minced onion	1/3 C. ketchup
2 eggs	1 T. lemon juice
1/2 C. dried parsley flakes	1 can cranberry jellied sauce
2 cloves garlic, crushed or 2 tsp. garlic powder	2 T. brown sugar
1 C. cornflakes crumbs	1-12 oz. bottle chili sauce (chunky kind)

In large bowl combine beef, Worcestershire sauce, onion, 2 eggs, parsley, garlic, cornflakes, salt and pepper. Mix well. Shape into meatballs 1" diameter, place in baking pan. (can be frozen here and used later). Combine sauce ingredients (remaining ingredients not used for meatballs) and heat. Stir until cranberry sauce melts. Pour over meatballs and bake at 350° for 45 minutes.

## **CREAM CHEESE DIP WITH CHUTNEY**

*Laurie Stogdill*

4 oz. (4 slices) bacon	3/4 Major Grey's mango chutney
8 T. butter, softened	2 scallions, trimmed and sliced crosswise
8 oz. cream cheese, softened	
1 1/2 C. grated Cheddar cheese (sharp)	

(continued on next page)

Put slices of bacon into a medium skillet and cook over medium heat, turning occasionally until crisp on both sides 5 to 8 minutes. Transfer bacon to paper towels to let drain, then crumble. Put butter, cream cheese and Cheddar cheese into a medium bowl and mix with a wooden spoon until well combined. Transfer cheese mixture to a serving bowl and smooth out top with the back of the spoon. Spread chutney over cheese mixture and scatter crumbled bacon and scallions on top. Cover with plastic wrap and refrigerated until chilled 2 to 3 hours.

## **CUCUMBER MARINATE**

***Debbie Underwood***

2 1/3 C. vinegar	1/2 C. sugar
4 T. oil	2 T. wine vinegar
Salt and pepper	1/4 tsp. mustard seeds, optional

Pour over cucumbers, other veggies maybe added. Let stand for a while. They taste better the 2nd or 3rd day. Delicious!

## **DILL DIP**

***Shirley Belt***

1 C. sour cream	1 T. minced parsley
1 C. Best Foods mayonnaise (Hellmann's)	1 tsp. dill weed
	1 tsp. Beau Monde (Spice Island)

Mix all ingredients together, refrigerate at least 2 hours before serving. Serve with vegetables.

## **FRUIT DIP**

***Katie Nelson  
MRN***

1 small can frozen orange juice	1 1/4 C. milk
1 small pkg. instant vanilla or banana pudding	1/4 C. sour cream

Mix orange juice and milk. Blend in pudding. Blend in sour cream. Refrigerate to set. Serve cold with favorite fruits.

## **GRAPE JELLY CROCK POT MEATBALLS RECIPE**

---

*Melissa Hardersen*

2 lbs. ground beef	1-12 oz. jar of grape jelly
1/2 C. beef flavored stove top stuffing, crushed	2-8 oz. jars taco sauce
1 large onion, finely chopped	1 to 3 T. mustard

Add jelly, taco sauce and mustard to crock pot on high until jelly melts. Add ground beef, stove top stuffing and onion in a bowl and mix well. Shape into balls (any size). Add to crock pot, cook on high for 4 or 5 hours.

## **HOT ONION SOUFFLÉ**

---

*Laurie Stogdill*

1-14 oz. pkg. chopped onions, thawed	2 C. grated Parmesan cheese
24 oz. softened cream cheese	1/2 C. mayonnaise

Preheat oven to 425°, drain onions in colander, then squeeze out any excess liquid put onions in medium bowl. Add 24 ounce softened cream cheese, Parmesan cheese, and mayonnaise, mix with wooden spoon until well combined. Transfer onion-cheese mixture to a 1-quart soufflé dish smoothing top with back of spoon. Bake dip until golden brown about 20 minutes. Serve hot with corn chips or bagel chips or crackers. Serves 6 to 8.

## **JELL-O SHOTS**

---

*Debbie Underwood*

4 C. sugar	9 C. cold water
4 C. water	2-46 oz. cans unsweetened pineapple juice
Boil 5 minutes.	3-6 oz. cans frozen lemonade
ADD:	
3 small pkgs. strawberry jello	

Put in freezer and stir every 3 to 4 hours. Mix with 8 quarts of Ginger Ale or 7-Up.

## **KAREN'S CHEESE BALL**

***Karen Meyer***

2-8 oz. pkg. cream cheese  
2 pkgs. dried beef  
2 tsp. creamy horseradish

Garlic powder to taste  
Celery seed, lightly sprinkled

Mix cream cheese with mixer. Then add remaining ingredients. Roll into a ball and serve with crackers.

## **LAYERED AVOCADO DIP**

***Tracy Brown***

2-10 oz. cans refried beans  
3 avocados  
2 T. lemon juice  
1/2 tsp. salt  
1/4 tsp. pepper  
1 C. sour cream

1/2 C. mayonnaise  
1 pkg. taco seasoning  
1 C. shredded cheese  
1 tomato, chopped  
1 small can sliced black olives

Spread refried beans on round pizza pan. Mix avocados, lemon juice, salt and pepper and use for second layer. Mix sour cream, mayonnaise and taco seasoning for third layer. Garnish top with cheese, olives and tomatoes.

## **MID WINTER CHEESE BALL**

***Jolene Miller***

2-8 oz. pkgs. cream cheese  
1/4 C. sliced green olives  
2 cans shrimp

3 small green onions  
Chopped walnuts

Chop green onions. Drain shrimp. Combine first 4 ingredients. Chill 4 about an hour. Then roll into a ball and roll the ball in the chopped walnuts. Serve with crackers.

## **MISSISSIPPI MUD DIP**

***Amy Freking***

8 oz. cream cheese  
2 C. mild Cheddar cheese  
1/3 C. green onions  
1 can green chilies

1 1/2 C. sour cream  
1 C. ham, chopped  
1 loaf French bread

(continued on next page)

Mix all ingredients, put mixture into hollowed out French loaf. Heat oven to 350°. Bake for 1 hour. Serve with bread chunks or crackers.

### **SAUSAGE CHEESE BALLS**

*Katie Nelson*

2 lbs. Jimmy Dean regular sausage	1/2 C. chopped onion
1 1/2 C. biscuit mix	1/2 C. chopped celery
4 C. shredded Cheddar cheese (sharp)	1/2 tsp. garlic powder

Preheat oven to 375°. Mix all ingredients. Form 1" balls. Bake 15 minutes on ungreased cookie sheet until golden brown.

### **SHOEPEG CORN DIP**

*Carole Nissen*

3 cans shoepeg corn, drained	2 to 4 C. shredded sharp Cheddar cheese
1 small onion, diced	
1 small can diced green chilies or jalapeño peppers	2 C. mayonnaise

Mix and let set for 24 hours.  
I used Frito scoops to serve with dip.

### **SPINACH-CHEESE DIP**

*Mary Lu Reelfs*

2 small frozen pkgs. spinach, thawed and drained	2 C. cottage cheese
1 1/2 C. American cheese, chunked	1 tsp. salt
1/4 C. flour	3 beaten eggs
	1/2 stick butter, chunked

Place all ingredients in crock pot and stir. Cook 1 hour "high" or 4 hours "low". Serve as a hot dip or as a vegetable.

## **TORTILLA ROLL UPS**

*Angie Stoufer*

8 oz. cream cheese	Stemmed onions
8 oz. sour cream	1 C. shredded cheese
4 oz. green chilies, chopped	6 to 10" tortilla shells
4 oz. chopped olives	

Soften cream cheese in microwave 10 seconds. Mix with all other ingredients. Spread mixture on shells. Roll up and place in refrigerator for 24 hours or freezer for 1 to 2 hours. Cut up in 1" slices. Serve with salsa.

## **APPLE SNICKER SALAD**

*Lesia Socha*

6 apples	1-12 oz. extra creamy Cool Whip
6 small frozen Snicker candy bars	

Cut apples into small pieces (no need to peel). Put frozen Snicker bars into Ziploc bag and using hammer, break into small pieces. Mix apples, candy bars together. Just before serving. Mix with Cool Whip.

## **AUNT CATHERINE'S CRANBERRY SALAD**

*Andrea Barnes*

1 qt. cranberries	2 C. chopped celery
2 C. sugar	1 C. chopped nuts
2 pkg. lemon jello	1 can crushed pineapple, drained
4 C. boiling water	

Grind berries in a food processor. Add sugar and let set for 2 hours. Dissolve jello in boiling water. I usually use the liquid from the pineapple as part of my liquid then boil. Mix in remaining ingredients. Add to cranberries. Chill overnight.

## **BAKED STEW**

***Karen Stonehouse***

3 lbs. stew meat	1 tsp. sugar
1 C. chopped celery	3 tsp. salt
6 medium potatoes, quartered	3 T. tapioca
2 medium onions, quartered	4 shakes Tabasco sauce
4 C. tomatoes	3 T. BBQ sauce
1 C. water	

Do not precook or brown meat. Combine all ingredients in 14x11x3" baking dish. Cover and bake at 250° for 5 hours.

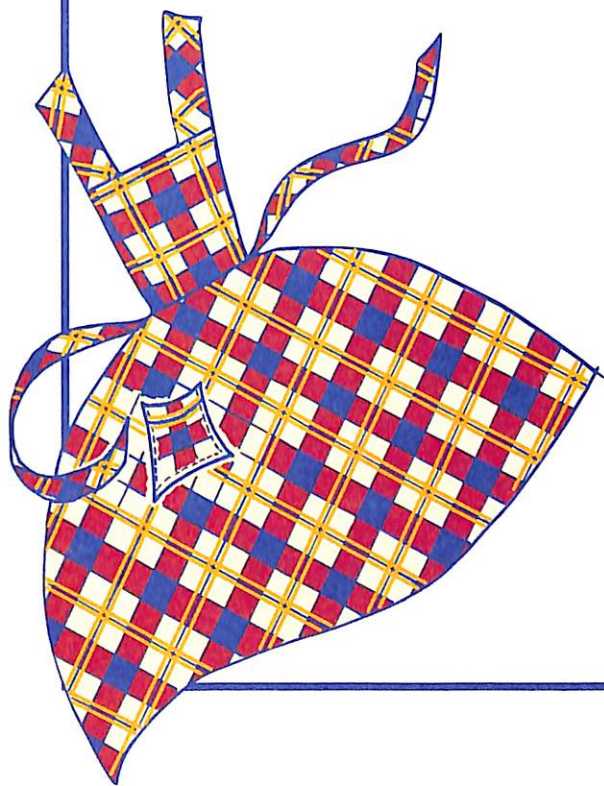
## **BROCCOLI BACON SALAD**

***Gerri Baxter***

3 stalks broccoli, chopped	DRESSING:
1 small red onion	1 C. mayonnaise
1 lb. bacon, chopped and cooled	1/4 C. sugar
1/2 C. sunflower seeds	2 T. rice wine vinegar
1/2 C. raisins, optional	

Chop broccoli into small pieces, as well as bacon and red onion . Put all ingredients into a bowl and mix with dressing.

*Soups*  
&  
*Salads*





## **BROCCOLI CAULIFLOWER SALAD**

*Shirley Hutchison*

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 bunch fresh broccoli, chopped      | 1-8 oz. bag of cashews, chopped |
| 1 head cauliflower, chopped          | 2/3 C. sunflower seeds          |
| 1 C. purple salad onion, chopped     |                                 |
| 1 lb. pkg. bacon, fried and crumbled |                                 |

Mix ingredients in large bowl.

### **DRESSING:**

2 cup salad dressing

2/3 cup sugar

2 tablespoons vinegar

Mix dressing and pour over salad; mix again.

## **BROCCOLI CHOWDER SOUP**

*Cindy Cox*

- |                        |                           |
|------------------------|---------------------------|
| 1 large bunch broccoli | 3/4 C. oleo               |
| 2 lg. carrots          | 3/4 C. flour              |
| 1 large onion          | 2 qts. half and half milk |
| 1 tsp. nutmeg          | Salt and pepper           |

Chop broccoli, carrots and onion fine. Cook until tender in small amount of water. In a large pan, melt butter and add flour to make a paste. Blend in the half and half. Cook over medium heat until smooth and thick. Add drained vegetables, salt and pepper and 1 teaspoon of nutmeg. Heat for 20 to 30 minutes.

## **CABBAGE SALAD**

*Sandy Rutledge*

- |                   |                        |
|-------------------|------------------------|
| 1 bag cabbage mix | 1/2 C. raisins         |
| 1/4 C. sugar      | 1/2 C. coconut         |
| 1 C. Miracle Whip | 1 C. pecans or walnuts |
| 2 T. sour cream   | 2 Granny Smith apples  |

**DRESSING:** Mix sugar, Miracle Whip, and sour cream. Combine all ingredients and pour dressing on top and mix. Can do the day before.

## **CASHEW CHICKEN SALAD**

*Carol Brandt*

Canned chicken, drained and flaked well	1 tsp. tarragon
Mayonnaise	Unsalted cashews

Mix all ingredients. Good on croissants.

## **CHAMPAGNE FROZEN SALAD**

*Connie Vogelzang*

1-8 oz. Philly cream cheese, softened	1-10 oz. pkg. frozen strawberries and juice from berries
3/4 C. sugar	2 bananas, sliced
1 (No. 2) can crushed pineapple, drained	1-8 oz. carton Cool Whip

Mix cream cheese and sugar. Add pineapple, berries and juice and bananas. Stir in Cool Whip. Put in 9x13" pan and freeze. Take out 20 to 30 minutes before serving so salad can soften.

## **CHICKEN AND SALSA SOUP**

*Karen Stonehouse*

1 3/4 C. water	1-11 oz. can whole kernel corn with sweet peppers, drained
1-14 oz. can reduced sodium chicken broth	1 C. bottled chunky salsa
1/2 lb. skinless, boneless chicken breast halves, cut into bite-size pieces	3 C. broken baked or fried corn tortilla chips
1 to 2 tsp. chili powder	2 oz. Monterey Jack cheese with jalapeño peppers, shredded

In a large saucepan combine water, chicken broth, chicken, and chili powder. Bring to a boil, reduce heat. Cover and simmer for 8 minutes. Add corn. Simmer, uncovered, for 5 minutes more. Stir in salsa and heat through.

To serve, ladle soup into bowls. Top with chips and sprinkle with cheese.

## **CHINESE COLESLAW**

*Becky Knispel*

1 pkg. Dole coleslaw	DRESSING:
1 bunch green onions, chopped	1/2 C. sugar
1 pkg. Ramen noodles	1/2 C. vegetable oil
1/2 C. almonds, slivered	1/2 tsp. pepper
	6 T. rice vinegar
	2 T. soy sauce

Toast Ramen noodles and almonds in oven at 350°. Mix dressing, coleslaw and onion right before serving.

## **CUCUMBER DILL PASTA SALAD**

*Amy Freking*

1 1/2 C. cooked pasta	Pinch onion powder
1/2 C. mayonnaise	Pinch cayenne pepper
1 whole cucumber, chopped	Pinch of salt
1 T. fresh dill	

Boil pasta. Toss cooked pasta with remaining ingredients. Refrigerate for 1 hour before serving.

## **FOUR FRUIT COMPOTE**

*Pat Hutcheson*

1-20 oz. can pineapple chunks	1 T. lemon juice
1/2 C. sugar	1-11 oz. can mandarin oranges
2 T. cornstarch	3 to 4 unpeeled apples, chopped
1/3 C. orange juice	2 to 3 bananas

Drain pineapple and reserve 3/4 cup juice. In a saucepan, combine sugar and cornstarch. Add all 3 juices. Cook and stir over medium heat until thick and bubbly - then 1 more minute. Set aside to cool to warm. Combine all fruit, then pour sauce over. Stir gently to cover. Cover and refrigerate. Makes 12 to 16 servings.

## **FRENCH ONION SOUP**

*Amy Freking*

1/4 C. butter	3 T. flour
8 C. yellow onions	1 1/2 C. water
2 cans beef broth	1 T. ketchup
1 1/2 tsp. black pepper	1 1/2 tsp. salt
1/4 tsp. garlic	1/4 tsp. thyme
Few drops Tabasco	Garnish: Asiago cheese
3/4 C. chicken broth	Croutons

Sauté onions in butter 15 to 20 minutes. Add other ingredients to pan, (not garnish). Stir until boiling, then simmer uncovered 20 minutes. Serve with croutons and Asiago cheese on top.

## **FROG EYE - MACARONI FRUIT SALAD**

*Debbie Underwood*

1-20 oz. can pineapple chunks, drained, save the juice	1 lg. pkg. small mini marshmallows - can use colored marshmallows, as they add a lot of color
1-20 oz. can pineapple, crushed, drained, save the juice	
2 cans mandarin oranges, drained, don't save juice	

SAUCE: Cook over medium heat until thick. Set back to cool.

1 cup sugar  
1 3/8 cup pineapple juice  
3 egg yolks, beaten  
2 tablespoons flour  
1/2 teaspoon salt

Cook 1 box soup macaroni (acini de pepe), according to the directions on the box. Blanch and drain well. Set back to cool.

Mix sauce and macaroni and cover with plastic wrap and refrigerate overnight. When ready to serve, add fruit and marshmallows, add 1 large tub of Cool Whip and nuts if desired to the refrigerated mixture. Makes a very large salad and use like a dessert.

## **FROZEN STRAWBERRY SALAD**

*Amy Kline*

---

8 oz. cream cheese  
3/4 C. sugar  
Large can crushed pineapple,  
drained  
10 oz. pkg. sliced frozen  
strawberries, thaw but don't  
drain

9 oz. Cool Whip  
May use fat free low-fat cream  
cheese and Cool Whip

Stir cream cheese and sugar together. Add pineapple and strawberries and stir together. Fold in Cool Whip. Freeze, serve frozen or allow them to soften slightly.

## **FRUIT SALAD**

*Becky Knispel*

---

2 kiwis  
1 pkg. blueberries  
1/2 pkg. strawberries

2 bananas  
1 can peach pie filling  
1/2 pkg. grapes

Cut strawberries, kiwis, bananas and add to a large bowl. Add peach pie filling to bowl along with the rest of ingredients. Refrigerate until serving.

## **FRUIT SALAD**

*Rhonda Driver  
Alumni*

---

1 pkg. sugar free instant vanilla  
pudding  
1 C. pineapple or mandarin  
orange juice  
1-15 oz. can pineapple chunks,  
drained

1 can mandarin oranges, drained  
2 to 3 bananas, sliced  
1 jar maraschino cherries, halved  
and drained

Stir together the pudding mix and juice. Cook until thick. Cool Then add the fruit and chill.

## **HOLIDAY CRANBERRY SALAD**

*Jerre Hunter*  
*NP Dodge Real Estate*

Use 9x13" baking pan or dish. Boil 2 cups water and add a large package of red raspberry jello. When jello is dissolved, add 2 cans chilled whole berry cranberry sauce (not tiny cans). Add 1 cup chopped walnuts, 1 cup chopped celery and 2 cups chopped apples, unpeeled. Chill until set and top with a Miracle Whip. Great for a fast salad for the holidays.

## **HOT CHICKEN SALAD**

*Jerre Hunter*

- |                            |                               |
|----------------------------|-------------------------------|
| 2 C. Miracle Whip          | 4 C. cooked chicken           |
| 2 tsp. lemon juice         | 1 C. slivered chopped almonds |
| 1 tsp. salt                | 4 C. diced celery             |
| 4 T. grated onion          | 2 C. crushed potato chips     |
| 1 C. grated Cheddar cheese |                               |

Mix Miracle Whip, lemon juice, salt and onion. Mix and add 4 cups cooked chicken, almonds and celery. Mix all together and put in a 9x13" pan. Cover with 2 cups crushed chips and 1 cup of Cheddar cheese. Bake 10 minutes in 450° oven.

## **JIM'S BAKED POTATO SOUP**

*Lesia Socha*

- |                               |                    |
|-------------------------------|--------------------|
| 9 to 10 baking sized potatoes | 5 T. flour         |
| 1 lb. bacon                   | 2 C. milk          |
| 1/2 C. onions                 | 2 C. grated cheese |
| 2 C. half and half            | Sour cream         |

Peel and cut up potatoes, boil in salty water until potatoes crumble when stuck with a fork. Drain water in a bowl and set aside. Spread potatoes on a cookie sheet and bake at 400° for 10 to 15 minutes (this will continue to cook potatoes and dry water off of them). In a stock pot cut up 1/2 of the cooked bacon in small pieces. Sauté cut up onions in 3 to 4 of the leftover bacon grease, add flour and while stirring, slowly add the reserved potato water. Add the half and half and heat almost to a boil. To thicken, add potatoes and milk. Top with the remaining crumbled bacon, cheese and sour cream.

## **JOE JOE'S THUNDERBIRD SALAD**

*J. J. Harvey*

### **SALAD:**

Bag of spinach  
Bag of romaine  
Toasted slivered almonds  
Sliced red onion  
Strawberries  
Mandarin oranges  
Kiwi

### **POPPY SEED DRESSING:**

3/4 C. sugar  
1 tsp. dry mustard  
1 tsp. salt  
1/3 C. wine vinegar  
1 1/2 T. onion juice  
1 C. salad oil  
1 1/2 T. poppy seed

Mix all of the salad ingredients together in a large bowl. Add poppy seed dressing. Enjoy!

**DRESSING:** Combine first 5 ingredients in blender. Mix oil in last. Add poppy seeds.

## **KOREAN SALAD**

*Jerre Hunter*

2 pkg. lettuce leaves  
2 C. sliced water chestnuts  
3 boiled eggs  
6 slices bacon  
1 medium purple onion

### **DRESSING:**

1/4 C. white cider vinegar  
1 C. salad oil  
2 tsp. Worcestershire sauce

### **ADD:**

1/3 C. ketchup  
3/4 C. sugar

Brown bacon until crisp. Toss all other ingredients and add the dressing. Mix dressing. Pour over the salad and serve.

## **LOUISIANA FRUIT SALAD**

*Mary Kline*

2-15 oz. cans chunk pineapple,  
drained  
2-8 oz. cans mandarin oranges,  
drained

1-10 oz. pkg. frozen  
strawberries, drained  
4 bananas, sliced  
1-21 oz. can peach pie filling

Mix together all fruits. Fold in peach pie filling. Chill.

## **MIDWEST CLAM CHOWDER**

*Rhonda Driver  
Alumni*

- |   |   |
|---|---|
| 1 C. chopped onion                                      | 2-6 3/4 oz. cans minced clams<br>(do not drain) |
| 2 T. butter   | 2 2/3 C. half and half                          |
| 2-10 3/4 oz. cans condensed<br>New England clam chowder |   |
| 2-10 3/4 oz. cans condensed<br>cream of potato soup     |   |

In a 4-quart Dutch oven, cook onions in butter until tender. Stir in remaining ingredients, cover and bake at 300° for 40 to 50 minutes; stirring once.

## **NAPA CABBAGE SALAD**

*Kathy Turk*

- |  |   |
|--|---|
| 1 medium head Napa cabbage,<br>chopped | <b>DRESSING:</b>  |
| 3 bunches green onions,<br>chopped     | 1/4 C. vinegar  |
| 3 T. sesame seeds                      | 1/2 C. sugar  |
| 1 C. sliced almonds                    | 3/4 C. oil  |
| 2 pkg. Ramen noodles, broken<br>up     | 2 T. soy sauce  |
|  | Boil for 1 minute. No longer.<br>Cool, refrigerate, shake well<br>before using. |

Mix Napa cabbage and green onions. Put in plastic bag in refrigerator. Sauté sesame seeds, almonds and noodles in 1 stick oleo. Brown these and place in covered container. Mix just before serving. Serve immediately. Goes lump quickly.

## **ORIENTAL CHICKEN SALAD**

*Gerri Baxter,  
Recipe of Virginia Petersen*

- |   |                               |
|---|-------------------------------|
| 1 head diced cabbage                          | 2 tsp. Accent                 |
| 8 green onions, chopped                       | 1 tsp. pepper                 |
| 3 to 4 chicken breasts, cooked<br>and chopped | 6 T. rice vinegar             |
| <b>DRESSING:</b>                              | <b>TOPPING:</b>               |
| 4 T. sugar                                    | 8 T. slivered almonds         |
| 1 C. vegetable oil                            | 8 T. sunflower seeds          |
| 2 tsp. salt                                   | 2 pkgs. crushed Ramen noodles |

(continued on next page)

Mix cabbage, onions, chicken and dressing together the day before serving. Toast almonds and sunflower seeds. You can also toast the Ramen noodles with 2 tablespoons of butter and season packet of 1 package Ramen noodles for added flavoring. Add noodles and nuts to cabbage mixture just before serving.

## **PASTA SALAD**

***Debbie Underwood***

1 pkg. colored macaroni  
1 green pepper  
1 small can black olives  
Some diced onion, broccoli,  
cauliflower, carrot if desired

**DRESSING:**  
1/3 C. oil  
1/2 C. sugar  
1/2 tsp. pepper  
1/2 tsp. salt  
1/2 tsp. celery seed  
1 tsp. onion flakes

Mix dressing and pour over pasta and veggies, stirring well. Let set several hours or overnight.

## **POTATO SOUP**

***Kathy Turk***

8 strips bacon  
1 C. chopped onion  
2 C. cubed potatoes  
1 C. water  
1/2 tsp. salt and pepper

1 can condensed cream of  
chicken soup  
1 C. sour cream  
1 3/4 C. milk  
2 T. chopped parsley

Cook bacon in a 3-quart saucepan until crisp. Add onion, sauté 3 minutes. Pour off drippings. Add potatoes, water, salt and pepper. Bring to a boil. Cover. Simmer for 10 to 15 minutes or until potatoes are tender. Stir in soup, sour cream and milk. Bring to serving temperature over low heat. Do not boil. Garnish with parsley.

## **REFRIED BEAN SALAD**

*Kristin Williams*

- |   |   |
|---|---|
| 1-16 oz. can vegetarian refried beans                               | 1/2 head iceberg lettuce, rinsed, dried and chopped |
| 1/2 C. fat-free sour cream  | 1 large tomato, chopped                             |
| 1/2 C. fat-free creamy salad dressing (i.e.: fat-free Miracle Whip) | 2 green onions, chopped                             |
| 1/2 (1.25 oz.) pkg. taco seasoning mix                              | 4 large pitted black olives, sliced                 |
| 1/2 C. shredded sharp Cheddar cheese                                | 1/4 C. salsa  |
|   | 1-14.5 oz. pkg. low-fat baked tortilla chips        |

Spread the refried beans on a large flat platter. Whisk together the sour cream, creamy salad dressing and taco dressing mix. Spread on top of beans and follow with a layer of cheese, lettuce, and a mixed layer of the tomato, green onions and olives. Lightly dot the top with salsa and insert chips, standing up, around the edge of the dish. Use the chips to scoop into the dish and serve extra chips on the side.

## **ROOEY'S VEGETARIAN CHILI**

*Rachel Hester  
Merle Norman Cosmetics  
Studio and Spa*

- |  |                                     |
|--|-------------------------------------|
| 2 regular size cans chili beans          | 2 C. V-8 juice                      |
| 1 regular size can baked beans           | 2 C. frozen mixed peppers, optional |
| 1 to 2 regular size cans stewed tomatoes |                                     |

Mix all ingredients in a large pot, bring to a boil, simmer for 30 minutes. Enjoy!

## **SPICY CHEESEBURGER SOUP**

*J. J. Harvey*

- |                                       |   |
|---------------------------------------|---|
| 1 1/2 C. water                        | 1 lb. ground beef, cooked and drained     |
| 2 C. cubed peeled potatoes            | 2 1/2 C. milk, divided                    |
| 2 small carrots, grated               | 3 T. all-purpose flour                    |
| 1 small onion, chopped                | 8 oz. process American cheese, cubed      |
| 1/4 C. chopped green pepper           | 1/4 to 1 tsp. cayenne pepper, optional    |
| 1 jalapeño pepper, seeded and chopped | 1/2 lb. sliced bacon, cooked and crumbled |
| 1 garlic clove, minced                |   |
| 1 T. beef bouillon granules           |   |
| 1/2 tsp. salt                         |   |

In a large saucepan, combine the first 9 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 to 20 minutes or until potatoes are tender. Stir in beef and 2 cups milk; heat through. Combine flour and remaining milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Reduce heat; stir in cheese until melted. Add cayenne if desired. Top with bacon just before serving. Yield: 6 to 8 servings (about 2 qts.).

Editor's Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

## **3 BEAN SALAD**

*Katie Nelson  
MRN*

- |                    |                |
|--------------------|----------------|
| 1 can wax beans    | Green pepper   |
| 1 can green beans  | MIX:           |
| 1 can kidney beans | 1/2 C. sugar   |
| ADD SOME:          | 1/2 C. oil     |
| Onion              | 1/2 C. vinegar |
| Celery             | Garlic salt    |

Put in glass bowl and marinate, refrigerate and serve.

## **TORTELLINI SOUP**

*J. J. Harvey*

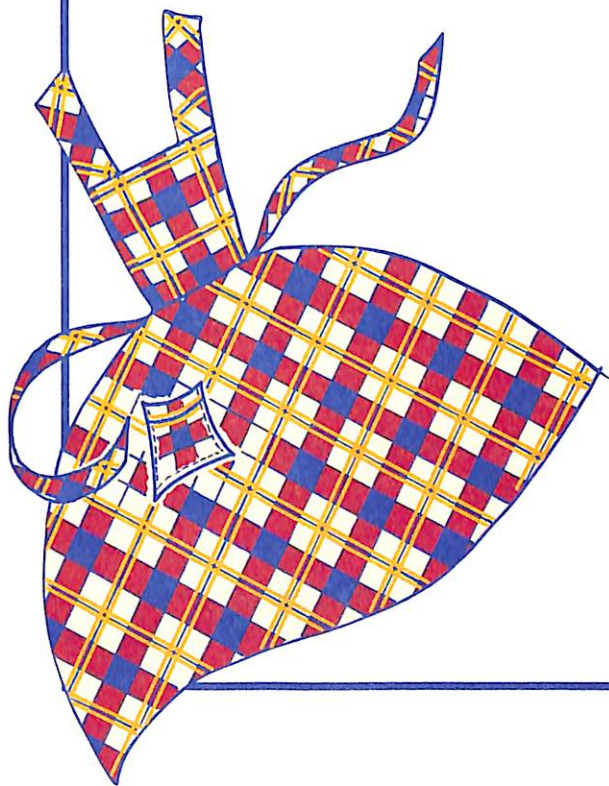
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|--|--|
| 1 lb. mild Italian sausage   | 1/2 tsp. oregano   |
| 1 C. finely diced onion  | 1-8 oz. can tomato sauce                                   |
| 2 cloves garlic, chopped (minced in the jar works fine, about 2 tsp. to taste) | 1 1/2 C. sliced zucchini                                   |
| 5 C. beef broth  | 1-9 oz. pkg. DiGiorno refrigerated tortellini (any flavor) |
| 1 C. dry red wine  | 3 T. parsley   |
| 2 C. chopped tomatoes  | 1 medium green pepper, finely chopped                      |
| 1 C. finely sliced carrots (use the bagged, shredded)                          | Gourmet grated Parmesan garnish                            |
| 1/2 tsp. basil   |  |

Sauté sausage, onion and garlic until cooked, drain. Add beef broth, wine, tomatoes, carrot and spices. Cook covered, over medium heat until carrots are tender. Add tomato sauce, zucchini, tortellini, parsley and green pepper. Continue simmering until remaining ingredients are cooked. Serve with plenty of Parmesan.

*Breads*

*&*

*Rolls*





## **BANANA BREAD**

***Loree Hackett***

1/2 C. shortening	2 C. flour
1 1/2 C. sugar	1/2 tsp. soda
2 eggs	1 tsp. baking powder
1 C. mashed bananas	1/2 tsp. salt
1/3 C. sour milk (milk + 1 T. vinegar)	OPTIONAL:
1 tsp. vanilla	3/4 C. nuts or 1 C. chocolate chips

Cream shortening, sugar, eggs (one at a time), and mashed bananas. Mix sour milk and vanilla. Mix flour, soda, baking powder and salt. Alternate liquid milk with dry ingredients. Then mix with creamed ingredients. Add nuts or chocolate chips if desired. Pour into greased loaf pan. Bake at 350° for 45 minutes to 1 hour. Makes 2 loaves. When finished baking and still hot. Pour melted butter over top of bread and sprinkle with sugar.

## **BANANA BREAD**

***Brenda Gruskiewicz  
Nutrition Educator  
Iowa State University***

1 C. sugar	1/2 C. nuts
1/2 C. stick margarine	2 C. flour
1/2 tsp. salt, optional	1 tsp. soda
2 eggs	1 tsp. vanilla extract
3 mashed bananas	

Cream margarine and sugar together until smooth. Add eggs, mashed bananas and vanilla. Stir until smooth. Add dry ingredients. Mix together. Bake at 300° until tests done.

For a special treat, sprinkle loaf with raw sugar before baking.

## **BEER BREAD**

***Carol Brandt***

3 C. self-rising flour	1 tsp. salt
3 T. sugar	1-12 oz. can warm beer

Mix together with spoon until it is like biscuit dough. Bake in greased bread pan at 350° for approximately 40 minutes. Makes 1 loaf.

## **BLUEBERRY COFFEECAKE**

*Jami Devine*

2 pkgs. blueberry muffin mix	6 T. flour
STREUSEL: (I sometimes double this!)	1/2 tsp. cinnamon
1/2 C. packed brown sugar	DRIZZLE FROSTING:
4 T. butter	2 C. powdered sugar
	4 T. milk

Heat oven to 400°, grease 9x13" pan. Mix streusel, set aside. Prepare muffin mix according to directions on box but DO NOT add the blueberries. Put half the batter into pan, sprinkle with well-drained blueberries and half the streusel. Then add rest of batter on top, sprinkle with the rest of the streusel. Bake for 25 minutes, check, don't overbake. Drizzle frosting over cooled coffee cake.

## **BLUEBERRY SOUR CREAM MUFFINS**

*Jeanette Schierbrock*

10 T. butter (room temperature)	2 1/2 C. flour
1 1/2 C. sugar	1 1/2 tsp. baking powder
2 large eggs	3/4 tsp. baking soda
10 T. sour cream	1/4 tsp. salt
1 1/2 tsp. vanilla	3/4 C. blueberries

Preheat oven to 375° and grease muffin tins. In a large bowl, cream the butter and sugar until fluffy. Mix in the eggs one at a time. Add the sour cream and vanilla, mixing well. In a medium size bowl, mix the flour, baking powder, baking soda and salt together. Stir in the dry ingredients into the butter mixture just until blended. Fold in the berries. Fill the muffin tins 2/3 full. Bake 12 to 15 minutes or until toothpick inserted in the center comes out clean.

## **CAKE MIX ROLLS**

*Jerre Hunter*

2 pkg. yeast	ADD:
2 1/2 C. warm water	1 large yellow cake mix
Let rise.	4 1/2 C. flour to yeast mixture.

Let rise 1 hour. Roll out and bake at 350° for 15 to 20 minutes. You can add brown sugar, raisins, butter and cinnamon to the rolled out dough, cut and place in a pan for baking.

## **CINNAMON PULL-APART**

*J. J. Harvey*

1 1/2 C. sugar  
3 cans biscuits

1 stick butter or margarine  
1 T. cinnamon

Mix the cinnamon and sugar in a container and set aside. Melt butter and open cans of biscuits. Dip biscuits one at a time in the butter and then in the sugar and cinnamon, making sure each biscuits is fully coated. Place each coated biscuit in a bundt pan. Place bundt pan in a Dutch oven. Depending on the size of the Dutch oven, place 8 to 10 coals underneath and double that for the top. It should cook in 30 to 35 minutes. When it has cooked, take the bundt pan out and turn it over onto a pan or big plate. Use a fork or fingers to eat. Serve 10 or more.

## **JEWISH STYLE RYE BREAD**

*Dave Coziahr*

### THE MILK SOUR:

1 1/2 C. goats milk  
3/4 C. rye flour

### THE RYE SPONGE:

2 1/2 tsp. dry yeast  
1 C. warm water  
All the milk sour  
1/4 C. rye flour

2 C. all-purpose flour

### THE DOUGH:

All the rye sponge  
1 T. salt  
1 tsp. male extract  
1/2 C. warm water  
3 C. all-purpose flour  
0.6 oz. caraway seeds

TO MAKE THE MILK SOUR: In a large bowl let the milk sit overnight in a warm place, uncovered. The next morning stir the rye flour into the milk. Cover the mixture and let sit at room temperature overnight.

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FOR THE SPONGE: Proof the yeast in warm water. Add the yeast mixture to the milk sour. Mix in the flours, cover, and let the sponge sit at room temperature for 4 hours, or until it has tripled in size and dropped.

TO MAKE THE DOUGH: Stir down the sponge and sprinkle the salt over the top of it. Dissolve the malt extract in the water and add it to the sponge. Add the flour 1 cup at a time while mixing with a wooden spoon or plastic dough scraper. With 1 cup of flour left add the caraway seeds and mix in the remaining flour. Empty the dough onto a work table and knead the dough for 5 to 10 minutes. The dough should be very sticky to the hand but still pull away from the worktable. Lightly coat the bowl with oil and place the dough in the bowl. Cover and let rise until doubled (about 1 hour). Punch the dough back and divide it in two. Flatten each piece, square the edges, and roll the dough into a tight log, sealing the dough at each turn with the heel of your hand. Sprinkle a baking sheet with cornmeal and place the loaves on the sheet seam-side down. Preheat the oven to 450°. Let the loaves rise for 30 to 40 minutes. When the loaves are ready slash them with a razor blade 6 to 7 times across the top starting from halfway up one side and ending halfway down the other side. Glaze the top of each loaf and place in the oven for 35 to 40 minutes. Insert a thermometer into the loaf and when the internal temperature is 200° the loaf is done. Place loaves on a cooling rack when removed from the oven.

## KAREN'S COFFEE CAKE

*Rose Gronstal  
Alumni*

1/2 pint sour cream  
3 C. flour  
1 tsp. baking soda  
1 C. sugar

1 C. butter or margarine  
2 eggs  
1 tsp. vanilla or almond flavoring

Mix ingredients. Pat 1/2 in cake pan. Add cherries or blueberries then add rest of mix. Bake at 375° for about 45 minutes.

## **POPPY SEED BREAD**

*Amy Kline*

3 C. flour	1 1/2 tsp. butter flavoring
2 1/4 C. sugar	1 1/2 tsp. almond extract
1 1/2 T. poppy seeds	OPTIONAL GLAZE:
1 1/2 tsp. baking powder	3/4 C. sugar
1 1/2 tsp. salt	1/4 C. orange juice
3 eggs	1/2 tsp. vanilla
1 1/2 C. milk	Almond extract
1 C. vegetable oil	Butter flavoring
1 1/2 tsp. vanilla extract	

Combine flour, sugar, poppy seeds, baking powder and salt. Add eggs, milk, oil, extracts, and butter flavoring and mix well. Pour into 2 greased loaf pans. Bake at 350° for 60 to 65 minutes. Cool.

OPTIONAL GLAZE: Mix ingredients and pour over breads. Let glaze sit at least 5 minutes before removing loafs from pans.

## **RASPBERRY COFFEE CAKE**

*Barb and Matt Walsh*

1 C. packed brown sugar	1 tsp. baking soda
1/2 C. butter or margarine	1/2 tsp. baking powder
1 egg	1/4 tsp. salt
1 tsp. vanilla	1-8 oz. carton raspberry yogurt
2 C. all-purpose flour	

Preheat oven to 350°. Cream sugar and butter; add egg and vanilla. Stir flour, soda, baking powder and 1/4 teaspoon salt together. Add alternately with yogurt to creamed mixture. Mix well. Pour into greased 9" tube pan. Bake at 350° for 50 minutes. Remove from pan; sprinkle with powdered sugar if desired. Serve warm or cool. Makes 1 coffee cake.

## **RED LOBSTER'S CHEDDAR BISCUITS**

*Rhonda Driver  
Alumni*

2 1/2 C. Bisquick	1/4 tsp. garlic powder
3/4 C. cold whole milk	1 heaping C. grated Cheddar cheese
4 T. cold butter (1/2 stick)	

(continued on next page)

Preheat oven to 400°. Combine Bisquick with cold butter using a fork. There should be small chunks of butter, size of peas. Add cheese, milk and 1/4 tsp. garlic. Mix by hand until combined, do not over mix. Drop by 1/4 cup portions of the dough onto ungreased sheet using ice cream scoop. Bake 15 to 17 minutes.

## **SOUR DOUGH BISCUITS**

*Darlene Clement*

1 pkg. yeast	1 T. salt
2 T. warm water	6 T. sugar
4 1/2 C. flour	1/3 C. oil
2 T. baking powder	2 C. buttermilk
1/2 tsp. baking soda	

Dissolve yeast in water. Combine dry ingredients; mix in oil, milk, and yeast mixture. Place in loose plastic bag, let rise until double in size. Do not punch down. Store in refrigerator for 1 to 2 days. Pinch off enough dough for a biscuit and place on floured cookie sheet. Let rise 4 hours or overnight for breakfast. Bake at 400° for 12 to 15 minutes or until golden.

CINNAMON ROLLS: Roll out dough, spread with butter, sprinkle with sugar and cinnamon. Roll and slice. Can be iced with a mix of butter and powdered sugar while still hot.

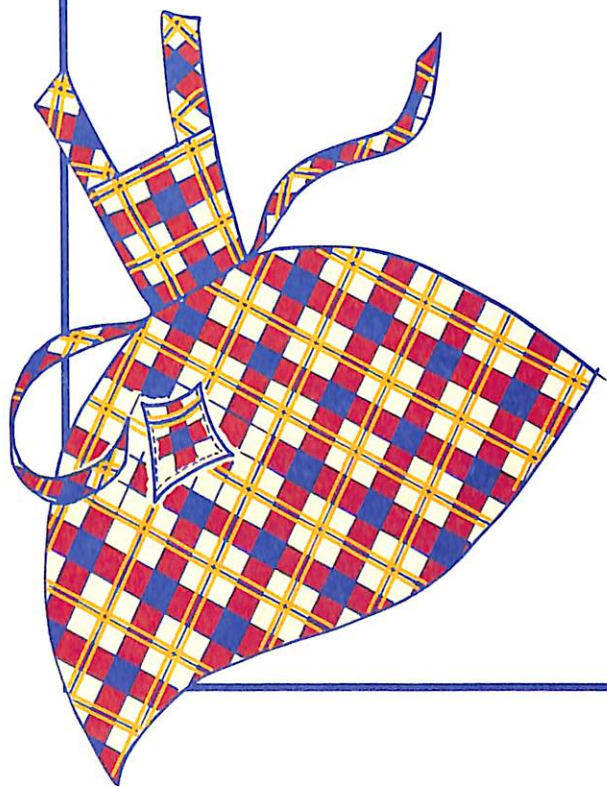
## **ZUCCHINI OR BANANA BREAD**

*Katie Nelson*

3 eggs	3 C. flour
2 C. sugar	2 tsp. cinnamon
1 C. oil	1 tsp. salt
1 tsp. vanilla	1 tsp. baking soda
2 C. grated zucchini or mashed bananas	1/4 tsp. baking powder
	1 C. nuts, optional

Beat eggs until foamy. Add sugar, oil and vanilla. Then add the rest of ingredients. Grease pan. Bake at 350° for 50 to 60 minutes.

*Vegetables*  
&  
*Side Dishes*





## **BREAD STUFFING**

*Lisa Gronstal*

- |                   |                        |
|-------------------|------------------------|
| 1 loaf bread      | 1 stick butter, melted |
| 1 T. minced onion | Sage                   |
| 1 tsp. salt       | 1 can chicken broth    |
| 1/4 tsp. pepper   |                        |

Break bread into small pieces. Add onion, salt, pepper, melted butter, sage and broth to bread. Mix well. Add water, if needed to make stuffing moist. Pour in greased pan. Bake at 350° for 1 hour.

## **BROCCOLI SALAD**

*Lesia Socha*

- |  |                      |
|--|----------------------|
| 2 bunches fresh broccoli                             | DRESSING:            |
| 1/2 lb. cooked bacon (turkey<br>bacon or beef bacon) | 1 C. real mayonnaise |
| 1/2 red onion  | 1/4 C. sugar         |
| Sunflower seeds                                      | 2 T. white vinegar   |

Mix dressing ingredients together. Wash broccoli. Cook bacon and crumble. Cut up onion into small bits. Mix broccoli and onions together with dressing. 1 hour before serving add bacon and sunflower seeds. Keep chilled.

## **BUTTERNUT SQUASH BAKE**

*Carol Brandt*

- |  |                             |
|--|-----------------------------|
| 1/3 C. butter, softened                | TOPPING:                    |
| 3/4 C. sugar                           | 1/2 C. Rice Krispies cereal |
| 2 eggs                                 | 1/4 C. packed brown sugar   |
| 1-5 oz. can evaporated milk            | 1/4 C. chopped pecans       |
| 1 tsp. vanilla extract                 | 2 T. butter                 |
| 2 C. mashed cooked butternut<br>squash |                             |

In a mixing bowl, cream butter and sugar. Beat in eggs, milk and vanilla. Stir in squash (mixture will be thin). Pour into a greased 11x7x2" baking dish. Bake uncovered at 350° for 45 minutes or until almost set. Combine topping ingredients; sprinkle over casserole. Return to the oven for 5 to 10 minutes or until bubbly. Yield: 6 to 8 servings.

## **CHEDDAR POTATOES**

*Mary Kline*

8 to 10 potatoes, cooked  
8 oz. cream cheese

1 pkg. dry ranch salad dressing  
2 C. shredded Cheddar cheese

Cook potatoes, drain and mash. Add cream cheese and salad dressing. Put into casserole (2 qt.) dish. Sprinkle with cheese. Bake at 350° for 20 minutes.

## **CHRISTMAS POTATOES**

*Joan Scott  
Alumni*

1 pint sour cream  
3-12 oz. frozen hash browns,  
thawed  
1 can cream of chicken soup  
1 stick melted butter

1 tsp. salt  
1/4 tsp. pepper  
1/2 C. onion flakes  
2 C. crushed cornflakes

Mix sour cream, hash browns, cream of chicken soup, salt, pepper and onion flakes together. Put into 9x13" casserole. Melt butter. Put crushed cornflakes on top and then pour melted butter over whole casserole. Bake uncovered 45 minutes at 350°. Good with ham or any main meat! In a 9x13" casserole bake at 350° for 45 minutes.

## **CORN CASSEROLE**

*Cecelia Copperstone*

1 can cream corn  
1 can whole kernel corn  
1 C. elbow macaroni

8 oz. Velveeta  
1/2 stick butter

Mix all ingredients in casserole dish. Bake at 350° covered 50 to 60 minutes. Stir halfway through.

## **CORN CASSEROLE**

*Debbie Underwood  
Mary Kline*

1-15 1/4 oz. can whole kernel  
corn, drained  
1-14 1/4 oz. can cream-style  
corn

1-8 oz. pkg. Jiffy corn muffin mix  
1 C. sour cream  
1/2 C. melted butter

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In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream and butter. Pour into a greased casserole. Bake at 350° 45 to 60 minutes or until golden brown.

## **CREAMY POTATO CASSEROLE**

*Carol Brandt*

1-30 oz. pkg. frozen shredded hash brown potatoes, thawed	1/2 C. chopped onion
2 C. (16 oz.) sour cream	1/4 C. butter, melted
2 C. shredded sharp Cheddar cheese	2 T. chopped fresh parsley
1-10 3/4 oz. can condensed cream of chicken soup undiluted	1/2 tsp. pepper
	1/4 tsp. salt

In large bowl, combine all ingredients. Transfer to ungreased 2-quart baking dish. Bake, uncovered, at 350° for 1 hour or until heated through. Yield: 8 to 10 servings.

## **DIANNA'S BAKED BEANS**

*Lesia Socha*

3 lb. can Bush's baked beans	Catsup
Brown sugar	2 lbs. bacon

Drain juice off beans and put in pan. Sprinkle brown sugar over top and squirt catsup over top. Fry bacon crisp and then crumble over beans. Dice onion and brown in the bacon grease, add 2 tablespoons bacon grease to beans. Add Kitchen Bouquet until a rich brown color.

## **DO AHEAD MASHED POTATO CASSEROLE**

*Kathy Turk*

10 large potatoes, cooked and mashed	1/2 tsp. garlic salt
1-8 oz. pkg. cream cheese	Chives, finely chopped
1 C. sour cream	Paprika
	Butter

(continued on next page)

Combine all ingredients except paprika and butter. Beat until fluffy. Place in a greased casserole. Top with butter and paprika. Refrigerate until ready to bake. Bake at 350° for approximately 30 minutes to heat thoroughly. Make 10 to 12 servings.

Note: This is ideal for Thanksgiving; as can be prepared the night before then heated while the turkey sets.

## **HASH BROWN CASSEROLE**

*Katie Nelson*

1-32 oz. bag hash browns, thawed	1/2 C. butter
1/2 C. onion, optional	1 tsp. salt
2 C. shredded Cheddar cheese	1/4 tsp. pepper
1 can cream of chicken soup	1 pt. sour cream

Mix together. Put in a greased 9x13" glass pan. Bake uncovered at 350° for 1 1/2 hours or until top is somewhat brown.

## **HOT GERMAN POTATO SALAD**

*Mary Lu Reelfs*

6 medium potatoes, cooked and diced	1 tsp. salt
6 slices cooked bacon, crumbled	2/3 C. vinegar
1/2 C. chopped onion	1/2 C. water
2 T. flour	3 boiled eggs
4 T. sugar	2 T. chopped parsley
	1 tsp. celery salt

Fry bacon and remove from pan. Sauté onions and pour some of the grease out of Pam. Add flour, sugar, salt, vinegar. Pour this mixture over diced potatoes and eggs. Save some egg slices for garnish. Mix. Serve warm.

## **JANE'S MASHED POTATOES**

*Sheryl Genereux*

8 to 10 potatoes	Salt and pepper to taste
8 oz. cream cheese	Butter
Parsley flakes to taste	Paprika
Garlic salt to taste	

(continued on next page)

Preheat oven to 350°. Boil potatoes until soft. Whip potatoes, cream cheese, parsley flakes, garlic salt, salt and pepper together. Spread butter and paprika on top of mashed potatoes before cooking. Cook for 45 minutes to 1 hour. Serve.

## **MEATY BEANS**

*Tom Shea  
Council Bluffs Firefighter,  
retired*

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2 cans red beans	1 C. ketchup
2 cans butter beans	2 T. mustard
2 cans cannellini beans	2 T. vinegar
2 cans pork and beans	1/2 C. white sugar
1 lb. hamburger, cooked	1 can of beer, optional
1 link of Polish Kielbasa, sliced	1 onion, chopped
1 C. brown sugar	1 green pepper, chopped

Mix all ingredients and bake at 350° uncovered for 2 hours.

## **PINEAPPLE SIDE DISH FOR HAM**

*Pat Hutcheson*

---

4 C. white bread with all crusts, cut off	1 1/2 C. sugar
20 oz. pineapple tidbits, drained	1 C. butter, melted and cooled
	3 eggs, stirred together

Pour egg mixture into pineapple and bread. Pour into greased 2-quart baking bowl. Bake at 350° for 30 minutes. Serves 8.

This is definitely not heart healthy but you only live once.

## **ROASTED ASPARAGUS WITH BALSAMIC BROWN BUTTER**

*Jeanette Schierbrock*

---

2 lbs. fresh asparagus spears	1 tsp. balsamic vinegar
2 T. butter	Salt and pepper
2 tsp. low sodium soy sauce	

(continued on next page)

Wash spears, trim ends, otherwise leave whole. Preheat oven to 400°. Arrange asparagus in a single layer on baking sheet. Spray with olive oil and sprinkle with salt and coarse black pepper. Bake at 400° for 12 minutes. Meanwhile, melt 2 tablespoons butter in a small skillet over medium heat. Cook for 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat and stir in 2 teaspoon low sodium soy sauce and 1 teaspoon balsamic vinegar. Drizzle on asparagus, tossing to coat and serve! Serves 6 to 8.

## **ROD KAAL (RED CABBAGE)**

*Jerre Hunter*

1-3 lb. head of cabbage	1 tsp. salt
2 T. vinegar	1/2 C. red currant jelly or jam
1/4 C. butter	1 apple, cubed
1/4 C. sugar	

Wash cabbage, cut in 4 parts removing inner stack. Shred the cabbage and sprinkle it with vinegar, so it won't turn black. Melt butter in large pan, add sugar and salt. Add cabbage and cook for 15 minutes. Then add currant jelly and apple. Simmer for 1 hour. Makes 6 to 8 servings.

## **SCALLOPED CORN**

*Heidi Reelfs*

1 can cream style corn	1 stick butter
1 can whole kernel corn	1 small pkg. Jiffy corn bread mix
3 eggs, well beaten	1 carton sour cream chive dip

Melt butter, can be done in baking dish, add remaining ingredients. Bake 1 hour at 350°.

## **SQUASH CASSEROLE**

*Margaret L. Knott*

### **SAUTÉ:**

3 to 5 small squash (mixed yellow and zucchini) total to make 1 qt. sliced

1 medium onion, chopped

1/2 green pepper, diced

1/2 tsp. salt

2 to 3 tsp. oil

Sauté until crisp about 5 to 6 minutes, stirring Ritz crackers, crushed to make 2 C. blended with:

1/2 stick melted butter

1 can cream of chicken soup, undiluted

1-8 oz. can sliced water chestnuts, drained

1 large carrot, coarsely grated

1/2 C. mayonnaise (Hellmann's)

1/2 C. sliced green onions

1/2 tsp. pepper

1/2 tsp. salt

Combine last 8 ingredients and fold into squash mixture, place half of buttered crumbs in shallow 1 1/2-quart greased casserole. Add squash mixture by spoonfuls and spread carefully over crumbs. Add 1 cup shredded Cheddar cheese on top. Then rest of crumbs. Bake at 350° for 30 minutes or until bubbly. Serves 4 as main dish with green salad and bread or 8 as side vegetable.

## **SUE AND GLORIA'S BAKED BEANS**

*Ashley Wells*

4-16 oz. cans baked beans

1-20 oz. can crushed pineapple, drained

1 C. molasses

1 C. barbeque sauce

2 T. yellow or brown mustard

5 slices cooked bacon, crumbled

1-6 oz. can French fried onions, crushed

Salt and freshly ground pepper

Preheat oven to 350°. In a large bowl, mix together beans, pineapple, molasses, BBQ sauce, mustard, bacon and a third of the onions. Add some salt and pepper to taste. Pour beans in 9x13" casserole dish and sprinkle remaining crushed onions and bacon on top. Cook in oven for 1 hour or until beans brown and bubble. Serve warm.

## **TWICE BAKED POTATOES**

*Kristin Williams*

4 large baking potatoes	2 T. butter
4 T. milk	1/4 C. shredded mild Cheddar cheese
Salt to taste	

Preheat oven to 350°. Clean and scrub baking potatoes. Pierce skin with a fork once or twice. Bake at 350° for approximately 1 hour or until the potatoes are soft and firm. Let potatoes cool slightly. Cut baked potatoes in half and scoop out pulp within 1/4" of the shell edge. Mash the pulp with milk, salt and butter to taste. Stuff shells with mashed pulp mixture. Sprinkle tops with grated Cheddar cheese. Place potatoes on a baking sheet and bake at 350° for 15 minutes or until cheese is melted and bubbly.

## **VEGETABLE CASSEROLE**

*Katie Nelson  
MRN*

1 large pkg. California Blend vegetables	22 Ritz crackers, crushed
4 slices Velveeta cheese	1 stick butter

Place vegetables in a 9x9" pan. Place 4 slices of Velveeta cheese over vegetables. Sprinkle 22 crushed Ritz crackers over cheese. Melt butter and pour over top. Bake for 30 minutes at 350°.

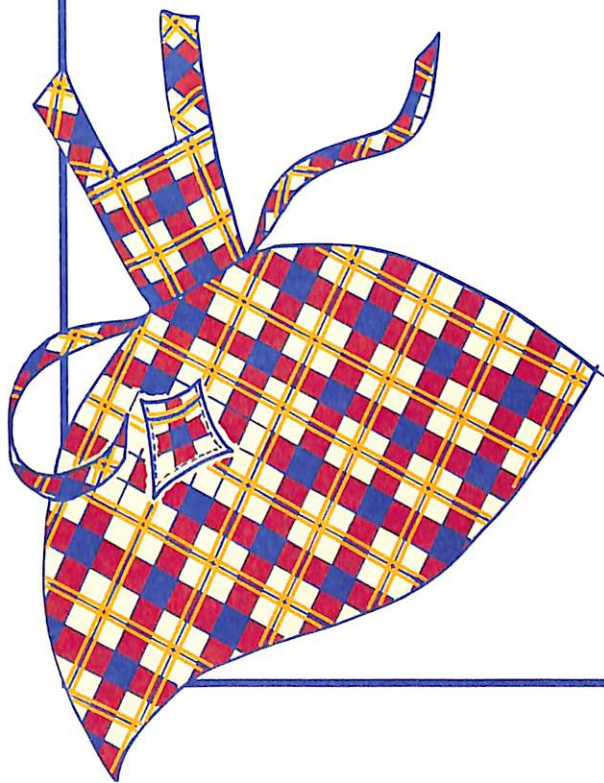
## **VIDALIA ONION PIE**

*J. J. Harvey*

1 1/2 C. crushed cracker crumbs (I use Ritz)	Sauté all translucent.
1 stick margarine, melted	Combine and then pour over onions.
Combine and press into pie pan.	3/4 C. milk
2 C. Vidalia onions chopped	3 eggs
2 T. margarine	Salt and pepper to taste

Top with 1 cup cheese (I use 1/2 Cheddar/1/2 mozzarella). Bake at 350° for 30 minutes. Let sit a few minutes before cutting and serving.

*Main Dishes*  
&  
*Meats*





## **BACON CHEESEBURGER CASSEROLE**

*Melissa Hardersen*

3 lbs. ground beef  
6 or 7 slices bacon  
2 cans Cheddar cheese soup,  
undiluted  
1 can cream of potato soup,  
undiluted

20 oz. bag frozen French fries  
(or tator tots, or any other  
frozen potato you like)  
A few big squeezes ketchup  
A few big squeezes mustard  
A pinch salt, pepper, onion  
powder and season all

Preheat oven to 350°. Brown and drain ground beef. Cook bacon thoroughly. In a medium to large sized bowl, combine all ingredients, except for ground beef, bacon and fries. Stir ground beef into soup mixture. Pour mixture into an ungreased 2-quart casserole dish. Layer bacon on top of hamburger and soup mixture. Then put a single layer of French fries on top. Put casserole in oven for 45 to 55 minutes, or until fries are golden brown and mixture is bubbly.

## **BIG RED'S MEAT LOAF**

*Sheryl Genereux*

2 lbs. hamburger  
1/2 to 3/4 C. ketchup  
2 eggs  
3/4 C. shredded Cheddar cheese

Salt and pepper to taste  
1 1/2 sheets Ritz crackers,  
crushed  
BBQ sauce and honey

In a large bowl, mix all ingredients. Shape into loaf pan. Poke holes in the meat mixture. In a smaller bowl, combine honey, BBQ sauce and ketchup. Use a spoon to pour into the holes as well as spread over the top of the loaf. Bake at 350° for 1 hour and 15 minutes (or until done), depending on the container used.

## **BREAKFAST BAKE**

*Katie Nelson*

2 C. cubed fully cooked ham  
2 pkgs. Betty Crocker hash  
brown potatoes  
1 C. green bell pepper, chopped  
1 T. instant chopped onion  
2 C. shredded Cheddar cheese  
(8 oz.)

1 C. original Bisquick mix  
3 C. milk  
1/2 tsp. pepper  
4 eggs

(continued on next page)

Layer ham, potatoes, bell peppers, onion and 1 cup of cheese in 13x9x2" baking dish. Stir Bisquick, milk, pepper and eggs until blended. Pour into baking dish; sprinkle with remaining cheese. Cover and refrigerate at least 4 hours but no longer than 24 hours. Bake uncovered 30 to 35 minutes or until light golden brown around edges and cheese is melted. Let stand 10 minutes. Heat oven to 375°. Grease baking dish. Makes 12 servings.

## **BREAKFAST CASSEROLE**

*Melissa Walden*

8 slices white bread crusts, cut off, butter both sides and cut in cubes	1 tsp. salt
1/2 lb. grated American cheese	1 tsp. paprika
4 eggs, slightly beaten	1 pkg. fried bacon
2 C. milk	1 tsp. dry mustard
	Dash of pepper

Mix eggs, milk, salt, paprika, dry mustard and pepper in bowl. Grease 6x10" baking pan. Alternate layers of bread, cheese, and fried, crumbled bacon. Pour egg mixture over top. Cover and let stand overnight in refrigerator. Bake uncovered at 325° for 1 hour and 15 minutes in a pan of water.

## **BREAKFAST PIZZA**

*Mary Kline*

1 lb. sausage, browned and drained	1 C. grated Cheddar cheese
8 oz. pkg. refrigerated crescent rolls	5 eggs
2 C. loose frozen shredded hash browns, thawed	1/4 C. milk
	1/8 tsp. salt
	1/8 tsp. pepper

Separate crescent rolls into 8 triangles and arrange on 12" ungreased pizza pan with points toward center. Press dough together to seal perforations and press dough onto sides of pan to form a crust. Spoon sausage over crust. Sprinkle potatoes, then cheese on top. Mix eggs, milk, salt and pepper in bowl. Pour over all. Bake at 350° for 25 to 30 minutes.

## **BRUNCH CASSEROLE**

*Heidi Reelfs*

- |                              |                         |
|------------------------------|-------------------------|
| 1 can cream of mushroom soup | 4 eggs                  |
| 1 lb. sausage                | 3/4 tsp. dry mustard    |
| 2 1/2 C. herbed croutons     | 2 1/2 C. milk           |
| 2 C. shredded Cheddar cheese | Chopped onion, optional |

In 9x13" pan, place croutons in bottom of pan. Brown sausage and onion; drain on paper towel. Spread cheese over croutons, then sausage. Beat eggs with mustard and 2 cups milk. (You may cook or freeze at this point).

Last stage: Add 1/2 cup milk to the soup and spread over top. Bake uncovered at 300° for 1 1/2 hours.

## **CASHEW CHICKEN CASSEROLE**

*Katie Nelson  
MRN*

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|--|---|
| 2 C. uncooked thin egg noodles             | 1 can cream of chicken soup,<br>undiluted |
| 3 C. cubed cooked chicken                  | 1 1/3 C. milk                             |
| 1/2 C. cubed American cheese               | 1 can chicken broth                       |
| 1 to 2 T. diced onion                      | 1/4 C. butter, melted                     |
| 1/2 C. chopped celery                      | 2/3 C. crushed crackers, Club<br>crackers |
| 1/2 C. green peppers                       | 3/4 C. cashew halves                      |
| 1 can sliced water chestnuts,<br>drained   | Salt and pepper to taste                  |
| 1 can cream of mushroom soup,<br>undiluted |   |

In a greased 13x9x2" baking dish, layer the first 7 ingredients in the order listed. In a bowl, combine the soups, milk, broth, salt and pepper. Pour over the ingredients in the pan. Cover and refrigerate overnight. The next day, toss the butter and cracker crumbs together and sprinkle over the top. Top with cashew halves. Bake uncovered at 350° for about 45 minutes or until noodles are tender.

## **CHICKEN AND BOWS**

*Mary Kline*

1-16 oz. pkg. bow tie pasta	2 C. frozen peas
2 lbs. boneless skinless chicken breasts, cut into strips	1 1/2 C. milk
1 C. chopped red pepper	1 tsp. garlic powder
1/4 C. butter, cubed	1/4 tsp. salt
2 cans cream of chicken soup	1/4 tsp. pepper
	2/3 C. grated Parmesan cheese

Cook pasta according to package directions. In a Dutch oven cook chicken and red pepper in butter over medium heat 5 to 6 minutes or until chicken juices run clear. Stir in the undiluted soup, peas, milk, garlic powder, salt and pepper. Bring to a boil. Reduce heat, simmer, uncovered, for 1 to 2 minutes or until heated through. Stir in Parmesan cheese. Add drained pasta. Toss to coat.

## **CHICKEN ENCHILADA CASSEROLE**

*Shannon Stafford  
Council Bluffs Service  
League*

4 chicken breasts	1 pkg. grated Cheddar cheese
1 can chopped green chilies	1 pkg. flour tortillas, cut into fourths
1/2 C. chopped yellow onion	
1 can cream of chicken soup	

Boil chicken breasts, then cut into bite-size pieces and set aside. Mix soup, green chilies and onion together. Use round casserole dish and place cut tortillas along the bottom. Spread 1/3 soup mixture on top of tortillas. Spread 1/3 chicken pieces on top of soup mixture. Spread 1/3 cheese on top of chicken. Continue process (soup, chicken, cheese) for 3 layers. Cover entire casserole with tortillas. Preheat oven to 350°. Cover casserole with aluminum foil and bake for 35 minutes. Remove foil and cook casserole for 10 more minutes.

## **CHICKEN ENCHILADA CASSEROLE**

*Barb and Matt Walsh*

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6 cooked chicken breast, cut up	1/4 tsp. oregano
1 large bag Doritos, crushed	1/8 tsp. sage
1 can cream of chicken soup	1/8 tsp. cumin
1 can chicken broth	1/8 tsp. garlic powder
1 4 1/2 oz. can chopped peppers or green chilies	1 large onion, chopped
1/8 tsp. chili powder	4 C. Mexican cheese mix or 2 C. longhorn cheese and 2 C. Monterey Jack cheese

Mix soup, broth, spices, peppers or chilies, onion and most of the cheese. Layer in 3-quart casserole dish; chicken, Doritos, soup mix and remainder of cheese. Bake 1 hour at 350°.

## **CHICKEN FRIED STEAK**

*Katie Nelson*

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2 1/2 to 3 lbs. round steak	2 tsp. paprika
1-5 oz. can evaporated milk	3/4 tsp. garlic powder
2 T. green Tabasco sauce	1 tsp. salt
1/2 tsp. salt	1 tsp. pepper
2 C. all-purpose flour, divided	Vegetable oil

Trim steak and pound, if needed to 1/2" thick. Cut into 6 to 8 pieces. Combine milk, Tabasco sauce and salt in a bowl. Measure 1 cup flour into a bowl. Combine remaining flour, paprika, garlic powder, salt and pepper into another bowl. Dip steak into flour, into milk mixture and then into seasoned flour. Set aside until all meat is coated. Heat 1 or 2" of oil in a heavy frypan. Fry meat until both sides are golden brown (about 2 minutes per side). Drain on paper towels. Serve with creamy gravy, mashed potatoes and biscuits.

## **CHICKEN/SPINACH CASSEROLE**

*Stella Knott*

3 pkgs. Stouffers spinach soufflé, frozen	4 or 5 cooked chicken breasts, cut up
1/2 C. shredded Cheddar cheese	2 C. crushed Ritz crackers
1 C. mayonnaise	1/2 stick butter
2 cans cream of chicken soup	Salt and pepper
1 can sliced water chestnuts	

Mix mayonnaise, cream of chicken soup, water chestnuts, cooked chicken breasts, diced, salt and pepper to taste. Mix well and spoon over the spinach soufflé. Sprinkle 1/2 cup shredded Cheddar cheese. Top with crushed Ritz crackers with butter and sprinkle over top of cheese. Bake at 350° for 50 minutes. Can be frozen.

Given to me by my friend, Theresa.

## **CHICKEN TETRAZZINI**

*Karen Stonehouse*

1-6 lb. chicken, salted, cooked, boned and cubed	1 1/2 C. celery
3-7 oz. boxes spaghetti	1/3 C. butter
2 boxes fresh mushrooms	1 1/2 lb. grated American cheese
1 jar pimento	2 cans cream of mushroom soup
2 green peppers	Chopped ripe olives
	1 can chicken broth

Boil chicken until cooked. Cook spaghetti in chicken broth adding 1 can chicken broth. Sauté pimento, mushrooms, peppers and celery in butter. Add all ingredients to spaghetti and broth. Mix and bake at 350° for 1 hour in deep casserole dish. Covered 1/2 time, then uncovered the other half. Makes 1 large or several small casseroles. Freezes well.

## **CHIMICHANGAS**

*Lesia Socha*

1 lb. beef stew meat	2 cloves minced garlic
1 1/2 C. water	1/2 tsp. salt

(continued on next page)

In medium saucepan combine above ingredients and bring to boil and reduce heat. Cover and simmer about 1 hour and 15 minutes or until very tender. Then, uncover and boil rapidly while stirring for 10 to 12 minutes until the water is evaporated. Set aside.

Combine:

1-4 ounce drained can of diced green chilie peppers

1 tablespoon vinegar

2 teaspoon chili powder

1/4 teaspoon ground cumin

Dash black pepper

When meat is cool, shred meat with 2 forks. Then combine last ingredients with meat. Take tortillas (8 to 10") heat in microwave first so pliable, then add tablespoon meat and fold into squares and secure with toothpicks, one one each side. Pan fry for 1 minute in Crisco, remove, drain, remove toothpicks. Place on bed of shredded lettuce and serve with salsa and sour cream and shredded cheese.

## **COP-OUT QUICHE**

*Stella Knott  
and friend Carolyn*

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1-9" unbaked pie shell

1 pkg. Stouffers spinach soufflé,  
thawed

2 eggs, beaten

3 T. milk

3 green onions, chopped fine

1/2 C. sliced mushrooms, sauté  
them first (may use canned)

1 tube Jimmy Dean sausage,  
brown and drain

8 oz. grated Swiss cheese

Note: You may omit sausage and add more mushrooms.\*

Mix all ingredients together and pour in unbaked pie shell. Bake at 400° 25 to 30 minutes until knife comes out clean.

\*May mix together night before, and pour in pie shell when ready to bake.

## **CRESCENT CHICKEN CASSEROLE**

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*Nancy Schulze*

2 C. cubed chicken	1/4 tsp. salt
1 pkg. frozen peas, thawed	1/8 tsp. pepper
1 C. shredded Cheddar cheese	1 C. mayonnaise
1 C. celery	1-8 oz. can crescent rolls
1/2 C. bread crumbs	Sesame seeds
1/4 C. chopped onion	

Combine chicken, peas, cheese, celery, crumbs, onion, seasoning and mayonnaise, mix well. Spoon into 10x6" baking dish. Separate dough into 4 long and 8 short strips. Place strips over casserole in lattice design. Brush lightly with mayonnaise and sprinkle with sesame seeds. Bake for 35 to 40 minutes at 350°.

## **DEVINE QUICHE**

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*Jamie Devine*

4 eggs	1 C. shredded cheese (Cheddar, mozzarella, deli-onion, anything you want)
1 1/2 C. heavy cream (I use half and half)	1/2 C. chopped spinach or broccoli, thawed
1 T. melted butter	1 unbaked deep dish pie shell (I use the pre-made pie crusts in the refrigerated section that you just roll out)
1 heaping T. flour	
1 C. small cut-up meat (ham, deli cold cuts work, bacon, anything you want)	

Preheat oven to 350°. In a mixing bowl, mix the eggs, cream, butter, and flour (until flour disappears slightly lumpy is fine). In a round pie dish, roll out your pie crust (pinch the edges at the top for decoration). Sprinkle the meat, then the vegetables, then the cheese. Pour egg mixture over the top. Bake for 50 to 60 minutes.

Tip: I learned the hard way: you may want to bake the quiche on a cookie sheet. It could spill over if the dish isn't deep enough!

Serve with a big bowl of fruit and a fruit dip (i.e. 1 tub strawberry cream cheese and 1-7 ounce jar of marshmallow cream).

I'm the "Queen of Substitutions" so play around with which combinations you like best or what needs to be used up in the refrigerator or freezer.

## **EASY BREAKFAST CASSEROLE**

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*Laurie Stogdill*

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|--|----------------------|
| 1 lb. Jimmy Dean sausage,<br>browned; drained                                  | 2 C. shredded cheese |
| Any other toppings you like,<br>diced onions, green peppers,<br>mushrooms etc. | 8 eggs, beaten       |
| 1-8 oz. can refrigerator crescent<br>dinner rolls                              | 3/4 C. milk          |
|  | 1/4 tsp. salt        |
|  | 1/8 tsp. pepper      |

Preheat oven to 400°. Grease 9x13" pan. Line bottom with crescent rolls. Firmly seal perforations so makes a solid crust. Sprinkle with sausage and other toppings you prefer. Cover with cheese. Combine eggs, milk, salt and pepper and pour over top. Bake 15 to 20 minutes until set. Let stand 5 minutes before serving.

## **EASY QUICHE**

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*Amy Freking*

- |                    |                        |
|--------------------|------------------------|
| 2 C. milk          | 1 C. grated Parmesan   |
| 4 eggs             | 1-10 oz. pkg. broccoli |
| 3/4 C. biscuit mix | 1 C. ham, chopped      |
| 1/4 C. butter      | 8 oz. Cheddar cheese   |

Preheat oven to 375°. Grease 10" dish. Beat eggs, milk, baking mix, butter and Parmesan. Stir in broccoli, ham, Cheddar cheese. Pour in dish. Bake 50 minutes until top is golden brown.

## **EASY OLIVE OIL, TOMATO AND BASIL PASTA**

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*Kristin Williams*

- |   |  |
|---|--|
| 1-16 oz. pkg. farfalle pasta                | 2 cloves garlic, minced                            |
| 2 Roma (plum) tomatoes,<br>seeded and diced | 1/2 C. fresh basil leaves, cut into<br>thin strips |
| 1/2 C. olive oil                            | Salt and pepper to taste                           |

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. In a large bowl, gently toss the cooked pasta, tomatoes, olive oil, garlic, and basil. Season with salt and pepper.

## **EGG CASSEROLE**

*Gerri Baxter  
Recipe of Virginia Peterson*

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- |                                    |                       |
|------------------------------------|-----------------------|
| 1 C. flavored croutons             | 1 3/4 C. milk         |
| 5 eggs                             | 1 C. cheese           |
| 1 lb. sausage, browned and drained | 1 tsp. ground mustard |

Mix croutons and cheese and put in bottom of 8x8" pan. Mix eggs, ground mustard and milk. Pour over croutons and sprinkle sausage over top, can also add extra cheese if you'd like. Cook 30 to 40 minutes until firm.

I usually double the recipe and cook for 55 minutes to 1 hour.

## **EGG CASSEROLE**

*Kathy Turk*

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|--|--------------------|
| 8 slices bread, torn in bite size pieces | 4 C. grated cheese |
| 2 C. diced ham                           | 2 T. dry mustard   |
| 4 T. onion                               | 8 eggs             |
| 4 T. flour                               | 3 C. milk          |
|  | 1 T. garlic salt   |

Place bread on bottom of 9x13" pan. Mix onion and ham, pour over bread in pan. Add layer of cheese over bread and sprinkle with flour. Beat eggs together with mustard, milk and garlic salt. Pour over cheese mixture. Refrigerate overnight. Bake at 350° for 1 hour.

## **GRANDMA AVIE'S CHICKEN AND NOODLES**

*Lesia Socha*

Boil 1 large stewing hen for about 1 hour (meat will stick tender). Remove from broth and cool. Remove meat from bone. Set meat aside. Put reserved broth in large stock pot. You may need to add extra water to broth (if so, add a little chicken bouillon). A little finely chopped onion, celery and carrot are optional (I always use them, so did Grandma). Add a few drops yellow food color to enhance color of stock.

**NOODLES:** Mix 2 cup flour, 1 teaspoon salt and enough eggs (6 to 8) to make a soft, pliable ball of dough. Generously flour your work surface, place half dough on table; sprinkle flour on top of dough ball and rub some on your rolling pin so dough does not stick to rolling pin. Roll dough to largest circumference you can. Generously flour entire circle of dough. Start at one end and roll dough into long log shape. Reflour workspace and repeat above steps for remainder of your dough. Slice roll into pinwheel like slices. Individually shake out each noodle and toss with some flour. Bring stock to rolling boil. Add noodles, including flour left on table for thickening. Stir to separate noodles. Cook until noodles float to top of pan. Add cut up meat, salt and pepper. Reduce heat, noodles will scorch easily.

## **HAMBURGER PIE**

*Andrea Barnes*

1 lb. ground beef	8 servings instant potato flakes
1 egg	1 tsp. salt
1/8 tsp. pepper	1 T. dried minced onion
1/4 C. ketchup	1 C. milk
1/2 C. shredded sharp Cheddar cheese	

Heat oven to 350°. Mix meat 1 1/2 cup potato flakes, egg, salt, pepper, onion, ketchup and milk. Spread in ungreased 9" pan. bake uncovered 35 to 40 minutes. Prepare remaining instant potato flakes as directed on package for 6 servings. Top baked meat loaf with mashed potatoes. Sprinkle with cheese. Bake 5 minutes longer or until cheese melts. Makes 4 to 5 servings.

## **HAM LOAF BALLS**

*Connie Vogelzang*

1 lb. ham loaf (Fareway)	1/2 tsp. mustard
1 lb. ground beef	1/2 tsp. horseradish
1 C. crushed cornflakes	SAUCE:
2 eggs	1 can tomato soup
1 C. milk	6 T. vinegar
2 T. chopped celery	1 C. brown sugar
1 T. catsup	1 T. dry mustard

Preheat oven to 350°. Mix and form into balls. Place balls into 9x13" pan. Pour sauce over balls and bake 45 minutes to an hour.

## **HONEY SESAME PORK TENDERLOINS**

*Carol Brandt*

1 lb. pork tenderloin	1 T. sesame oil
1/2 C. soy sauce	1/4 C. honey
2 cloves garlic, minced	2 T. brown sugar
1 T. ginger, grated or 1 T. dry gin	4 T. sesame seeds

Combine soy sauce, garlic, ginger and sesame oil. Place tenderloin in heavy plastic bag. Pour soy mixture over to coat. Let marinate 2 hours at room temperature, or overnight in refrigerator. Remove pork from marinade, pat dry. Mix together honey and brown sugar in a shallow plate. Place sesame seeds on a separate plate. Roll pack in honey mixture, coating well then roll in sesame seed. Roast in a shallow pan at 400° for 20 to 30 minutes until meat thermometer reads 160°. Remove to serving platter, slice thinly to serve.

## **ITALIAN CHEDDAR BAKE**

*Laurie Stogdill*

1-14 oz. pkg. Kraft Deluxe mac and cheese dinner	1/2 tsp. dried oregano leaves
1 lb. lean ground beef	1 C. shredded Cheddar cheese
1-14 1/2 oz. can Italian style stewed tomatoes, undrained	

(continued on next page)

Preheat oven to 400°. Prepare dinner as directed on pack. Brown meat, drain. Add tomatoes and oregano; mix well. Bring to boil. Add meat mixture to dinner, spoon unto 2-quart casserole dish. Sprinkle with cheese. Bake 10 minutes or until cheese is melted and casserole is heated through. Makes 4 servings (2 cups each).

## **ITALIAN CHICKEN DRESSING**

*Mary Lu Reelfs*

1/2 lb. hamburger	2 diced boiled eggs
1/2 C. diced celery	2 T. cooked rice
1/2 C. diced onion	1 C. bread cubes
1/2 C. fresh parsley (or 1 T. flakes)	1/2 lb. grated mozzarella cheese

Sauté first 4 ingredients. Cool and add next 4 ingredients. Stuff into small chicken and bake approximately 1 hour at 350° or until golden brown. (double recipe for great leftovers.)

## **KOREAN BEEF BARBEQUE**

*Jeanette Schierbrock*

PREPARE 3 DAYS PRIOR:	1/4 tsp. cayenne pepper
1 lb. round steak, thinly sliced	1/4 tsp. black ground pepper
2 T. oil	1/3 to 1/2 C. soy sauce
1 T. white vinegar	Sesame seeds (sprinkle)
1 tsp. garlic powder	

In large Ziploc bag, mix all together and sprinkle into the bag, sesame seeds (amount is your choice). Marinate in the refrigerator for 2 to 3 days, turning the Ziploc bag occasionally so all the meat can mix with the marinade.

To serve: Take steak from the bag and place on the BBQ grill. Medium high heat for approximately (4 minutes). Cooking time depends on thickness of slices and personal choice. Serve on plate with "greens" or perhaps green onions as a garnish.

## **LASAGNA**

*Gerri Baxter  
Recipe of Mary Patten*

2 1/2 lbs. hamburger	3 C. cottage cheese
2-15 oz. cans tomato sauce	Small container ricotta
1 T. basil	1/2 C. Parmesan cheese
1 1/2 tsp. salt	2 T. parsley
2 cloves or 1 tsp. garlic	2 eggs
Mozzarella cheese	1 tsp. salt
Lasagna noodles	1/2 tsp. pepper

Brown hamburger and drain. Add tomato sauce, basil, 1 1/2 teaspoon salt and garlic. Simmer for 30 minutes. Mix together cottage cheese and ricotta. Add Parmesan cheese, parsley, eggs, 1 teaspoon salt and pepper. Layer lasagna noodles, meat mixture and cheese mixture. Top with mozzarella. Bake at 375° for 30 minutes.

## **MAID-RITES**

*Andrea Barnes*

1 lb. ground beef	1 1/2 C. boiling chicken broth
2 T. vinegar (not white)	2 T. ketchup
1 T. dried minced onion	2 T. mustard
1 tsp. salt	Buns

Brown meat lightly; drain fat. Add vinegar, onion, salt, ketchup and mustard. Stir well. Add boiling broth. Cover and simmer until meat is tender and liquid is absorbed. Serve on hamburger buns.

## **MAMA MIA CASSEROLE**

*Becky Knispel*

1 lb. browned hamburger	1/2 C. tomato paste
1 tsp. salt	1 1/2 C. grated Cheddar cheese
1 C. whole kernel corn	1/2 tsp. shortening butter
1/2 can tomato soup	1 pkg. macaroni noodles

Cook noodles until tender. Brown onions in shortening (butter). Mix all the other ingredients into the pan. Arrange layers of noodles, meat mix and cheese. Then grease a pan and bake in the oven at 350° for 45 minutes uncovered.

## **MEATBALLS**

***Lisa Gronstal***

2 lbs. ground beef  
1/3 C. chopped parsley  
2 T. soy sauce  
1/3 C. ketchup  
1 C. bread crumbs  
2 eggs  
1/2 tsp. garlic powder

2 T. chopped onion  
SAUCE:  
1 C. jellied cranberry  
2 T. brown sugar  
1 tsp. lemon juice  
12 oz. chili sauce

Mix all ingredients well. Form into meatballs. Put in 9x13" baking dish. Set aside. Cook sauce ingredients for 2 to 3 minutes or until all melted together. Pour sauce over meatballs. Set overnight. Bake at 350° for 1 hour.

## **MEAT LOAF**

***Rose Gronstal***

2 to 3 lbs. ground beef  
1 stack of Ritz crackers, crushed  
1 diced onion  
1 diced green pepper

2 eggs, beaten  
1/2 large jar of spaghetti sauce  
Garlic salt and pepper to taste

Mix the ingredients and form into 2 loaves in cake pan. Bake 1 hour at 350° or until done.

## **MOM'S EASY CHICKEN AND NOODLES**

***Millie Cappen, Realtor  
Key Real Estate***

1 bag frozen egg noodles  
2 cans chicken or 1 big can  
1 can cream of celery soup

4 C. water with 4 tsp. chicken  
bouillon  
Mashed potatoes, if you like

In a large pot, bring water and bouillon to a boil. Add frozen egg noodles. Cook until tender. Do not drain. Add cream of celery soup and chicken. Stir until creamy and blended. Tastes great on top of mashed potatoes.

## **PARMESAN CHICKEN**

*Debbie Underwood*

- |  |                            |
|--|----------------------------|
| 1 C. Parmesan cheese                     | 1 tsp. garlic powder       |
| 1 pkg. Good Seasons Italian dressing mix | 1 pkg. (4) chicken breasts |

Wet chicken breasts. Coat in Parmesan mix. Bake at 350° for 20 minutes.

## **PASTA CARBONARA**

*Andrea Barnes*

- |   |   |
|---|---|
| 1 lb. pasta (linguini, spaghetti, Angel hair) | 3/4 C. finely grated Parmesan cheese plus more on the table |
| Olive oil                                     | Salt  |
| 1/2 lb. bacon, cut in 1/4" pieces             | Pepper  |
| 2 large eggs                                  | 2 to 3 T. finely chopped parsley                            |
| 2 to 3 T. milk                                |   |

Cook pasta to al dente; drain and save some of the water. Fry bacon until crispy drain and wipe out pan. Mix eggs and milk (like making scrambled eggs). Heat 1 tablespoon olive oil in large skillet. Add bacon and cooked pasta. Pour egg mixture over pasta and stir to combine over low heat. Add Parmesan cheese and stir. If a little dry add pasta water a tablespoon at a time. Season with salt and pepper to taste. Top with parsley and serve with extra grated Parmesan.

## **THE PERFECT PRIME RIB (FOR MEDIUM WELL PINK IN CENTER)**

*Katie Nelson  
MRN*

- |                  |          |
|------------------|----------|
| 5 lbs. prime rib | Pepper   |
| Olive oil        | Salt     |
| Garlic           | Rosemary |

Rub meat with olive oil and seasonings. Preheat oven to 425°. Bake for 1 hour uncovered. Turn off oven for 2 hours. Do not open. Turn oven on to 300°. Before 1 hour. Let sit at room temperature for about 1 hour.

## **PICNIC PIZZA**

***Melissa Walden***

- |                                    |                              |
|------------------------------------|------------------------------|
| 2 rolls crescent rolls             | 15 oz. can tomato sauce      |
| 1 lb. hamburger, browned and onion | 1 pkg. dry sloppy joe mix    |
|                                    | 2 C. shredded Cheddar cheese |

Spread 1 package crescent rolls flat in bottom of cookie sheet. Add other ingredients in order listed above. Spread 2 packages of crescent rolls flat and lay over the top. Bake 30 minutes at 350°. Cut into squares and serve.

## **QUICHE**

***Connie Vogelzang***

- |                                       |  |
|---------------------------------------|--|
| 1-9" deep dish pie shell              | 5 eggs, beaten   |
| 5 oz. can evaporated milk             | Chopped onions, mushrooms, peppers and 1 package chopped broccoli closed |
| 1/4 to 1/2 can cream of mushroom soup |  |
| 1 C. shredded Co-Jack cheese          |  |
| 1 lb. sausage, ham, ham loaf or bacon |  |

Preheat oven to 350°. Mix ingredients together and put in pie shell. Bake 1 hour. Put more cheese on top 10 minutes before done if you like.

## **QUICK CHICKEN**

***Amy Freking***

- |                            |                        |
|----------------------------|------------------------|
| 4 skinless chicken breasts | 1/4 C. bacon bits      |
| 4 oz. Dijon mustard        | 1/2 C. Parmesan cheese |
| 1/4 C. teriyaki sauce      |                        |

Heat oven to 400°. Place chicken in 9x13" pan, cover with mustard, teriyaki, bacon and Parmesan. Bake for 30 minutes.

## **RUNZAS**

*Debbie Underwood  
League Member*

- |   |  |
|---|--|
| 1 to 2 loaves frozen bread<br>dough, thawed | 1 (No. 2) can sauerkraut or 1 C.<br>shredded cabbage |
| 2 lbs. hamburger                            | Sliced cheese (any kind you want<br>to use)          |
| 1 to 2 T. diced onion                       |  |

Brown hamburger and onion, drain. Add sauerkraut or cabbage; mix well. Make a ball of dough the size of ping pong ball; roll out and fill with scoop of meat mixture and 1/4 to 1/2 slice of cheese. Fold edges toward center and form a bun. Let raise. Bake at 350° for 15 to 20 minutes.

## **SLOPPY JOES (TAVERNS)**

*Carol Brandt*

- |                             |  |
|-----------------------------|--|
| 1 C. water                  | 2 lbs. hamburger, browned and<br>drained |
| 1 large onion, chopped fine | 2 T. prepared mustard                    |
| 3/4 C. catsup               | Salt and pepper (to taste)               |
| 1 T. chili powder           |  |

Combine water, onion, catsup and chili powder. Cook for 10 minutes over medium heat. Add hamburger, mustard, salt and pepper. Simmer for 10 to 15 minutes.

## **SLOW COOKER FAJITAS**

*Stacy Moraver*

- |   |                          |
|---|--------------------------|
| 1 1/2 to 2 lbs. flank or skirt steak<br>or boneless chicken | 1/2 tsp. ground cumin    |
| 1 onion, thinly sliced                                      | 1/4 tsp. salt            |
| 1 red or green pepper                                       | 1/4 C. vegetable oil     |
| 1 clove garlic  | 1 T. lemon juice         |
| 1 jalapeño chile, seeded and<br>finely chopped              | 8 to 10 tortillas        |
| 2 tsp. chili powder   | 1/2 C. sour cream        |
|   | 1 avocado, thinly sliced |

Cut meat across the grain into 1/2" diagonal strips. Place in a slow cooker. Top with onion and bell pepper. In a small bowl, combine garlic, chile, chili powder, cumin, salt, oil and lemon juice. Pour mixture over meat. Cover and cook in low 6 to 7 hours or until meat is tender. Spoon several slices of meat with sauce into center of each tortilla. Fold over. Top with sour cream and avocado.

## **SPAGHETTI PIE**

*Carol Brandt*

- |                        |                                   |
|------------------------|-----------------------------------|
| 1-7 oz. pkg. spaghetti | 1/2 C. chopped onion              |
| 2 T. butter            | 1/4 C. chopped green pepper       |
| 1/3 C. Parmesan cheese | 1-15 1/2 oz. jar spaghetti sauce  |
| 2 eggs, beaten         | 1/2 C. shredded mozzarella cheese |
| 1 lb. lean ground beef |                                   |

Cook spaghetti according to package directions; drain. Add butter, Parmesan, cheese and eggs. Place in a 10" pie plate to form a crust. Brown ground beef in skillet, drain fat. Add onion and green pepper. Stir in spaghetti sauce. Spoon cottage cheese over crust; pour meat sauce and cottage cheese. Bake at 350° for 20 minutes. Sprinkle cheese on top return to the oven for 5 minutes. Yield: 6 servings.

## **STEAK TERIYAKI**

*Jen McDaniel*  
*League Member*

- |                |                            |
|----------------|----------------------------|
| 1 C. soy sauce | 3 cloves garlic            |
| 1 1/2 C. water | 1 1/2 tsp. powdered ginger |
| 7 T. sugar     | 3 to 4 lbs. meat*          |

Blend all ingredients except meat in blender to make teriyaki marinade. Pour marinade over meat and leave in refrigerator at least 12 hours. Broil or grill meat. The usual grilling time is only 1 to 3 minutes each side. Dispose of any leftover marinade.

\*Have the meat sliced thin, about 1/8" thickness. I use sirloin tip roast as it is solid and is easier to have sliced.

## **STUFFED SHELLS**

*Becky Knispel*

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 pkg. chopped spinach, drained | 1 T. Parmesan cheese  |
| 1 C. shredded mozzarella cheese | 1/4 tsp. nutmeg       |
| 1 C. cottage cheese             | 1 jar spaghetti sauce |
| 1 egg white                     | 16 jumbo shells       |

Cook and drain shells. Preheat oven to 375°. Mix all ingredients except spaghetti sauce and stuff into each shell. Place shells in pan and cover with spaghetti sauce. Cover with foil. Bake 30 to 45 minutes.

## **SWISS ENCHILADAS**

*Beckie Hewett*

- |  |  |
|--|--|
| 1 onion, chopped                       | 12 corn tortillas                            |
| 2 T. oil                               | 6 chicken bouillon cubes                     |
| 1 garlic clove, crushed                | Quart cream                                  |
| 2 C. tomato purée                      | 1/2 lb. grated Monterey Jack or Swiss cheese |
| Can green chilies, chopped             |  |
| 2 C. cooked chicken, chopped or canned |  |

In large skillet sauté 1 chopped onion until soft in 2 tablespoons oil. Add 1 crushed garlic clove, 2 cups tomato purée, 2 chopped canned green chilies and 2 cups cooked chopped chicken or turkey. Season with salt and simmer 10 minutes. In small fry 1 dozen corn tortillas in about 1" of hot oil until soft (not crisp). In 2-quart pan dissolve 6 chicken bouillon cubes in 3 cups hot cream. Dip each tortilla in the cream, cover generously with chicken filling and roll up. Arrange rolls in 9x13" baking dish and pour remaining cream mixture over them. Top with 1/2 pound grated Jack or Swiss cheese. Bake in oven at 350° for 30 minutes.

## **SWISS PARTY CHICKEN**

*Debbie Underwood*

- |  |                               |
|--|-------------------------------|
| 6 half boned, skinned chicken breasts    | 1/4 C. chicken broth          |
| 1-4 1/2 oz. can whole mushrooms, drained | 1/4 C. grated Parmesan cheese |
| 1-10 3/4 oz. can cream of mushroom soup  | 8 oz. shredded Swiss cheese   |
|  | 1/8 C. sour cream             |

Preheat oven to 350°. Put chicken in ungreased baking dish. Add mushrooms. Sprinkle with Swiss cheese. In bowl, combine soup, sour cream and broth, blend well. Pour over chicken. Bake uncovered at 350° for 50 to 60 minutes. Sprinkle with Parmesan cheese. Bake an additional 5 to 10 minutes. Stir sauce if necessary before serving. At this point, you can refrigerate up to 24 hours before finishing recipe.

## **TURKEY CASSEROLE**

*Shirley Hutchison*

2 C. cooked, cubed turkey                      1/2 tsp. grated onion  
2 C. diced celery                                  2 T. lemon juice  
1/2 C. chopped toasted almonds              1 C. mayonnaise

Combine ingredients and toss tightly. Put in 9x9" casserole dish. Sprinkle with 1/2 cup grated American cheese and 2 cups crushed potato chips. Sprinkle with paprika. Bake at 350° for 45 minutes.

## **TUNA ON A SHOESTRING**

*Paulette Cramer*

1-6 1/2 oz. can tuna, drained                  1/4 C. minced onion  
1 C. shredded carrots                          1 C. mayonnaise  
1 C. diced celery                                1-4 oz. can shoestring potatoes

Mix all ingredients except shoestring potatoes in a large bowl. Cover and chill. Just before serving, fold in shoestring potatoes.

## **ZITI BAKE**

*Jill Smith*

1-16 oz. pkg. rigatoni                              1 egg, slightly beaten  
1 lb. hamburger                                  3/4 tsp. salt  
1-15 oz. carton cottage cheese              1/4 tsp. pepper  
1/2 C. Parmesan cheese                        1-29 oz. jar spaghetti sauce  
1/4 C. parsley                                      1-8 oz. pkg. mozzarella cheese

Prepare rigatoni according to package directions, drain and set aside. Brown and drain hamburger. Stir in cottage cheese, the next 5 ingredients and 1/2 spaghetti sauce. Add rigatoni and toss gently. Spoon the mixture into a 9x13" pan and pour remaining spaghetti sauce over the mixture. Sprinkle with cheese and bake for 20 to 30 minutes at 350°, or until hot and bubbly.

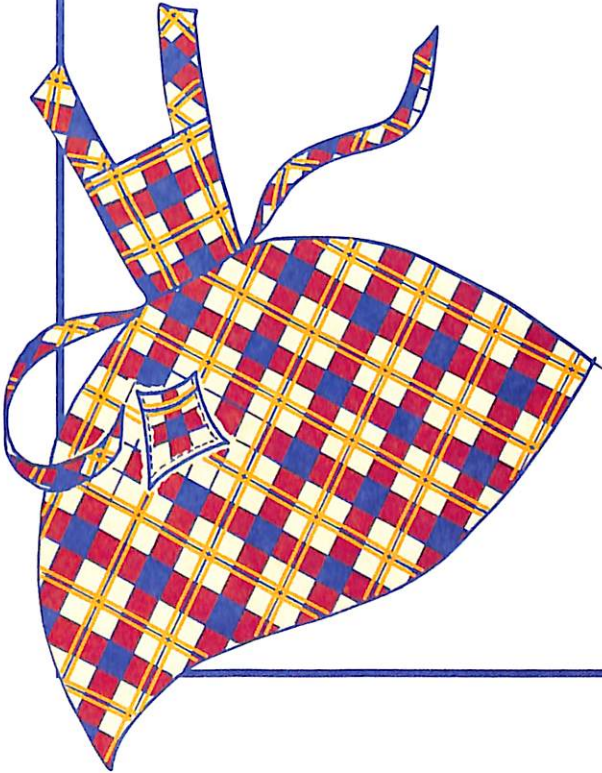


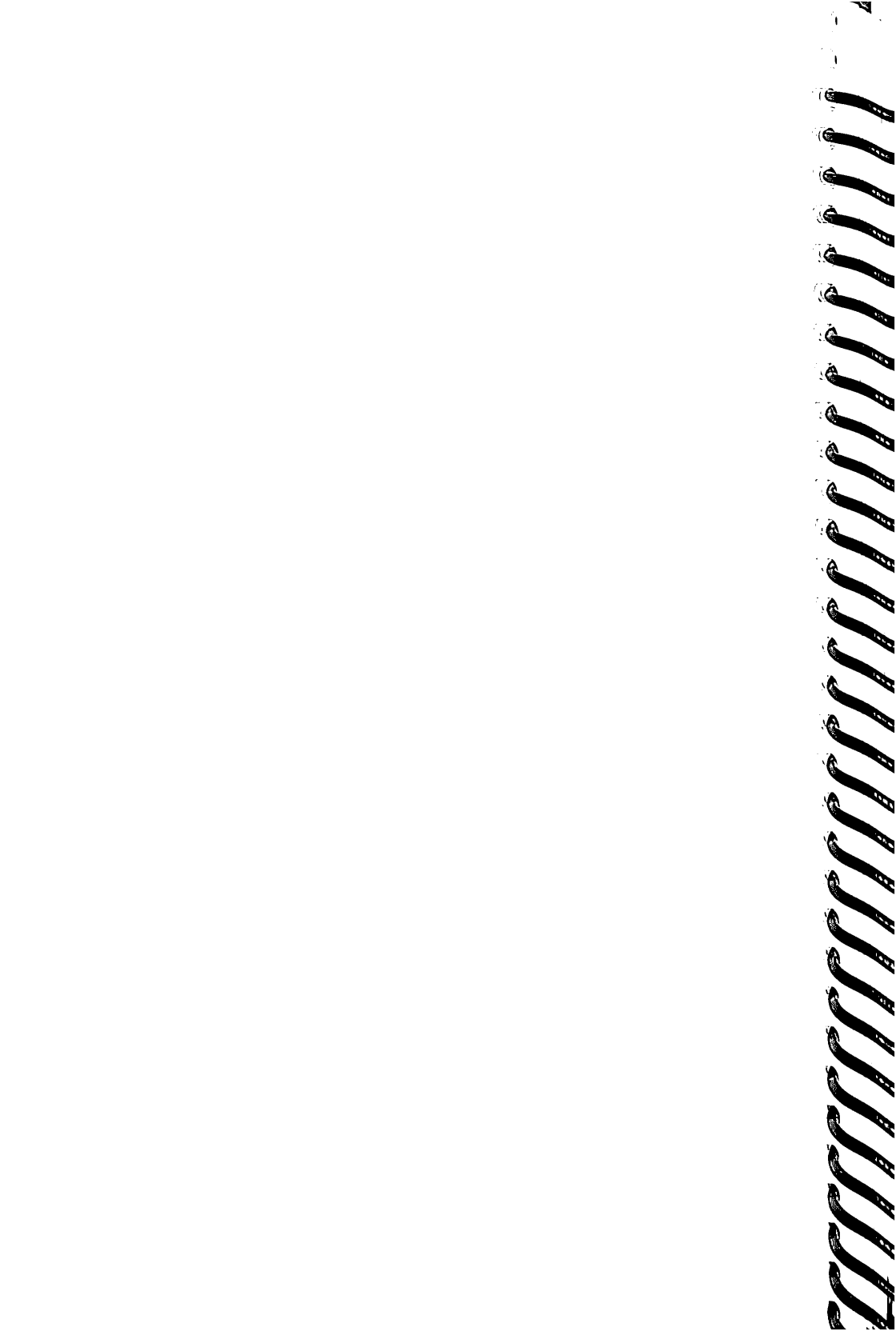
# NOTES



A series of horizontal lines for writing notes, spanning the width of the page.

# *Desserts*





## **APPLE CRISP**

***Heidi Perlberg***

4 C. tart apples	1/3 C. margarine or butter, melted
3/4 C. packed brown sugar	3/4 tsp. ground cinnamon
1/2 C. all-purpose flour	3/4 tsp. ground nutmeg
1/2 C. oats	

Slice apples and place in greased 9x13" pan. Mix rest of ingredients together and put over apples. Bake at 375° for 30 minutes.

## **APPLE CRISP**

***Rose Gronstal***

6 medium apples	1 1/2 C. brown sugar
1 1/2 C. sugar	1 1/2 stick butter
Cinnamon	1 1/2 C. flour

Butter pan. Peel and slice apples and put in 9x12" pan until they are about 1/2" thick. Sprinkle sugar and cinnamon over apples. In separate bowl mix the butter, brown sugar, and flour with your hands or fork. Cover the apples with this mix. Bake at 350° for 35 to 45 minutes. Use a fork to make sure apples are done.

## **APPLE DESSERT**

***Shirley Hutchison***

2 C. sugar	3 C. chopped, peeled apples
3 C. flour	1 C. vegetable oil
1/2 C. coconut	2 eggs
1 tsp. soda	2 tsp. vanilla
1 tsp. salt	

Combine all dry ingredients. Next add apples, then oil, eggs and vanilla. Mix well.

TOPPING:

1/2 cup brown sugar  
1 teaspoon cinnamon  
1/4 cup sugar  
1 cup nuts, optional

Sprinkle over apple mixture. Put into a 9x13" cake pan. Bake at 350° for 30 to 40 minutes.

## **BANANA BARS**

*Jill Smith*

2 C. sugar	2 tsp. soda, dissolved in 2 T. water
1 C. butter	
2 eggs	3 C. flour
2 tsp. vanilla	2 tsp. baking powder

Cream sugar and butter. Add eggs, vanilla and soda. Add mashed bananas. Mix together. Add flour and baking powder. Grease and flour large jelly roll pan. Bake at 350° for 25 to 30 minutes. Frost with cream cheese frosting.

## **BANANA'S FOSTER**

*Debbie Gordon  
Alumni*

2 T. unsalted butter	1 T. banana liqueur
1/4 C. (1.75 oz.) dark brown sugar	2 under ripe bananas, sliced in half lengthwise
1/4 tsp. ground allspice	1/4 C. dark rum
1/2 tsp. freshly ground nutmeg	1/2 tsp. finely grated orange zest

Melt butter in a 10" heavy skillet over low heat. Add brown sugar, allspice and nutmeg and stir until sugar dissolves. Add banana liqueur and bring sauce to simmer. Add bananas and cook for 1 minute on each side, carefully spooning sauce over bananas as they are cooking. Remove bananas from pan to a serving dish. Bring sauce to simmer and carefully add the rum. If the sauce is very hot, the alcohol will flame on its own. If not, using stick flame, carefully ignite and continue cooking until flame dies out, approximately 1 to 2 minutes. If sauce is too thin, cook for 1 to 2 minutes until it is syrupy in consistency. Add orange zest and stir to combine. Immediately spoon the sauce over bananas and serve. Serve with waffles, crepes, or ice cream.

## **BETTER THAN SEX CAKE**

*Gerri Baxter*

German chocolate cake mix	1 container Cool Whip
1 can sweetened condensed milk	1 bag Heath candy bar pieces
1 jar dulce de leche or caramel ice cream topping	

(continued on next page)

Bake cake as directed. Let cool. After cake is cooled, poke holes in it with wooden spoon. Pour can of sweetened condensed milk over top. Then pour dulce de leche or caramel topping over top of cake. Refrigerate 1 hour. Add Cool Whip to top of cake. Put pieces of Heath over Cool Whip. Keeps refrigerated.

## **BANANA SPLIT DESSERT**

*J. J. Harvey*

15 squares graham crackers, crushed	1 C. milk chocolate chips
1/2 C. oleo, melted	1/2 C. oleo
2 T. sugar	2 C. powdered sugar
3 bananas	1 C. evaporated milk
1/2 gallon vanilla ice cream, softened	1 tsp. vanilla
1 C. walnuts, chopped	1-9 oz. whipped topping
	1/2 C. walnuts, crushed

Mix crushed graham crackers, oleo and sugar. Press into a 9x13" pan and chill for 30 minutes. Slice bananas over crust. Spread softened ice cream over bananas. Sprinkle nuts on top of ice cream. Freeze over low heat, melt chocolate chips and oleo. Add powdered sugar and evaporated milk. Cook until thick. Add vanilla. Cool well. Spread on ice cream and refreeze. Cover with whipped topping. Sprinkle with crushed walnuts. Refreeze. Take out 15 minutes before serving.

## **BLUEBERRY CHEESE PIE**

*Carol Brandt*

1-9" crumb crust	1/3 C. lemon juice
1-8 oz. pkg. cream cheese	1 tsp. vanilla
1 can Eagle brand sweetened milk	1 can blueberry pie filling

Beat cream cheese until light and fluffy. Gradually, add sweetened condensed milk and stir until well blended, stir in lemon juice and vanilla. Put in crust and refrigerate 1 or 2 hours. Put on pie filling and serve.

## **BROWNIES**

*Paulette Cramer*

- |                       |            |
|-----------------------|------------|
| 1 can chocolate syrup | 1 C. flour |
| 4 eggs                | 1 C. sugar |
| 1 stick oleo          |            |

Mix all ingredients. Pour into ungreased jelly roll pan. Bake at 350° for 20 minutes. Frost.

## **BUSTER BAR DESSERT**

*Gerri Baxter  
Recipe Virginia Petersen*

### **CRUST:**

- 1 lb. Oreo Cookies, crushed
- 1/2 C. melted butter
- 1/2 gal. vanilla ice cream
- 1 1/2 C. Spanish peanuts, chopped

### **TOPPING:**

- 1 1/2 C. evaporated milk
- 2/3 C. semi-sweet chocolate chips
- 1 1/2 C. butter
- 2 C. powdered sugar
- 1 tsp. vanilla

In a 9x13" pan.

FOR CRUST: Mix cookies and butter (melted). Refrigerate for 1 hour. Slice ice cream and place on top of Oreos. Cover with peanuts and freeze.

FOR TOPPING: Mix all topping ingredients except vanilla. Bring to a boil for 12 minutes. Add vanilla and cool completely. Pour over layered mixture and freeze.

## **BUTTER PECAN TURTLE BARS**

*J. J. Harvey*

- |                                  |   |
|----------------------------------|---|
| 2 C. all-purpose flour           | 1/2 C. light brown sugar, packed                                |
| 3/4 C. light brown sugar, packed | 2/3 C. butter   |
| 1/2 C. butter, softened          | 1 1/2 C. milk chocolate chips (I used regular semi-sweet chips) |
| 1 1/2 C. pecan halves            | (continued on next page)  |

Combine flour, brown sugar and butter; blend until crumbly. Pat mixture firmly onto bottom of ungreased 9x13" pan. (I used 9x15" jelly roll pan). Sprinkle pecan halves over the unbaked crust. Set aside. In small saucepan, combine brown sugar and butter. Cook over medium heat, stirring constantly, until mixture begins to boil. Boil for 1 minute, stirring constantly. Drizzle caramel over pecans and crust. Bake at 350° for 18 to 20 minutes or until caramel layer is bubbly and crust is light brown. Remove from oven and immediately sprinkle with chocolate chips. Spread chips evenly as they melt. Cool completely before cutting.

## **CHERRY SQUARES**

***Amy Kline***

1/2 C. shortening	3 C. flour
1/2 C. margarine	1/2 tsp. salt
1 3/4 C. sugar	1 1/2 tsp. baking powder
1 tsp. vanilla extract	1 can cherry pie filling (or fruit filling of choice)
2 eggs	
1/2 to 1 tsp. almond extract	

Cream shortening, margarine and sugar. Add vanilla extract, almond extract and eggs. Mix together. Add flour, salt, and baking powder and mix. Put half of the batter in a greased and floured 9x13" pan. Spread can of pie filling over batter. Spread over half of batter by spoonfuls onto filling. Bake at 350° for 45 to 55 minutes until toothpick comes out clean when batter tested. Good warm or cool.

## **CHOCOLATE CAKE**

***Katie Nelson***

<b>CAKE BATTER:</b>	2 T. vinegar
3 C. flour	2 C. cold water
1/2 C. cocoa	<b>FROSTING:</b>
1/2 tsp. salt	1 1/2 C. sugar
2 C. sugar	6 T. margarine
2 tsp. baking soda	6 T. milk
2/3 C. oil	1 tsp. vanilla
2 tsp. vanilla	1 pkg. milk chocolate chip

Mix all ingredients of cake batter. Bake at 350°. FROSTING: Boil 30 seconds. Take off stove and add chips.

## **CHOCOLATE CAKE**

*Shirley Hutchison*

1 3/4 C. flour	2 eggs
2/3 C. cocoa	1 C. milk
1 1/2 tsp. baking soda	1/2 C. vegetable oil
1 1/2 tsp. baking powder	2 tsp. vanilla
1 tsp. salt	1 C. boiling water

Mix dry ingredients. Add everything but water. Mix thoroughly. Add water, mix. Pour into greased floured cake pan. Bake at 350° for 30 to 35 minutes.

## **CHOCOLATE CARAMEL BARS**

*Gerri Baxter*

*Recipe of Nancy Petersen*

1 pkg. German chocolate cake mix	1-6 oz. pkg. chocolate chips
1-5 oz. can evaporated milk	3/4 C. melted butter
	1 pkg. Kraft caramels

Mix cake mix, butter and 1/3 cup evaporated milk. Spread half of cake mixture in 9x13" pan that is greased and floured. Bake at 350° for 8 minutes. Let cool slightly. Melt caramels with 1/3 cup evaporated milk. Pour caramel mixture over cake mixture. Drop remaining cake mixture in clumps. Bake 20 to 25 minutes and refrigerate 1/2 hour. Cut into bars.

## **CHOCOLATE PEANUT BUTTER BROWNIES**

*Danielle Ladwig*

1 pkg. fudge brownie mix (13x9")	3 C. Rice Krispies cereal
1 pkg. milk chocolate chips	1 can cream cheese frosting
1 C. peanut butter	1 C. salted peanuts, chopped

Prepare brownies according to box. Cool. In large saucepan combine the chips and peanut butter. Cook over low heat 4 to 5 minutes or until blended - stirring occasionally. Stir in cereal, set aside. Spread frosting over brownies. Sprinkle with peanuts. Spread with peanut butter mixture. Chill for 30 minutes. Store in refrigerator.

## **CHOCOLATE ZUCCHINI CAKE**

*Kyla Alba*  
*Parent Coordinator AEA 13*

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1/2 C. oleo	1/2 tsp. baking powder
1/2 C. salad oil	1/2 tsp. cinnamon
2 eggs	2 T. grated (unpeeled) zucchini
4 T. cocoa	1/2 tsp. salt
2 1/2 C. flour	3/4 C. chocolate chips
1 tsp. baking soda	1/2 C. chopped walnuts
1 3/4 C. sugar	1/2 C. sugar

Cream together oleo, oil, eggs and sugar. Add flour, cocoa, baking powder, cinnamon, soda and salt. Beat together. Add zucchini and mix thoroughly. Spread in greased and floured 9x13" pan.

TOPPING: In separate bowl, mix chocolate chips, nuts and sugar. Sprinkle over batter. Bake at 350° for 45 minutes or until toothpick comes out clean.

This cake freezes well. Persons who claim they don't like zucchini will never know! It is very moist and always a hit!

## **COCOA COOKIE CAKE**

*Sandy Rutledge*

---

4 T. cocoa	1 tsp. vanilla
2 sticks oleo	2 eggs
2 C. water	FROSTING:
2 C. flour	1/2 stick oleo
1 tsp. soda	2 T. milk
2 C. sugar	1 tsp. vanilla
1/2 C. buttermilk	2 C. powdered sugar

Boil 4 tablespoons cocoa, 2 sticks oleo, and 1 cup water. Then add 2 cups flour, soda, and 2 cups sugar to the hot mixture. Then add buttermilk, vanilla, 2 eggs. Mix well. Bake 15 minutes at 375°. Then mix all frosting ingredients and frost.

## **CRANBERRY CAKE**

*Melissa Walden*

CAKE: 2 C. cranberries  
1 C. sugar TOPPING:  
2 C. flour 1/2 C. brown sugar  
3 T. butter 1/2 C. sugar  
1 C. milk 1/2 C. butter  
3 tsp. baking powder 1 C. whipping cream  
1/2 tsp. salt

Cream butter and sugar. Add milk with dry ingredients. Stir in cranberries. Bake at 350° for approximately 30 minutes.

TOPPING: Boil topping ingredients together and serve hot over slices of cake.

## **DUMP BARS**

*Arla Clausen*

2 C. sugar 1 3/4 C. flour  
1 C. oil 1/2 C. cocoa  
1 tsp. salt 1 tsp. vanilla  
4 eggs 1 C. chocolate chips or M&M's

Dump all ingredients together except chocolate chips. Put into greased 9x13" pan. Sprinkle chocolate chips on top. Bake at 350° for 25 to 30 minutes.

## **ELEGANT ALMOND BARS**

*Heidi Reelfs*

1 pkg. sugar cookie mix 1/4 C. sugar  
1 egg 2 eggs  
1 T. water 3/4 tsp. sliced almonds  
1/2 tsp. almond extract GLAZE:  
FILLING: 2 oz. white chocolate  
1-8 oz. can almond paste 2 T. Crisco

FOR CRUST: Mix and spread in 9x13" pan (ungreased). Bake 11 to 13 minutes until light brown.

(continued on next page)

FOR FILLING: Combine paste, sugar and melted butter in bowl. Mix until blended. Add eggs, beat until thoroughly blended. Spread over hot crust. Sprinkle with 1/2 cup almonds. Bake at 350° for 19 to 21 minutes until filling is set.

FOR GLAZE: Combine white chocolate and shortening in microwave. Drizzle over bars; sprinkle with remaining almonds.

## **FLOURLESS CHOCOLATE CAKE**

---

*Amy Freking*

4-1 oz. squares chocolate	1/2 C. cocoa powder
1/2 C. butter	3 eggs
3/4 C. white sugar	2 tsp. vanilla

Heat oven to 300°. Grease 8" cake pan, dust with cocoa powder. Melt chocolate in double boiler with butter. Remove from heat and add rest of ingredients. Pour into pan. Cook for 30 minutes. Let cool in pan for 10 minutes, then cool completely on cooling rack.

## **FOUR LAYER PIE**

---

*Jerre Hunter*  
*NP Dodge Real Estate*

2 C. graham cracker crumbs	1 C. Cool Whip
3/4 stick butter, melted	1 C. powdered sugar
1/2 C. pecans, chopped	Mix with mixer and spread on top of graham cracker crumbs.
Mix and pack in casserole.	Refrigerate for 1 hour
Bake at 350° for 15 minutes.	
Refrigerate for 15 minutes.	
8 oz. pkg. cream cheese, softened	

Make 2-4 ounce packages of instant chocolate pudding and spread on top of white layer. Top with rest with 12 ounce Cool Whip and sprinkle pecans.

## **FRESH STRAWBERRY PIE**

*Kathy Steffensen*

1-9" pie shell, baked	3 tsp. strawberry flavored gelatin
2 pints fresh strawberries	1 C. water
3/4 C. sugar	Red food coloring
3 T. cornstarch	Whipped cream or Reddi Whip

Wash and stem berries. Drain well. Place berries in pie shell, arranging them carefully, placing bigger berries on top. Combine sugar, cornstarch, gelatin and water in saucepan and cook, stirring constantly until thickened and clear. Add several drops of food coloring for color. Cool for 15 minutes. Pour over berries making sure berries are all covered. Refrigerate. Top with whipped cream.

## **FROZEN BROWNIE SUNDAE**

*Ann Belt*

<b>BROWNIE:</b>	1 1/2 C. salted Spanish peanuts
1-21 1/2 oz. pkg. Pillsbury family-size Deluxe fudge brownie mix	<b>TOPPING:</b>
1/2 C. very-hot tap water	2 C. powdered sugar
1/2 C. oil	2/3 C. chocolate chips
1 egg	1 C. evaporated milk
<b>FILLING:</b>	1/2 C. margarine or butter
1/2 gal. vanilla or chocolate mint ice cream, slightly softened	1 tsp. vanilla

Preheat oven to 350°. Grease bottom only of a 9x13" pan.

**BROWNIE:** In large bowl, combine all brownie ingredients. Beat 50 strokes by hand. Spread in prepared pan. Bake at 350° for 33 to 35 minutes. Do not overbake. Cool completely.

**FILLING:** Spread softened ice cream evenly over cooled brownies; top with peanuts. Place in freezer until firm.

**TOPPING:** In medium saucepan, combine powdered sugar, chocolate chips, milk and margarine. Bring to a boil; cook for 8 minutes, stirring constantly. remove from heat; stir in vanilla. Let cool 1 hour; pour over peanuts. Freeze until firm. Yield: 24 servings.

## **GERMAN CHOCOLATE CARMEL BROWNIES**

*Andrea Barnes*

1 pkg. German chocolate cake mix  
3/4 C. butter, melted  
1/3 C. evaporated milk  
1 bag caramels  
1/3 C. evaporated milk

Melt caramels and 1/3 cup evaporated milk in microwave until smooth. Mix the cake mix, melted butter and 1/3 cup evaporated milk. Press 2/3 into greased 9x13" pan and bake at 350° for 18 minutes. Pour caramels over cake dot with remaining cake and bake for 6 minutes.

## **GERMAN'S SWEET CHOCOLATE PIE**

*Katie Nelson  
MRN*

1-4 oz. pkg. Baker's German Sweet chocolate  
1/3 C. milk, divided  
4 oz. Philadelphia cream cheese, softened  
2 T. sugar  
1-8 oz. tub Cool Whip, whipped topping, thawed  
1-6 oz. Honey Maid Graham Pie Crust

Microwave chocolate and 2 tablespoons of the milk in large microwave bowl on high 2 minutes or until chocolate is almost melted; stirring after 1 minute. Stir until chocolate is completely melted. Add cream cheese, sugar and remaining milk; beat with wire whisk until well blended. Refrigerate about 10 minutes to cool. Gently stir in whipped topping until well blended. Spoon into crust. Freeze 4 hours or until firm. Garnish as desired. Let pie stand at room temperature or in refrigerator about 15 minutes before serving for easier cutting.

## **GRANDMA BROWN'S SOUR CREAM AND CHERRY PIE**

*Shannon Stafford  
Council Bluffs Service  
League*

1 can tart cherries  
1 1/2 C. sugar  
8 T. flour  
1 C. thick sour cream  
1 ready-made pie crust

(continued on next page)

Drain cherries and set juice aside. Put cherries in pie crust. Mix 1 cup sugar and 5 tablespoons flour and scatter over cherries. Drizzle 1/4 cup cherry juice over cherries. Mix remaining flour and sugar with sour cream and pour over top (push over against crust). Bake at 350° for 45 minutes to 1 hour.

## **GREEN CAKE**

*Paulette Cramer*

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 white cake mix                  | 4 well beaten eggs      |
| 1 C. oil                          | 1 tsp. vanilla          |
| 1 C. club soda                    | 1/2 tsp. almond extract |
| 2 boxes instant pistachio pudding |                         |

Mix all ingredients together, bake in greased angel food cake pan at 350° for 40 to 45 minutes. Refrigerate before frosting.

### **FROSTING:**

- 1 box instant pistachio pudding
- 1 envelope lucky whip
- 1 cup sour cream
- 1 cup cold milk

## **GRONSTAL BROWNIES**

*Matt Gronstal*

- |                    |                        |
|--------------------|------------------------|
| 2 sticks butter    | 1 tsp. vanilla         |
| 2 eggs             | 2 C. flour             |
| 1/2 C. white sugar | 1/2 tsp. baking soda   |
| 1 C. brown sugar   | 1 pkg. chocolate chips |

Cream butter. Mix eggs, sugars and vanilla. Add to butter and mix well. Add flour and baking soda. Stir in chocolate chips. Spread in 9x13" pan. Bake 10 minutes at 350°. Stir mixture in pan and bake 2 to 5 minutes more. Do not overbake.

## **HOMEMADE ICE CREAM**

*Jerre Hunter*

- |                      |                 |
|----------------------|-----------------|
| 4 eggs               | 2 half and half |
| 2 1/2 C. sugar       | 1/2 T. vanilla  |
| 1 can Carnation milk |                 |

(continued on next page)

Mix well and place in ice cream freezer. Fill the rest of the freezer up with whole vitamin D milk. Put lid on and start the freezing process. You can add fresh fruit to this recipe; I have used peaches, strawberries... ummmm!

## **KEY LIME PIE**

***Beckie Hewett***

### **CRUMB CRUST:**

3/4 C. gingersnap crumbs

3/4 C. graham cracker crumbs

4 T. butter, melted

1-14 oz. can sweetened  
condensed milk

5 large egg yolks

3 lime slices, each cut in half, for  
garnish

### **LIME FILLING:**

12 to 16 key limes, or 3 to 4  
regular (Persian) limes

**PREPARE CRUMB CRUST:** In 9" glass pie plate, with fork, mix crumbs and butter until crumbs are evenly moistened. Press mixture firmly onto bottom and up side of pie plate. Preheat oven to 375°.

**PREPARE LIME FILLING:** From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice. In medium bowl, with wire whisk or fork, mix condensed milk with lime peel and juice and egg yolks until combined. Pour filling into prepared crust; smooth top. Bake pie 15 to 20 minutes or just until filling is firm. Cool pie on wire rack 45 minutes, then cover and refrigerate 3 hours or until well chilled. Garnish with lime slices or whipped cream.

## **LADY FINGERS**

***The Dodge House***

3 egg whites

1/3 C. powdered sugar

2 egg yolks

2/3 C. flour

1/8 tsp. salt

1/4 tsp. vanilla

(continued on next page)

Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape 4 1/2" long and 1" wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar, and bake 8 minutes in a moderate oven. Remove from paper with a knife. Lady Fingers are much used for lining molds that are to be filled with whipped cream mixtures. They are often served with frozen desserts, and sometimes put together in pairs with a thin coating of whipped cream between, then they are attractive for children's parties.

SPONGE DROPS: Drop Lady Finger mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar, and bake 8 minutes in a moderate oven.

ADJUSTED RECIPE: Use 3 egg yolks to make them more tender. May be baked in Teflon muffin tins or on pan lined with waxed paper. You do not need to sprinkle with powdered sugar and jelly may be substituted for the whipped cream, at 325° oven.

## **MARGUERITES**

*The Dodge House*

Unsalted wafers  
1 egg white

3 T. granulated sugar  
Finely chopped nuts

Beat egg whites with sugar, spread on wafers and top with nuts. Bake at 350° for 10 to 12 minutes, until a light brown. Regular saltines may also be used.

## **MEXICAN FRUITCAKE**

*Mary Lu Reelfs  
Alumni*

2 C. flour  
2 C. sugar  
2 eggs  
2 tsp. baking soda  
20 oz. crushed pineapple with  
juice

Pecans or nuts  
FROSTING:  
8 oz. cream cheese  
1 stick butter  
2 to 3 C. powdered sugar

Mix all ingredients and place in greased 9x13" pan. Bake at 325° for 40 minutes. When cooled, frost.

## **MINI CHERRY CHEESECAKES**

*Kyla Alba*  
*Parent Coordinator, AEA 13*

18 vanilla wafers	1/2 C. sugar
2-8 oz. cream cheese	1 tsp. vanilla
2 eggs, beaten	1 can cherry pie filling, chilled

Put 1 vanilla wafer in each cupcake liner-flat side down. Beat cream cheese, eggs, sugar and vanilla until well blended/mixed. Fill cupcakes 2/3 full with mixture. Bake 15 minutes at 375°. Cool. Put 1 tablespoon of cherry pie filling on each cheesecake.

## **MONSTER BARS**

*Amy Kline*

1 stick butter, softened	4 1/2 C. oatmeal (quick oats)
1 C. brown sugar	2 tsp. baking soda
1 C. sugar	3/4 C. semi-sweet chocolate chips
1 2/3 C. peanut butter	3/4 C. M&M's
3 eggs	
1 tsp. vanilla extract	

Mix together butter, sugars and peanut butter. Add eggs and mix until creamy. Add vanilla extract and baking soda and mix well. Add oatmeal, chocolate chips and M&M's and mix until blended in. Bake 350° in jelly roll pan for 18 to 20 minutes or at 350° as cookies for 20 minutes.

## **PEACH COBLER**

*Melissa Walden*

7 or 8 fresh peaches	1 C. buttermilk
1 stick butter	1 C. sugar
1 C. sugar	1/2 to 1 C. water
1 C. self-rising flour	

Mix in a bowl: 7 or 8 peaches, sliced, 1 cup sugar and 1/2 to 1 cup water. Melt a stick of butter in a 9x13" pan. Mix in another bowl 1 cup self-rising flour, 1 cup buttermilk and 1 cup sugar. Pour peaches over butter and batter over peaches. Bake at 350° for approximately 40 minutes (until golden and bubbly).

## PEPSI CAKE

*Joyce Schoepner  
Mother of Donna  
Schoepner  
and Diane Ostrowski*

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- |                              |   |
|------------------------------|---|
| 2 C. unsifted flour          | 1 tsp. vanilla  |
| 2 C. sugar                   | 3 T. cocoa  |
| 2 sticks butter or margarine | 1/2 C. buttermilk (can substitute<br>this with a cup of regular milk<br>and 1 tsp. lemon juice) |
| 1 C. Pepsi                   | 1 1/2 C. miniature marshmallows   |
| 2 beaten eggs                |   |
| 1 tsp. soda                  |   |

Combine flour and sugar. Melt butter, cocoa and Pepsi until boiling and then pour over the flour and sugar mixture. Mix thoroughly and add remaining ingredients. Bake at 350° for 25 to 30 minutes. Cool, frost and enjoy!

## PRUNE PLUM PIE

*Kathy Turk*

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- |                                |                         |
|--------------------------------|-------------------------|
| 3 1/2 C. plums (Italian plums) | 1 T. lemon juice        |
| 1/2 C. sugar                   | 2 T. melted butter      |
| 1/4 C. flour                   | 9" unbaked pastry shell |
| 1/4 tsp. salt                  |                         |

Wash and dry plums, remove pits and cut in quarters. Combine sugar, flour and salt. Add to plums, add lemon juice and butter. Mix lightly. Spoon into pastry shell (unbaked). Mix crumb topping together, 3/4 cup flour, 1/2 cup sugar. Cut in 1/2 cup butter or oleo until fine crumbs. Sprinkle over top of fruit. Bake in hot oven (425°) for 10 minutes. Reduce heat to 350° and bake until filling is tender (about 20 minutes).

## **PUMPKIN BARS**

***Gerri Baxter  
Lisa Gronstal***

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- |                      |                     |
|----------------------|---------------------|
| 1 C. oil             | 1 tsp. salt         |
| 2 C. sugar           | 2 tsp. soda         |
| 4 eggs               | 1 1/2 tsp. cinnamon |
| 1-16 oz. can pumpkin | 3 C. powdered sugar |
| 3 oz. cream cheese   | 6 T. soft butter    |
| 2 to 3 T. milk       | 1 tsp. vanilla      |
| 2 C. flour           |                     |

Mix oil, sugar and eggs. Add flour, salt, soda and cinnamon. Add can pumpkin. Put in large bar pan. Bake at 350° for 25 to 30 minutes, or until toothpick comes out clear.

FOR FROSTING: Mix powdered sugar, butter, cream cheese, vanilla and milk. Spread over cooled bars.

## **PUMPKIN CAKE**

***Jami Devine***

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- |   |  |
|---|--|
| Mix with a large fork in a large mixing bowl the following: | 1 1/2 C. sugar                           |
| 1 large can (or 2 small) pumpkin                            | 1/2 tsp. salt                            |
| 1 large evaporated milk                                     | 1/2 tsp. each: ginger, clove, and nutmeg |
| 3 eggs  | 2 tsp. cinnamon                          |

Pour into a 9x13" pan. Sprinkle by hand 1 box yellow cake mix over top, pour 2 sticks melted butter over top. (If you like nuts, sprinkle 1 1/2 cups over the cake, before the butter.) Bake at 350° for 1 hour. This is so easy to make, and everyone LOVES it!

## **QUICK TRIPLE CHOCOLATE CAKE**

***Nancy Schulze***

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- |   |                      |
|---|----------------------|
| 1 pkg. (2 layer size) chocolate cake mix            | 4 eggs               |
| 1 pkg. (4 oz. size) jello chocolate instant pudding | 1 1/4 C. water       |
|   | 1/4 C. oil           |
|   | 1 C. chocolate chips |

Combine all ingredients in 13x9" pan and stir with fork until blended, 2 minutes. Bake at 350° for 40 to 45 minutes. Cool and cut into squares. Sprinkle with confectioners sugar or frost.

## **RUM CAKE**

*Andrea Barnes*

1 pkg. white cake mix	1/2 C. chopped nuts
1 pkg. instant vanilla pudding	GLAZE:
4 eggs	1 C. sugar
1/2 C. light rum	1/4 C. rum
1/2 C. water	1 stick butter
1/2 C. oil	1/8 C. water

Grease bundt pan with butter. Fill bottom of bundt pan with chopped nuts. Mix all ingredients until well blended and pour batter over chopped nuts. Bake at 325° for 50 minutes. When glaze is just about done start glaze. Bring glaze ingredients to a boil. Pour over hot cake after removing from oven. Cool cake and turn it out onto a plate. If cake sticks, put in a 300° oven for 5 minutes. It will come out easy.

## **SOUR CREAM RAISIN BARS**

*Connie Vogelzang*

1 3/4 C. oatmeal	4 egg yolks, beaten
1 3/4 C. flour	1 1/2 C. sugar
1 C. brown sugar	3 T. cornstarch
1 tsp. soda	2 C. raisins
1 C. margarine	2 C. sour cream

Preheat oven to 350°. Mix oatmeal, flour, brown sugar, soda and margarine until crumbly. Put in 9x13" pan, saving 1 1/2 cups. Bake 10 minutes. While baking mix remaining ingredients and bring to boil over medium heat stirring constantly. Boil until thickened. Remove from heat and pour over crust. Top with remaining crust mixture and bake 20 minutes.

These bars freeze well and taste just like sour cream raisin pie!

## **STRAWBERRY CREAM SQUARES**

*Cindy Cox*

2 to 3 oz. pkgs. of strawberry jello	1-13 oz. can crushed pineapple
2-10 oz. pkgs. frozen strawberries	2 large ripe bananas
	8 oz. sour cream

(continued on next page)

Dissolve packages of jello in 2 cups boiling water. Add frozen strawberries. Stir occasionally until thawed. Add crushed pineapple, drained and 2 bananas finely sliced. Pour 1/2 into 8x8" pan, chill until firm. Frost with sour cream then pour remaining jello mix over top and chill.

## **STRAWBERRY MARGARITA CAKE**

*Chef Jim  
Horseshoe Casino*

1-18.25 oz. pkg. white cake mix	3/4 C. strawberry margarita mix
3 egg whites	1-16 oz. container frozen whipped topping, thawed
1/2 C. water	2 T. grated lime zest
1/3 C. vegetable oil	

Preheat oven to 350°. Grease and flour a 9x13" pan. In a large bowl, stir together cake mix, egg whites, oil, water and margarita mix. Pour batter into prepared pan. Bake in the preheated oven for 25 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool. Frost cooled cake with whipped topping and sprinkle lime zest over top. Refrigerate until serving.

## **STRAWBERRY PIE**

*Kathy Turk*

1-3 oz. pkg. sugar-free cook and serve vanilla pudding	1 1/2 C. water
1-3 oz. pkg. sugar free strawberry jello	Fresh strawberries
	Graham cracker crust

Mix above ingredients except strawberries and bring to a rolling boil over medium heat. Remove from heat. Let cool. Cut strawberries crosswise or sides and place in crust. Pour pudding mixture over fruit. Cover top with fat free Cool Whip. Refrigerate.

## **STRAWBERRY PIZZA**

*Shirley Belt*

### **CRUST:**

1 cube butter, room temperature  
1 C. flour  
1/4 C. powdered sugar

### **FILLING:**

8 oz. cream cheese  
1/2 C. sugar

### **GLAZE:**

1 C. fresh strawberries\*\*  
1/2 C. water  
3/4 C. sugar  
2 T. cornstarch  
2 T. lemon juice

**CRUST:** Blend well and pat into a pizza pan. Bake in preheated 350° oven until golden. Cool.

**FILLING:** Blend well, spread mixture over baked crust.

**GLAZE:** In saucepan, combine fruit and water; bring just to a boil; reduce heat and simmer 2 minutes. Strain fruit, reserve juice. Combine sugar and cornstarch, gradually add reserved juice. Cook, over medium heat stirring constantly until thick and clear. Cool slightly; add lemon juice. Arrange fruit on filled pastry, gently pour glaze over fruit in pastry shell. Chill.

\*\*2-10 ounce packages of frozen berries (thawed) and juice from berries plus water to make 1 cup can be used in place of fresh. using only 1/4 cup of sugar instead of 1/2 cup may be used to replace the first 3 ingredients of glaze.

## **STRAWBERRY PRETZEL DESSERT**

*Rose Clausen*

3 T. sugar  
2 C. crushed pretzels  
3/4 C. melted butter  
1 C. whipped cream  
1/2 C. powdered sugar

8 oz. cream cheese  
2 C. mini marshmallows  
2-3 oz. pkg. strawberry jello  
2 C. boiling water  
2-10 oz. pkg. frozen strawberries

Mix sugar, pretzels and butter. Press into 9x13" pan. Bake at 350° for 15 minutes. Cool. Whip the whipping cream. Whip cream cheese and powdered sugar separately. Fold in cream and marshmallows. Spread mixture on baked layer. Dissolve jello in boiling water. Add strawberries and chill until slightly thickened. Spread over cheese mixture; chill.

**SUBSTITUTIONS:** Cool Whip for whipped cream, 1 strawberry jello and 1 raspberry jello.

## **RHUBARB DREAM DESSERT**

*Jeanette Schierbrock*

CRUST: Blend together.

1 C. flour  
5 T. powdered sugar  
1/2 C. butter

TOPPING: Mix together.

2 beaten eggs  
1 1/2 C. granulated sugar  
1/4 C. flour  
3/4 tsp. salt  
2 C. firmly chopped rhubarb

Press mixed dough into an ungreased 8x8" pan and bake at 350° for 15 minutes. Then spoon topping onto crust and bake 35 minutes at 350°. Serve warm with cream, plain, or with whipped cream. My household loves ice cream!

## **TURTLE CAKE**

*Amy Kline*

14 oz. Kraft caramels  
2/3 C. evaporated milk  
18 1/2 oz. pkg. Swiss chocolate  
cake mix

3/4 C. melted butter  
6 oz. pkg. semi-sweet chocolate  
chips

Combine caramels and 1/3 cup evaporated milk and melt on stove or in microwave. Combine cake mix, butter and 1/3 cup evaporated milk and beat 2 minutes at medium speed. Spread half of batter in greased 9x13" pan. Bake 6 minutes at 350°. Cool for 2 minutes. Spread caramel mixture over baked layer. Sprinkle with chocolate chips. Drop rest of batter by spoonfuls over cake. Bake at 350° for 18 minutes. Cool, cut, eat and enjoy!

## **WHOOPIE PIES**

*Andrea Barnes*

Can be halved.  
COOKIE:  
2 C. sugar  
1 C. shortening  
2 eggs  
1 T. vinegar + enough milk to  
equal 1 C.  
1 C. hot water  
4 C. flour  
1 C. cocoa

2 tsp. salt  
2 tsp. baking soda  
FILLING:  
2 egg whites  
4 T. milk  
4 T. flour  
4 C. powdered sugar  
1 1/4 C. shortening  
2 tsp. vanilla

(continued on next page)

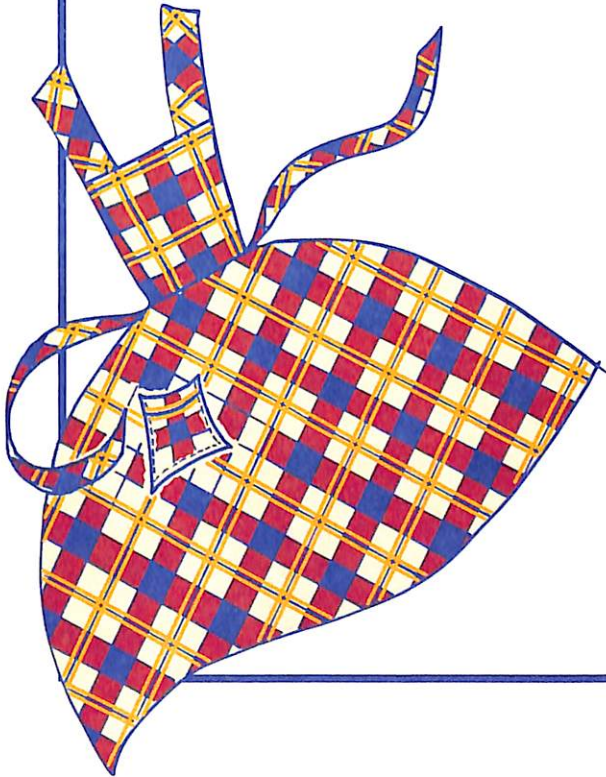
**COOKIE:** Cream the sugar and 1 cup shortening. Add eggs and beat well. Alternate the sour milk and hot water with the dry ingredients (flour, cocoa, salt, soda). Drop by scant spoonful on lightly greased baking sheet. Bake at 400° for 8 minutes. Cool.

**FILING:** Beat egg whites until stiff. Add vanilla, milk and flour. Beat again. Add 2 cups powdered sugar beat again. Add shortening and remaining 2 cups powdered sugar and beat. Spread between 2 cookies and enjoy.

*Cookies*

*&*

*Candies*





## **BUTTERFINGER COOKIES**

*Jolene Miller*

1/2 C. butter	1 C. flour
3/4 C. sugar	1/2 tsp. soda
2/3 C. packed brown sugar	1/4 tsp. salt
2 egg whites	5 (2.1 oz.) butter
1 1/4 C. peanut butter	Finger candy bars, crushed
1 1/2 tsp. vanilla	

Cream butter and sugars. Add egg whites. Beat well. Add peanut butter and vanilla. Combine flour, soda, and salt. Add to creamed mixture. Stir in candy bars. Shape batter into 1 1/2" balls. Bake on an ungreased cookie sheet at 350° for 10 to 12 minutes on cookie sheets before removing to cool.

## **BUTTER/SUGAR COOKIES**

*Kelly Alfors*

2 C. powdered sugar	2 tsp. vanilla
2 C. sugar	2 tsp. salt
2 C. butter	2 tsp. soda
1 1/2 C. vegetable oil	2 tsp. cream of tartar
4 eggs	8 C. flour

Cream sugars, butter and oil. Add eggs, one at a time. Mix until fluffy. Add dry ingredients. Put on ungreased cookie sheets. Press with glass. Bake at 375° for 10 minutes. Makes 6 dozen.

## **BUTTER TOFFEE**

*Kathy Steffensen*

2 1/4 C. sugar	1 1/2 C. almonds, chopped
1 tsp. salt	1/2 C. pecans
1/2 C. water	Chocolate wafers or Hershey's milk chocolate chips
1 1/4 C. butter	

Bring to a boil and cook until butter is melted. Add 1 cup almonds and cook at 290° and stir constantly. Remove from heat and add 1/2 cup almonds and 1/2 cup pecans. Put in pan and top with chocolate coated wafers. (Toffee is hot enough to set the chocolate wafers on so that they will melt themselves.) If you don't have chocolate wafers you can use Hershey's milk chocolate chips.

## **CARAMELS**

*Kathy Turk*

- |                  |                |
|------------------|----------------|
| 2 C. brown sugar | 1 C. milk      |
| 1 C. white sugar | 1 C. butter    |
| 1 C. white syrup | 1 tsp. vanilla |
| 1 C. cream       |                |

Boil the first 6 ingredients until firm ball (244° to 248°). Remove from heat and add 1 teaspoon vanilla. Pour into buttered 9x13" pan. While still warm cut into 1" squares. When cool, wrap Saran Wrap around each piece.

## **CAROL'S FROSTED CASHEW COOKIES**

*Ann Belt*

- |                           |                          |
|---------------------------|--------------------------|
| 1/2 C. butter (or oleo)   | 1/2 C. sour cream        |
| 1 C. brown sugar (packed) | 1 1/2 C. cashews         |
| 1 egg                     | FROSTING:                |
| 1/2 tsp. vanilla          | 1/2 C. butter (not oleo) |
| 2 C. flour                | 3 T. cream               |
| 3/4 tsp. baking soda      | 1/2 tsp. vanilla         |
| 3/4 tsp. baking powder    | 2 C. powdered sugar      |
| 1/4 tsp. salt             |                          |

Cream oleo and sugar until fluffy. Add egg and vanilla; beat. Add dry ingredients: flour, baking soda, baking powder and salt with sour cream; add nuts. Drop by teaspoons. Bake 10 minutes at 375° on cookie sheet sprayed with Pam.

FROSTING: Lightly brown butter, remove from heat. Add cream and beat in vanilla and powdered sugar.

Note: I usually double the recipe.

## **CHERRY MASH BARS**

*Edith Hall*

- |                              |                             |
|------------------------------|-----------------------------|
| 2 C. sugar                   | 1 C. cherry chips           |
| 2/3 C. milk                  | 1 tsp. vanilla              |
| 1/2 C. butter                | 12 oz. chopped peanuts      |
| 12 regular size marshmallows | 12 oz. milk chocolate chips |
| 1/4 tsp. salt                | 3/4 C. creamy peanut butter |
- (continued on next page)

In saucepan over low heat, combine chocolate chips, peanut butter and peanuts. When melted, pour half of mixture in bottom of 9x13" pan. Let sit. In saucepan boil sugar, milk, butter, marshmallows and salt for 5 minutes stirring constantly. Remove from heat, add cherry chips, vanilla and 1/2 peanuts. Pour over chocolate in pan. Let set. Pour remaining chocolate over top. Cool. Cut into squares. Makes 3 dozen.

## **CHOCOLATE CHIP OATMEAL COOKIES**

*Kristin Camp  
Alumni*

1 C. butter, softened or melted	1 tsp. baking powder
3/4 C. sugar	1 tsp. baking soda
3/4 C. brown sugar	1 tsp. salt
2 eggs	2 C. oatmeal
1 tsp. vanilla	1 C. chocolate chips
2 C. flour	

Combine all ingredients and drop by spoonfuls onto greased (or parchment paper-lined) cookie sheets. Bake at 350° for 8 or 9 minutes until golden brown. Also yummy if you add pecans, or substitute butterscotch chips.

Grandmother Pauline Ward's recipe that never fails to please anyone who tastes them!

## **CHOCOLATE COVERED CHERRY COOKIES**

*Beckie Hewett*

1 1/2 C. all-purpose flour	1 egg
1/2 C. unsweetened cocoa powder	1 1/2 tsp. vanilla
1/4 tsp. salt	1-10 oz. jar maraschino cherries (48 cherries)
1/4 tsp. baking powder	1-6 oz. pkg. semi-sweet chocolate pieces
1/4 tsp. baking soda	1/2 C. sweetened condensed milk
1/2 C. butter, softened (1 stick)	
1 C. sugar	

(continued on next page)

In a large bowl stir together flour, cocoa, salt, baking powder and baking soda. In mixer bowl beat together butter and sugar at low speed until fluffy. Add eggs and vanilla, beat well. Gradually add dry ingredients to creamed mixture, beat until well blended. Shape dough into 1" balls, place on ungreased cookie sheet. Press down center of dough with thumb. Drain cherries, reserve juice. Place cherry in the center of each cookie. In small saucepan combine chocolate pieces and condensed milk, heat until chocolate is melted. Stir in 4 teaspoons of the cherry juice. Spoon about 1 teaspoon of frosting over each cherry, spreading to cover cherry. Bake in a 350° oven about 10 minutes or until done. Remove to wire rack and cool. Makes 48 cookies.

## **CHOCOLATE SANDWICH COOKIE**

*Bev Patten*

### **COOKIE:**

2 pkgs. Devils food cake mix - no pudding  
4 eggs  
1 C. vegetable oil  
1 tsp. vanilla

### **FILLING:**

8 oz. cream cheese, softened  
1/4 C. butter, softened  
2 1/2 C. powdered sugar  
1 tsp. vanilla

Mix cake mixes, eggs, oil and vanilla - dough will be thick. Drop from small cookie scoop on cookie sheet that has been sprayed. Bake at 350° for 10 to 12 minutes. Cool 5 minutes on pan before removing.

FILLING: Cream cheese and butter until smooth. Add powdered sugar and vanilla. Spread filling on 1 cookie and to with another. Chill finished cookies. Can be frozen. Yield: 3 dozen.

## **COCONUT COOKIES**

*Karen Stonehouse*

1 C. sugar

1/2 C. butter

1/2 C. Crisco

1/2 tsp. salt

1 tsp. vanilla

1 1/2 C. flour

1/2 tsp. baking soda

1 C. coconut

Cream sugar and shortening, add rest of ingredients. Roll into little balls and press down with a fork. Bake at 350° until lightly browned (10 to 12 minutes).

## **COOKIE PIZZA**

*Sheryl Genereux*

1-18 oz. pkg. refrigerated sugar cookie dough	2 C. M&M's
2 C. semi-sweet chocolate chips	2 C. miniature marshmallows
1-14 oz. can sweetened condensed milk	1/2 C. peanuts

Preheat oven to 375°. Press cookie dough into a 12" pizza pan. Bake 10 minutes or until golden brown. Remove from oven. In medium sized saucepan, melt chips with sweetened condensed milk. Spread over crust. Sprinkle with M&M's, marshmallows, and peanuts. Bake 4 minutes or until marshmallows are lightly toasted. Cool. Cut into wedges.

## **DIVINITY**

*Christena Dieatrick*

2 2/3 C. sugar	1/2 C. water
2/3 C. white sugar	2 egg whites, beaten

Boil sugar and water until hard crack stage. This is when it hits water, it turns like glass. Slowly pour in 2 beaten egg whites. Beat until it holds its shape when dropped by teaspoonful onto waxed paper. If you wish, you can add food color to the syrup mixture when cooking. Add nuts before spooning or top each piece with a nut.

## **FUDGE FAIRY FUDGE**

*Marcia Antworth*

2 sticks unsalted butter	1/2 C. cocoa
1 small Velveeta cheese (smallest size)	1 to 2 lb. powdered sugar
1/2 tsp. vanilla	Nuts, optional

IN separate bowl, melt powdered sugar, cocoa, nuts. Melt butter, cheese and vanilla. Add to powdered sugar/cocoa mix. Stir quickly. Pour in a greased 9x13" pan and spread. Sets quickly. Chill and cut.

## **GUM DROP COOKIES**

*Shirley Hutchison*

4 eggs	1 C. nuts
2 1/4 C. brown sugar	1 tsp. cinnamon
1/2 tsp. salt	2 T. water
2 C. flour	18 gum drops, cut up

Mix in large bowl. Spread in 9x12" cake pan. Bake 30 minutes at 350°.

## **ICED PUMPKIN COOKIES**

*Jen McDaniel*

<b>COOKIES:</b>	1 C. canned pumpkin purée
2 1/2 C. all-purpose flour	1 egg
1 tsp. baking powder	1 tsp. vanilla extract
1 tsp. baking soda	<b>ICING:</b>
2 tsp. ground cinnamon	2 C. confectioners sugar
1/2 tsp. ground nutmeg	3 T. milk
1/2 tsp. ground cloves	1 T. melted butter
1/2 tsp. salt	1 tsp. vanilla extract
1 1/2 C. white sugar	

**TO MAKE COOKIES:** Preheat oven to 350°. Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves and salt. In a separate bowl, cream together the 1/2 cup butter and white sugar. Add pumpkin, egg and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly. Bake for 15 to 20 minutes. Cool cookies, then drizzle glaze with fork.

**TO MAKE GLAZE:** Combine confectioners sugar, milk, 1 tablespoon melted butter and 1 teaspoon vanilla. Add milk as needed to achieve drizzling consistency.

## **MAMA'S PEANUT BUTTER COOKIES**

*Sharon Stafford  
Council Bluffs Service  
League*

1/4 C. shortening	1 1/4 C. flour
1/4 C. soft butter	1/4 tsp. baking powder
1/4 C. sugar	3/4 tsp. baking soda
1/4 C. brown sugar	1/4 tsp. salt
1 egg	

Mix all ingredients. Chill dough. Roll into balls. Place 3" apart on lightly greased cookie sheet. Flatten with fork dipped in flour, crisscross. Bake until set, not hard, at 375° for 10 to 12 minutes.

## **MELT IN YOUR MOUTH SUGAR COOKIES**

*Dianna Dieatrick*

<b>BEAT WELL:</b>	<b>ADD:</b>
1 C. butter	1/4 tsp. salt
2 C. white sugar	2 to 3 tsp. vanilla
Add and beat well after each addition.	5 C. flour
2 eggs	2 tsp. soda
1 C. salad oil	2 tsp. cream of tartar

Beat well to mix. Roll teaspoon of mix in balls. Place on greased cookie sheet. Dip small glass or cookie press in sugar and press each cookie 1/4" flat or crisscross with a fork. Bake at 350° for 10 minutes or until slightly brown around edges. Do not over bake. Cookies freeze well.

## **MICROWAVE PEANUT BUTTER**

*Kathy Turk*

1 1/2 C. raw peanuts	1/8 tsp. salt
1 C. sugar	1 T. butter
1/2 C. white syrup	1 tsp. soda
1 tsp. vanilla	

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Mix together peanuts, sugar, syrup and salt in 1 1/2-quart casserole. Microwave on high 4 minutes. Take out and stir. Microwave 3 more minutes. Add batter and stir. Microwave 2 or 3 minutes more until peanuts are golden brown. Stir in soda and vanilla. Pour out onto a buttered cookie sheet. Spread as thin as possible. When cool break into pieces.

## **NEIMAN-MARCUS COOKIES**

*Loree Hackett*

2 C. butter	1-8 oz. Hershey bar, grated
24 oz. chocolate chips	5 C. blended oatmeal
4 C. flour	4 eggs
2 C. brown sugar	2 tsp. baking powder
2 tsp. salt	2 tsp. vanilla
2 C. sugar	3 C. chopped nuts (your choice)

Measure oatmeal, blend in a blender to a fine powder. Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place 2" apart on a cookie sheet. Bake at 375° for 10 minutes. Makes 112 cookies.

## **NO BAKE COOKIES**

*Loree Hackett*  
*Debbie Underwood*

2 C. sugar	1 stick margarine
1/2 C. milk	3 C. oatmeal
1/2 C. cocoa	1/2 C. peanut butter
1/2 tsp. salt	

Mix sugar, milk, cocoa, salt and margarine in saucepan. Boil and cook 3 minutes. remove from heat. Add other ingredients. Drop spoonfuls on wax paper and let cool.

## **ORANGE CRANBERRY COOKIES**

*Kathy Turk*

1/4 C. margarine	1/4 tsp. baking soda
1 egg	1/8 tsp. cream of tartar
3 T. frozen orange juice concentrate	Dash of salt
3/4 C. all-purpose flour	1 tsp. orange peel
1/4 C. rolled oats	1/2 C. dried cranberries
1/2 C. Splenda	1/2 C. chopped walnuts

Cream margarine. Beat in egg and frozen orange juice concentrate. Combine flour, rolled oats, Splenda, baking soda, cream of tartar, and orange peel in a separate bowl. Add dry ingredients into creamed mixture and mix well. Stir in dried cranberries and chopped walnuts. Drop by teaspoon onto nonstick cookie sheet. Bake at 375° for 8 to 10 minutes until bottoms are lightly brown. Cool on a wire rack.

## **PEANUT BRITTLE**

*J. J. Harvey*

2 C. sugar	2 C. raw Spanish peanuts
1 C. white syrup	2 tsp. baking soda
1 C. water	1 T. butter
1/4 tsp. salt	

Using a candy thermometer, heat sugar, syrup, water and salt in 3-quart saucepan to 235°. Add peanuts. Cook, stirring constantly to 294°. Remove from heat; add baking soda and butter. Stir until candy foams to top of pan and pour into greased jelly roll pan. Let cool to room temperature before breaking up. Store in airtight container. EXPEDITING TIP: Heat raw peanuts for 2 minutes in microwave before adding to 235° mixture.

## **PEANUT CLUSTERS**

*Kathy Turk*

1 lb. white almond bark	1 lbs. salted peanuts
1 lb. milk chocolate chips	

Melt bark in double boiler, then chips and peanuts. Spoon over wax paper or foil. Let set up and enjoy.

## **PULL TAFFY**

*Christena Dietrick*

3 C. sugar	1/2 C. water
1/2 C. vinegar	1 tsp. vanilla
2 T. butter	1/2 tsp. soda

Boil sugar, vinegar, butter, and water until spins a thread and turns brittle when dropped into cup of cold water. Add vanilla and soda. Pour immediately onto buttered platter. When cool, turn in edges and grease hands with butter and pull until changes color. As is it will turn milk white. Add food color to syrup as it is cooking if desired. It will get lighter in color as it is pulled. Work fast; don't get burned. Lay pulled pieces on wax paper when done.

## **SCOTCH-A-ROOS**

*Lesa Socha*

1 C. white sugar  
1 C. white Karo syrup  
Bring to boil, remove from heat  
and stir in:  
1 C. peanut butter  
6 C. Rice Krispies cereal

TOPPING:  
1/2 bag chocolate chips  
1/2 bag butterscotch chips  
Melt together, spread on treats  
and cut immediately.

## **SENSIBLY DELICIOUS CHOCOLATE CHIP COOKIES**

*Katie Nelson*

3 C. all-purpose flour	1 tsp. vanilla extract
1 1/2 tsp. baking soda	2 egg whites
1 tsp. salt	1/2 C. water
1 1/4 C. packed dark brown sugar	2 C. (12 oz. pkg.) Nestle Toll House semi-sweet chocolate morsels
1/2 C. granulated sugar	1/3 C. chopped nuts, optional
1/2 C. (1 stick) margarine, softened	

(continued on next page)

Combine flour, baking soda and salt in medium bowl. Beat together brown sugar, granulated sugar, margarine and vanilla extract in large mixer bowl. Beat in egg whites. Gradually beat in flour mixture alternately with water. Stir in morsels and nuts. Drop by rounded tablespoon onto lightly greased baking sheets. Bake in preheated 350° oven for 10 to 12 minutes or until centers are set. Let stand for 2 minutes; remove to wire racks to cool completely.

Note: Refrigerate batter (cookie drops) before baking. Makes about 5 dozen cookies.

## **SNICKER COOKIES**

***Michelle Kaufman***

1 C. margarine	3 C. flour
1 C. chunky peanut butter	1 tsp. baking powder
1 C. sugar	1 tsp. baking soda
1 C. brown sugar	1/2 tsp. salt
2 eggs	1 pkg. bite-size Snickers

Cream margarine, sugars, and peanut butter. Add remaining ingredients. Wrap small amount of dough around Snicker bars, roll in sugar and bake on ungreased cookie sheet. Bake at 350° for 15 minutes. Flatten with spatula when removed from oven before removing from cookie sheet.

## **SPECIAL K CEREAL BARS**

***Debbie Underwood***

6 C. Special K cereal	3 1/2 tsp. vanilla
1 1/2 C. peanut butter	1 pkg. chocolate chips
1/4 C. white Karo syrup	

Mix first 4 ingredients together. Spread in 9x13" pan. Melt chocolate chips and pour over the top.

## **TRIPLE FLAVORED BIG BATCH COOKIES**

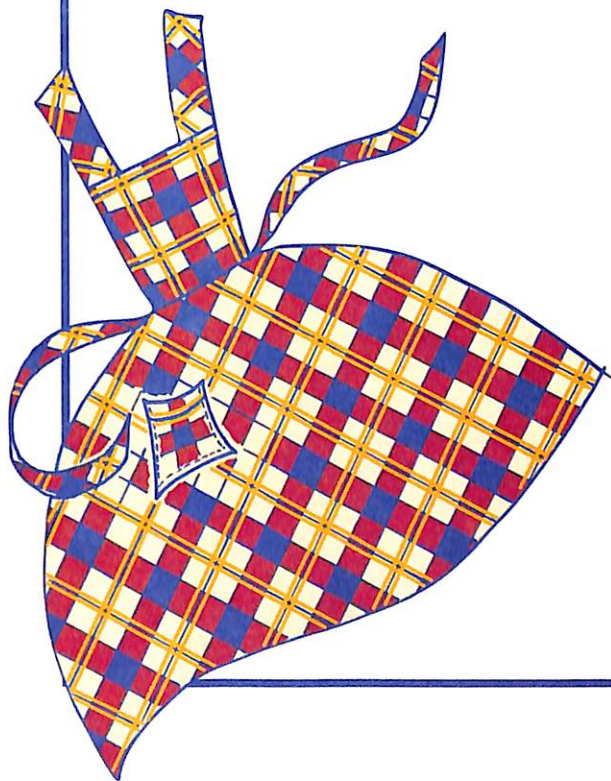
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*Michelle Kaufman*

3 C. flour	1 C. chunky peanut butter
2 C. rolled oats	1/2 C. sugar
3 T. unsweetened cocoa powder	1 1/2 C. brown sugar
2 tsp. baking soda	3 eggs
1/2 tsp. salt	2 tsp. vanilla
2 C. softened butter	3 C. semi-sweet chocolate chips

In a large bowl, stir together flour, oats, unsweetened cocoa powder, baking soda and salt. Set aside. In a very large mixing bowl, beat butter and peanut butter with mixer until smooth. Add sugar and brown sugar. Beat until combined. Beat in eggs and vanilla. Beat in as much of the flour as you can with the electric mixer. Using a wooden spoon, stir in remaining flour mixture. Stir in chocolate chips. Drop dough by rounded teaspoonfuls 2" apart onto ungreased cookie sheet. Bake at 350° for 12 to 14 minutes.

*Miscellaneous*





## **BEST EVER POPCORN BALLS**

*Lesa Socha*

3/4 C. light corn syrup	2 5/8 C. confectioners sugar
1/4 C. margarine	1 C. marshmallows
2 tsp. cold water	5 qts. plain popped popcorn

In a saucepan over medium heat, combine the corn syrup, margarine, cold water, confectioners sugar and marshmallows. Heat and stir until the mixture comes to a boil. Carefully combine the hot mixture with the popcorn, coating each kernel. Grease hands with vegetable shortening and quickly shape the coated popcorn into balls before it cools. Wrap the cellophane or plastic wrap and store at room temperature.

## **BOURBON BBQ SAUCE**

*Shirley Belt*

1 C. catsup	1/3 C. bourbon
1/4 C. molasses	1/4 C. vinegar
1 T. Worcestershire sauce	2 T. soy sauce
1/2 tsp. dry mustard	1/4 tsp. black pepper
2 cloves garlic; crushed	1 T. lemon juice

Mix all ingredients, let stand several hours before using. This sauce is especially good on ribs, pork or beef.

## **CARAMEL CHEX MIX**

1 stick margarine	1 tsp. baking soda
1 C. brown sugar	1 tsp. vanilla
1/2 C. light corn syrup	1-12 oz. box Rice Chex cereal

Combine and melt margarine, brown sugar and corn syrup in a pan. Turn off heat and add soda and vanilla. Stir until foams. Put cereal in brown paper sack that has been sprayed with cooking spray. Pour mixture over the top of cereal. Close the bag and shake. Microwave for 1 minute. Remove and shake. Microwave for 1 more minute, remove and shake. Spread cereal mixture on a cookie sheet to set up.

## **CARAMEL CORN**

*Jani Mings  
Alumni*

2 C. sugar	1 C. evaporated milk
1 C. brown sugar	1 tsp. salt
2/3 C. white Karo syrup	2 tsp. vanilla
1 stick butter	

Cook to softball all ingredients. Pour over large pan of popcorn.

## **CARAMEL CRISPIX**

*J. J. Harvey*

2 sticks butter (do not substitute)	1 C. brown sugar
	1/2 C. Karo syrup

Boil to a soft ball stage. Pour over 12 ounce box Crispix and desired amount of pecan halves. Bake at 225° for 30 minutes stirring once. Pour out on wax paper to cool.

## **CARAMEL POPCORN**

*Becky Knispel*

Large amount of popcorn	1 cans sweetened condensed milk
2 C. brown sugar	1 tsp. milk
1 C. Karo syrup	
1 cube margarine	

Pop the popcorn and set it aside. In a pot add brown sugar and Karo syrup. Stir and bring to a boil over medium heat. Add margarine and stir until it returns to a boil. Add can of sweet and condensed milk. Stir and bring to a boil. Time for 3 minutes and remove from heat and add vanilla mixing it into mixture. Immediately pour over popcorn mixing well until it's all coated.

## **CHEWY CARAMEL POPCORN**

*Gerri Baxter*

1 stick butter	1 can sweetened condensed milk
1 C. brown sugar	1 tsp. vanilla
1 C. light corn syrup	Double bag popcorn

(continued on next page)

Melt butter in a saucepan. Stir in brown sugar and dissolve. Add corn syrup and bring to a boil. Add sweetened condensed milk. Bring to soft ball stage on candy thermometer. Remove from heat and add vanilla. Pour over popcorn and stir. Can add nuts or candy to popcorn if desired.

## **CHOCOLATE SAUCE**

***Matt Gronstal***

2 squares Baker's unsweetened chocolate	2 C. sugar
1 T. butter	1 C. milk
	1/2 tsp. vanilla

Melt together chocolate and butter. Add sugar, milk and vanilla. Boil for 1 minute, then turn down to low and let it get thick. Great on top of brownies and ice cream.

## **CRANBERRY-CHERRY RELISH**

***Shirley Belt***

1 lb. fresh cranberries	Finely grated zest of 1 orange (the orange part of skin)
2 C. sugar	1 C. dried red cherries
1/2 C. fresh orange juice	
1/2 C. cranberry juice	

Pick through the cranberries, rinse, then drain well. Combine the cranberries, sugar, orange juice, cranberry juice and orange zest in a pan. Place over medium heat, boil slowly until berries pop open, about 10 minutes. Skim foam off, stir in cherries. Let cool, then refrigerate. Will last in refrigerator 1 month covered.

## **CREAM CHEESE FROSTING**

***Jill Smith***

4 C. powdered sugar	1/2 C. butter
8 oz. cream cheese	1 tsp. vanilla

Blend until smooth.

## **CREAMY GRAVY (FOR CHICKEN FRIED STEAK)**

*Katie Nelson*

Use ingredients from Chicken Fried Steak recipe      2 1/2 C. milk

Pour off all but 6 tablespoons of fat from fry pan; add 6 T. flour into pan (use any leftover seasoned flour) and blend well. Gradually stir in 2 1/2 cups milk. Cook and stir over medium heat until thickened. Season with salt and pepper. Cover steaks with gravy when served. Makes 2 cups.

## **HOMEMADE DOG TREATS**

*Amy Freking*

3 C. oatmeal (uncooked)	2 egg yolks
1 C. filtered water	2 T. raw honey
1 1/2 C. whole wheat flour	1 tsp. baking soda
1 T. parsley	2 cloves of garlic

Mix all ingredients. Spoon onto cookie sheet, bake at 350° for 15 to 20 minutes. Refrigerate for up to 2 months.

## **HOT BACON DRESSING**

*Shirley Belt*

1 pkg. sliced bacon	1/4 tsp. Coleman's mustard
1 T. brown sugar	Fresh ground black pepper
2 T. red vinegar	Dash of paprika

Cut bacon into 1" pieces. Sauté bacon in a large skillet until crisp. Remove bacon from skillet. Drain on paper towels. Remove all bacon drippings from skillet except for about 1/4 cup. Reduce heat to medium and add sugar, vinegar, mustard, pepper and paprika. Keep stirring the whole time. Bring to a boiling point and remove from heat. This dressing is delicious served on Spinach salad with lots of sliced red onion and tomatoes. Add pieces of bacon to salad before adding dressing. Pour hot dressing over salad, toss lightly and serve immediately. If the dressing gets cold after you have poured it on the salad everything is ruined. Make sure everything and everybody is ready before you pour the dressing.

## **HOT FUDGE SAUCE**

*Jeanette Schierbrock*

- |                                 |                      |
|---------------------------------|----------------------|
| 1 1/2 C. butter                 | 13 oz. half and half |
| 4 oz. unsweetened chocolate     | Dash of vanilla      |
| 1 lb. (3 1/2 C.) powdered sugar |                      |

Place butter and chocolate in double boiler; heat until melted. Mix powdered sugar, milk, and vanilla; whisk until smooth. Mix with chocolate mixture and cook on low for 30 minutes. Stir often.  
A dear friend shared this with me.

## **ITALIAN DRESSING**

*Shirley Belt*

- |                          |                               |
|--------------------------|-------------------------------|
| 1 C. vegetable oil       | 1/4 C. lemon juice            |
| 1/4 C. white vinegar     | 1 tsp. salt                   |
| 1 tsp. sugar             | 1/2 tsp. dried oregano leaves |
| 1/2 tsp. dry mustard     | 1/2 tsp. onion salt           |
| 1/2 tsp. paprika         | 1/8 tsp. thyme                |
| 2 garlic cloves, crushed |                               |

Put all ingredients together into shaker bottle. Shake well. Let stand at least 2 hours before using. Shake well.

## **PLUM TOMATO SALAD DRESSING**

*Shirley Belt  
League Member*

- |                         |                             |
|-------------------------|-----------------------------|
| 4 plum tomatoes         | 1/2 C. mayonnaise (low fat) |
| 15 fresh basil leaves   | 1 clove garlic              |
| 1/2 C. balsamic vinegar | Salt and pepper to taste    |

Put all ingredients into blender. Blend until smooth. Chill before using. Keep refrigerated.

## **POPCORN BALLS**

*Cindy Cox  
Alumni*

- |                       |              |
|-----------------------|--------------|
| 1 C. white corn syrup | 1 pkg. jello |
| 1 C. sugar            | Popcorn      |

(continued on next page)

Put first 3 ingredients in pan. Bring to boil. Pour over popcorn (use extra large bowl). Use different colors of jello for different events.

## **SLOW COOKER APPLE BUTTER**

---

*Rhonda Driver*

4 lbs. apples, stemmed and quartered	1 tsp. cinnamon
1 C. apple cider	1 tsp. cloves
2 1/2 C. sugar	1/2 tsp. allspice

Cook apples and cider in slow cooker 10 hours or overnight on high. Sift the apples through a food mill and return pulp to the slow cooker. Add the rest of the ingredients and cook 1 hour longer. You may want to leave lid off slow cooker to cook off some liquid. Ladle into hot, sterilized pint jars leaving 1/4" head space. Process in a boiling water canner for 10 minutes.

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