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THE SCHOOL LUNCH LADIES COOKBOOK

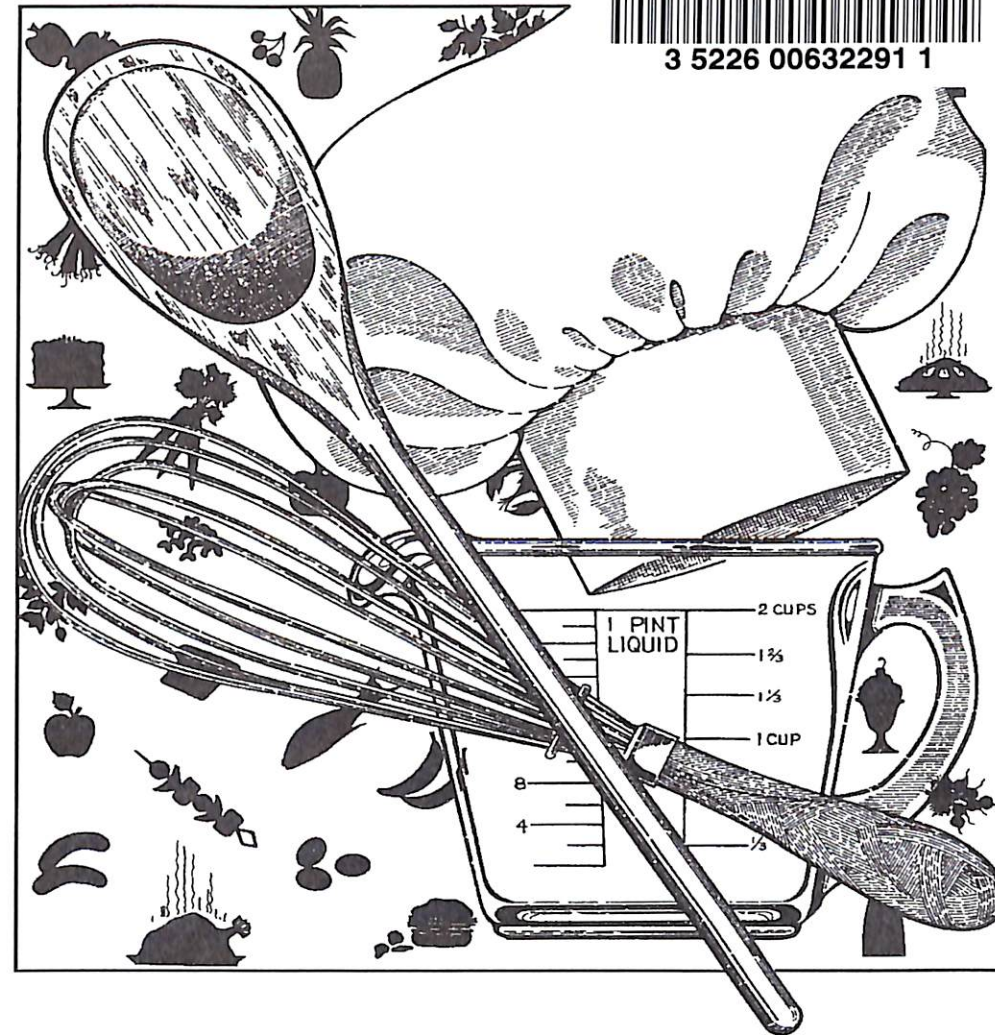
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THE SCHOOL LUNCH LADIES COOKBOOK

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Our Standard Abbreviations

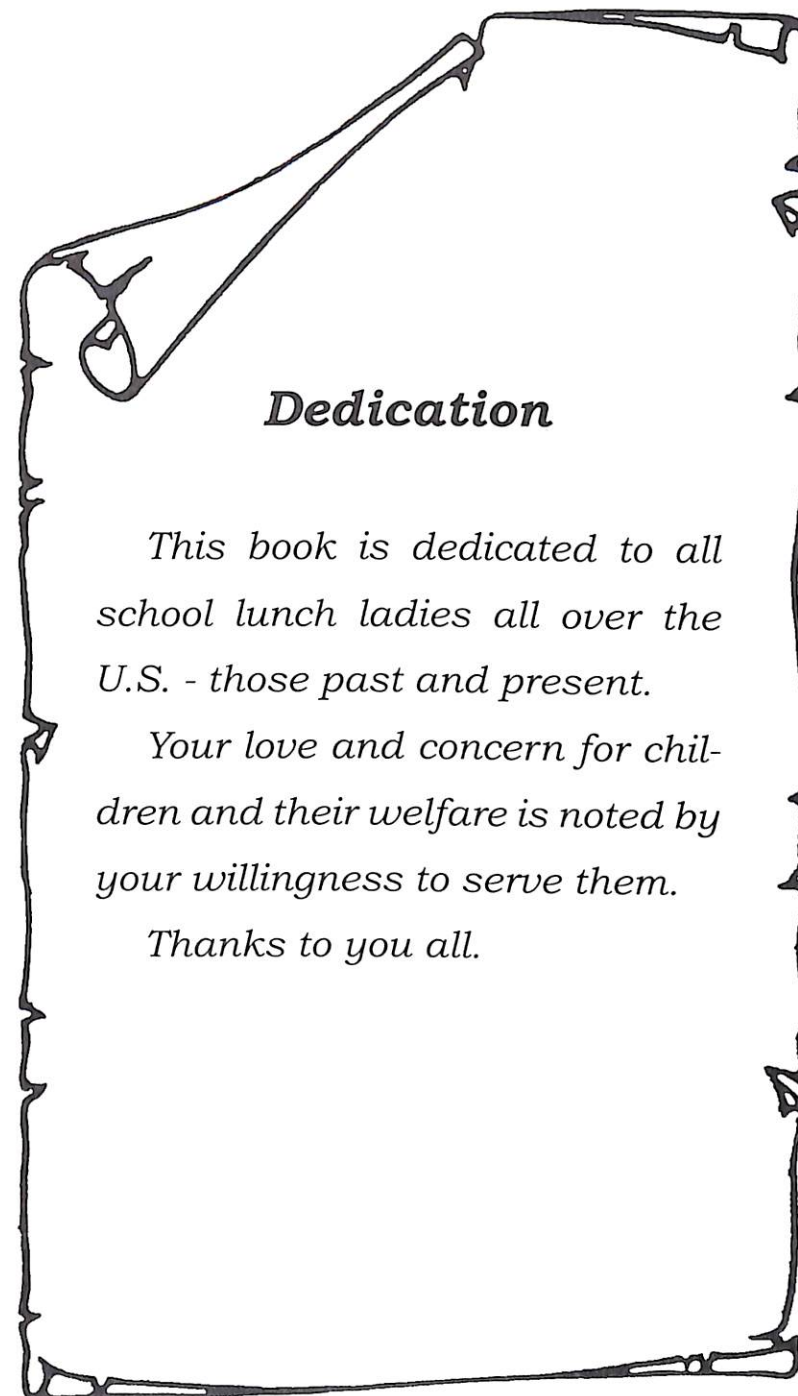
| | | | | | |
|----------------|---|---------------------|-------------|---|--------------|
| tsp. | - | teaspoon | sm. | - | small |
| T. | - | tablespoon | med. | - | medium |
| c. | - | cup | lg. | - | large |
| oz. | - | ounce or ounces | pt. | - | pint |
| lb. | - | pound or pounds | qt. | - | quart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

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for your convenience.

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Dedication

*This book is dedicated to all
school lunch ladies all over the
U.S. - those past and present.*

*Your love and concern for chil-
dren and their welfare is noted by
your willingness to serve them.*

Thanks to you all.

Notes & Recipes



Lined area for notes and recipes.

Breakfast & Beverages

Breakfast

Country Breakfast Skillet

- 6 bacon strips
- 6 c. frozen cubed hash brown potatoes
- 3/4 c. chopped green pepper
- 1/2 c. chopped onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 6 eggs
- 1/2 c. shredded Cheddar cheese

Cook bacon in a large skillet until crisp; crumble and set aside. Drain, reserving 2 tablespoons drippings. Add potatoes, green pepper, onion, salt and pepper to the drippings; cook and stir for 2 minutes. Cover and cook, stirring occasionally, until potatoes are browned and tender, about 15 minutes. Make 6 wells in the potato mixture. Break 1 egg into each well. Cover; cook on low heat for 8 to 10 minutes, until eggs are completely set. Sprinkle with cheese and bacon. Yield: 6 servings.

*Linda Gardner,
AL High School*

Pancakes

- Mix:
- 1 c. flour
- 2 tsp. baking powder
- 2 T. sugar
- 1/2 tsp. salt
- Mix:
- 2 T. melted butter
- 1 egg
- 3/4 c. milk

Blend both ingredients after mixing both.

*Roberta Nee,
Walnut Grove*

Oatmeal Pancakes

| | |
|------------------------------|----------------------|
| 1/2 c. flour | 2 T. vegetable oil |
| 1/2 c. quick-cooking oatmeal | 1 tsp. baking powder |
| 3/4 c. buttermilk | 1/2 tsp. baking soda |
| 1/4 c. milk | 1/2 tsp. salt |
| 1 T. sugar | 1 egg |

Beat all ingredients in a medium bowl, with a hand beater until smooth.

*Susan Lustgraaf Howard,
AL High School*

Breakfast Pizza

| | |
|------------------------------------|-----------------------------|
| 1 lb. bulk sausage | 1/4 c. milk |
| 1 pkg. crescent rolls | 1/2 tsp. salt |
| 1 c. frozen hash browns, thawed | 1/8 tsp. pepper |
| 1 c. shredded Cheddar cheese | 2 T. grated Parmesan cheese |
| 5 eggs | |

Cook sausage until brown. Spread dough in a greased 12-inch pizza pan (up the sides). Spread sausage, potatoes and cheese on top of dough. Beat eggs, milk, salt and pepper; pour over sausage, potatoes and cheese. Bake at 375° for 25 to 30 minutes. Yield: 6 servings.

*Linda Volff,
Roosevelt School*

Cheese and Sausage Strata

| | |
|--|------------------|
| 1/2 lb. bulk pork sausage | 4 c. bread cubes |
| 3/4 c. sliced mushrooms | 1 c. milk |
| 1/2 lb. Velveeta cheese, cut into cubes | 4 eggs, beaten |

Brown sausage; drain. Add mushrooms; cook for 5 minutes. Set aside to cool 10 minutes. Stir together sausage; mix with cheese and bread crumbs. Place in a 9x13-inch dish. Beat milk and eggs; pour over sausage mixture. Bake at 350° for 50 to 55 minutes, or until golden brown. Let stand 10 minutes before serving.

Gordon Dobbs

Breakfast Casserole

| | |
|-------------------------------------|-----------------------|
| 6 slices bacon | 1/4 tsp. pepper |
| 12 oz. hash browns, thawed | 5 eggs |
| 1 sm. onion, chopped | 1/2 c. cottage cheese |
| 1 c. Monterey Jack cheese, shredded | 1 tsp. salt |

Fry bacon until crisp; drain and crumble. Stir together eggs, cottage cheese and onions. Stir in Monterey Jack cheese, salt and pepper. Add hash browns. Spread in a 9x13-inch pan. Top with bacon. Bake at 350° for 45 to 55 minutes.

Note: Recipe can be doubled. Can make the casserole the night before and refrigerate.

Elaine Blecha

Danish Ebleskiver

| | |
|---------------------------------------|----------------------|
| 2 c. buttermilk (1 T. lemon juice) | 1 tsp. baking powder |
| 2 c. flour | 1/2 tsp. salt |
| 3 eggs, separated | 1 tsp. baking soda |
| | 2 tsp. sugar |

You will need an Ebleskiver pan.

Beat egg yolks. Add sugar and buttermilk. Sift flour, baking powder, salt and baking soda; add to egg mixture. Fold in stiffly-beaten egg whites. Place a small amount of Crisco in each cup of Ebleskiver pan; fill 2/3 full of dough. Cook until bubbly. Turn carefully with a fork. Finish baking on other side. Serve with syrup, jelly or sugar.

We make these at Christmas time for a breakfast treat.

Mary Anne Peck

Egg Casserole

| | |
|---|----------------------|
| 15 slices buttered, decrusted bread, cubed | 8 eggs |
| 2 c. ham or Canadian bacon, diced | 3 c. milk |
| 8 oz. Cheddar cheese | 1/2 tsp. dry mustard |
| | 1/2 to 1 tsp. salt |

TOPPING:

| | |
|-----------------------|------------------------------|
| 2 c. crushed Wheaties | 1/4 to 1/2 c. butter, melted |
|-----------------------|------------------------------|

Spray a 9x13-inch pan with Pam. Place 1/2 bread cubes in the bottom of the pan. Sprinkle with ham and cheese. Mix together eggs, milk, mustard and salt. Pour over ham, cheese and bread. Add remaining bread. Cover with foil. Refrigerate overnight. Bake at 350° for 1/2 hour. Add Wheaties mixed with melted butter for last half hour, or 15 minutes.

Mary Ann Peck

Sour Cream Pecan Coffee Cake

| | |
|--------------------|---------------------------|
| 1/2 c. butter | 1 tsp. baking powder |
| 1 c. white sugar | 1/2 tsp. salt |
| 2 eggs | 1 c. (1/2 pt.) sour cream |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 2 c. flour | |

Cream butter and sugar. Add eggs, one at a time, beating well. Sift dry ingredients. Add to creamed mixture alternately with sour cream, beginning and ending with flour. Stir in vanilla.

TOPPING:

| | |
|----------------------------|-----------------------------|
| 1/3 c. brown sugar, packed | 1 tsp. cinnamon |
| 1/4 c. white sugar | 1 c. pecans, finely chopped |

Pour 1/2 of batter in a 9x9- or 9x13-inch baking pan. Mix together topping ingredients; sprinkle 1/2 mixture over batter in pan. Pour remaining batter over filling; top with the rest of mixture. Bake at 325° for 35 to 40 minutes.

Note: Keeps well for several days, also freezes well. *Rose Arnold*

Beverages

Cappuccino Mix

| | |
|---|--------------------------------|
| 1 c. powdered fat-free nondairy creamer | 2/3 c. instant coffee granules |
| 1 c. instant chocolate drink mix | 1/2 tsp. ground cinnamon |
| 1/2 c. sugar | 1/4 tsp. ground nutmeg |

Combine all ingredients; mix well. Store in an airtight container. To serve, add 3 tablespoons mix into 3/4 cup boiling water; stir. Yield: 16 servings.

Linda Gardner,

AL High School

Orange Julius

| | |
|---------------------------------|--------------------------------|
| 2/3 c. orange juice concentrate | 1/2 tsp. vanilla |
| 1 c. water | 1/4 c. powdered sugar |
| 1 c. milk | 6 ice cubes (approx. 1 1/2 c.) |

Put all ingredients in a blender; cover. Blend until smooth.

Note: If you already have premixed orange juice, use 1 2/3 cups instead of the concentrate and water. If your ice cubes are big, you may want to crush them a bit before adding. The ice blends better with smaller pieces.

Ed McHargue,
Nutrition Services Truck Driver

Slush Punch

| | |
|--|---------------------------------|
| 4 c. water | 3 sm. cans frozen lemonade |
| 3 (3 oz.) pkg. Jello (any flavor or color) | 4 c. sugar |
| 9 c. water | 2 (46 oz.) cans pineapple juice |
| | 4 (2 liter) btl. ginger ale |

Boil 4 cups water and 4 cups sugar for 5 minutes. Add Jello; stir until dissolved. Add water, pineapple juice and lemonade. Stir until well mixed. Pour into four 1/2-gallon containers; place in freezer. Stir 3 times over the next 12 hours. Freeze until needed. Remove from freezer about 3 hours before serving. When ready to serve, add 1 bottle ginger ale to each 1/2-gallon of slush.

Elaine Blecha

Sparkling Raspberry Lemonade

| | |
|--|---|
| 2 (10 oz.) pkg. frozen raspberries in syrup, thawed | 2 (11 1/2 oz.) cans frozen raspberry juice cocktail concentrate, thawed |
| 2 (12 oz.) cans frozen pink lemonade concentrate, thawed | 12 c. water |
| | 4 (12 oz.) cans lemon-lime soda pop |
| | 1 lemon, thinly sliced |

Carefully spoon raspberries with syrup into 2 ice cube trays. Add enough water to just cover raspberries. Freeze about 3 hours, or until firm. Mix lemonade concentrate, raspberry juice concentrate and water in a very large plastic or glass pitcher. Refrigerate until serving. Just before serving, stir soda pop into lemonade mixture. Place ice cubes in glasses; pour lemonade mixture over ice. Garnish with lemon slices. Yield: 24 servings.

Nutritional Information Per Serving: 130 calories, (0 fat from calories), 0 mg cholesterol, 10 mg sodium, 34 gm carbohydrate, 0 gm protein, 24% vitamin C, 2% iron.

Atlanta Punch

1 1/2 qt. cranberry juice
1 qt. apple juice
1/2 c. orange juice
1/2 c. brown sugar

1/4 tsp. salt
4 cinnamon sticks
1 1/2 tsp. whole cloves

Combine all ingredients in a crock-pot. Heat on low until warm.

Note: I do not pack the brown sugar in firmly, for a more tart punch.

Penny Akenbauer

Fabulous Fruit Freeze

6 bananas
1 lg. can peaches
1 lg. can crushed pineapple

Juice of 2 lemons, or lemon juice
1 lg. can orange juice, mixed
2 2/3 c. sugar

Freeze.

S.K. Bruns

Sherbet Punch

1/2 gal. sherbet (orange, lime,
or raspberry)

4 qt. ginger ale

Take sherbet out of freezer 1/2 to 3/4 hour ahead. Make up about 15 minutes before serving. Cut sherbet into fourths or eights. Yield: 4 quarts; about 25 to 30 servings.

Mary Anne Peck

Breads



Monkey Bread

4 tubes buttermilk biscuits
1 c. sugar
3/4 c. margarine

1 1/2 tsp. cinnamon
1/4 c. brown sugar
1/4 c. Carnation milk

Cut each biscuit in fourths. Roll them in a cinnamon-sugar mixture. Place all in a bundt cake pan. Set aside. Combine all remaining ingredients in a 4-quart pan. Bring to a boil for 3 minutes. Pour over biscuits; bake in a 350° oven for 45 minutes. Remove from pan; place plate on top and flip. Remove cake pan. Cool and enjoy.

*Jennine Baker,
AL High School*

Strawberry Bread

Sift together:
3 c. flour
2 tsp. cinnamon

1 tsp. baking soda
1 tsp. salt

Add and mix well with a mixer:
2 c. sugar
1 1/4 c. cooking oil

4 well-beaten eggs
2 c. frozen strawberries

Pour into three 1-pound bread pans. Bake at 350° for 1 hour.

*Linda Gardner,
AL High School*

Apple-Nut Bread

1/4 c. margarine
3/4 c. brown sugar
2 eggs
2 T. milk
1 c. chopped, peeled apples
2 c. flour
2 tsp. baking powder

1 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. ginger
1/2 tsp. salt
1 c. chopped nuts

Mix all together. Pour in a large greased bread pan. Let stand 20 minutes. Bake at 350° for 45 minutes.

*Linda Gardner,
AL High School*

Sweeter Cornbread

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

1/3 c. oil
3 T. melted oleo or butter
2 eggs
1 1/4 c. milk

Combine oil, oleo or butter, eggs and milk in a medium bowl; add cornmeal, flour, sugar, baking powder and salt. Pour into a greased 8-inch square pan. Bake in a preheated 350° oven for 35 minutes. Yield: 9 servings.

This bread is yummy.

*Judi Hazuka,
Kirn*

Strawberry Muffins

2 c. flour
1 1/4 c. sugar, divided
2 tsp. baking powder
1/2 tsp. salt

1 egg
1 c. fat-free milk
1/3 c. canola oil
1 c. fresh or frozen strawberries

Combine flour, 1 cup sugar, baking powder and salt. In a another bowl, beat eggs, milk and oil; stir into dry ingredients just until moistened. Fill paper-lined muffin cups 3/4-full. Sprinkle with remaining sugar. Bake at 350° for 25 to 30 minutes. Yield: 1 dozen muffins.

Nutritional Information Per Muffin: 226 calories. Diabetic Exchange: 2 starch, 1 1/2 fat.

*Linda Gardner,
AL High School*

Pineapple-Zucchini Bread

3 eggs
2 c. shredded zucchini
1 c. vegetable oil
1 (8 oz.) can crushed pineapple, drained
2 tsp. vanilla
3 c. all-purpose flour
2 c. sugar

2 tsp. baking soda
1 1/2 tsp. cinnamon
1 tsp. salt
3/4 tsp. nutmeg
1/2 tsp. baking powder
1 c. chopped nuts
1 c. raisins

In a bowl, combine eggs, zucchini, oil, pineapple and vanilla. Combine the dry ingredients. Stir in the egg mixture just until moistened. Fold in nuts and raisins. Pour into 2 greased loaf pans. Bake at 350° for 50 to 60 minutes, or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 2 loaves.

*Maxine McCallum,
Retired Cook from Wilson*

Poppyseed Cake or Bread

| | |
|--|--------------------------|
| 1 lemon cake mix | 4 eggs |
| 1 (3 oz.) pkg. instant lemon pudding mix | 2 T. poppy seeds |
| 1 c. water | 1/2 c. liquid shortening |

Mix dry ingredients. Add water and oil. Add eggs, one at a time. Grease and flour pans well. Can use angel or bundt pans, loaf pans or soup cans, filling 2/3-full. Bake at 350° until done.

*Roberta Nee,
Walnut Grove*

"Just Right" Muffins

| | |
|----------------------------|--------------------------|
| 1 c. sugar | 2 tsp. baking soda |
| 1/2 c. butter or margarine | 1 tsp. nutmeg |
| 3 eggs | 1/2 tsp. cinnamon |
| 2 1/2 c. flour | 3/4 c. + 1 T. buttermilk |

NUT TOPPING:

| | |
|------------------------------|-------------------|
| 1/3 c. sugar | 1/2 tsp. cinnamon |
| 1 c. walnuts, finely chopped | 1/2 tsp. nutmeg |

Preheat oven to 350°. Grease or line muffin tins with baking cups. Cream sugar and butter or margarine; mix thoroughly. Add eggs; beat 1 minute more. Sift flour, baking soda, nutmeg and cinnamon together. Slowly add flour mix and buttermilk to creamed mixture. Mix at low speed until smooth.

Nut Topping: Mix together sugar, nuts, cinnamon and sugar. Fill muffin tin 3/4-full with batter. Place rounded spoonful of nut topping on top of each cup. Bake immediately or the topping will sink to the bottom. Bake at 375° for 15 to 20 minutes, until golden brown. Yield: 12 standard muffins.

*Donna Chute,
Nutrition Services Office*

Red Lobster Biscuits

| | |
|-----------------------|------------------------|
| 2 c. Bisquick | 1/4 c. margarine |
| 2/3 c. milk | 1/2 tsp. garlic powder |
| 1/2 c. Cheddar cheese | 1/4 tsp. salt |

Combine the Bisquick, milk and Cheddar cheese; beat vigorously. Drop by spoonfuls on greased cookie sheet. Bake at 350° for 8 to 10 minutes; remove from oven. While baking, melt the margarine. Add the garlic powder and salt; mix well. Brush melted margarine mixture over hot biscuits.

Rita Mullen Bloomer

Banana Bread

| | |
|-------------------|--------------------|
| 1 c. sugar | 1/2 tsp. salt |
| 1/2 c. oil | 1 tsp. baking soda |
| 2 eggs | 1 tsp. water |
| 4 bananas, mashed | 1/2 tsp. vanilla |
| 2 c. flour | |

Dissolve salt, baking soda and water together. Mix in order given. Bake in a greased bread pan at 350° for 40 to 50 minutes, using 3 small pans.

Very easy and very good! An old family recipe!

*Joyce Snyder,
TJ*

English Muffin Bread

| | |
|-----------------------------------|------------------------------------|
| 5 c. all-purpose flour | 1/4 tsp. baking soda |
| 2 (1/4 oz.) pkg. active dry yeast | 2 c. warm skim milk (120° to 130°) |
| 1 T. sugar | 1/2 c. warm water (120° to 130°) |
| 2 tsp. salt | 2 T. cornmeal, divided |

In a large mixing bowl, combine 2 cups flour, yeast, sugar, salt and baking soda. Add warm milk and water; beat on low speed for 30 seconds, scraping bowl occasionally. Beat on high 3 minutes. Stir in remaining flour. (Batter will be stiff.) Do not knead. Coat two 4x8x2-inch pans with nonstick cooking spray. Sprinkle pans with cornmeal. Spoon into pans; sprinkle cornmeal on top. Cover; let rise in a warm place until doubled, about 45 minutes. Bake at 375° for 35 minutes, or until golden brown. Remove from pans immediately; cool on wire rack. Yield: 2 loaves, 14 slices each.

Nutritional Information Per Slice: 93 calories, trace of fat.

Very good toasted.

*Karen Kennedy,
Retired Manager, Roosevelt*

Kindness is hard to give away, it keeps coming back to the giver.

Refrigerated Rolls or Cinnamon Rolls

2 c. warm water
2 pkg. yeast
1 1/2 tsp. salt
1/2 c. sugar

1/4 c. lard
1 egg, beaten
6 1/2 c. flour

Put water in a bowl; add yeast. Add salt, sugar, lard and egg; mix. Add flour, 1 cup at a time, beating until well mixed. Grease top of dough; let rise for an hour, or until doubled in size. Punch down; grease top. Refrigerate until you want to use it. Will last a week. If you want to use right away, after it rises, punch down, shape into rolls, let rise 1 hour, or until doubled in size, and bake for 20 minutes at 350° in greased pans.

For cinnamon rolls, roll out. Put butter over the dough. Sprinkle sugar and cinnamon. If you want nuts or raisins, add this too. Roll up jellyroll style and slice into pieces. Put on greased cookie sheet. Bake 20 minutes at 350°, or until done. Frost if you wish.

*Jane Gibler,
AL High School*

Cherry-Banana Bread

1 (10 oz.) jar maraschino
cherries
1 3/4 c. flour
1 1/2 tsp. baking soda
1/2 tsp. salt

1/3 c. margarine, softened
2/3 c. packed light brown sugar
2 eggs
1 c. mashed ripe banana
2/3 c. chopped walnuts

Drain cherries, reserving 2 tablespoons of juice. Cut cherries into quarters; set aside. Combine flour, baking powder, baking soda and salt; set aside. With mixer on medium speed, blend butter, sugar, eggs and the reserved juice from cherries; add flour and mashed bananas. Stir in cherries and walnuts. Spread in a greased baking pan. Bake at 350° for 1 hour.

This is very pretty with green cherries mixed in, 1/2 red and 1/2 green to make the 10 ounces.

*Linda Gardner,
AL High School*

New Turkey Dressing

4 c. dry bread
1/4 c. sage
1/2 c. dried onion

3 c. chicken broth
2 c. popcorn
Salt & pepper, to taste

Mix well. Fill turkey; bake at 350° for 5 hours, or until the popcorn blows the ass off the turkey.

*Judi Hazuka,
Kirn Middle School*



Homemade Noodles

3 c. flour
3 eggs, slightly beaten
1 T. water

1 T. oil
1/2 tsp. salt

Put flour into a bowl. Make a well in the center of flour; drop in remaining ingredients. Mix with a fork. Work with fingers until a stiff dough. Roll out on a floured board until very thin. Let dry 20 minutes; roll like a jellyroll. Slice into thin strips. Unroll; spread out. Let dry an hour or so. Drop into boiling chicken or beef broth. Cook 10 minutes, or until tender.

Note: These can be frozen after dried. To make more or less, figure 1 cup flour to each egg.

*Maxine McCallum,
Retired cook from Wilson*

Homemade Noodles

1 c. flour
2 eggs

1 T. milk
1 tsp. salt

Stir all ingredients together in a mixing bowl. Add flour as needed for stiffness. Flour table or counter. Roll dough out to 1/4-inch thickness. Then roll dough up, making sure you have lots of flour when rolling, so the dough doesn't stick together when you unroll the noodles. Cut noodles; unroll. They are ready for use.

Note: When I make them, I always double the recipe.

*Cheri West,
AL High School*

Zucchini Bread

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

1 tsp. baking soda
1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 c. nuts (opt.)

Beat eggs; add oil, sugar, zucchini and vanilla. Sift dry ingredients; blend in. Grease and flour 2 bread pans. Bake at 350° for 1 hour.

Connie Vincent

Ultimate Biscuits

| | |
|------------------------|------------------------|
| 4 c. all-purpose flour | 1 tsp. cream of tartar |
| 1 tsp. salt | 1 c. shortening |
| 4 tsp. sugar | 1 1/3 c. milk |
| 8 tsp. baking powder | |

Mix dry ingredients; add shortening. Mix until mealy. Add milk when necessary. Roll on a floured surface; cut with a glass. Place on a cookie sheet. Bake at 400° until lightly browned. Makes a large batch.

Note: I freeze them.

Connie Vincent

Banana Bread

| | |
|-------------------------------------|--------------------|
| 1 c. sugar | 2 c. sifted flour |
| 1/2 c. shortening | 1 tsp. baking soda |
| 2 eggs | 1/2 tsp. salt |
| 3 T. sour milk | 1 tsp. vanilla |
| 3 crushed bananas (approx. 1 c.) | Nuts (opt.) |

Grease and flour pans. Can use small loaf pans or soup or vegetable cans for fancy round loaves. Fill pans 1/2-full. Bake at 350° for 30 to 35 minutes. Test for doneness with tester inserted in middle. Cool on rack for approximately 15 minutes. Remove from pan or can.

Mary Anne Peck

Carrot-Pineapple Bread

| | |
|--|---------------------|
| 3 eggs, beaten | 2 c. sugar |
| 1 c. salad oil | 1 c. grated carrot |
| 1 (8 1/2 oz.) can crushed pineapple | 3 c. flour |
| 1 tsp. vanilla | 1 tsp. salt |
| 1 tsp. baking soda | 1 1/2 tsp. cinnamon |

Mix all ingredients together. Line 2 loaf pans with waxed paper, on bottom only. Use no grease or flour. Divide mixture into 2 pans. Bake at 325° for 1 hour, or until toothpick inserted in center comes out clean. Bake at 300° if using glass pans.

Elaine Blecha

Coffee Cake

| | |
|--------------------------------------|-----------------------------------|
| 1 box cake mix (white or yellow) | 1/2 c. oil |
| 1 sm. box instant vanilla pudding | 1 c. water |
| 3 eggs | 1 tsp. vanilla |
| | 1 c. sugar & 2 T. cinnamon, mixed |

Grease and flour a 9x13-inch pan. Mix the first 6 ingredients together. Place 1/2 batter in bottom of pan; set aside. Put 1/2 sugar-cinnamon mixture over batter. Add remaining batter. Top with remaining sugar-cinnamon mixture. Swirl knife through batter to marble up sugar-cinnamon mixture. Bake at 325° for 30 to 45 minutes.

Mary Anne Peck

Carrot-Pineapple Bread

| | |
|---|--------------------|
| 3 beaten eggs | 3 c. flour |
| 2 c. sugar | 1 tsp. vanilla |
| 1 c. salad oil | 1 tsp. baking soda |
| 1 c. shredded carrots | 1 tsp. salt |
| 1 (8 1/2 oz.) can crushed pineapple, undrained | |

Put waxed paper on bottom only of 2 loaf pans. Mix all ingredients until moistened. Pour into pans. Bake at 325° for 1 hour.

Amanda Blecha

Recipe for making up after a quarrel: It takes two.

Poppy Seed and Nut Rolls

1/2 pkg. dry yeast
1 tsp. sugar
2/3 c. milk, lukewarm*
2 1/4 c. flour
1 c. butter

1/4 c. sugar
1/2 tsp. salt
1 lemon rind, grated
1 egg, beaten

*Do not overheat milk, no higher than 105°.

Into the lukewarm milk, put yeast and sugar. Blend together flour, butter, sugar, salt and lemon rind. When yeast is softened and mixture bubbles, place in 2 greased bowls. Cover with a towel. Let rise in a warm place for 1 hour. Roll out dough to 1/4-inch thick. Spread with poppy seed filling; roll up. Brush rolls with beaten egg; let rise 30 minutes. Brush again with egg. Bake for 45 minutes in a 325° oven.

Note: Prick rolls before baking

FILLING:

1/2 lb. poppy seeds, ground
1 c. sugar
1/2 c. raisins

1/2 c. milk
Grated rind of 1 lemon

In a double boiler, put all ingredients. Cook until thick enough to spread on the unbaked dough.

Cindy Spreng

Salads, Soups, Dips, Snacks, Appetizers & Vegetables



Notes & Recipes



Lined area for notes and recipes.

Salads, Soups, Dips, Snacks, Appetizers & Vegetables

Salads

Crunchy Cabbage Salad

- DRESSING:**
 Flavor pkt. from noodle mix (see below)
 2 T. sugar
 3 T. vinegar
 1/3 to 1/2 c. oil
 1/2 tsp. pepper
- SALAD:**
 4 T. sunflower seeds
 1/2 c. slivered almonds
 1/2 lg. head cabbage, shredded (about 5 c.)
 4 green onions, chopped
 1 (3 oz.) pkg. Oriental Ramen style noodles (chicken flavor) or Oodles of Noodles

Make dressing early in the day by combining all ingredients. Mix well. Refrigerate. Toast sesame seeds and almonds in 350° oven for about 15 minutes, or until golden. Set aside. Combine shredded cabbage, onions and uncooked noodles (which have been broken into pieces by hand.) Mix lightly. Before serving, add dressing and seeds/nuts. Toss lightly. Serve immediately. Yield: 10 servings.

Nutritional Information Per Serving: 165 calories, 157 mg sodium, 0 mg cholesterol, 11 gm carbohydrate. Diabetic exchange: 1/2 bread, 1 vegetable 2 fats. *Jeanine Gibler*

Macaroni Salad

- 1 (16 oz.) pkg. lg. shell macaroni
 8 boiled eggs, diced
 1 c. pickle relish
 2 cans kidney beans, drained
 1 c. celery, diced
 1 med. red onion, diced
 1 lg. green pepper, diced
- DRESSING:**
 1 1/2 c. mayonnaise
 1/2 c. sugar
 1/4 c. milk
 1 T. mustard
 Salt & pepper, to taste

Cook macaroni until tender; drain. Add all ingredients together; mix well. Pour dressing over; mix together. Chill 1 hour before serving. *Linda Gardner, AL High School*

Quick Coleslaw

1 lg. pkg. coleslaw mix
2 lg. red apples, diced

2 c. red grapes, cut in half

DRESSING:
1 c. mayonnaise

1/2 c. sugar
1/4 c. milk

Mix all together and you are ready to go.

*Linda Gardner,
AL High School*

Fruit Salad

1 can mandarin oranges
1 can crushed pineapple
1 ctn. sour cream

1 bag mini marshmallows
Nuts (opt.)

Mix all ingredients in a bowl. Chill; serve.
Preparation time: Quick and easy.

*Ed McHargue,
Nutrition Services Truck Driver*

Grandma's Potato Salad Dressing

1 c. water
1 beaten egg
1/4 c. vinegar
3 T. flour

3/4 T. prepared mustard
2 T. butter
3 T. sugar
3/4 tsp. salt

Mix dry ingredients. Add water; cook until flour has disappeared. Pour over beaten egg; cook until thick. Continue to stir and add butter and vinegar. Beat with beater. Remove from stove. Pour over potatoes, onions and other potato salad fixings.

Grandma Hansen's recipe.

*Ed McHargue,
Nutrition Services Truck Driver*

Hot German Potato Salad

1 1/2 lb. potatoes, cut in halves
3 slices of bacon
1 med. onion, chopped
1 T. flour

1 T. sugar
1 tsp. salt
1/4 c. vinegar

Cook potatoes; drain and cool. Fry bacon in a skillet until crisp. Drain bacon on paper towel. Cool; stir onion in bacon fat until tender. Stir in flour, sugar, salt and pepper. Cook over low heat, stirring constantly, until mixture is bubbly; remove from heat. Crumble bacon into hot mixture. Slice in potatoes. Cook, stirring gently to coat potatoes, until warm.

*Ed McHargue,
Nutrition Services Truck Driver*

Three-Bean Salad

1 (16 oz.) green beans, drained
1 (16 oz.) can wax beans,
drained
1 (15 oz.) can kidney beans,
drained

1/4 c. onion
1 c. Italian dressing
1 T. sugar
2 cloves of garlic, crushed

Mix beans and onion in a large bowl. Mix Italian dressing, sugar and garlic. Cover and refrigerate, stirring occasionally, about 3 hours. Yield: 6 servings.
Preparation time: 15 to 20 minutes.

*Ed McHargue,
Nutrition Services Truck Driver*

Veggie Jello Salad

1 (3 oz.) pkg. lemon or lime
Jello
1 c. boiling water
1/2 c. pineapple juice
1 tsp. lemon juice

1 c. grated carrot
1/2 c. diced green pepper
1 tsp. minced onion
1/2 c. mayonnaise

Combine the first 5 ingredients. When thickened, add mayonnaise; blend with Jello mixture. Add remaining ingredients; pour into mold. Yield: 6 servings.

Because we had a large amount of people, the recipe was doubled. Grandma also only added the mayonnaise to part of the Jello to make a layered look.

*Ed McHargue,
Nutrition Services Truck Driver*

Wilted Lettuce Salad

4 slices of bacon
1/2 c. vinegar
2 bunches leaf lettuce,
shredded

5 green onions, or 1/2 c. yellow
onions
2 tsp. sugar
1/4 tsp. salt
1/8 tsp. pepper

Fry bacon in a 12-inch skillet until crisp. Add vinegar; heat through. Remove from heat; add to lettuce and onions. Sprinkle with sugar, salt and pepper; toss until lettuce is wilted, 1 or 2 minutes. Yield: 6 servings.

*Ed McHargue,
Nutrition Services Truck Driver*

Kentucky Fried Coleslaw Dressing

1 pt. Miracle Whip
1/2 c. cooking oil
1/8 tsp. salt

1 1/2 c. sugar
1/2 c. vinegar

Put all together; beat 5 minutes. Store in refrigerator. Yield: 1 quart.
Note: Will keep for a long time.

*Rita Mullen,
Bloomer*

Frozen Cranberry Banana Salad

1 (20 oz.) can unsweetened
pineapple tidbits
5 med., firm bananas, halved
lengthwise & sliced
1/2 c. sugar

1 (16 oz.) can whole-berry
cranberry sauce
1 (12 oz.) ctn. frozen light
whipped topping, thawed
1/2 c. chopped walnuts

Drain pineapple juice into a medium bowl; set pineapple aside. Add bananas to the juice. In a large bowl, combine sugar and cranberry sauce. Remove bananas, discarding juice, and add to cranberry mixture. Stir in pineapple, whipped topping and nuts. Pour into a 9x13x2-inch dish. Freeze until solid. Remove from freezer 15 minutes before cutting. Yield: 16 servings; 170 calories per serving.

Note: Best if made the day or night before needed.
Very good.

*Karen Kennedy,
Retired Manager, Roosevelt*

Bacon-Swiss Tossed Salad

1/2 c. mayonnaise
1 T. sugar
1/4 tsp. salt
1/4 tsp. pepper
6 c. mixed salad greens
1 med. diced red onion

1 (10 oz.) pkg. frozen peas,
thawed
8 oz. sliced Swiss cheese,
julienned
1 lb. bacon, cooked & crumbled

In a small bowl, combine mayonnaise, sugar, salt and pepper; mix well. In a large bowl, layer a third of the greens and a third of the mayonnaise mixture, onion, peas and cheese. Repeat layers twice. Cover; refrigerate for 2 hours. Just before serving, add bacon and toss. Yield: 6 to 8 servings.

Maryann Martinez

Broccoli-Bacon Salad

1 lg. bunch broccoli flowerets,
cut small
1 sm. red onion, coarsely
chopped
1 c. raisins (opt.)

10 to 12 bacon strips, cooked
crisp and crumbled (may use
ham, cut in small pieces)
1 c. shredded cheese

DRESSING:
3 T. vinegar
1/3 c. mayonnaise

1/3 c. sugar (may use Equal
sweetener)

Just before serving, pour dressing over broccoli mixture; toss to coat.
Yield: 6 to 8 servings.

*Linda Gardner,
Manager, AL High School*

24-Hour Salad

3 egg yolks
2 T. sugar
Dash of salt

2 T. vinegar
2 T. pineapple syrup
1 T. butter

Cook the above ingredients, and cool. Whip 1 cup cream and fold boiled mixture into it. In a large bowl, place 1 large can fruit cocktail, 1 large can pineapple tidbits, 1/2 cup nutmeats, 2 sliced bananas and 2 cups miniature marshmallows. Pour the whipped cream mixture over this. Mix well. Chill 24 hours and serve.

*Jane Gibler,
AL High School*

Springtime Potato Salad

| | |
|--------------------------------------|-----------------------------|
| 6 c. diced, peeled & cooked potatoes | 1/2 c. mayonnaise |
| 4 hard-cooked eggs, chopped | 3 T. sugar |
| 1/2 c. chopped celery | 1 T. vinegar |
| 1/2 c. chopped sweet pickles | 1 T. milk |
| 1/3 c. chopped onion | 1 1/2 tsp. prepared mustard |
| 1/3 c. chopped radishes | 1/2 tsp. salt |
| | Paprika (opt.) |

In a bowl, combine potatoes, eggs, celery, pickles, onion and radishes. In another bowl, combine mayonnaise, sugar, vinegar, milk, mustard and salt; mix well. Pour over potato mixture; stir to coat. Chill. Sprinkle with paprika, if desired. Yield: 8 to 10 servings.

*Rose McCormick,
Roosevelt*

German Cabbage Slaw

| | |
|-------------------------|---------------------|
| 1 head shredded cabbage | 3/4 c. salad oil |
| 1 pepper, chopped | 1 T. salt |
| 1 lg. onion, shredded | 1 tsp. mustard seed |
| 1 c. sugar | 1 tsp. celery seed |
| 1 c. vinegar | |

Put vegetables in a large bowl; pour 1 cup sugar over mixture. Bring vinegar to boil, along with salad oil, mustard seed, celery seed and salt. Pour over cabbage, onion and pepper while hot. Cover and leave overnight in refrigerator.

Jane Gibler, AL High School

German Potato Salad

| | |
|------------------------|---------------------------------------|
| 5 bacon strips | 1/4 c. sugar |
| 3/4 c. chopped onion | 1 tsp. salt |
| 2 T. all-purpose flour | 1/8 tsp. pepper |
| 2/3 c. vinegar | 6 c. sliced, cooked & peeled potatoes |
| 1 1/3 c. water | |

In a large skillet, fry bacon until crisp; remove and set aside. Drain all but 2 to 3 tablespoons of drippings; cook onion until tender. Stir in flour; blend well. Add vinegar and water; cook and stir until bubbly and slightly thick. Add sugar and stir until it dissolves. Crumble bacon; gently stir in bacon and potatoes. Heat through, stirring lightly to coat potato slices. Serve warm. Yield: 6 to 8 servings.

*Rose McCormick,
Roosevelt*

Mexican Garden Salad

| | |
|--|--|
| 1 lb. ground beef | 1 sm. red onion, thinly sliced into rings |
| 1 (16 oz.) jar thick & chunky salsa, divided | 1 med. carrot, shredded |
| 1/4 c. water | 1 lg. tomato, chopped |
| 1 env. taco seasoning mix | 1 (4 oz.) can chopped green chilies, drained |
| 1 1/2 heads iceberg lettuce, torn | 1/2 to 1 c. shredded Cheddar cheese |
| 3 c. broccoli flowerets (about 1/2 lb.) | 1 c. (8 oz.) sour cream |
| | Tortilla chips (opt.) |

In a skillet, brown ground beef; drain. Add 1 cup salsa, water and taco seasoning; bring to a boil. Reduce heat; simmer for 20 minutes. Cool. In a 3- or 4-quart glass bowl, layer vegetables in order given. Top with chilies, beef mixture and cheese. Combine sour cream and remaining salsa; serve with salad and tortilla chips, if desired. Yield: 6 to 8 servings.

*Rose McCormick,
Roosevelt*

German Cucumber Salad

| | |
|---------------------------------|----------------------------|
| 2 med. cucumbers, thinly sliced | 3 sm. tomatoes, sliced |
| 4 green onions, thinly sliced | 2 T. snipped fresh parsley |
| DRESSING: | |
| 1/4 c. sour cream | 1 T. vinegar |
| 1/4 tsp. prepared mustard | 1 T. milk |
| 2 T. minced fresh dill | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

In a bowl, combine cucumbers, onions, tomatoes and parsley. Combine dressing ingredients; pour over cucumber mixture and toss gently. Cover and chill for at least 1 hour. Yield: 4 to 6 servings.

*Rose McCormick,
Roosevelt*

Mostaccioli Salad

1 1/2 c. sugar
1 1/2 c. white vinegar
2 T. mustard

1 tsp. garlic salt
1 tsp. Accent
1 tsp. pepper

Mix together.

1 (8 oz.) box mostaccioli
1/2 onion, diced

2 cucumbers, sliced

Cook mostaccioli in a large pan. Do not overcook pasta. Add small amount of oil to water. Drain. Add all ingredients listed to pasta. Add onions and cucumbers. Refrigerate overnight. Stir to mix ingredients.

*Pat Newmann,
AL High School*

Vegetable Crunch Salad

4 c. fresh broccoli flowerets
4 c. fresh cauliflowerets

1 med. red onion, chopped
2 c. cherry tomatoes, halved

DRESSING:
1 c. fat-free mayonnaise
1/2 c. nonfat sour cream

1 T. sugar
1 T. vinegar
Salt & pepper, to taste

Mix vegetables together; pour dressing over. Cover; chill before serving.

*Linda Gardner,
AL High School*

Strawberry-Glazed Fruit Salad

1 qt. fresh strawberries, halved
1 (20 oz.) can unsweetened
pineapple chunks, drained

4 bananas, sliced
1 (16 oz.) jar strawberry glaze

In a large bowl, mix all together. Fold in glaze over all. Chill 1 hour.

*Linda Gardner,
AL High School*

Saint Patrick's Day Salad

24 oz. low-fat cottage cheese
8 oz. fat-free Cool Whip
2 sm. pkg. sugar-free lime
gelatin powder

11 oz. mandarin oranges,
drained
15 oz. pineapple chunks, in
own juice

Blend cottage cheese and dry Jello. Fold in Cool Whip and fruit. Chill and serve.

*Jeanette Parks,
Bloomer*

Garden Salad

1 sm. can peas
1 can French-cut green beans
1 can white whole kernel corn

Any or all of the following:
chopped green pepper, celery
& pimento

Drain vegetables, saving 2 tablespoons of juice.

Bring to a boil:

1 c. sugar
1 c. vinegar
1/2 c. oil

2 T. vegetable juice
1 tsp. salt
1/2 tsp. pepper

Cool completely; pour over vegetables. Chill

Note: Will keep several days.

*Maxine McCallum,
Retired Cook from Wilson*

Potato Salad

5 or 6 med. potatoes
3 hard-boiled eggs
1/2 c. diced onion
1/2 c. chopped celery

1/2 c. sweet pickle relish
1 c. mayonnaise
2 T. sugar
1/4 c. milk

Boil potatoes with skins on; peel. Cool overnight. Boil eggs until hard; peel. Dice potatoes and eggs; add onion, celery and pickle relish. Mix salad dressing and sugar; add the milk. Mix dressing mixture to potatoes. Add salt and pepper as desired. Sprinkle top with a little paprika. Yield: about 2 quarts.

*Maxine McCallum,
Retired Cook from Wilson*

Frozen Cranberry Salad

1 pkg. fresh cranberries
2 c. apples, diced
1 c. sugar

1 lb. mini marshmallows
1 pt. whipping cream
1 c. nutmeats

Grind the cranberries. Add finely-diced apples. Add sugar. Mix well. Let stand for 2 hours at room temperature. Add marshmallows; put in refrigerator overnight. Add cream and nutmeats. Pack in serving-size containers. Put in freezer for at least 2 days. Remove from freezer a few hours before serving time.

Note: Keeps in freezer a long time. Some people whip the cream before adding to recipe.

Elaine Blecha

Broccoli Salad

1 bunch broccoli
4 green onions including stems
1 c. red grapes, halved
1 c. toasted slivered almonds
1 stalk celery, chopped
6 slices Bermuda onion

1 c. green grapes, halved
8 slices of bacon
1 c. Miracle Whip
1/2 c. sugar
3 T. vinegar

Mix all ingredients. To toast almonds, spray frypan with Pam. Keep burner low; add almonds. Stir frequently, until browned slightly. Mix dressing ingredients; add to salad.

Note: To make a day ahead, mix all ingredients, except bacon and almonds, which you add just before serving.

Stacy Claybourne

Danish Carrot Salad

1 sm. can tomato soup
1 c. sugar
1/4 c. Wesson oil
1/4 c. vinegar
1 tsp. dry mustard
1 tsp. Worcestershire sauce

1/2 tsp. salt
2 lb. baby carrots, sliced
1 green pepper, chopped
1 med. onion, chopped
1/2 c. celery, sliced

Combine soup (as is from the can) with sugar, oil, vinegar, mustard, Worcestershire sauce and salt. Cook in a medium saucepan for 5 minutes; cool. Cook carrot slices until tender; drain. Add chopped onion, celery and green pepper. Stir well, then add cooled sauce over all. Again, stir well. Refrigerate until served.

Mary Anne Peck

Broccoli Salad

1 head broccoli
1 red onion, sliced thin

1/2 lb. bacon (12 slices)
1 c.+ shredded cheese

DRESSING:
1 c. mayonnaise

3 T. lemon juice or vinegar
1/2 c. sugar

Put 4 ingredients into separate container until ready to serve. Mix together. Mix dressing ingredients the night before. Add dressing; stir together. Enjoy.

Mary Anne Peck

Frog-Eye Salad

3 eggs
1 c. sugar
3 T. flour
2 (11 oz.) cans mandarin oranges (save juice)

1 (15 1/4 oz.) can crushed or tidbit pineapple (save juice)
1 c. frog-eye noodles, cooked
8 oz. or more Cool Whip
1 can fruit cocktail, drained
1 c. or more mini marshmallows

In a saucepan, combine eggs, sugar, flour, and juice from oranges and pineapple. Cook slowly until thickened. Combine thickened mixture, fruit and cooked noodles. Chill overnight. The next day, mix in Cool Whip, fruit cocktail and miniature marshmallows. Makes a large amount.

Note: Will keep for several days in refrigerator. Just restir well before serving. Great for family gatherings.

Mary Anne Peck

Sea Breeze Salad

3 sm. pkg. lemon or lime Jello
2 c. boiling water
1 (8 oz.) can crushed pineapple, drained (save juice)

1 sm. can lemon pie filling
2 c. Cool Whip

Dissolve Jello in water. Add enough water to the pineapple juice to make 2 cups; add to Jello. Let stand until it begins to thicken. Stir in pie filling. Whip lightly with a mixer. Set aside 1 cup of the mixture. Add pineapple to remainder. Put in a 2-quart bowl; refrigerate until set. Fold reserved cup of Jello into the Cool Whip. Spread over first layer. Refrigerate until ready to serve.

Elaine Blecha

Christmas Salad

- | | |
|------------------------------|---|
| 2 sm. boxes lime Jello | 3 Red Delicious apples, chopped |
| 1 c. boiling water | 3 ribs celery, finely chopped |
| 1 c. mayonnaise | 1 (16 oz.) ctn. creamed large-curd cottage cheese |
| 1 c. canned milk (regular) | |
| 1 med. can crushed pineapple | |

Dissolve Jello in 1 cup boiling water. Add mayonnaise to hot mixture; stir. Add milk and all other ingredients; stir again. Put into a large salad bowl; let stand overnight. Use maraschino cherries, well drained. Add nuts to garnish.

This recipe was my mother's (Frankie Jones). She made it for family gatherings, especially for the holidays.

Beverly Vincent

No-Fat Apple Salad

- | | |
|------------------------------------|-------------------------------|
| 2 1/2 lb. chopped Delicious apples | 4 oz. no-fat Kraft mayonnaise |
| 1 lb. green grapes | 1 lg. ctn. Cool Whip |

Mix apples, grapes, mayonnaise and Cool Whip together. Refrigerate 8 hours. Enjoy.

Rita Hermsen

Popcorn Salad

- | | |
|---|--|
| 6 c. popped popcorn | 1/2 c. sliced water chestnuts |
| 1/2 c. sliced green onion | 3/4 c. crumbled, crisp bacon (save some for top) |
| 1 c. sliced celery | 1 c. grated Cheddar cheese (save some for top) |
| 1 c. mayonnaise or salad dressing (I prefer Miracle Whip) | |

In a large bowl, combine all ingredients, except popcorn, reserved bacon and cheese; chill. Just before serving, add popcorn. Top with the reserved bacon and cheese. Yield: 8 servings.

Evelyn Schupp

Slush Salad

- | | |
|-------------------------------------|-------------------------------------|
| 1 lg. can crushed pineapple & juice | 2 c. diet 7-Up |
| 3 bananas | 1 med. can orange juice concentrate |

Mix; freeze.

S.K. Bruns

Cabbage Salad

- | | |
|-----------------------------|-------------------------|
| 1/4 c. vinegar | 2 tsp. sugar |
| 2 T. olive or vegetable oil | 1/2 tsp. dried tarragon |
| 2 tsp. garlic salt (opt.) | 6 c. shredded cabbage |

In a small bowl or jar, with tight-fitting lid, combine vinegar, oil, garlic salt, if desired, sugar and tarragon. Place cabbage in a large bowl; add dressing and toss to coat. Cover and refrigerate for at least 2 hours. Yield: 7 servings.

Diabetic exchange; 1 vegetable, 1/2 fat.

Sharon K. Bruns

Cranberry Fluff

- | | |
|---------------------------|--------------------------|
| 1 pkg. frozen cranberries | 1 pkg. mini marshmallows |
| 1 c. sugar | 1 (8 oz.) ctn. Cool Whip |

Grind cranberries; add sugar, marshmallows and Cool Whip. Let stand overnight in refrigerator.

Evelyn Schupp

Aunt Lou's Buttermilk Salad

- | | |
|--|---|
| 1 (3 oz.) pkg. vanilla instant pudding | 1 can mandarin oranges, drained |
| 1 1/2 c. buttermilk | 1 (15 oz.) can pineapple tidbits, drained |
| 1 (8 oz.) ctn. whipped topping | 1 pkg. fudge-striped cookies |

Mix pudding and buttermilk; fold in whipped topping. Add oranges and pineapple. Break cookies into dime-sized pieces. Fold into mixture. Refrigerate. Marshmallows and bananas may be added.

Note: The buttermilk may not appeal to some people, but you can't taste it.

This is a very yummy salad.

Jean Ridgway

Fruit Pizza

STEP 1:

| | |
|------------------------|----------------|
| 1/4 c. melted oleo | 3/4 c. sugar |
| 1/4 c. shortening | 1 egg |
| 1 tsp. cream of tartar | 1 1/2 c. flour |
| 1/2 tsp. baking soda | 1/8 tsp. salt |

STEP 2:

| | |
|--------------------|--------------|
| 8 oz. cream cheese | 1/2 c. sugar |
|--------------------|--------------|

Mix ingredients in step 1 together in a mixing bowl. Knead dough; press on a 9x13-inch baking sheet. Bake 10 minutes at 400°. Let cool. Mix ingredients in step 2 together; spread over cooled cookie dough. Clean and cut fruit of your choice; arrange on cream cheese. Spread as you wish. Cool for 1/2 hour; serve. Yield: twelve 3x3-inch servings.

Cathy Halder

Stir-and-Go Salad

| | |
|--|--------------------------------------|
| 1 (3 oz.) pkg. orange gelatin | 16 oz. cottage cheese |
| 1 (8 oz.) can crushed pineapple, drained | 8 oz. frozen whipped topping, thawed |
| 1 (11 oz.) can mandarin orange slices, drained | |

Empty dry gelatin into a bowl. Stir in cottage cheese and crushed pineapple. Stir in mandarin orange slices. Fold in topping. Refrigerate until serving time. Serve on lettuce leaf. Yield: 6 to 8 servings.

Vikki Kuhl

Watergate Salad

| | |
|--|--------------------------|
| 1 (1 lb.) can crushed pineapple & juice (1 1/2 c.) | 1/2 c. pecans |
| 1 pkg. pistachio instant pudding | 1/2 c. mini marshmallows |
| | 1 (8 oz.) ctn. Cool Whip |

Stir together the pineapple and pineapple juice, pistachio instant pudding and 1/2 cup pecans. Add the 1/2 cup miniature marshmallows and Cool Whip. Stir in. Chill.

Vikki Kuhl

Pineapple Velvet Salad

| | |
|--|---|
| 2 (3 oz.) pkg. lemon Jello | 1 c. pineapple juice (add water to make 1 c.) |
| 1 c. boiling water | 1 pt. vanilla ice cream softened |
| 1 c. crushed pineapple, drained (save juice) | 1 c. shredded Cheddar cheese |

Dissolve Jello in boiling water. Add pineapple juice. Stir in softened ice cream until melted and smooth. Fold in pineapple and cheese. Pour into a bowl or 6-cup mold. Refrigerate until firm. Garnish with maraschino cherries and nuts, if desired. Yield: 8 servings.

Connie Hecker

Soups

Wild Rice Soup

| | |
|---------------------------------|---------------------------|
| 2 sticks (1 1/2 lb.) butter | 2 c. flour |
| 1 white onion, diced small | 2 qt. chicken stock |
| 2 stalks of celery, diced small | 12 oz. wild rice |
| 3 carrots, diced small | 2 c. heavy whipping cream |
| 2 T. sherry | Salt & pepper, to taste |

In a heavy cooking pot, melt butter. Add onions, celery and carrots; sauté until onions are translucent. Add sherry and stir. Add flour and stir until flour is dissolved and beginning to cook. Add 1 quart of chicken stock; stir. Add the wild rice; simmer for 45 minutes. Season with salt and pepper. Slowly add the whipping cream; stir and cook until heated through. Serve. Yield: 11 servings.

Ed McHargue,

Nutrition Services Truck Driver

Italian Sausage Soup

| | |
|--|--------------------------------------|
| 1 1/2 lb. bulk Italian sausage | 1/2 tsp. (generous) dried leaf basil |
| 3 c. coarsely-chopped onion | 1 bay leaf |
| 3 c. chopped celery | 1/4 tsp. thyme |
| 1 T. olive oil | 1/2 c. chopped parsley |
| 2 cloves garlic, minced | 3 T. sugar |
| 1 (6 oz.) can tomato paste | 1 (28 oz.) can Italian plum tomatoes |
| 5 (16 oz.) cans chicken broth | 2 c. small shell pasta |
| 1/2 tsp. (generous) dried leaf oregano | |

Crumble sausage into skillet; cook, stirring until thoroughly cooked. Remove from pan. Drain off fat; set sausage aside. Sauté onion and celery in olive oil. When almost tender, add the garlic and continue cooking and stirring until tender and translucent. Add tomato products and the reserved cooked sausage. Mix well. Cook, stirring frequently, 10 minutes. Add chicken broth, oregano, basil, bay leaf, thyme, parsley and sugar. Cook, stirring frequently, until mixture boils. Immediately reduce the heat; simmer, covered, 45 minutes. Add shell pasta; cook until tender. Yield: 12 cups.

Sandie Essensohn

Chili

| | |
|--------------------------------|---------------------------------|
| 2 (28 oz.) cans whole tomatoes | 2 tsp. paprika |
| 2 (15 oz.) cans tomato sauce | 1 1/2 lb. hamburger |
| 4 tsp. chili powder | 1 c. chopped onions |
| 2 tsp. cayenne pepper | 2 (15 1/2 oz.) cans chili beans |

Brown hamburger with onions. Add all ingredients, except beans, into a crock-pot. Cook on low all day. Add beans the last hour of cooking.

Amy Jones

Garden Vegetable Soup

(Weight Watchers)

| | |
|--|------------------------|
| 2/3 c. sliced carrot | 1/2 c. green beans |
| 1/2 c. diced onion | 1 T. tomato paste |
| 2 garlic cloves, minced | 1/2 tsp. dried basil |
| 3 c. fat-free broth (beef, chicken or vegetable) | 1/4 tsp. dried oregano |
| 1 1/2 c. diced green cabbage | 1/4 tsp. salt |
| | 1/2 c. diced zucchini |

In a large saucepan sprayed with nonstick cooking spray, sauté the carrot, onion and garlic over low heat until softened, about 5 minutes. Add broth, cabbage, beans, tomato paste, basil, oregano and salt; bring to a boil. Lower heat and simmer, covered, about 15 minutes, or until beans are tender. Stir in zucchini; heat 3 to 4 minutes. Serve hot.

Nutritional Information Per Serving: 42 calories, 0 gm total fat, 0 gm saturated fat, 0 mg cholesterol, 63 mg sodium, 8 gm total carbohydrate, 2.4 gm dietary fiber, 3 gm protein, 41 mg calcium.

*Rita Mullen,
Bloomer*

French Onion Soup

| | |
|----------------------------|---------------------------|
| 2 1/2 thinly-sliced onions | 2 c. condensed beef broth |
| 2 1/2 T. butter or oleo | 1 T. Worcestershire sauce |

Cook onions in butter until lightly browned. Add broth, Worcestershire sauce, salt and pepper. Bring to a boil for 10 minutes. Serve. Yield: 4 servings.

*Linda Volff,
Roosevelt School*

French Onion Soup For One

| | |
|---------------------------|-------------------------------|
| 1 T. butter | 1 c. water |
| 1 med. onion, sliced | 1/8 tsp. Worcestershire sauce |
| 1/4 tsp. sugar | 1 slice rusk toast |
| 1 1/2 beef bouillon cubes | 1 oz. Swiss cheese |

Microwave on HIGH for 4 minutes, the butter, onion and sugar, stirring several times. Set aside. Microwave on HIGH for 2 minutes, the bouillon and water; stir until dissolved. Add Worcestershire sauce. Pour broth over onion mixture. Float rusk on soup; top with cheese. Microwave on HIGH until cheese melts.

Amanda Blecha

Bacon-Bean Chowder

| | |
|---------------------------------|--|
| 6 slices lean smoked bacon | 1 (16 1/2 oz.) can creamed corn |
| 2/3 c. chopped onion | 1 (15 1/2 oz.) can Great Northern beans, drained |
| 1 rib celery, diced | 1 1/2 c. cooked pasta spirals |
| 2 cloves garlic, finely chopped | Crushed red pepper, to taste |
| 1 tsp. bacon drippings | 2 T. minced fresh parsley |
| 3 T. flour | |
| 2 c. chicken broth | |

Cook bacon until crisp. Drain and cool. Reserve 1 teaspoon bacon drippings. When cool, crumble bacon. Cook onion, celery, garlic and bacon drippings until tender. Stir in flour; whisk in broth. Cook until thickened, stirring occasionally. Add corn, beans, pasta, pepper and half the crumbled bacon. Heat until hot. Garnish servings with remaining bacon and parsley. Yield: 6 servings.

Nutritional Information Per Serving: 285 calories, 10 gm protein, 6 gm fat (20% total calories), 45 gm carbohydrate, 5 gm dietary fiber, 7 mg cholesterol, 675 mg sodium.

*Virginia Lynch,
Lewis Central*

Taco Soup

| | |
|--------------------------|---|
| 2 lb. ground beef | 2 cans yellow hominy |
| 1 lg. onion | 1 sm. can green chilies |
| 2 cans Ranch-style beans | 1 pkg. dry taco mix |
| 1 can tomatoes | 1 pkg. dry Hidden Valley Ranch dressing |
| 1 can Ro-Tel tomatoes | |

Sauté beef and onion. Add rest of ingredients. Heat thoroughly. Add water to desired consistency.

*Virginia Lynch,
Lewis Central*

Cheesy Chowder

| | |
|-----------------------------|-------------------------|
| 1 c. potatoes, chopped | 1/2 c. carrots, chopped |
| 1/2 c. celery, chopped | 1/2 c. onion, chopped |
| 4 T. butter | 3 c. chicken broth |
| 2 c. milk | 1/2 c. flour |
| 3 c. Velveeta cheese, cubed | Dash of pepper |
| 1 T. parsley | |

Cook potato, carrot, celery and onion in butter in a heavy soup pot until tender. Add chicken broth. Cover; simmer for 30 minutes. Blend together milk and flour. Add cheese and parsley. Stir into chowder. Cook and stir until thickened. Yield: 8 servings.

Elaine Blecha

Tomato Soup

| | |
|------------------------|-----------|
| 1 c. tomatoes, crushed | 2 c. milk |
|------------------------|-----------|

Heat tomatoes and milk separately, but do not boil. When ready to add together, put 1/8 to 1/4 teaspoon of baking soda to tomatoes. Pour tomatoes into milk. Salt and pepper (add to butter), to taste.

Phyllis Bruns

Borsch

| | |
|------------------------------|-------------------------|
| 2 c. peeled & shredded beets | 1/2 c. onion |
| 5 c. beef stock | 1/2 c. shredded cabbage |
| Salt & pepper, to taste | 1 T. lemon juice |
| 1 T. butter | 1/2 c. sour cream |
| 1/2 c. chopped carrots | |

Cook beets, carrots and onion in beef stock for 15 minutes. Add cabbage, butter and sugar; simmer 20 minutes. Remove from stove; add sour cream, or one more option is to add sour cream and chopped boiled egg to each bowl. Yield: 6 servings.

Bev Archer

Dips, Snacks & Appetizers

Cheese Ball

2 (8 oz.) pkg. cream cheese
3 bundles green onions

1 family-size Armour dried beef
foil pkg.
2 T. milk

In a large mixing bowl, let cheese soften. Meanwhile, cut green onion into slivers, clear up into dark green, about 1 1/2 inches; add to cheese. Cut dried beef into fine bits; add beef and milk to cheese mixture. Put in a bowl or shape into a ball. Serve with Club crackers. Makes a large softball size.

Note: Make at least 12 hours before, so it has time to flavor.

*Linda L. Fuhs,
Franklin*

Beau Monde Dip

1 pt. sour cream
1 pt. real mayonnaise
1 tsp. Beau Monde spice

1 T. dill weed (not seed)
1 T. minced instant onions

Mix above ingredients. Use on fresh vegetables or baked potatoes.

*Roberta Nee,
Walnut Grove*

Strawberry Salsa

2 1/2 c. finely-chopped fresh
strawberries
1 c. chopped green pepper
2 T. chopped green onions
2 T. minced fresh parsley

1/3 c. Catalina salad dressing
Dash of hot pepper sauce
Pepper, to taste
Tortilla chips

In a bowl, combine strawberries, green peppers, onions and parsley. Stir in salad dressing, hot pepper sauce and pepper. Cover and refrigerate for 2 hours. Serve with tortilla chips.

*Linda Jensen,
Bloomer*

Crock-Pot Hamburger Chili Cheese Dip

2 lb. hamburger
1 (2 lb.) box Velveeta cheese

1 lg. can Hormel chili, no beans
1 pkg. taco seasoning mix

Brown and drain hamburger. Chunk up cheese. Place all ingredients into a crock-pot on low heat, stirring occasionally. Serve with corn chips or nacho chips.

We always have to double this recipe. It goes fast!

*Pat Neumann,
AL High School*

Taco Dip

2 (8 oz.) pkg. cream cheese

1 sm. jar Pace picante sauce

TOPPING:

Chopped or shredded lettuce
Chopped tomato

Grated mild Cheddar cheese

Black olives
Green pepper, chopped fine

Soften cream cheese; mix with a mixer. Add picante sauce; mix well. Spread in a jellyroll-type pan or large pizza pan. Cover with lettuce, tomato, cheese, green pepper and olives. Serve with nacho chips or bite-sized tortilla chips.

*Karen Kennedy,
Retired Manager, Roosevelt*

Cheesecake Dip

2/3 c. finely-crushed Fritos
2 T. margarine, melted
1 c. cottage cheese
3 (8 oz.) pkg. cream cheese
4 eggs
1 can diced green chilies

8 oz. sharp Cheddar cheese
8 oz. sour cream
8 oz. jalapeño Cheddar gourmet
dip
Chopped tomatoes
Chopped green onion

Mix Fritos and margarine. Press into a 9-inch springform pan. Bake at 325° for 15 minutes. Blend cottage cheese until smooth. Add cream cheese, eggs, diced green chilies and Cheddar cheese; blend together. Pour on crust. Bake at 325° for 60 minutes. Top with sour cream and gourmet dip. Bake another 10 minutes. Cool completely. Remove from pan. Top with tomatoes and onion. Best on crackers.

Rita Hermsen

Texas Caviar

- | | |
|--|--|
| 1 lg. jar picante sauce (hot or medium) | 1/2 c. fresh cilantro, chopped |
| 2 (16 oz.) cans black-eyed peas, drained | 1/4 c. jalapeño peppers, seeded & chopped |
| 1 (16 oz.) can white hominy, drained | 1 c. green onions, including tops, chopped |
| 1 c. bell pepper, diced | 1 T. sugar |
| 1 c. white onion, diced | 1 T. salt |
| 1 c. fresh tomatoes, chopped | 2 T. coarse-ground black pepper |
| | 2 T. ground comino |

Stir all ingredients together thoroughly so that the individual flavors and spices will blend well. Refrigerate for 24 hours.

Note: This dip is better if kept chilled when serving. This can be done easily by setting a bowl of Texas Caviar into a large bowl of crushed ice.

*Virginia Lynch,
Lewis Central*

Shrimp Appetizer

- | | |
|-------------------------------------|-----------------------|
| 1 (8 oz.) pkg. cream cheese | 2 T. horseradish |
| 2 T. onion, chopped fine | 1 c. chili sauce |
| 1/2 c. mayonnaise or salad dressing | 1 sm. can tiny shrimp |

Mix together softened cream cheese, onion, mayonnaise and horseradish. Spread in a 9-inch round pan. Cover with chili sauce; top with shrimp.

Stacie and Gracie Gibler

Vongole-Italian Clam Dip

- | | |
|-----------------------------|-----------------------|
| 2 (3 oz.) pkg. cream cheese | 1/2 tsp. horseradish |
| 3/4 T. clam liquid | Dash of salt & pepper |
| 1 c. minced clams | |

Blend cream cheese with clam liquid to soften. Mix with minced clams. Add horseradish, salt and pepper; mix well. This could be for crackers or chips.

Bev Archer

Sausage Cheese Balls

- | | |
|---------------------------------------|--------------------------------|
| 3 c. original Bisquick | 1/2 c. grated Parmesan cheese |
| 1 lb. uncooked bulk pork sausage | 1/2 c. milk |
| 4 c. shredded Cheddar cheese (16 oz.) | 1/2 tsp. dried rosemary leaves |
| | 1/2 tsp. parsley flakes |

Heat oven to 350°. Grease a jellyroll pan, 10 1/2 x 15 1/2 x 1-inch. Stir together all ingredients, using hands or spoon. Shape mixture into 1-inch balls. Place in pan. Bake 20 to 25 minutes, or until brown. Immediately remove from pan. Serve warm, with sauce for dipping. Yield: about 7 1/2 dozen.

High Altitude: Heat oven to 375°. Decrease Bisquick to 2 1/2 cups. Stir in 1/2 cup Gold Medal all-purpose flour. Bake 25 to 30 minutes.

Nutritional Information Per Serving: 45 calories; daily value calcium 4%.

Mexi Tort

- | | |
|---------------------------------|----------------------------------|
| 8 oz. cream cheese | 1 sm. can black olives, chopped |
| 8 oz. sour cream | 1 c. grated Cheddar cheese |
| 1/2 green pepper, chopped | 1 sm. can green chilies, chopped |
| 2 bunches green onions, chopped | 1 pkg. flour shells |

Spread on shells. Roll and slice. It takes 3 hours or longer for the cheeses and vegetables to blend. Dunk in Pace picante sauce.

*Virginia Lynch,
Lewis Central*

Party Reuben Spread

- | | |
|--|---|
| 2 1/2 c. shredded corned beef (8 to 10 oz.) | 2 c. (8 oz.) shredded Cheddar cheese |
| 1 (16 oz.) jar sauerkraut, rinsed & well drained | 1 c. mayonnaise or thousand island dressing |
| 2 c. (8 oz.) shredded Swiss cheese | Snack rye bread |

In a slow-cooker, combine the first 5 ingredients; mix well. Cover and cook on low for 3 hours, stirring occasionally. Serve warm with rye bread. Yield: about 5 cups.

Note: Reduced-fat cheese and mayonnaise are not recommended for this recipe.

Mary Anne Peck

Veggie Pizza

2 lg. pkg. crescent rolls
1 (8 oz.) pkg. cream cheese
1 c. Hidden Valley dressing
Shredded Cheddar cheese
Broccoli
Cauliflower

Tomato
Carrots
Peppers
Onion
Black olives
Bacon, cooked & crumbled

Grease a cookie sheet; press and roll dough onto cookie sheet. Bake as package directs. Cool. Spread dressing on cooled crust. Add vegetables, bacon and black olives. Top with shredded Cheddar cheese.

Mary Anne Peck

Mexican Appetizer

10 Azteca flour tortillas
1/2 c. green pepper, chopped
fine
1/2 c. green onion, chopped
fine

1/2 c. mayonnaise
Seasoned salt, to taste
1 (8 oz.) pkg. cream cheese

Mix all ingredients; spread a thin layer on each tortilla. Stack tortillas on top of each other. Chill for 2 hours. Cut into serving pieces. Use a toothpick to hold each piece.

Elaine Blecha

Oyster Crackers

2 (12 oz.) bags crackers
1 c. salad oil
1 env. original Hidden Valley
dressing

3/4 tsp. each of garlic powder,
dill weed & lemon pepper

Heat oil until quite warm, not hot. Stir in all dry ingredients. Pour over crackers. Make sure they are well coated. (Can shake in a large baggie.) Store in an airtight container.

Note: May be frozen.

Yvonne Dennis

Party Mix

2 pkg. Hidden Valley Ranch mix
1 c. vegetable oil

1 T. lemon pepper
1 tsp. dill

Mix all together; pour over crackers. Yield: 5 boxes.

Sharon K. Bruns

Apple Dip

1 (8 oz.) pkg. cream cheese
1/2 c. brown sugar
3/4 c. powdered sugar

1 T. milk
1 T. almond flavoring

Blend well with a mixer. Serve with sliced apples or as a spread on slices of sweet breads.

Connie Hecker

Seafood Dip

1 (8 oz.) pkg. cream cheese
1 jar Kraft Old English cheese
1 can sm. shrimp

1 can crabmeat
Tabasco sauce, to taste

Melt cheeses until creamy (in microwave or on stovetop). Add drained shrimp and crab. Add Tabasco sauce to taste. Serve warm. Dip vegetables and enjoy.

*Judi Hazuka,
Kirn*

Crabmeat Dip

1/2 lb. imitation crabmeat,
flaked
8 oz. cream cheese, softened
1/2 c. sour cream

1 T. horseradish
2 T. mayonnaise
1 tsp. dry mustard
1 c. shredded Cheddar cheese

Combine all ingredients, except crab and Cheddar cheese; mix well. Stir in crab and cheese. Cover. Chill 2 hours. Sprinkle with paprika. Serve with crackers.

Connie Hecker

Irresistible Cracker Mix

1 pkg. sm. pretzel sticks
1 box mini Air-Crisp Ritz
crackers
1 bag cheese fish crackers
1 can mixed nuts

1 box white Cheddar Wheatable
crackers
6 oz. Orville Redenbacher's
butter-flavor popcorn oil
1/2 pkg. Hidden Valley Ranch
dressing, dry

Combine oil and dressing; pour over all. Mix well. Serve and enjoy!

Connie Hecker

Peanut Pitas

1 (8 oz.) pkg. small pita breads
16 tsp. peanut butter

16 tsp. strawberry spreadable fruit
1 lg. banana

Cut pita breads crosswise in half. Peel and thinly slice the banana. Spread inside each pita half 1 teaspoon each peanut butter and spreadable fruit. Fill pita halves evenly with banana slices. Serve immediately. Yield: 8 servings.

Peanut Butter Crunchers: Substitute mayonnaise for spreadable fruit and celery sticks for banana slices.

Cathy Halder

Cinnamon Trail Mix

2 c. Corn Chex cereal
2 c. Wheat Chex cereal
1 1/2 c. oyster crackers
1/2 c. broken sesame snack sticks

2 T. melted margarine
1 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/2 c. bite-sized fruit-flavored candy pieces

Preheat oven to 350°. Spray a 9x13-inch baking pan with nonstick spray. Place cereals, oyster crackers and sesame sticks in prepared pan; mix lightly. Combine margarine, cinnamon and nutmeg in a small bowl; mix well. Drizzle evenly over cereal mixture; toss to coat. Bake 12 to 14 minutes, or until golden brown, stirring gently after 6 minutes. Cool completely. Stir in candies. Yield: eight 3/4-cup servings.

Cathy Halder

Sausage and Cheese Balls

1 lb. sausage
1 pkg. Cracker Barrel sharp Cheddar cheese, shredded

3 c. Bisquick

Combine all ingredients. Shape into bite-sized balls. Bake 10 to 15 minutes, until browned, at 350°.

Tip: Freeze them on cookie sheets. After individual balls are frozen, put the entire batch in freezer bag and keep frozen. This way you have quick hors d'oeuvres any time needed. You can use whatever amount of balls needed for the occasion. If baking frozen balls, baking time will be slightly longer.

Vikki Kuhl

Bacon-Sour Cream Roll-ups

1 pkg. crescent rolls
1/2 c. sour cream

1/2 lb. cooked bacon, crisp & crumbled
Dash of garlic powder

Mix the sour cream, crumbled bacon and garlic powder. Chill at least 1 to 2 hours. Separate crescent rolls into 4 rectangles. Spread chilled mixture into rectangles. Roll up, starting with long end. Slice each into 6 pieces. Stand up (cut edge up and down) on baking sheet. Bake at 375° for 11 to 13 minutes. Serve warm.

Vikki Kuhl

Vegetables

Sunny Vegetable Salad

5 c. broccoli flowerets
5 c. cauliflowerets
2 c. (8 oz.) shredded Cheddar cheese
2/3 c. chopped onion
1/2 c. raisins

1 c. mayonnaise
1/2 c. sugar
2 T. cider or red wine vinegar
6 bacon strips, cooked & crumbled
1/4 c. sunflower seeds

In a large salad bowl, toss broccoli, cauliflower, cheese, onion and raisins. In a small bowl, combine mayonnaise, sugar and vinegar. Pour over salad; toss to coat. Cover and refrigerate 1 hour. Sprinkle with the bacon and sunflower seeds.

Donna Anderson

Easy Baked Beans

2 (16 to 18 oz.) cans pork & beans
3/4 c. brown sugar

1 tsp. dry mustard
6 slices bacon, cut in pieces
1/2 c. catsup

Empty pork & beans into a greased casserole; mix in brown sugar, mustard and catsup. Put bacon pieces on top. Bake, uncovered, in a slow oven (325°) for 2 1/2 hours. Yield: 8 servings.

*Evelyn Schupp,
L.C. Middle School*

Corn Casserole

1 can whole corn, drained
1 can cream-style corn
1 stick butter or margarine

1 med. onion, chopped
1 c. Velveeta cheese, cubed
1 c. broken spaghetti noodles

Combine all in a 1 1/2-quart casserole. Bake at 350° for 1 hour.

*Evelyn Schupp,
L.C. Middle School*

Special Scalloped Corn

1 (14 3/4 oz.) can cream-style corn
2 eggs
1/2 c. crushed saltines (about 15 crackers)
1/4 c. butter, melted
1/4 c. evaporated milk
1/4 c. shredded carrot

1/4 c. chopped green pepper
1 T. chopped celery
1 tsp. chopped onion
1/2 tsp. sugar
1/2 tsp. salt
1/2 tsp. shredded Cheddar cheese

In a bowl, combine the first 11 ingredients; mix well. Transfer to a greased 1-quart baking dish. Sprinkle with cheese. Bake, uncovered, at 350° for 30 to 35 minutes, or until knife inserted near the center comes out clean. Yield: 4 servings.

Lucinda Spreng

Carrots in Orange Sauce

1/3 c. sugar
1 T. flour
2 tsp. grated orange peel
3/4 tsp. salt

3/4 c. orange juice
2 T. butter or margarine
3 c. cooked carrots
Boiled carrots, drained

Mix together sugar, flour, salt and peel. Add orange juice; cook, stirring constantly, about 5 minutes, or until sauce thickens. Add butter, cooked carrots and sauce; heat and serve.

Grandma Spetman's recipe.

Nancy L. Grosset

Green Bean Casserole

1 can green beans
1 can French-fried onions

1 can condensed cream of mushroom soup

Drain beans; combine with soup and 1/2 can onions. Pour into a greased 1-quart casserole. Bake at 350° for 20 minutes. Garnish with remaining onions. Return to oven for about 3 minutes.

Vikki Kuhl

Broccoli and Cheese Casserole

1 stick margarine
1 (8 oz.) pkg. chopped broccoli
1 can cream of mushroom soup

1 c. rice
1 (8 oz.) jar Kraft Cheez Whiz

Steam broccoli until tender. Melt margarine, Cheez Whiz and cream of mushroom soup in a casserole. Add broccoli and rice. Bake, uncovered, for 30 minutes at 350°.

Vikki Kuhl

Fried Green Tomatoes

1 clove garlic, minced
1 T. parsley, chopped
1/2 tsp. salt
Dash of pepper
1 minced onion

1 T. vegetable oil
2 lg. green tomatoes, thickly sliced
1 c. cornmeal

Combine garlic, parsley, salt, pepper, onion and oil. Spread mixture on tomato slices. Sprinkle with cornmeal. Sauté in lightly-oiled skillet until heated through and browned. Yield: 4 servings.

Vikki Kuhl

Parmesan Baked Potatoes

6 T. butter or margarine, melted
3 T. grated Parmesan cheese

8 med. unpeeled red potatoes, halved lengthwise

Pour butter into a 9x13x2-inch baking pan. Sprinkle Parmesan cheese over butter. Place potatoes, with cut-side down, over cheese. Bake, uncovered, at 400° for 40 to 45 minutes, or until tender.

*Elaine Neighbors,
Gunn School*

Calico Beans

1 lb. browned hamburger
1 c. crisp, fried bacon
2 sm. onions, chopped
1/2 c. white sugar
1/2 c. brown sugar

1 (No. 1) can kidney beans
1 (No. 1) can butter beans
1 (No. 2) can pork & beans
1/2 c. catsup
1 1/2 T. Worcestershire sauce

Drain some of juice off beans. Add browned hamburger with onions and bacon. Add sugar, catsup and sauce. Bake at 350° for 45 minutes, or until done. May be cooked in slow-pot.

*Jane Gibler,
AL High School*

Fried Green Tomatoes

Wash and dry medium-sized green tomatoes. Slice about 3/8-inch thick. Sprinkle with salt and pepper; dredge in cornmeal. Heat 6 tablespoons oil, or 3 tablespoon of oil and butter, or oil and bacon fat, in a large skillet over moderately high heat. Add as many tomato slices as you can, without touching. When tomatoes start to sizzle, reduce heat to moderate and cook, turning once, until both sides are tender, but not mushy.

*Jane Gibler,
AL High School*

Stovetop Scalloped Potatoes

| | |
|--|-----------------|
| 2 T. margarine | 1 T. flour |
| 1 1/2 lb. (4 med.) potatoes, scrubbed & sliced 1/8" thick | 1 tsp. salt |
| 1 c. shredded cheese | 1/4 tsp. pepper |
| 1/2 c. thinly-sliced onions | 1 c. milk |

Spread half of the butter on the bottom of a 12-inch skillet. Layer half the potato slices, half of the cheese and half of the onions. Sprinkle with half of the flour. Dot with half of the remaining butter. Sprinkle with half of the salt and half of the pepper. Repeat layers, ending with salt and pepper. Pour milk over all. Bring to simmering over high heat. Reduce heat to medium-low; cover and cook until potato slices are tender, about 20 minutes. Uncover skillet and simmer until sauce thickens, about 7 minutes. Yield: 4 servings.

*Cheryl Heidenescher,
Nutrition Services*

Copper Pennies

| | |
|------------------------------|---------------------------------|
| 2 lb. carrots, sliced | 1 green pepper, sliced in rings |
| 1 red onion, sliced in rings | 1 can tomato soup |
| 1/2 c. salad oil | 3/4 c. vinegar |
| 1 c. sugar | 1 tsp. salt |
| 1 tsp. pepper | 1 tsp. mustard |
| 1 tsp. Worcestershire sauce | |

Peel carrots. Slice and boil in salted water until tender. Drain and cool. Mix together soup, oil, vinegar, sugar, salt, pepper, mustard and Worcestershire sauce. In a bowl, alternate layers of carrots, peppers and onions. Pour marinade over all. Refrigerate. Can be served hot, if desired.

Elaine Blecha

Company Sweet Potatoes

| | |
|--|----------------|
| 3 c. cooked & mashed sweet potatoes | 1/2 c. butter |
| 1 c. sugar | 2 eggs |
| 1/2 c. milk | 1 tsp. vanilla |

TOPPING:

| | |
|---------------------------------|--------------------|
| 1 c. brown sugar | 1/3 c. flour |
| 1 c. chopped nuts (your choice) | 1/3 c. soft butter |

Beat potatoes, sugar, milk, butter, eggs and vanilla with electric mixer. Put into a 1 1/2- or 2-quart buttered casserole dish. Mix all topping ingredients together; sprinkle over potatoes. Bake at 350° for 30 minutes.

Elaine Blecha

Cheese Potatoes

| | |
|----------------------------------|------------------------------|
| 1/2 c. melted butter | 1 tsp. salt |
| 2 lb. frozen hash browns, thawed | 1/4 tsp. pepper |
| 1/2 c. chopped onion | 1 ctn. sour cream (1 c.) |
| 2 c. Cheddar cheese | 1 1/2 to 2 cans chicken soup |

Mix all ingredients together. Put in a buttered 9x13-inch pan. Bake at 350° for 50 minutes. The last 5 to 10 minutes, put crushed potato chips or crushed crackers on top.

Good with most meat dishes.

Beverly Vincent

Swiss Vegetable Medley

- | | |
|--|--------------------------------------|
| 1 (16 oz.) pkg. frozen broccoli, carrots & cauliflower combination, thawed & drained | 1/3 c. sour cream |
| 1 (10 3/4 oz.) can condensed cream of mushroom soup | 1/4 tsp. black pepper |
| 1 c. (4 oz.) shredded Swiss cheese | 1 (4 oz.) jar chopped pimento (opt.) |
| | 1 (2.8 oz.) can French-fried onions |

Combine vegetable soup, 1/2 cup cheese, sour cream, pepper, pimento and 1/2 cup French-fried onions. Pour into a 1-quart casserole. Bake, covered, for 30 minutes at 350°. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer.

Microwave: Prepare as above. Cook, covered, on HIGH for 5 minutes, turning halfway through. Top with remaining cheese and onions. Cook, uncovered, on HIGH for 1 minute, or until cheese melts.

This is a good alternative for green bean and mushroom casserole.

*Jean Ridgway,
Lake View*

Sweet Potato Supreme

- | | |
|--------------------------------|--|
| 1 med. sweet potato | 2 T. raisins or other dried fruit bits |
| 2 T. orange or pineapple juice | 2 tsp. reduced-fat margarine |
| 1/8 tsp. ginger | |

Pierce the sweet potato with a fork; microwave on HIGH POWER for 6 to 7 minutes, or until tender. Meanwhile in a 1-cup measure or similar small microwavable bowl, stir together the juice and ginger until well mixed. Stir in the raisins. When the sweet potato is tender, remove it from the microwave. Cover the juice mixture with waxed paper; microwave it for 45 seconds to 1 minute on HIGH POWER, or until heated through. Meanwhile, cut the sweet potato in half and place on 2 plates. Mash the margarine into the flesh of each with a fork. Pour the juice mixture over the sweet potato halves, mashing it into the flesh. Serve immediately. Yield: 2 servings.

Nutritional Information Per Serving: 138 calories, 30 gm carbohydrate, 2 gm protein, 2 gm fat, 0 mg cholesterol, 3 gm fiber, 40 mg sodium. Diabetic exchange: 1 1/2 starch, 1/2 fruit.

Sharon K. Bruns

Sweet Potato Casserole

- | | |
|--------------------------|---------------------------|
| 1 1/2 lb. sweet potatoes | 1/2 c. packed brown sugar |
| 1/2 c. granulated sugar | 1/3 c. all-purpose flour |
| 1/2 c. milk | 2 T. butter |
| 1 beaten egg | 1/2 c. pecan pieces |
| 3 T. butter, cubed | Pecan halves (opt.) |
| 1 tsp. vanilla | |

Scrub and peel sweet potatoes. Cut off and discard woody portions and ends. Cut potatoes into cubes. Cook, covered, in a small amount of boiling water for 25 to 35 minutes, or until potatoes are tender. Drain potatoes. Combine hot sweet potatoes, granulated sugar, milk, egg, the 3 tablespoons butter and vanilla. Using a wooden spoon, stir to break up potatoes, but not completely mash them. Put mixture into a greased 2-quart square baking dish. In a small mixing bowl, combine brown sugar and flour. Using a pastry blender, cut in the 2 tablespoons butter until mixture resembles coarse crumbs. Stir in pecan pieces. Sprinkle crumb mixture atop potatoes. Bake, uncovered, in a 350° oven about 25 minutes, or until set. If desired, garnish with pecan halves. Yield: 8 side-dish servings.

Preparation time: 15 minutes. Cooking time: 25 minutes. Bake time: 25 minutes.

Jeanine Gibler

Notes &
Recipes



Horizontal lines for writing notes and recipes.

Casseroles, Main Dishes & Condiments

Casseroles

Escalloped Corn

- 1 can cream-style corn
- 1 can corn, undrained
- 1 c. milk
- 1 c. macaroni, uncooked
- 1 c. cubed cheese (Velveeta works best)
- Salt & pepper, to taste
- 3/4 stick margarine

Pour all ingredients in a greased casserole dish. Bake at 350° for 45 minutes to 1 hour.
Elaine Neighbors, Gunn

Mexican Rice

- 2 c. rice
- 1/4 c. tomato purée
- 1/4 c. carrots
- 1/4 c. yellow onions
- 3 1/2 c. chicken stock
- 1/4 c. red peppers
- 1/4 c. green peppers
- 1/4 c. butter
- 1 tsp. cumin
- 1 tsp. garlic, crushed
- 1 tsp. salt

Preheat skillet to 350°. Add oil, yellow onions, carrots and rice. Sauté 3 minutes, or until onions turn translucent. Add tomato purée, garlic, green and red peppers, and cumin; stir until blended. Add chicken stock. Stir and level out rice. Close lid. Reduce temperature to 125°; let simmer for 20 minutes. Fluff rice to ensure doneness. If more cooking time is required, close lid and check again in 5 minutes. Yield: 6 servings.

*Ed McHaugue,
Nutritional Services Truck Driver*

Easy Rice Casserole

- | | |
|-----------------------------|-------------------------------|
| 1 c. rice, uncooked | 1 can consommé |
| 1 stick margarine or butter | 1 can mushrooms (with liquid) |
| 1 can French onion soup | |

Put in a covered casserole dish. Bake for 1 hour at 350°. Yield: 6 to 8 servings.

Easy, quick, and very tasty.

*Nancy Krogstad,
Abraham Lincoln School to Careers Coordinator*

Zucchini Florentine

- | | |
|--------------------------|------------------------------|
| 2 lb. zucchini | 1/2 tsp. pepper |
| 2 med. onions, chopped | 2 c. canned tomatoes |
| 2 T. butter or margarine | 1/2 tsp. crushed oregano |
| 1/2 tsp. salt | 1/2 c. grated Cheddar cheese |

Wash zucchini; cut, without peeling, in 1/4-inch slices. Sauté onions in butter or margarine until golden. Add zucchini; cook over low heat for 10 minutes, stirring frequently. Add tomatoes, salt, pepper and oregano; simmer, covered, 5 minutes longer. Place in a greased casserole, cover with grated cheese and bake in moderately-hot oven, 375°, about 20 minutes, or until cheese browns nicely. Yield: 6 servings.

Very good.

*Rita Mullen,
Bloomer*

Broccoli Casserole

- | | |
|-------------------------------|------------------------------|
| 1 box frozen chopped broccoli | 1/2 tsp. salt |
| 1 c. cooked rice | 1 sm. jar Cheez Whiz |
| 3 1/2 T. butter | 1 can cream of mushroom soup |

Cook broccoli; drain all water. Cook rice in butter and salt. Mix everything together. Bake at 350° for 30 minutes.

I'm not allowed in the door to all our family get-togethers without this dish! I quadruple this recipe so everyone can have plenty.

*Renita McCloud,
Carter Lake*

Seashell Tuna Casserole

- | | |
|---|------------------------------|
| 1 box Velveeta shells & cheese macaroni | 1 (6 oz.) can drained tuna |
| 1/4 c. chopped onion | 1/4 c. butter or margarine |
| 1/4 c. chopped red pepper | 1 can cream of mushroom soup |
| | 1 sm. box thawed peas |

Prepare box of shells and cheese according to box. Sauté onion and red pepper in butter. Add all ingredients to prepared macaroni. Place in a baking dish. Bake at 350° for 30 minutes.

Note: This recipe can easily be doubled.

*Renita McCloud,
Carter Lake*

Rice Casserole

- | | |
|----------------------------|----------------------------------|
| 3/4 stick margarine | 3/4 can water |
| 2 med. onions, sliced thin | 1 med. can mushrooms with liquid |
| 1 c. long-grain rice | 2 to 3 T. soy sauce |
| 1 tsp. salt | |
| 1 can consommé soup | |

Sauté onions n margarine until golden in color. Put into a 2-quart casserole; add remaining ingredients. Bake in a 350° oven, uncovered, for 1 hour, or until liquid is absorbed.

*Marge Miller,
Bloomer*

Broccoli-Corn Casserole

- | | |
|--|---------------------------------|
| 1 (10 oz.) pkg. frozen broccoli | 16 oz. cream-style corn |
| 1/2 c. margarine, melted | 1 (7 oz.) can whole kernel corn |
| 1 1/2 c. Chicken-in-a Biskit crackers, crushed | 1/2 tsp. salt |
| | Dash of pepper |

Thaw and drain broccoli. Mix butter with cracker crumbs. Reserve 1/2 cup. Mix rest of ingredients; put into a 1 1/2-quart casserole. Top with remaining buttered crumbs. Bake at 350° for 30 minutes.

*Marge Miller,
Bloomer*

Corned Beef Casserole

- | | |
|--------------------------------|--------------------------------------|
| 1 c. corned beef | 1/2 lb. Velveeta cheese |
| 2 cans undiluted mushroom soup | 2 T. chopped onion |
| 2 cans milk | 1 (12 oz.) pkg. flat noodles, cooked |

Mix soup and milk together. Add other ingredients. Bake 1 hour at 350°. The last 20 minutes, crumble potato chips over the top.

*Jane Gibler,
AL High School*

Corn Casserole

- | | |
|------------------------------|-------------------------|
| 3 c. cooked noodles | 1 tsp. sugar |
| 1 can cream-style corn | Salt & pepper, to taste |
| 1 c. chopped Velveeta cheese | A little milk |
| 1/2 c. melted butter or oleo | Cracker crumbs |
| 1 egg, beaten | |

Cook noodles; drain and rinse. Combine corn, cheese, egg, butter, salt, pepper and sugar; mix into noodles. Add a little milk or cream if mixture is dry. Turn into casserole. Top with cracker crumbs; bake at 350° for 30 minutes. Yield: 8 servings.

*Jane Gibler,
AL High School*

Easy Taco Casserole

- | | |
|-------------------------------------|--|
| 1 lb. ground beef | 1 c. (4 oz.) shredded Colby cheese |
| 1 c. salsa | 1 c. (4 oz.) shredded Monterey Jack cheese |
| 1/2 c. mayonnaise or salad dressing | 1 med. tomato, chopped |
| 2 tsp. chili powder | 2 c. shredded lettuce |
| 2 c. crushed tortilla chips | |

In a saucepan, brown ground beef; drain. Add salsa, mayonnaise and chili powder; mix well. In an ungreased 2-quart baking dish, layer half of the meat mixture, chips and cheeses. Repeat layers. Bake, uncovered, At 350° for 20 to 25 minutes, or until heated through. Just before serving, top with tomato and lettuce. Yield: 6 servings.

*Rose McCormick,
Roosevelt*

Spicy Bean and Beef Pie

- | | |
|--|---|
| 1 lb. ground beef | 1 (16 oz.) can kidney beans, rinsed & drained |
| 2 to 3 garlic cloves, minced | 1 (15 oz.) can black beans, rinsed & drained |
| 1 (11 1/2 oz.) can condensed bean with bacon soup, undiluted | 2 c. (8 oz.) shredded Cheddar cheese, divided |
| 1 (16 oz.) jar thick & chunky picante sauce, divided | 3/4 c. sliced green onions, divided |
| 1/4 c. cornstarch | Pastry for double-crust pie (10") |
| 1 T. chopped fresh parsley | 1 c. (8 oz.) sour cream |
| 1 tsp. paprika | 1 (2 1/4 oz.) can sliced ripe olives, drained |
| 1 tsp. salt | |
| 1/4 tsp. pepper | |

In a skillet, cook beef and garlic until beef is browned; drain. In a large bowl, combine soup, 1 cup of picante sauce, cornstarch, parsley, paprika, salt and pepper; mix well. Fold in beans, 1 1/4 cups cheese, 1/2 cup onions and the beef mixture. Line pie plate with bottom pastry; fill with bean mixture. Top with remaining pastry; seal and flute edges. Cut slits in the top crust. Bake at 425° for 30 to 35 minutes, or until lightly browned. Let stand for 5 minutes before cutting. Garnish with sour cream, olives and remaining picante sauce, cheese and onions. Yield: 8 servings.

This is very good.

*Rose McCormick,
Roosevelt*

Cheesy Potato Bake

- | | |
|--------------------------------|------------------------------|
| 4 lg. unpeeled baking potatoes | 1/2 tsp. thyme |
| 1/4 c. margarine | 1/8 c. pepper |
| 1 T. grated onion | 1 c. shredded Cheddar cheese |
| 1 tsp. salt | 1 T. chopped fresh parsley |

Thinly slice potatoes in a greased 2-quart baking dish. In a saucepan, heat butter, onion, salt, thyme and pepper until butter is melted; pour over potatoes. Cover; bake at 425° for 45 minutes, or until tender. Sprinkle cheese and parsley over. Bake 15 minutes longer.

Linda Gardner, AL High School

Enchilada Pie

- | | |
|-------------------------------------|---|
| 2 lb. ground beef | 1 (1 1/2 oz.) pkg. taco seasoning mix |
| 1 med. onion, chopped | 1/2 tsp. salt |
| 1/2 tsp. garlic powder | 1/4 tsp. pepper |
| 1 (8 oz.) can tomato sauce | 1 T. chili powder |
| 2 c. canned tomatoes, chopped | 1 (14 oz.) pkg. corn or flour tortillas |
| 1 (4 oz.) can chopped green chilies | 1 can cream of chicken soup |
| 2 c. shredded Cheddar cheese | 3/4 c. milk |

Combine beef, onion and garlic. Brown in a large skillet; drain. Add tomato products and seasonings. Cook 5 minutes. Tear tortillas into 8 pieces; place half in a 9x13-inch pan. Pour meat mixture over that. Arrange other half of torn tortillas over meat. Combine soup and milk in a small bowl; mix well. Pour over tortillas. Sprinkle cheese on top. Bake at 350° for 45 minutes. Yield: 8 to 10 servings.

Variation: May use cooked chicken instead of ground beef.

Lanelle Rogers

Chicken Casserole

- | | |
|-------------------------------------|---------------------|
| 1 box stuffing mix (chicken flavor) | 2 c. chicken broth |
| 1 chicken, boiled & boned | 1 egg |
| | 1 can mushroom soup |

Grease a 9x13-inch pan. Beat egg. Add egg, broth and 1/2 can mushroom soup to stuffing mix. Spread in pan. Place boned chicken over stuffing mix. Pour remaining mushroom soup, mixed with 1/2 can milk, over chicken. Bake, uncovered, 20 to 25 minutes at 350°.

Jeanine Gibling

Enchilada Hot Dish

- | | |
|------------------------------|--|
| 1 1/2 lb. ground beef | 5 to 6 jalapeño peppers, to taste, or 1 sm. can sliced or chopped jalapeño peppers |
| 1 can cream of chicken soup | 1 pkg. flour tortillas |
| 1 can cream of mushroom soup | 2 c. Mozzarella cheese |
| 1 can evaporated milk | 2 c. Longhorn cheese |
| 1 can mild enchilada sauce | 1 can sliced black olives |

Brown meat; drain. Add soup, milk, sauce and peppers. Layer in a 9x13-inch baking dish with meat mixture, grated cheese and olives. Next a layer of tortillas. Repeat until ingredients are used up. Top with remaining cheese and olives. Bake at 350° for 30 minutes. Let stand 10 minutes before serving.

Note: I use not quite a full small can of jalapeño peppers.

Sherry Myotte

Hamburger and Bean Casserole

- | | |
|--------------------|--------------------|
| 1 lb. hamburger | 1/2 lb. bacon |
| 1 can kidney beans | 1 can butter beans |
| 1 can pork & beans | 1/2 c. brown sugar |
| 1/2 c. white sugar | 1/2 c. catsup |

Brown hamburger; drain. Add rest of ingredients, cutting bacon into bite-sized pieces. Either place in a crock-pot and simmer all day, or bake at 350° for 1 hour.

Stacy Claybourne

Corn and Noodle Casserole

- | | |
|------------------------|---------------|
| 1 can cream-style corn | 1/2 c. milk |
| 3 c. cooked noodles | Salt & pepper |
| 1 c. grated cheese | Onion (opt.) |
| 1/4 c. oleo | |

Mix; add 1 beaten egg last. Bake at 350° for an hour.

Phyllis Bruns

Tortilla Casserole

- | | |
|---|--|
| 2 tsp. oil | 2 c. fat-free refried beans |
| 2 green peppers, chopped | 2 (4 oz.) cans chopped green chilies, rinsed & drained |
| 2 onions, chopped | 6 (6") corn tortillas |
| 2 lb. ground beef or ground turkey | 2/3 c. shredded Monterey Jack or taco cheese |
| 2 (14 1/2 oz.) cans Cajun-style stewed tomatoes | |

Preheat oven to 350°. In a large skillet, heat oil. Add pepper and onion; cook, stirring as needed, until soft, about 5 minutes. Add meat, stirring, until brown, about 5 minutes. Stir in tomatoes, beans and chilies; bring to boil. Reduce heat; simmer, uncovered, stirring frequently, until slightly thickened, about 5 minutes. Spoon 1/3 of mixture onto bottom of an 11x13-inch pan. Arrange half of tortillas over top. Repeat layering, ending with meat mixture. Sprinkle with cheese. Bake, covered, 20 minutes. Uncover; bake until golden, about 10 minutes longer.

Meryl Boumsten

Enchilada Casserole

- | | |
|------------------------------------|------------------------------|
| 12 oz. nacho cheese tortilla chips | 1 can chili beans |
| 1 1/2 lb. ground beef | 1 can cream of mushroom soup |
| 1 can diced green chilies | 1 can enchilada sauce |
| | 1 c. grated Cheddar cheese |

Crush chips; put on the bottom of a 9x13-inch baking dish. Brown ground beef. Mix with beef, chilies, chili beans, mushroom soup and enchilada sauce. Pour over chips in dish. Top with cheese. Bake 20 minutes at 350°.

Rita Hermesen

Corn 'n Tater Chowder

- | | |
|---|------------------------------|
| 1 (10 oz.) pkg. frozen corn, or 1 can whole kernel corn | 1 1/2 c. milk |
| 1 (10 1/2 oz.) can condensed cream of potato soup | 1 c. shredded Cheddar cheese |
| | Crumbled bacon |

In a 2-quart saucepan, cook corn according to package directions. (Do not drain.) Remove from heat. Add soup; gradually stir in milk. Heat to serving temperature, stirring occasionally. Remove from heat; stir in cheese until melted. If necessary, return to heat to finish melting cheese. Garnish with crumbled bacon. Yield: 4 3/4 cups.

Yvonne Dennis

Chicken Taco Casserole

- | | |
|---------------------------------|------------------------------|
| 4 to 5 boneless chicken breasts | 1 can cream of mushroom soup |
| 1 bag nacho Doritos | 1 can diced tomatoes |
| 2 cans cream of chicken soup | Velveeta cheese |

Boil chicken. Save 1 cup broth. Layer in a 9x13-inch pan, sprayed with Pam. Crumble Doritos. Chop chicken; put on top of chips. Mix soups, broth and tomatoes in a saucepan. Heat until well mixed. Pour over chicken and chips. Place slices of Velveeta on top. Bake at 350° for 20 to 30 minutes.

Mary Anne Peck

Rice and Chicken Casserole

- | | |
|---|--|
| 2 (10 3/4 oz.) cans condensed cream of mushroom soup, or 1 can cream of mushroom + 1 can of either cream of chicken or cream of celery soup | 1 (4 oz.) can mushroom stems & pieces, undrained |
| 1 c. milk | 1 1/2 oz. Lipton dry onion soup mix |
| 2 1/2 c. uncooked Minute Rice | 2 broiler-fryer chickens, skin removed, if desired, & cut into pieces* |

Spray a 9x13-inch baking pan or casserole dish with Pam. Mix condensed soups and milk; set aside 1 cup. Mix remaining soup mixture, rice, mushroom pieces and mushroom liquid with half the Lipton onion soup mix. Pour into the bottom of a prepared 9x13-inch casserole. Place cut-up chicken pieces on top of the rice mixture. Pour reserved soup-milk mixture over the chicken pieces. Sprinkle with remaining onion soup mix. Cover with aluminum foil. Bake at 350° for 1 1/2 to 2 hours, until chicken is not pink in thickest part. Main dish, served with green vegetables. Yield: 10 servings.

*I use split breasts, thighs and legs rather than buy and cut up the whole chickens.

Handed down from my wonderful mother-in-law.

*Toni Roberts,
Lewis Central Middle School
Special Education Teacher*

Spinach Lasagna

- | | |
|--|--|
| 1 pkg. lasagna noodles, cooked according to instructions on pkg. | 1 tsp. salt |
| 1 bunch fresh spinach, washed, patted dry & finely chopped | 2 c. cottage cheese (original recipe calls for ricotta cheese) |
| 2 to 3 fresh garlic cloves, minced or pressed in a garlic press | 3 c. Mozzarella cheese, grated Parmesan cheese &/or a handful of pine nuts, sprinkled on top before baking (opt.) |

Spray a 9x13-inch baking pan with Pam. Mix washed, chopped spinach with minced garlic; add salt and either cottage or ricotta cheese in a medium mixing bowl; set aside. Grate Mozzarella cheese in another mixing bowl; set aside. Prepare lasagna noodles according to instructions on package; drain well. Layer in a baking pan, 1/3 cooked noodles, 1/3 spinach mixture and 1/3 Mozzarella cheese. Repeat 3 times. Sprinkle Parmesan cheese and/or pine nuts on top, if desired. Bake, uncovered, at 350° for approximately 30 minutes. Let stand 10 minutes to set. Main dish, served with hot bread, rolls or breadsticks, green vegetables or a green salad. Yield: 10 servings.

Handed up from daughter, Alice.

*Toni Roberts,
Lewis Central Middle School
Special Education Teacher*

Manicotti

- | | |
|----------------------------------|--|
| 1/2 lb. hamburger | 1/2 c. mayonnaise or salad dressing |
| 1 clove garlic | 8 manicotti noodles, cooked |
| 1 c. creamed cottage cheese | 1 (16 oz.) jar spaghetti sauce |
| 4 oz. shredded Mozzarella cheese | |
| 1/2 tsp. salt | |

Brown beef and garlic; drain fat. Mix cottage cheese, Mozzarella cheese, salt and mayonnaise in a bowl. Stir in beef. Fill each noodle and place in a baking dish. Cover with spaghetti sauce; sprinkle Parmesan cheese over the top. Cover with foil. Bake for 15 minutes at 350°. Uncover; bake 10 more minutes.

Stacie Gibler

"Yum Yum" Casserole

- | | |
|-----------------------|------------------------------|
| 1 lb. ground beef | 1 can cream of mushroom soup |
| 8 oz. egg noodles | 1 can cream of chicken soup |
| 1 c. chopped celery | 1 1/2 c. water |
| 1/2 c. chopped onions | |

Without cooking any ingredients, arrange layers of ground beef, noodles, celery and onion in a greased casserole. Combine soups and water; pour over layers. Bake at 350° for 1 1/2 hours. For a variety, add a small can of French green beans, peas or tomatoes.

This is a meal in itself.

Betty Stelter

Potato Casserole

- | | |
|---------------------------|-----------------------------|
| 2 lb. frozen hash browns | 1 can cream of chicken soup |
| 1/2 c. melted oleo | 1 pt. sour cream |
| 1 tsp. salt | 2 c. grated American cheese |
| 1/2 tsp. pepper | 1/4 c. melted oleo |
| 2 T. minced, dried onions | 2 c. crushed corn flakes |

Thaw potatoes before mixing. Mix the first 8 ingredients. Put in a buttered 9x13-inch pan. Mix the 1/4 cup melted oleo and corn flakes; sprinkle over top. Bake at 350° for 45 to 60 minutes.

Rosa Arnold

Potato Casserole

- | | |
|-------------------------------------|-----------------------------|
| 2 lb. Southern-style hash browns | 1 can cream of celery soup |
| 2 c. Velveeta shredded cheese | 1 can cream of chicken soup |
| | 8 oz. sour cream |

Mix all ingredients in a bowl; spread in a greased 9x13-inch pan. Cook, until brown and bubbly, at 350° for about 1 hour.

Betty Stelter

Chicken Enchiladas

- | | |
|---|---|
| 1/2 c. chopped onion | 12 (8") tortillas |
| 1 tsp. cooking oil | 1 (10 3/4 oz.) can reduced-fat, reduced-sodium, condensed cream of chicken soup |
| 4 oz. reduced-fat cream cheese | 8 oz. low-fat sour cream |
| 1 T. water | 1 c. skim milk |
| 1 tsp. ground cumin | 1 (4 oz.) can chopped green chilies |
| 1/8 tsp. black pepper | 1/2 c. shredded Cheddar cheese |
| 1/8 tsp. salt | |
| 4 c. chopped, cooked, skinless chicken breast | |

In a small skillet, sauté onion in oil. In a mixing bowl, stir together cream cheese, water, cumin, black pepper and salt. Stir cooked onion and chicken into cream cheese mixture. Wrap tortillas in foil; heat in a 350° oven for 10 minutes, or until softened. Spoon about 1/4 cup of the chicken mixture onto each tortilla. Roll up the tortillas; place, seam-side down, on a baking dish that has been sprayed with nonstick cooking spray. To make sauce, combine soup, sour cream, milk and green chilies; pour over enchiladas. Bake, covered, at 350° for 40 minutes, or until heated through. Sprinkle with Cheddar cheese. Bake, uncovered, for 5 minutes, or until cheese is melted. Yield: 12 enchiladas.

Nutritional Information Per Enchilada: 288 calories, 25 gm carbohydrate, 21 gm protein, 11 gm fat, 2 gm saturated fat, 58 mg cholesterol, 1 gm fiber, 414 mg sodium, 305 mg potassium, 153 mg calcium. Diabetic exchange: 1 1/2 starch, 2 medium-fat meat.

Sharon Bruns

Main Dishes

Hamburger Stroganoff

- | | |
|----------------------|-------------------------------------|
| 2 lb. hamburger | 1 (8 oz.) pkg. med. or wide noodles |
| 2 c. sour cream | |
| 2 cans mushroom soup | |

Fry hamburger; drain fat off. Set aside. Cook noodles. Add hamburger, soup and sour cream. Stir well. Yield: 6 good-sized servings.

*Connie Vincent,
Kreft*

Beef Enchilada Skillet

- | | |
|------------------------------------|---|
| 1 lb. ground beef | 1 pkg. taco seasoning |
| 1 sm. can tomato soup | 8 flour tortillas, torn in small pieces |
| 1 c. chunky salsa or picante sauce | 1 c. shredded Cheddar cheese |
| 1/2 c. water | |

Cook beef in skillet until browned; pour off fat. Add soup, salsa, water, seasoning, tortillas and half the cheese. Heat to a boil. Cover and cook over low heat 5 minutes, or until hot. Top with remaining cheese. Yield: 4 servings.

Preparation time: 20 minutes.

*Mary Anne Peck,
LC Middle School*

Broccoli and Chicken Casserole

- | | |
|------------------------------|----------------------------|
| 2 c. instant rice, uncooked | 1 (16 oz.) jar Cheez Whiz |
| 16 oz. frozen broccoli | 1 1/2 soup cans water |
| 1 can cream of mushroom soup | 2 c. cooked, cubed chicken |
| 1 can cream of chicken soup | |

Combine soups, water and rice. Spray a 9x13-inch pan with Pam. Put frozen broccoli pieces and chicken on top of mixture. Top with Cheez Whiz. Bake at 375°. Bake 1/2 hour, covered with foil. Uncover; bake another 1/2 hour. Watch to make sure Cheez Whiz doesn't get too brown.

Mary Anne Peck

Chicken Breast with Vegetables

- | | |
|-----------------------------|-----------------------------|
| 4 chicken breasts, skinless | 1 stick butter or margarine |
| 4 med. potatoes, quartered | Salt & pepper, to taste |
| 1 can green beans, drained | Red & green bell peppers |
| 1 bag baby carrots | Mushrooms |
| 2 red onions, quartered | |

Cook in a foil pan, either on grill or in oven, covered with foil, about 40 minutes. Yield: 4 servings.

Complete meal in one pan. If desired, put chicken breasts on grill. Cook vegetables first.

Pamela Roberts

Hungarian Goulash

| | |
|-----------------------------------|-------------------------------|
| 3 lb. beef chuck, cut in 1" cubes | 1 (10 1/2 oz.) can beef broth |
| 1/4 c. flour | 4 qt. boiling water |
| 1/4 c. oil | 1 tsp. oil |
| 3 c. onion, chopped | 4 tsp. salt |
| 1 T. paprika | 1 (1 lb.) bag wide noodles |
| 1 tsp. salt | 2 T. butter |
| 1/8 tsp. pepper | 1 T. poppy seed |
| | 1 c. sour cream |

Coat meat with flour; brown in oil. Add onion, spices and broth. Cover; cook over low heat for 1 1/2 hours, or until tender. Boil noodles 6 to 7 minutes in 4 quarts water, to which 1 teaspoon oil and 4 teaspoons salt was added. Drain. Add butter and poppy seed. Add sour cream to meat; heat. Serve over noodles.

Elaine Blecha

The World's Best Pizza

Telephone
Phone book

Coupon
Money

Call your favorite pizza place. Order your pizza. Sit back, relax and wait for the delivery person. Enjoy!

It's best to serve this on paper plate so you don't have to wash dishes!

Variation: Try a new pizza place once in a while. If you need a little exercise, go pick it up, instead of delivery.

Sandi George

Gone-All-Afternoon Stew

| | |
|--------------------------------|--|
| 2 lb. stewing beef, cubed | 1 soup can water |
| 3 carrots, sliced | 1 bay leaf |
| 2 onions, sliced | Dash of Worcestershire sauce |
| 3 potatoes, peeled & quartered | 1/4 c. garlic pickle juice or red wine |
| 1 can tomato soup | |
| 1 sm. can peas (opt.) | |

Put all ingredients into a large casserole with a lid to fit. There is no need to brown meat first. Mix all together. Bake at 275° for 4 to 5 hours.

*Judi Hazuka,
Kirn*

Five-Hour Stew

| | |
|-----------------|---------------------------|
| 2 lb. stew meat | 1 1/4 c. tomato juice |
| 2 c. potatoes | 2 T. tapioca |
| 2 c. carrots | 1 1/2 tsp. salt |
| 1 c. celery | 1 T. Worcestershire sauce |
| 2 onions | 1 T. sugar |

Put meat in a roaster. Cut vegetables into bite-sized pieces; add to meat. Mix together remaining ingredients; pour over meat and vegetables. Bake at 275° for 5 hours. Do not peek! Yield: 4 to 6 servings.

Note: Put this in the oven at 8:00 am. When you get home from church, it will be done and wonderfully good. We like it served with garlic bread and a fruit salad.

Sylvia Price

Mom's-Grandma's Red Beans

| | |
|---|--|
| 2 c. red beans, soaked overnight & drained | 1 (14 oz.) can stewed tomatoes, undrained |
| 2 slices bacon, cut into 1/4" inch strips | 1 lb. lean ground beef, browned & drained (pat on paper towels to remove excess fat) |
| 1 sm. to med. onion, diced (I prefer the red, but yellow or whites ones work as well) | Pinch of salt |
| | Pinch of dried red hot peppers |

Put beans in a saucepan; soak overnight. Drain and rinse well. (This helps reduce the gassy after-effects!) Add fresh water (to cover beans well) and a pinch of salt; bring to a boil. Add onions, stewed tomatoes, bacon and red pepper. Reduce heat; cover the pot. Simmer 3 to 4 hours. Add more water to cover ingredients as needed (but don't drown it). Brown lean ground beef; remove from skillet and pat out excess fat on paper towels. Add browned ground beef during the last 10 minutes.

It almost tastes better the next day, and is easily reheated. A green side salad also goes well with this simple meal.

Handed down from my mom and passed on as a family favorite to my children.

*Toni Roberts,
Lewis Central Middle School
Special Education Teacher*

Mom's Almond Chicken

| | |
|---|--|
| 3 T. vegetable or olive oil | 1/2 c. onions, diced |
| 3 whole chicken breasts, skinned, removed from bone & diced | 1 c. fresh mushrooms, sliced, or 2 (4 oz.) cans stems & pieces |
| 1 tsp. salt | 1 c. hot chicken broth |
| 1/4 tsp. pepper | 1 T. cornstarch |
| 2 to 4 T. soy sauce | 1 T. water |
| 1 c. diced celery | 1/2 c. sliced almonds, blanched & toasted |
| 1 sm. pkg. frozen peas (do not thaw) | 1 (4 oz.) can water chestnuts (opt.) |

In a wok or large frying pan, sauté diced chicken in oil for 3 minutes, until pieces turn white, stirring constantly. Set aside; drain on paper towels. Add other ingredients to wok or pan; cook 2 minutes. Stir in chicken broth; return chicken. Stir together; cook over low heat for 5 minutes, uncovered. Mix together cornstarch and water until a paste consistency. Add to chicken mixture in the wok or pan; stir until broth thickens. Place in a serving dish; add almonds. Serve over a bed of steamed rice and enjoy with a cup of hot tea! Yield: 6 servings.

Preparation time: 45 minutes. Cooking time: 15 minutes.
Shared by my maid-of-honor.

*Toni Roberts,
Lewis Central Middle School
Special Education Teacher*

Turkey Sloppy Joes

| | |
|------------------------------|-------------------------------------|
| 1 lb. ground turkey breast | 1 1/2 tsp. Worcestershire sauce |
| 1/4 c. chopped onion | 1/2 tsp. celery seed |
| 1/2 c. no-salt-added ketchup | 1/4 tsp. pepper |
| 3 T. barbecue sauce | 6 whole-wheat hamburger buns, split |
| 1 T. prepared mustard | |
| 1 T. vinegar | |

In a nonstick skillet, cook the turkey and onion for 5 minutes, or until turkey is no longer pink. Add next 7 ingredients; simmer for 10 minutes, stirring occasionally. Serve on buns. Yield: 6 servings.

Diabetic Exchange: 2 1/2 very lean meat, 2 starch.

Sharon K. Bruns

Chinese Hot Dish

| | |
|---------------------------|--------------------------------------|
| 1 lb. ground beef | 1 can Chinese vegetables with liquid |
| 1/2 green pepper, chopped | 1 can cream of mushroom soup |
| 1/3 c. chopped onion | 1 can cream of celery soup |
| 1/2 c. long-grain rice | |

Brown ground beef, onion and green pepper; drain. Add together with remaining ingredients. Place in casserole. Sprinkle with chow mein noodles. Cover. Bake at 350° for 1 hour.

*Marge Miller,
Bloomer*

Delicious Drumsticks

| | |
|--------------------------|--------------------------|
| 1/2 c. all-purpose flour | 1/4 tsp. pepper |
| 1 tsp. salt | 6 chicken drumsticks |
| 1/2 tsp. paprika | 1/4 c. margarine, melted |

Heat oven to 425°. Mix flour, salt, paprika and pepper in a bowl. Dip chicken drumsticks into margarine; roll in flour mixture to coat. Put in an ungreased 8x8x2-inch pan. Bake, uncovered, until done, about 50 minutes.

*Susan Lustgraaf Howard,
AL High School*

Turkey Reuben Sandwich

| | |
|---|--|
| 2 slices of rye bread | Sauerkraut, to taste |
| 2 oz. fat-free fully-cooked turkey | 2 to 3 tsp. Marzetti's fat-free thousand island dressing |
| 1 slice Best Choice fat-free Swiss cheese | |

Spray skillet with nonstick spray. Preheat skillet or grill for 3 to 5 minutes. Put sandwich together; place on grill. Heat until cheese is melted and bread is browned.

This is a Weight Watchers recipe.

*Jeanette Parks,
Bloomer*

Manicotti

- | | |
|--|---|
| 1 lb. mild sausage | 3 c. Mozzarella cheese, shredded |
| 2 (15 oz.) cans Hunt's tomato sauce (Italian) | 1 egg |
| 1 (6 oz.) cans Hunt's tomato paste | 1 tsp. parsley flakes |
| 1/4 c. water | 12 noodles, cooked, rinsed & drained |
| 1/2 T. packed light brown sugar | Grated Parmesan cheese |
| 1 (15 oz.) ctn. ricotta cheese | |

Brown sausage; drain. Remove 1/2 sausage and set aside. Stir in tomato sauce, tomato paste, water and brown sugar; simmer 15 minutes. In a medium bowl, combine remaining sausage, ricotta, egg, parsley and 2 cups Mozzarella cheese. In a baking dish, pour 1/3 sauce mixture. Stuff noodles with ricotta mixture and place in dish. Pour remaining sauce over noodles and top with remaining Mozzarella cheese and Parmesan cheese. Bake at 350° for 20 minutes.

*Susan Lustgraaf-Howard,
AL High School*

Chicken Enchiladas

- | | |
|--|--|
| 2 lb. chicken | 2 c. shredded Monterey Jack cheese |
| 12 to 18 flour tortillas | 1 (4.5 oz.) can diced green chilies |
| 16 oz. sour cream | 1 bunch diced green onions |
| 2 (10 3/4 oz.) cans cream of chicken soup | |
| 4 c. shredded Cheddar cheese | |

Preheat oven to 325°. Cut chicken into 1-inch cubes; brown. In a large bowl, mix chicken, onions, 3 cups Cheddar cheese and 1 cup Monterey Jack cheese. In a small bowl, mix sour cream, soup and chilies. In a 9x13-inch dish, spread a couple spoonfuls of the soup mix around the bottom of the dish. On a counter, place tortilla; put 1 spoonful of soup mix and a couple spoonfuls of chicken on tortilla. Fold in edges and roll tight like a burrito. Place in pan. Repeat until pan is full. Place remaining soup mix, then remaining cheese on top. Bake for 30 to 45 minutes.

Note: Use a small amount of soup mix inside tortillas. Lay all rolled-up tortillas the same direction in pan.

Gordon Dobbs

Taco Dinner

- | | |
|-----------------|------------------------|
| 1 lb. hamburger | 3/4 c. Bisquick |
| 1/2 c. onion | 3 eggs |
| 1 pkg. taco mix | 1 c. Cheddar cheese |
| 1 1/4 c. milk | 1 tomato, diced (opt.) |

Cook and drain hamburger and onion. Stir in dry taco mix. Put in a greased pie plate. Beat milk, Bisquick and eggs on high speed; pour over hamburger mixture. Top with Cheddar cheese and diced tomatoes. Bake at 400° for 25 minutes.

*Cheryl Heidenescher,
Nutrition Services*

Shrimp Creole

- | | |
|--------------------------------|--|
| 1 1/2 c. chopped onion | 2 tsp. snipped parsley |
| 1 c. finely-chopped celery | 1/8 tsp. cayenne red pepper |
| Chopped green pepper, to taste | 2 bay leaves, crushed |
| 1/4 c. butter or margarine | 2 cloves garlic, minced |
| 1 (15 oz.) can tomato sauce | 14 to 16 oz. fresh or frozen raw shrimp |
| 1 c. water | 3 c. hot cooked rice |
| Pinch of thyme | |

Cook and stir onion, celery, green pepper and garlic in butter until onion is tender. Remove from heat; stir in tomato sauce, water and seasonings. Simmer, uncovered, 10 minutes. Add water, if needed. Stir in shrimp. Heat to boiling. Cover and cook over medium heat for 10 to 20 minutes, or until shrimp are pink and tender. Serve over rice in a bowl. Yield: 6 servings.

Note: Rinse frozen shrimp under running cold water to remove ice glaze, before putting them into sauce.

*Nancy Mulvania,
Secretary AL*

Rosie's Creamy Enchiladas

1 1/2 lb. ground beef
1 med. onion, diced
1 lb. Velveeta cheese, cubed
Flour

Milk
Chili powder
1 pkg. flour tortillas

Brown ground beef and onion, Use a slotted spoon to remove hamburger from pan, leaving grease in the pan. Place cheese in a bowl with the hamburger; stir. Put a plate over the top until cheese melts; stir until mixed. Make a very thin gravy with the flour and milk, adding a dash of chili powder. Using a plate to work on, dip tortillas in the thin gravy and lay on plate. Fill with meat mixture. Roll up; place in a greased 9x13-inch pan. After all of the tortillas are placed in the pan, pour remaining gravy over the whole dish. Bake, uncovered, until bubbly, at 350°. Serve with hot sauce, if desired.

*Joan Eilees,
AL Cafeteria*

Sweet-and-Sour Chicken

1 lb. skinless, boneless
chicken breasts, cut into 1"
pieces

1 T. cooking oil
1 c. chopped green pepper
1 c. carrots, sliced like coins
1/2 c. chopped onion
1 minced garlic clove
1 c. low-sodium chicken broth

1 T. cornstarch
2 T. brown sugar
2 T. cooking sherry
1/2 tsp. ground ginger
1 (8 oz.) can unsweetened
pineapple chunks, drained
5 c. hot cooked rice
1 T. low-sodium soy sauce

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; stir-fry for 5 minutes, or until chicken is browned. Add green pepper, carrot, onion, garlic and ginger; stir well. Add broth mixture and pineapple to skillet; bring to a boil and cook for 1 minute, or until mixture is thickened and bubbly, stirring constantly. Serve over rice. Yield: 8 servings.

Nutritional Information Per Serving: 307 calories, 48 gm carbohydrate, 18 gm protein, 4 gm fat, 1 gm saturated fat, 36 mg cholesterol, 2 gm fiber, 185 mg sodium, 314 mg potassium, 37 mg calcium. Diabetic exchange: 3 starch, 1 lean meat.

Sharon Bruns

Beef Stroganoff

1 lb. ground beef
1 onion, chopped
1/2 c. chopped celery
2 T. all-purpose flour
1/2 tsp. garlic salt
1/4 tsp. pepper

1 (4 oz.) can sliced mushrooms,
drained
1 (10 3/4 oz.) can cream of
mushroom soup, undiluted
1 (8 oz.) ctn. sour cream
Hot cooked noodles

Cook ground beef, onion and celery in a large skillet until meat is browned, stirring to crumble meat; drain. Stir in flour and next 3 ingredients; cook and stir 1 minute. Stir in soup; simmer 10 minutes. Add sour cream; heat thoroughly. Serve over noodles. Yield: 4 servings.

Vikki Kuhl

Broccoli-Cheese Chicken

4 whole chicken breasts
4 cans Cheddar cheese soup

2 boxes broccoli spears

Boil chicken breasts; remove skin. Take chicken off bones and place in pan. Defrost broccoli spears or place in water. Place broccoli spears on top of chicken. Spread Cheddar cheese soup on top of chicken. Bake at 350° for 45 minutes to 1 hour.

Note: For smaller portion, cut recipe in half.

Vikki Kuhl

Four-Layer Supper Dish

1 lb. ground beef
4 potatoes
1 (16 oz.) can green beans,
drained

1/2 c. Velveeta cheese, cubed
1/4 c. milk

Brown ground beef in a skillet, stirring to break up the meat. Drain off fat. Wash potatoes; cut into slices. (Do not peel.) Place sliced potatoes in a large baking dish. Spoon green beans on top, then ground beef, and finally the cheese. Pour the milk over all. Cover and bake in 350° oven for 1 hour. Yield: six 1-cup servings; 286 calories each.

Vikki Kuhl

Chicken Tetrazzini

| | |
|----------------------------------|-----------------------------|
| 6 1/2 oz. uncooked spaghetti | 3/4 c. water |
| 2 1/2 c. chopped, cooked chicken | 1 can cream of celery soup |
| 1/4 c. chopped pimento | 1 can cream of chicken soup |
| 1/2 c. chopped onion | 1/4 lb. shredded cheese |

Break uncooked spaghetti into 3 or 4 pieces. Mix with chicken, pimento and onion, Mix together water and soups with shredded cheese. Pour over chicken mixture in a greased 9x13-inch pan. Bake at 350° for 45 minutes.

Vikki Kuhl

Tater Tot Casserole

| | |
|--------------------------------------|---------------------------------------|
| 1 lb. hamburger | 1 (10 oz.) pkg. frozen peas & carrots |
| 1/2 c. chopped onions | 1 pkg. Tater Tots |
| 1 can undiluted cream of celery soup | Salt & pepper |

Preheat oven to 350°. Grease a square pan. Brown hamburger and onions. Drain off grease. Spread meat and onions in pan. Season with salt and pepper. Add vegetables; spread evenly over meat. Cover with soup. Top with a single layer of Tater Tots. Bake 30 to 45 minutes.

Vikki Kuhl

Crunchy Fish Sticks

| | |
|------------------------------|------------------------------------|
| 3 T. all-purpose flour | 3 c. corn flakes, coarsely crushed |
| 1/2 tsp. ground black pepper | 1 lb. cod fillets |
| 1 lg. egg | 1/2 to 3/4 c. vegetable oil |
| 2 T. milk | |

Cut cod fillets into 1x3-inch strips; pat dry. Combine flour and pepper in a shallow bowl; set aside. Combine egg and milk in a small bowl; set aside. Place crushed corn flakes in a shallow bowl; set aside. Coat fish in flour mixture, dip in egg mixture, then roll in corn flakes, pressing coating gently on each fish strip. In a large skillet over medium heat, heat oil. Add fish strips. Cook 3 to 4 minutes on each side, or until golden brown and fish is cooked through; drain. Yield: four 3-piece servings.

Cathy Halder

Treg's Favorite Beef Casserole

| | |
|---|--|
| 2 lb. stew meat or round steak, cut into 1" cubes | 1 (4 oz.) can sliced mushrooms, liquid & all |
| 1 can cream of mushroom soup | 1/2 c. red wine |
| 1 env. dry onion soup mix | |

Combine all ingredients in a crock-pot; stir well. Cover and cook on low for 8 to 12 hours or on high for 5 to 6 hours. Serve over rice or buttered noodles.

Note: I prefer to use the round steak.

Connie Hecker

Slow-Cooker Enchiladas

| | |
|--|--|
| 1 lb. ground beef | 1 tsp. chili powder |
| 1 c. chopped onion | 1/2 tsp. ground cumin |
| 1/2 c. chopped green pepper | 1/2 tsp. salt |
| 1 (16 oz.) can pinto or kidney beans, rinsed & drained | 1/4 tsp. pepper |
| 1 (15 oz.) can black beans, rinsed & drained | 1 c. (4 oz.) shredded sharp Cheddar cheese |
| 1 (10 oz.) can diced tomatoes & green chilies, undrained | 1 c. (4 oz.) shredded Monterey Jack cheese |
| 1/3 c. water | 6 (6" or 7") flour tortillas |

In a skillet, cook beef, onion and green pepper until beef is browned and vegetables are tender; drain. Add next 8 ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Combine cheeses. In a 5-quart slow-cooker, layer about 3/4 cup beef mixture, 1 tortilla and about 1/3 cup cheese. Repeat layers. Cover and cook on low for 5 to 7 hours, or until heated through.

Donna Anderson

Aunt Gerry's Deluxe Chicken

| | |
|-------------------------------|------------------------|
| 4 to 8 chicken breast fillets | 4 to 8 strips of bacon |
| 1 jar dried beef | 1 c. sour cream |
| 2 cans cream of mushroom soup | |

Line a slightly-greased 9x13-inch pan with slices of dried beef. Wrap each chicken fillet with a slice of bacon. Place on top of dried beef. Mix soup and sour cream together; pour over the chicken. Cover with Saran Wrap; let stand overnight in the refrigerator. The next day, remove plastic wrap and cover with foil. Bake at 275° at least 3 hours. Uncover the last 45 to 60 minutes. Gravy can be used on potatoes.

Very good, and tender!

Condiments

Picante Sauce

1 qt. peeled tomatoes
1 med. onion, chopped
1 sm. bell pepper
2 or 3 jalapeño peppers
2 buttons garlic
1/2 c. vinegar

1 tsp. salt
1 tsp. sugar
Dash of oregano, cumin, &
cayenne pepper (or chili
powder)

Chop tomatoes in blender; add onion, peppers and garlic. Blend until small chunks. Add vinegar, salt and sugar. Cook for 25 minutes. Add a dash of oregano, cumin and cayenne pepper or chili powder. Simmer until desired thickness.

Cheri West

A-1 Sauce

1/2 c. orange juice
1/2 c. raisins
1/4 c. soy sauce
1/4 c. white vinegar

2 T. Dijon mustard
1 T. bottled grated orange peel
2 T. Heinz ketchup
2 T. Heinz chili sauce

Bring to a boil for 2 minutes, stirring. Remove from heat. Allow to cool to lukewarm. Put mixture in a blender until it is puréed. Pour in bottle. Cap tightly and refrigerate to use within 90 days.

Rose McCormick

Heinz 57 Sauce

1/2 c. raisins
2/3 c. Heinz ketchup
1 tsp. chili powder

1 tsp. seasoned salt
4 oz. applesauce
2 T. Wish-Bone Italian dressing

Put all ingredients in a blender; blend on-and-off for 2 minutes.

Rose McCormick

Shake and Bake

4 c. flour
2 tsp. cayenne pepper
1 c. bran flakes cereal, crushed
2 T. parsley flakes
2 tsp. garlic powder
1 T. onion powder

2 tsp. chili powder
2 T. taco seasoning
1 tsp. ground pepper
1 tsp. curry powder
1 tsp. basil
1 tsp. oregano

Mix together well. Preheat oven to 400°. Dredge disjointed chicken in above mix. Melt 1/4 cup butter in a shallow 9x13-inch baking pan. Place chicken, skin-side down. Baste top with melted butter from pan. Bake, uncovered, for 25 minutes. Turn, skin-side up. Reduce heat to 350°. Bake until tender, 30 to 35 minutes.

Rose McCormick

Spaghetti Meat Sauce

2 T. olive oil
1 lb. ground beef
3/4 c. chopped onions
1 whole clove garlic, minced
1 (1 lb. 12 oz.) can whole
tomatoes
1 (6 oz.) can tomato paste

2 bay leaves
1 tsp. dried basil
1/2 tsp. salt
1/4 tsp. chili powder
2 T. chopped parsley
2 T. melted butter or margarine

Heat oil; add beef, onions and garlic. Cook over high heat, stirring until meat browns. Add tomatoes, tomato paste, bay leaves, basil, salt and chili powder. Cover and simmer 30 minutes, adding water if sauce becomes too thick. Taste to adjust for seasonings. Stir in parsley and melted butter. Yield: 5 1/4 cups.

*Sandie Essensohn,
Carter Lake*

Dilled Onion Rings

1 lg. Spanish onion
1/2 c. sugar
1/2 c. white vinegar

1 tsp. dill seed
2 tsp. salt
1/4 c. water

Slice onion and separate into rings. Place in a pint jar. Combine ingredients; heat to boiling. Pour over onion rings. Let stand overnight.

Very good when served with beets.

*Donna Chute,
Nutrition Services Office*

Zucchini Relish

| | |
|--------------------------|-----------------------|
| 10 c. chopped zucchini | 1 tsp. nutmeg |
| 4 c. chopped onions | 1 tsp. celery seed |
| 2 green peppers, chopped | 1/2 tsp. black pepper |
| 2 red peppers, chopped | 1 T. cornstarch |
| 1/3 c. salt | 2 1/2 c. vinegar |
| 1 tsp. turmeric | 4 1/2 c. sugar |

Grind zucchini, onions and pepper. Add salt; let stand overnight. Put in cheesecloth and rinse off well with cold water. Drain excess water off. Combine the rest of the ingredients; boil for 20 to 30 minutes. Put in hot jars and seal.

Stacie and Gracie Gibler

Cranberry Jelly

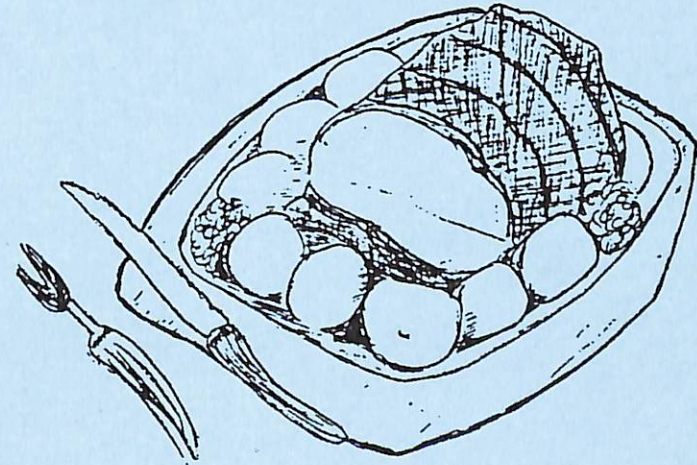
| | |
|-----------------------------|------------|
| 1 (12 oz.) pkg. cranberries | 1 c. sugar |
| 1 c. water | |

Place cranberries in a kettle; cover. Cook cranberries until they stop popping, approximately 5 to 10 minutes. Run through ricer; put back in kettle with 1 cup sugar. Bring to rolling boil for 5 minutes. Let stand a minute. Scoop off foam. Put jelly in small jars with lids that seal.

My mom always made this at Thanksgiving and Christmas time.

Mary Anne Peck

Meats



Notes & Recipes



Meats

Individual Meat Loaves or One Large Meat Loaf

| | |
|------------------------------|----------------------|
| 1 1/2 lb. ground beef | 1/4 c. chopped onion |
| 1 (5 oz.) can milk | 1 tsp. salt |
| 1 egg, slightly beaten | 1/4 tsp. pepper |
| 3/4 c. quick-cooking oatmeal | |

SAUCE FOR TOP:
1/3 c. catsup

1 T. brown sugar
1 T. mustard

Combine the first 7 ingredients; mix well. Shape into 6 mini meat loaves or 1 large meat loaf. Place on ungreased pan. Combine catsup, brown sugar and mustard; spoon over top of loaves. Bake, uncovered, 45 minutes to 1 hour at 350°.

*Maxine McCallum,
Retired Cook from Wilson*

Porcupine Meat Balls

| | |
|----------------------|------------------------|
| 1/2 c. uncooked rice | 1/8 tsp. garlic powder |
| 1/2 c. water | 1/2 tsp. celery salt |
| 1/3 c. chopped onion | 1 lb. ground beef |
| 1 tsp. salt | 2 T. oil |
| 1/2 tsp. pepper | |

SAUCE:

1 (15 oz.) can tomato sauce
1 c. water

2 T. brown sugar
2 tsp. Worcestershire sauce

Combine the first 7 ingredients. Add beef; mix well. Shape into 1 1/2-inch balls. Brown meat balls in the oil. Drain. Combine the sauce ingredients; pour over meat balls. Reduce heat; simmer 1 hour.

*Maxine McCallum,
Retired Cook from Wilson*

Buffalo-Style Chicken Wings

2 lb. chicken wings, disjointed
(discard the tips)
1/4 lb. margarine (do not use
butter)

8 oz. Frank's hot sauce (also
labeled as Durkee hot sauce)
(no substitutions!)
Oil for frying

Melt margarine in a saucepan until barely liquid. Add hot sauce; mix. Set aside. Deep-fry wings until brown and crispy. Remove; drain on paper towels. Put wings in a large bowl that has a cover. Pour sauce over all; cover. Shake to coat the wings. Serve with celery sticks and Kraft Roka blue cheese.

Rose McCormick

George's Enchiladas

1 can cream of mushroom soup
2 cans cream of chicken soup
1 1/2 cans water
1 1/4 T. chili powder
1 tsp. garlic
1 tsp. cumin
1 tsp. oregano
1 tsp. poultry seasoning
Salt & pepper
2 lb. hamburger

1/2 c. chopped onion
1 can refried beans
10 to 12 flour tortilla shells
2 c. grated Cheddar cheese
1 can chopped black olives
Lettuce, for garnish
Extra cheese, for garnish
Extra onion, for garnish
Taco sauce or sour cream, to
taste

Heat sauce with the first 9 ingredients in a Dutch oven pan on medium-high heat. To make filling, brown hamburger and onion; drain. Add 1 can refried beans and 1 cup sauce. Spoon 2 heaping spoonfuls in tortilla shell; roll, seam-side down, in pan. (Broil-pan size.) Pour sauce over top. Top with grated cheese and olives. Bake at 350° for 30 minutes. Garnish and eat!

This is always a big hit!

*Renita McCloud,
Carter Lake*

Children never exaggerate. They just remember big.

Enchiladas

1 lb. lean ground beef
1/2 lb. Longhorn cheese,
grated
1 tsp. salt, divided
1 sm. can ripe olives, chopped
1 c. chopped onion
2 (8 oz.) cans tomato sauce

1 can tomato soup
1 (6 oz.) can tomato paste
2 c. water
1/4 c. oil
2 T. chili powder
1 tsp. garlic powder
1 doz. corn or flour tortillas

Brown ground beef. Add 1/2 teaspoon salt. Reserve 1 cup cheese. Add remaining cheese, olives and onions to meat; set aside. In a large saucepan, combine tomato sauce, soup, tomato paste, water, oil, chili powder, garlic powder and remaining salt. Bring sauce to a boil; simmer gently. Dip tortilla in sauce. Lay tortilla on a plate; place 1 heaping tablespoon of meat mixture in center of tortilla. Roll up. Repeat with remaining tortillas. Lay filled tortillas side-by-side in baking dish. Pour 1 cup of sauce over tortillas. Sprinkle remaining cup of cheese over tortillas. Keep remaining sauce warm and serve on the side. Bake enchiladas at 350° for 15 minutes, or until cheese melts.

Note: Larger, but fewer, tortillas may be used. Increase amount of meat mixture placed in each.

*Becky Moad,
AL High School*

Hawaiian Meat Balls

1 1/2 lb. ground beef
2/3 c. rich milk
1/2 c. chopped onions
2/3 c. bread crumbs
1 tsp. salt
1 (13 1/2 oz.) can pineapple
tidbits

2 T. cornstarch
1/4 c. vinegar
1/4 tsp. Kitchen Klatter pineapple
flavoring
1/4 c. brown sugar
2 T. soy sauce
1 c. chopped green peppers

Combine beef, milk, onions, bread crumbs and salt; form into balls. Brown in a little shortening. Drain pineapple tidbits, saving the syrup. Combine the syrup and enough water to make 1 cup liquid. Add cornstarch, vinegar, pineapple flavoring, brown sugar and soy sauce. Heat until thickened and clear. Add pineapple and green peppers. Pour this sauce over the meat balls. Bake at 350° for about 40 to 50 minutes. Baking time depends on size of meat balls.

*Roberta Nee,
Walnut Grove*

Beer Roast

Sm. beef roast
1/2 pkg. onion soup mix

3/4 can regular beer
Sm. handful brown sugar

Place roast in roasting pan; put onion soup mix and brown sugar on top. Pour beer around the roast. Place in 250° oven for 5 to 6 hours, or until done.

Note: Use regular beer, not light.

Donna Chute,

Nutrition Service Office

Mozzarella Meat Loaf

2 lb. lean ground beef
2 eggs, lightly beaten
1 c. saltine cracker crumbs
1 c. milk
1/2 c. grated Parmesan cheese
1/2 c. chopped onion
1 1/2 tsp. salt
1 tsp. dried oregano

1 (8 oz.) can pizza sauce
3 slices Mozzarella cheese, halved
Green pepper rings (opt.)
Sliced mushrooms (opt.)
2 T. butter or margarine (opt.)
Chopped fresh parsley (opt.)

Mix beef, eggs, crumbs, milk, Parmesan cheese, onion, salt and oregano. Shape into a loaf and place in a greased 5x9x3-inch loaf pan. Bake at 350° for 1 1/4 hours, or until no pink remains; drain. Spoon pizza sauce over loaf and top with Mozzarella cheese slices. Return to the oven for 10 minutes, or until the cheese is melted. Meanwhile, if desired, sauté green pepper and mushrooms in butter; arrange on top of meat loaf. Sprinkle with parsley, if desired. Yield: 8 to 10 servings.

This is a blue ribbon winner.

Rose McCormick,
Roosevelt

Zucchini Florentine

2 lb. zucchini
2 med. onions, chopped
2 T. butter or margarine
1/2 tsp. salt

1/2 tsp. pepper
2 c. canned tomatoes
1/2 tsp. crushed oregano
1/2 c. grated Cheddar cheese

Wash zucchini; cut, without peeling, in 1/4-inch slices. Sauté onions in butter or margarine until golden. Add zucchini; cook over low heat 10 minutes, stirring frequently. Add tomatoes, salt, pepper and oregano; simmer, covered, 5 minutes longer. Place in a greased casserole. Cover with grated cheese. Bake in moderately hot oven (375°) about 20 minutes, or until cheese browns nicely. Yield: 6 servings.

Rita Mullen,
Bloomer

Beer Meatballs

2 lb. ground beef
3/4 c. bread crumbs

1 egg
Salt & pepper

SAUCE:

3 1/2 c. ketchup
1 T. chili powder

1 c. brown sugar
3/4 can beer

Mix together ground beef, bread crumbs, egg, salt and pepper. Roll into balls; fry in a pan.

Sauce: Mix together ketchup, chili powder and brown sugar. Put everything in a crock-pot. Add beer; cook for 4 hours on high.

Note: The 1/4 can of beer left is for the cook.

Cheri West,
A.L.H.S.

Company Chicken

6 whole chicken breasts (12 halves)
6 oz. apricot jam

1 pkg. Lipton onion soup mix
1 sm. btl. thousand island dressing

Wash chicken; pat dry. Place in foil-lined pan. Combine jam, dressing and dry soup mix. Spoon over chicken. Bake.

Judi Hazuka,
Kirn Middle School

Seafood Quiche

1 (6 oz.) can tuna, drained
1 c. shredded American cheese
1/4 c. chopped green onion
1 (3 oz.) pkg. cream cheese, cut up

1 (2 oz.) jar chopped pimento, drained (opt.)
2 c. milk
1 c. Bisquick
4 eggs

Grease a 10 x 1 1/2-inch pie plate. Mix tuna, cheese, onion and pimento in plate. Beat remaining ingredients for 15 seconds in a blender on high speed, or 1 minute with hand mixer. Pour into plate. Bake at 400° for 35 to 40 minutes, until knife inserted between center and edge comes out clean.

Variation: May substitute 1 package frozen crabmeat or shrimp, drained and thawed.

Judi Hazuka,
Kirn

Meat Loaf

2 lb. ground round
2 eggs
1 1/2 c. bread crumbs
3/4 c. ketchup

1 tsp. Accent or meat seasoning
1/2 c. warm water
1 pkg. Lipton onion soup mix

Mix thoroughly. Put into loaf pan; cover with 2 strips of bacon, if desired. Pour over the top, one 8-ounce can tomato sauce. Bake at 350° for 1 hour. Yield: 6 servings.

*Judi Hazuka,
Kirn*

Swedish Meat Balls

2 lb. hamburger
1 env. dry onion soup mix
Flour
1/2 c. milk

2 eggs
Salt & pepper
1/4 c. oil
Beef bouillon

Place meat in a large bowl; add soup, eggs, milk, salt and pepper. Using a mixer, mix on high for 3 to 5 minutes, or until texture is moist. Make into small 1- to 2-inch balls. Roll in flour; brown in pan of oil. Place browned meat into pot of boiling water; add bouillon. Cook for 25 minutes. Remove meat; thicken liquid to make gravy. Serve over egg noodles or rice.

Gordon Dobbs

Company Meat Balls

2 lb. ground beef
1 c. sour cream
1 (1 3/8 oz.) pkg. dry onion soup mix
1 egg, slightly beaten
1 1/2 c. dry, coarse bread crumbs

1/3 c. flour
1 tsp. paprika
1 1/4 c. butter
1 can cream of chicken soup
1/4 c. water

Mix beef, sour cream, soup mix, egg and crumbs. Press into a rectangular pan about 8x12 inches. Cut into 48 pieces. Form into balls. Mix flour and paprika; roll balls in mixture. Brown slowly on all sides in butter. Blend soup and water; pour over meat. Cover pan; simmer for about 20 minutes.

Note: I like more sauce, so I usually use 2 cans of soup.

Evelyn Schupp

Mock Prime Rib

(Crock-pot)

2 to 3 lb. rolled rump roast
1 can beef broth

1 pkg. dry Italian dressing mix
1 pkg. Schilling's au jus mix

Place roast in a good-sized crock-pot. Mix broth, Italian dressing mix and au jus mix together. Pour over roast. Cook on low setting for 8 to 10 hours. To serve, remove roast and slice into 1/2-inch-thick slices. Serve broth as au jus, or may thicken some with a small amount of cornstarch and be used as gravy. Yield: 6 to 8 servings.

Note: The longer you cook this, the more tender your meat will be.

Mary Anne Peck

BBQ Meat Balls

3 lb. lean ground beef
1 c. evaporated milk
2 c. oatmeal
2 eggs
2 tsp. chili powder

3/4 to 1 c. chopped onion
1/2 to 1 tsp. garlic powder
2 tsp. salt
1/2 tsp. pepper

SAUCE:
3 c. ketchup
2 1/4 c. brown sugar

3 T. liquid smoke
1/2 tsp. garlic powder
1/2 c. onion

Mix the first 9 ingredients together thoroughly; roll into balls. Place in a single layer in two 9x13-inch pans. Preheat oven to 350°.

Sauce: Mix sauce ingredients together. Heat in microwave for approximately 1 1/2 minutes, until sugar dissolves. Pour over meat balls; bake for 1 hour. Stir meat balls halfway through cooking time.

Kathy Humes

Lemon Baked Fish

6 (4 oz.) fish steaks or fillets
2 T. lemon juice
1/2 tsp. salt
1/4 tsp. pepper

1/4 c. oil
2 tsp. grated onion
Pinch of oregano
6 T corn flake crumbs

Combine oil, lemon juice, onion and seasonings. Dip fish in mixture and place on baking sheet sprayed with vegetable cooking spray. Sprinkle pieces with corn flake crumbs until well covered. Bake at 350° for 20 to 25 minutes. Yield: 6 servings.

Nutritional Information Per Serving: 84 calories; 10 gm fat, 49 mg cholesterol, 268 mg sodium. Diabetic Exchange: 3 lean meat, 1 fat.

*Jean Ridgway,
Lake View*

Swedish Meat Balls

4 eggs
1 c. milk
8 slices white bread, torn
2 lb. ground beef
1/4 c. finely-chopped onion
4 tsp. baking powder
1 to 2 tsp. salt
1 tsp. pepper

2 T. shortening
2 (10 3/4 oz.) cans cream of chicken soup, undiluted
2 (10 3/4 oz.) cans cream of mushroom soup, undiluted
1 (12 oz.) can evaporated milk
Minced fresh parsley (opt.)

In a large bowl, beat eggs and milk. Add bread; mix gently. Let stand for 5 minutes. Add beef, onions, baking powder, salt and pepper; mix well. (Mixture will be soft.) Shape into 1-inch balls. In a large skillet, brown meat balls, a few at time, in shortening. Place in an ungreased 3-quart baking dish. In a bowl, stir soups and milk until smooth. Pour over meat balls. Bake, uncovered, at 350° for 1 hour. Sprinkle with parsley. Yield: 8 to 10 servings.

Note: These servings are good-sized.

Rose McCormick

Lisa Chicken

1/2 btl. balsamic vinegar
4 cloves garlic, chopped

6 pieces chicken breast
1/4 c. oil

Mix ingredients; marinate chicken for 1 hour or so. Grill chicken.

Meryl Boumstein

Meat Loaf

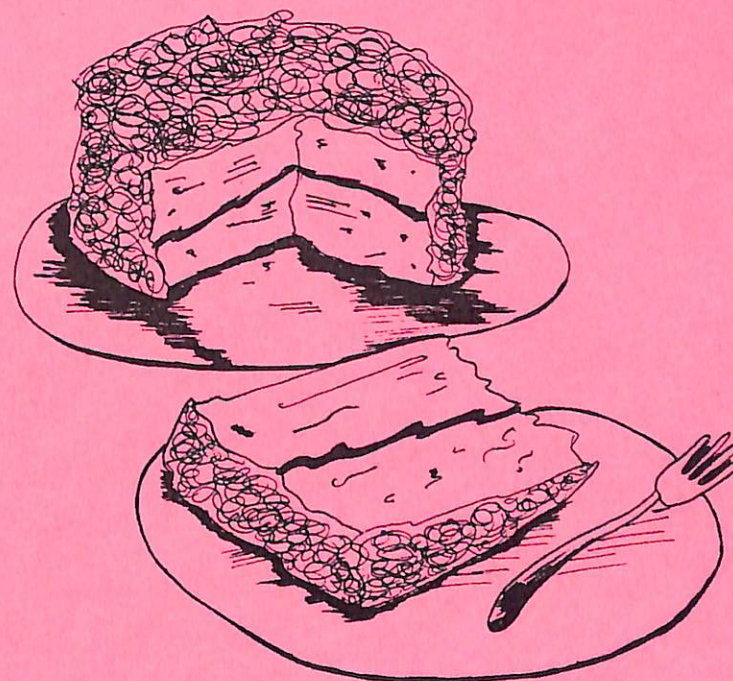
5 lb. ground beef
1 c. white rice
1/2 c. BBQ sauce

2 eggs
1 lb. bacon

Mix all ingredients, except bacon, together. Form a loaf in a 9x13-inch glass pan. Layer bacon on top. Microwave with probe to 170°. Move probe often to ensure the meat loaf being cooked. Drain fat; place under broiler until bacon is brown.

Meryl Boumstein

Cakes, Frostings, Cookies, Bars, Pies & Candies



Notes & Recipes



Cakes, Frostings, Cookies, Bars, Pies & Candies

Cakes

Tomato Cake

- | | |
|-------------------|-----------------------|
| 1 can tomato soup | 1/4 tsp. cloves |
| 1 T. butter | 1/8 tsp. salt |
| 2 c. sugar | 1 tsp. baking soda |
| 1 1/2 c. flour | 1/2 c. nuts |
| 1 tsp. nutmeg | 1 c. raisins or dates |
| 1 tsp. cinnamon | |

Mix all ingredients together in a large bowl. Grease and flour a 9x13-inch cake pan. Bake at 350° until knife comes out clean.

*Ed McHargue,
Nutrition Services Truck Driver*

Apple Cake

- | | |
|-------------------------|----------------------------------|
| 3 c. chopped raw apples | 2 eggs |
| 2 c. sugar | 3/4 c. oil |
| 1 1/2 tsp. baking soda | 1 tsp. vanilla or almond extract |
| 3 c. flour | 1 c. nuts |
| 1/2 tsp. salt | |

Chop apples in a large bowl. Add sugar; let stand 20 minutes. While apples stand, grease and flour a bundt pan or an angel food cake pan. Measure other ingredients. Add flour, baking soda, salt, eggs, oil and vanilla to apples, stirring after each addition. Add nuts last. Mix batter thoroughly. Turn into pan. Bake at 350° for 1 hour. Glaze or sprinkle with powdered sugar.

*Ed McHargue,
Nutrition Services Truck Driver*

Mexican Fruit Cake

| | |
|--------------------------------------|---------------------|
| 2 c. flour | 1 c. nuts |
| 2 c. white sugar | 8 oz. cream cheese |
| 2 eggs | 2 c. powdered sugar |
| 2 tsp. baking soda | 1 tsp. vanilla |
| 1 (20 oz.) can pineapple, crushed | 1 stick melted oleo |

Mix flour, sugar, eggs, baking soda and pineapple together; add nuts. Pour into a greased and floured 10x13-inch pan. Bake in a 350° oven for 40 minutes. Remove when done, and make your frosting.

FROSTING:

| | |
|---------------------|--------------|
| 1 stick melted oleo | Cream cheese |
| 2 c. powdered sugar | Vanilla |

Mix well; put on hot cake.

Note: It keeps well and is easy to make, as well as very good.

*Rita Mullen,
Bloomer*

Lemon-Cream Cheese Poundcake

| | |
|---|-------------------------|
| 3 c. sugar | 1 tsp. lemon extract |
| 1 1/4 c. margarine or butter, softened | 1/2 tsp. orange extract |
| 8 oz. cream cheese, softened | 1/8 tsp. salt |
| 1 T. lemon juice | 6 eggs |
| 2 tsp. vanilla | 3 c. cake flour |
| | Lemon Glaze |

Beat sugar, margarine and cream cheese until fluffy; beat in lemon juice, vanilla, lemon extract, orange extract and salt. Add eggs, one at a time, beating after each addition. Add flour; beat until smooth. Spread batter in a greased and floured 10-inch tube pan or 12-cup bundt cake pan. Bake at 325° until golden brown and toothpick inserted in center comes out clean, about 1 1/4 to 1 1/2 hours. Cool 10 minutes. Remove from pan; cool cake completely. Drizzle glaze over cake.

Lemon Glaze: Mix until smooth, 1 cup powdered sugar, 1 tablespoon softened margarine or butter, 2 teaspoons grated lemon peel and 2 to 3 tablespoons lemon juice.

*Sandie Essesohn,
Carter Lake*

Apple Dapple Cake

| | |
|---------------------|------------------------|
| 3 eggs, well beaten | 1 tsp. ground cinnamon |
| 1 1/2 c. oil | 1/2 tsp. nutmeg |
| 2 tsp. vanilla | 1/4 c. flour |
| 2 c. sugar | 3 c. chopped apples |
| 2 1/4 c. flour | 1 c. chopped nuts |
| 1 tsp. baking soda | 1 c. coconut |
| 1 tsp. salt | |

TOPPING:

| | |
|----------------------------|----------------|
| 1/3 c. butter or margarine | 1/4 c. milk |
| 1 c. brown sugar | 1 tsp. vanilla |

Heat oven to 350°. Beat eggs well; add oil, vanilla and sugar. Sift and mix together 2 1/4 cups flour, baking soda, salt, cinnamon and nutmeg. Add to egg mixture. Mix additional 1/4 cup flour, apples, nuts and coconut. Fold into cake batter. Pour into a fluted tube pan. Bake for 60 to 70 minutes, or until tester comes out clean. Mix topping ingredients in a small saucepan; boil for 2 to 3 minutes. Pour hot topping over cake about 45 minutes after removing from oven. Delicious.

*Karen Kennedy,
Retired Manager, Roosevelt*

Mounds Cake

| | |
|----------------------------|-------------------------------|
| 1 box devils food cake mix | 24 lg. marshmallows |
| 1 c. milk | 1 (14 oz.) bag flaked coconut |
| 1 c. sugar | |

CHOCOLATE TOPPING:

| | |
|-------------|--------------------------------|
| 1 c. sugar | 1/2 c. milk |
| 5 T. butter | 1 (12 oz.) bag chocolate chips |

Bake cake as directed on box, in a 9x13-inch pan. Over low heat, melt milk, sugar, marshmallows and coconut. When cake is done, poke 15 holes in the top with the handle of a wooden spoon. Pour above mixture on top of the cake and spread. Set aside to cool. In a saucepan, place 1 cup sugar, 5 tablespoons butter and 1/2 cup milk. Bring to a boil and stir for 1 minute. Remove from heat; add chocolate chips. Stir until melted. Pour over cooled cake and spread.

Tastes just like Mounds candy bars. Delicious and easy.

*Judi Hazuka,
Kirn*

Crazy Chocolate Cake

3 c. flour
2 c. sugar
1/3 c. cocoa
2 tsp. baking soda
1/2 tsp. salt

1 tsp. vanilla
3/4 c. cooking oil
2 T. vinegar
2 c. water

Mix in a 9x13-inch cake pan, the flour, sugar, cocoa, baking soda and salt. Mix well. Make 3 holes. In one hole, put 1 teaspoon vanilla. In second hole, put 3/4 cup cooking oil. In the third hole, put in 2 tablespoons vinegar. Pour 2 cups of water over. Blend with a fork. Bake at 350° for 30 to 35 minutes, or until done.

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

6 T. milk
1/2 c. chocolate chips
1/2 tsp. vanilla

Bring sugar, butter and milk to a full boil for 1 minute. Take from heat; add chips and vanilla. Stir until frosting is cool and spreadable.

*Roberta Nee,
Walnut Grove*

Donut Balls

1 3/4 c. flour
2 T. baking powder
1/2 tsp. salt
1/6 tsp. nutmeg
1/2 c. sugar

1 egg, beaten
1/2 c. milk
1/2 tsp. vanilla
1 T. melted butter

Sift dry ingredients. Combine egg, milk, vanilla and butter. Pour into dry ingredients; stir until smooth. Drop off the end of a teaspoon into hot grease. Fry until golden brown. Dry on paper towel, then coat with sugar.

*Jane Gibler,
AL High School*

German Apple Cake

2 lg. eggs, beaten until light
1 c. salad oil
2 c. sugar
1 tsp. vanilla
2 c. flour

2 tsp. cinnamon
1/2 tsp. salt
1 tsp. baking soda
4 c. thinly-sliced apples
1/2 c. chopped nuts

Beat eggs until light. Add oil; mix well. Add sugar and vanilla. Mix together 2 cups flour, cinnamon, salt and baking soda. Stir in apples and nuts. Bake in a 9x13-inch pan at 350° for 45 to 60 minutes.

Frosting: Beat 2 small packages cream cheese and 3 tablespoons soft butter or oleo together. Add 1 teaspoon vanilla and 1 1/2 cups powdered sugar; spread on cooled cake.

*Pat Neumann,
AL High School*

Poppy Seed Cake

1 pkg. lemon cake mix
1 (3 oz.) pkg. instant lemon
pudding
1 c. water

1/2 c. liquid shortening
4 eggs
4 T. poppy seeds

Mix dry ingredients. Add water and shortening. Add eggs, one at a time; mix well. Grease and flour three 5x7-inch pans (or size of pans you prefer). Bake at 350° about 30 minutes, or until toothpick comes out clean.

Very quick, easy and good! This recipe was requested by A.L. Ladies!

*Pat Neumann,
AL High School*

Raisin Bran Muffins

1 c. Shreds Wheat bran
cereal
2/3 c. milk
2/3 c. flour
1/2 c. raisins

1/4 c. packed brown sugar
1/4 c. butter
1 1/2 tsp. baking powder
1/4 tsp. salt
1 egg

Grease 8 muffin cups. Mix cereal and milk in a medium bowl; let stand until cereal is slightly softened. Stir in remaining ingredients just until flour is moistened. Fill muffin cups 2/3-full. Bake until a wooden pick inserted in the center of muffins comes out clean, 18 to 20 minutes.

*Susan Lustgraaf-Howard,
AL High School*

Creamy Coconut Cake

1 box yellow cake mix
2 eggs, beaten
1/2 c. oil

1 1/2 c. water
1 1/2 c. coconut
2/3 c. cream of coconut

FROSTING:

1 (8 oz.) ctn. whipped topping
1 1/2 c. coconut

Mix together cake mix, eggs, oil, water and coconut in a large bowl. Pour batter into a 9x13-inch pan, greased and floured. Bake for 30 minutes at 350°. With the handle of a wooden spoon, poke holes in top of cake. Cool. Mix the Cool Whip and coconut to frost the cake.

Refrigerate leftovers.

*Maxine McCallum,
Retired Cook from Wilson*

Chocolate Pudding Cake

2 1/3 c. flour
1 box chocolate pudding mix
1 tsp. salt
1 tsp. baking soda

1 1/2 c. brown sugar
2/3 c. margarine
1 c. sour milk

Mix and beat 1 1/2 minutes. Add 3 eggs and 1 teaspoon vanilla. Put in a greased and floured 12x15-inch pan. Bake at 350° for 30 to 35 minutes.

Bonnie Maron, AL High School

Fresh Apple Cake

2 c. chopped or coarsely-grated, unpeeled apples (about 4 med.)
1 c. sugar
1 egg, beaten
1/2 c. cooking oil

1 tsp. vanilla
1 1/2 c. flour
1 scant tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground nutmeg

Blend sugar with apples; let stand 30 minutes. Add beaten egg, oil and vanilla to apple and sugar mixture. Add all dry ingredients; stir until well mixed. Bake in preheated 350° oven, in a greased 8x8x2-inch pan, or 7x11x2-inch pan for 35 to 40 minutes. Yield: 12 servings.

*Linda Volff,
Roosevelt School*

Rhubarb Cake

6 c. rhubarb, chopped
1 box white cake mix
1 (3 oz.) box strawberry Jello

1 c. sugar
1 stick margarine
1 c. hot water

Melt margarine in hot water. Layer rhubarb in cake pan. Sprinkle dry Jello and cake mix on top. Pour water over top. Bake at 350° for 1 hour (325° if glass pan).

Amanda Blecha

Dump Cake

1 can crushed pineapple
1 can cherry pie filling
1 yellow pudding-in-cake mix

1 c. nuts
1 stick margarine or butter

Use a 9x13-inch glass pan. Pour can of pineapple in the bottom. Pour cherry pie filling on top of pineapple. Sprinkle cake mix on cherry filling. Push down to moisten cake mix. Add nuts on cake mix. Slice margarine; drop on top. Bake at 320° for about 20 to 25 minutes, or until bubbly and golden brown. Serve warm with whipped topping.

Barbara Spencer

Mom's Peanut Spice Cake

3/4 lb. raisins
3/4 c. shortening
2 c. sugar
1 tsp. cinnamon
1/2 tsp. nutmeg, or 2 tsp. pumpkin pie spice

1 tsp. baking powder
Pinch of salt
1 c. water
4 to 5 c. flour
1 to 2 c. raw peanuts, rolled coarsely

Boil 3/4 pound raisins slowly for 15 minutes, until raisins are tender. Mix shortening, sugar, cinnamon, nutmeg, baking powder and salt. Add raisins; mix 1 teaspoon of baking soda in 1 cup water; add to batter. Add the flour. Make batter stiff. Add raw peanuts. Put into 2 round cake pans. Bake at 350° for 45 to 50 minutes, or until toothpick comes out clean.

Mom always frosted this cake with peanut butter frosting. This is a heavy cake. It is so good.

Evelyn Schupp

German Apple Cake

| | |
|------------------------|---------------------------|
| 2 eggs | 4 c. thinly-sliced apples |
| 2 c. flour, sifted | 2 c. sugar |
| 2 tsp. cinnamon | 1 tsp. baking soda |
| 1/2 tsp. salt | 1 c. salad oil |
| 1/2 c. chopped walnuts | 1 tsp. vanilla |

Put in a greased and floured 9x13-inch pan. Bake at 350° for 45 to 60 minutes.

| | |
|--|-------------------------|
| ICING: | 3 T. butter or oleo |
| 2 (3 oz.) pkg. cream cheese, softened at room temperature | 1 tsp. vanilla |
| | 1 1/2 c. powdered sugar |

Betty Stelter

My Grandma's Thunder Cake

Cream together, one at a time:

| | |
|-----------------|----------------|
| 1 c. shortening | 1 tsp. vanilla |
| 1 3/4 c. sugar | |

Blend yolks in. Beat whites until they are stiff.

Fold in:

| | |
|-----------------|------------------------|
| 1 c. cold water | 1/3 c. puréed tomatoes |
|-----------------|------------------------|

Sift together:

| | |
|----------------------|------------------------|
| 2 1/2 c. cake flour | 1 1/2 tsp. baking soda |
| 1/2 c. Hershey cocoa | 1 tsp. salt |

Mix dry mixture into creamy mixture. Bake in 2 greased and floured 8 1/2-inch round pans at 350° for 35 to 40 minutes. Frost with chocolate butter frosting. Top with strawberries.

First graders made this cake after they read the story Thunder Cake.

*Virginia Lynch,
Lewis Central*

Rhubarb Upside-Down Cake

| | |
|--------------------------|----------------------|
| 3 c. chopped rhubarb | 2 T. water |
| 1 3/4 c. sugar | 1 c. flour |
| 1 T. butter or margarine | 1 tsp. baking powder |
| 3 eggs | |

Place rhubarb on the bottom of a 7x9-inch pan; spread out. Sprinkle 3/4 cup sugar on top, and dot with the butter or margarine. Beat eggs; add remaining sugar, water, flour and baking powder. Beat well; pour over rhubarb. Bake 40 to 50 minutes at 350°.

Lynn Moen

Angel Cake Supreme

| | |
|--------------------------------------|-------------------------|
| 1 c. sifted cake flour | 1/4 tsp. salt |
| 1 1/4 c. sifted confectioners' sugar | 1 1/2 tsp. vanilla |
| 1 1/2 c. (12) egg whites | 1/4 tsp. almond extract |
| 1 1/2 tsp. cream of tartar | 1 c. granulated sugar |

Sift flour with confectioners' sugar 3 times. Beat egg whites with cream of tartar, salt, vanilla and almond extract until stiff enough to hold up in soft peaks, but still moist and glossy. Beat in the granulated sugar, 2 tablespoons at a time. Continue to beat until the meringue holds stiff peaks. Sift about 1/4 of flour mixture over whites; fold in lightly with a down-up-and-over motion, turning the bowl. Fold in the remaining flour by fourths. Bake in an ungreased 10-inch tube pan at 375°, about 30 minutes, or until done. Invert pan; cool cake thoroughly.

Apple-Maple Pudding Cake

| | |
|--------------------------|---------------------------------|
| 2/3 c. maple syrup | 1 1/2 c. chopped, peeled apples |
| 1 1/2 tsp. cornstarch | 1/3 c. milk |
| 1 c. water | 1/2 tsp. vanilla |
| 1 T. butter or margarine | 2 tsp. sugar |
| 1 c. all-purpose flour | 1/4 tsp. ground cinnamon |
| 2 T. sugar | 1 tsp. butter or margarine |
| 1 1/2 tsp. baking powder | Whipping cream or ice cream |
| 3 T. butter or margarine | |

Combine syrup, cornstarch and water in a saucepan. Cook and stir constantly, until boiling. Cook 2 minutes. Add 1 tablespoon butter. Pour in an 8x8x2-inch pan. In a medium mixing bowl, stir together the flour, 2 tablespoons sugar and baking powder. Cut in 3 tablespoons butter until coarse crumbs. Stir in apples. Add milk and vanilla; stir just until moistened. Drop apple batter into warm syrup mixture in baking pan. Blend remaining sugar and cinnamon. Sprinkle cinnamon-sugar over batter. Dot top with butter. Bake at 350° for 40 minutes. Serve warm with whipped cream or ice cream. Yield: 6 to 8 servings.

Jeannie Anderson

Buttermilk Cake

| | |
|------------|--------------------|
| 2 c. sugar | 4 T. cocoa |
| 2 c. flour | |
| | 1 tsp. baking soda |

Mix together.

2 eggs, beaten
1/2 c. buttermilk

Let stand.

| | |
|------------------------|-----------|
| 1 1/2 sticks margarine | 1 c. milk |
|------------------------|-----------|

BUTTERMILK FROSTING:

| | |
|---------------------|----------------------|
| 1/2 stick margarine | 1/2 tsp. vanilla |
| 1/3 c. buttermilk | 1 lb. powdered sugar |
| 1/4 c. cocoa | 1 c. chopped nuts |

Bring margarine and milk to a boil; pour over dry ingredients. Beat until smooth. Add buttermilk, eggs and baking soda until creamy. Grease and flour bottom of 11x16x1-inch jellyroll pan. Bake at 350° for 18 to 20 minutes, or until toothpick comes out clean. Frost cake and top with nuts.

Very moist cake.

Jo Ann Lundstad

Cherry Dump Cake

| | |
|--------------------------|------------------------|
| 1 can crushed pineapple | 1 yellow cake mix |
| 1 can cherry pie filling | 1/4 lb. butter or oleo |
| Chopped nuts | |

Grease a 9x13-inch baking dish. Spread undrained pineapple evenly over bottom of pan. Spread cherry pie filling over pineapple. Sprinkle dry cake mix over fruit. Put sliced butter or oleo over cake mix. Add nuts. Bake at 350° for 1 hour.

Easy to make for a quick dessert. May be served warm or cold. Delicious served with whipped cream.

Beverly Vincent

Lemon Poppy Seed Cake

| | |
|---------------------------------|------------|
| 1 yellow or lemon cake mix | 1 c. water |
| 1 sm. box instant lemon pudding | 1/2 c. oil |
| 4 T. poppy seeds | 4 eggs |

Mix dry ingredients; add water and oil. Add eggs, one at a time. Bake at 350° for 45 minutes in a bundt pan.

Use powdered sugar-lemon juice or lemon extract for frosting. Drizzle over top of cake.

Beverly Vincent

Rhubarb Brunch Cake

| | |
|------------------------|---|
| 1 pkg. yellow cake mix | 4 to 5 c. sliced rhubarb |
| 1 c. water | 1 c. sugar (a little more for 5 c. rhubarb) |
| 1/3 c. oil | 1 pt. cream or half & half |
| 3 eggs | |

Prepare cake mix as directed on package. Pour into a greased and floured 9x13-inch pan. Top with rhubarb. Sprinkle with sugar. Pour cream or half & half over top. Bake at 350° for 1 1/4 to 1 1/2 hours. Serve warm.

Store in refrigerator.

Penny Ankenbauer

Special Rhubarb Cake

2 T. butter (no substitutes),
softened
1 c. sugar
1 egg
2 c. all-purpose flour
1 tsp. baking powder

1/2 tsp. baking soda
1/2 tsp. salt
1 c. buttermilk
2 c. chopped, fresh or frozen
rhubarb, thawed

STREUSEL TOPPING:
1/4 c. all-purpose flour

1/4 c. sugar
2 T. butter, melted

VANILLA SAUCE:

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

1/2 c. evaporated milk
1 tsp. vanilla extract

In a mixing bowl, cream butter and sugar. Beat in egg. Combine flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beating just until moistened. Fold in the rhubarb. Pour into a greased 9-inch square baking dish. Combine topping ingredients; sprinkle over batter. Bake at 350° for 40 to 45 minutes, or until a toothpick comes out clean. Cool on a wire rack.

Sauce: Melt butter in a saucepan. Add sugar and milk. Bring to a boil; cook and stir for 2 to 3 minutes, or until thickened. Remove from the heat; stir in vanilla. Serve with cake. Yield: 9 servings; 1 1/4 cups sauce.

Sharon K. Bruns

Filled Cupcakes

CAKE:

2 c. white sugar
2 c. flour
2 lg. or 3 sm. eggs
2 tsp. baking soda

6 T. cocoa
Pinch of salt
1 c. salad dressing
1 c. cold water
1 tsp. vanilla

FILLING:

1 c. milk
1/4 c. flour
1/2 tsp. salt

1 1/2 tsp. vanilla
1 c. Crisco
1 c. sugar

Cake: Mix all together; beat 2 minutes at medium speed. Pour into a 10x13-inch pan, 2 round pans, or 36 cupcakes. Bake at 350° for 40 to 45 minutes for 10x13-inch pan, 30 to 35 minutes for round pans, or 15 to 20 minutes for cupcakes.

Filling: Cook milk, flour and salt until thickened. Remove from heat; add vanilla. Cover and cool. When cool, place in a large mixer bowl; whip until smooth. Add Crisco; whip. Add 1 cup granulated sugar; continue to whip until smooth.

This is the easiest cake to make and it's so good. The filling is a lot of work, but it's worth it for special occasions. I frost them with chocolate fudge frosting. It's like a Hostess cupcake and you cannot feel any granules when you rub it between 2 fingers. Beat approximately 5 to 10 minutes, usually 10. Put in a pastry bag with a big open tip. Put tip in middle of cupcake and squeeze until cupcake top starts to split. Frost and enjoy.

*Evelyn Schupp,
LC Middle School*

Troy's Favorite Pudding Cake

1 pkg. butterscotch cook &
serve pudding
2 c. milk

1 pkg. white cake mix
1 pkg. butterscotch chips
1 sm. pkg. chopped pecans

Mix pudding and milk together; cook as directed on pudding package. Stir in dry cake mix (may have some lumps). Pour mixture into a greased and floured 9x13-inch pan. Sprinkle butterscotch chips and nuts on top. Bake at 325° for 25 to 30 minutes. Can be served warm or cold, with whipped cream.

Connie Hecker

Frostings

Seven-Minute Frosting

1 1/2 c. sugar
2 egg whites
1/3 c. water

1/4 tsp. cream of tartar
1 tsp. vanilla extract

In a double boiler, combine sugar, egg whites, water and cream of tartar. With a portable mixer, beat mixture on low speed for 1 minute. Continue beating on low speed over low heat until frosting reaches 160°, about 8 to 10 minutes. Pour into a large mixing bowl; add vanilla. Beat on high speed until frosting forms stiff peaks, about 7 minutes. Yield: 5 cups.

*Linda Gardner,
AL High School*

White Cake Frosting

1 c. Crisco
4 c. powdered sugar

4 T. milk
1 tsp. butter-flavored vanilla

Beat well with a mixer. This is great for cake decorating.

Variation: To make chocolate frosting, substitute 1/2 cup baking cocoa for 1/2 cup powdered sugar.

*Linda Gardner,
AL High School*

Imagination is the best kite one can fly.

Cookies

Chocolate-Covered Raisin Cookies

1 c. butter or margarine
1 c. sugar
1 c. packed brown sugar
3 eggs
1 tsp. vanilla
2 c. quick-cooking oatmeal
2 tsp. baking powder

1 tsp. baking soda
1/2 tsp. salt
2 c. rice cereal
1 1/2 c. chocolate-covered raisins
1 c. flaked coconut

In a mixing bowl, cream softened butter and sugars. Add the eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, oats, baking powder, baking soda and salt. Add to the creamed mixture; mix well. Stir in cereal, raisins and coconut. Drop by tablespoons, 2 inches apart, onto ungreased baking sheets. Bake at 350° for 10 to 12 minutes, or until lightly browned. Cool 5 minutes before removing to wire racks. Yield: 6 dozen. Delicious.

*Maxine McCallum,
Retired Cook from Wilson*

Tasty Cookies

2 eggs
1 c. sugar
1 c. brown sugar
1 c. lard or butter

1/4 tsp. salt
2 tsp. vanilla
1 c. coconut, grated

Mix in order given. Chill 1 hour. For small balls, roll into sugar. Do not flatten. Place on greased sheet. Bake at 325° for 10 to 12 minutes. Do not overbake.

*Bonnie Maron,
AL High School*

Brownies

1/2 c. margarine, melted

14 to 1/2 c. cocoa

Beat in:

4 eggs

Salt

2 c. sugar

2 c. flour

1 tsp. vanilla

Bake in a greased 9x13-inch pan at 350° for 20 to 25 minutes.

*Bonnie Maron,
AL High School*

Cake Mix Cookies

1 egg

1 (4 1/2 oz.) tub whipped topping

1 dry cake mix (any flavor)

Fold together the egg and whipped topping. Add cake mix; stir by hand. (Dough will be stiff and sticky.) Refrigerate at least 1 hour, or overnight. Roll into small balls. (Will be sticky.) Roll in powdered sugar. Bake on greased cookie sheet at 375° for 12 minutes.

These will be soft and chewy.

*Bonnie Maron,
AL High School*

Spice Bar Cookies

1 c. applesauce

1 tsp. baking soda

1 c. sugar

3/4 c. vegetable oil

1 tsp. vanilla

1 tsp. cinnamon

1 tsp. allspice

1/2 tsp. cloves

1/4 tsp. salt

1/2 c. raisins

2 1/2 c. flour

Heat applesauce until warm; add baking soda, sugar and oil. Add spices and salt. Stir in raisins, vanilla and flour. Spread on a cookie sheet or a 9x13-inch pan. Bake at 350° for 20 minutes. Frost with powdered sugar frosting or top with a whipped dessert topping, just prior to serving. Yield: 12 servings.

*Linda Volf,
Roosevelt School*

Gingerbread People

1 1/2 c. dark molasses

1 c. packed brown sugar

2/3 c. sour milk

1/3 c. shortening

7 c. flour

2 tsp. baking soda

1 tsp. salt

1 tsp. ground allspice

2 tsp. ginger

1 tsp. ground cloves

1 tsp. ground cinnamon

Mix molasses, brown sugar, milk and shortening. Mix in remaining ingredients. Cover and refrigerate at least 2 hours. Heat oven to 350°. Roll dough 1/4-inch thick on a floured surface. Cut with floured cutter. Place about 2 inches apart on a lightly-greased cookie sheet. Bake until no indentation remains when touched, 10 to 12 minutes. Cool. Decorate with Decorator's Frosting.

Ed McHargue,

Nutrition Services Truck Driver

Soft Raisin Cookies

1 c. water

1 1/2 c. raisins

1/2 c. shortening

1 1/2 c. brown sugar

1 tsp. vanilla

1 tsp. cinnamon

1/2 tsp. cloves

1/4 tsp. salt

3 c. flour

1 tsp. baking soda

Simmer raisins and water for 10 minutes; let cool. Do not drain the water. Blend brown sugar, shortening and vanilla together. Add flour, cinnamon, cloves, salt and baking soda; mix well. Add the cooled raisins and water. Drop by spoonfuls onto a cookie sheet. Bake at 350° for 8 to 10 minutes. Yield: 2 1/2 dozen.

Ed McHargue,

Nutrition Services Truck Driver

Farm Cookie

1 c. white sugar

1 c. brown sugar

1 c. shortening

2 eggs, well beaten

1 tsp. vanilla

1 tsp. salt

1 tsp. baking soda

2 c. oatmeal

2 c. flour

1 c. coconut

1/2 c. nuts

1/2 c. raisins

Sift dry ingredients. Blend sugars, eggs, vanilla and shortening. Mix together with dry ingredients. Drop by spoonfuls on a cookie sheet. Bake at 350° for 10 to 12 minutes.

Ed McHargue,

Nutrition Services Truck Driver

Stir-and-Drop Cookies

2 eggs
2/3 c. cooking oil
2 tsp. vanilla
3/4 c. sugar

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

Heat oven to 350°. Beat eggs until blended. Stir in oil and vanilla. Blend in sugar until mixture thickens. Add dry ingredients. Drop by spoonfuls about 2 inches apart. Stamp each with the bottom of a glass dipped in sugar. Bake until golden brown on edges.

*Ed McHargue,
Nutrition Services Truck Driver*

Spritz

1 c. margarine or butter
1/2 c. sugar
2 1/4 c. flour

1/2 tsp. salt
1 egg
1 tsp. almond extract or vanilla

Heat oven to 400°. Mix margarine and sugar. Mix in remaining ingredients. Place dough in cookie press; form desired shape on ungreased cookie sheet. Bake until set, but not brown, about 6 to 9 minutes. Immediately remove from cookie sheet.

*Ed McHargue,
Nutrition Services Truck Driver*

Rum Balls

2 T. cocoa
2 1/2 c. finely-crushed vanilla wafers
1 c. nuts of choice (not peanuts)

3 T. light corn syrup
1/4 c. rum or bourbon
Powdered sugar

Into a large bowl, sift the cocoa and 1 cup powdered sugar. Mix in remaining ingredients. Form the mixture into 1-inch balls with your hands. Sprinkle about 1 cup powdered sugar on a plate; roll the balls to coat. Store in a tin for at least 1 week before giving them away. These cookies will mellow with age and will keep up to 1 month. They can also be wrapped in plastic or foil, but it is time-consuming.

*Ed McHargue,
Nutrition Services Truck Driver*

Sour Cream Cut-Outs

1 c. butter
1 c. white sugar
1 c. sour cream
1 1/2 tsp. vanilla
2 eggs

6 1/2 c. cake flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt

Preheat oven to 375°. In a large mixing bowl, beat together butter and sugar until creamy. Add eggs, sour cream and vanilla; mix well. Add dry ingredients; mix well. On a slightly-floured surface, roll dough about 1/4-inch thick. Cut with cookie cutters. Place on cookie sheet; bake about 10 minutes. Do not overbake. Cookies will stay white.

Note: If dough is too thin, add a little bit more flour.

*Shanel Jones,
Daughter of Donna Chute, NS Office*

Almond Creme Cookies

6 T. chilled margarine
1 c. flour

2 1/2 T. light cream

ALMOND CREME:
3/4 c. powdered sugar
1 T. soft butter

1/8 tsp. almond extract
1 T. light cream

Mix margarine, flour and cream as for pie crust. Roll out to 1/8-inch thickness. Cut into circles. Dip one side into sugar; prick with a fork. Bake at 375° for 8 minutes. Cool. Sandwich 2 cookies with Almond Creme.

Note: I usually double the recipe. The number of cookies made depends on the size of the cookie cutter.

Bar Cookies

1 box cake mix
1/2 c. oil
2 eggs

2 T. water
Chocolate chips, nuts or coconut (opt.)

Mix all ingredients together. Do not use a mixer. Grease a 9x13-inch pan. Bake for 20 to 25 minutes at 350°.

Variation: A devils food cake mix makes excellent brownies.

*Jane Gibler,
AL High School*

Banana Holiday Cookies

| | |
|----------------------------|--|
| 2 3/4 c. all-purpose flour | 1 egg |
| 1 tsp. baking soda | 1 lg. ripe bananas, mashed (about 1/2 c.) |
| 1/4 tsp. salt | 1/2 tsp. ground cinnamon |
| 1 c. margarine, softened | |
| 1/4 c. packed brown sugar | |

Combine flour, baking soda and salt in a medium bowl; set aside. Beat together margarine, 1 cup sugar and brown sugar in a large bowl until light and fluffy. Beat in egg and banana until blended. Stir in flour mixture until combined. Cover and refrigerate 2 hours or overnight, until dough is firm enough to handle. Combine remaining 1/4 cup sugar and cinnamon in a small bowl. Shape dough into 1-inch balls. Roll in cinnamon mixture. Place 2 inches apart on ungreased baking sheet. Bake at 350° for 10 to 12 minutes, or until lightly browned. Remove cookies to wire rack to cool completely.

*Karen Kennedy,
Retired Manager, Roosevelt*

Pecan Sandies

| | |
|---------------------------------------|---------------------------------|
| 2 c. butter or margarine, softened | 4 tsp. vanilla extract |
| 1 c. confectioners' sugar | 4 c. all-purpose flour |
| 2 T. water | 2 c. chopped pecans |
| | Additional confectioners' sugar |

In a mixing bowl, cream butter and sugar. Add water and vanilla; mix well. Gradually add flour; fold in pecans. Roll dough into 1-inch balls. Place on ungreased baking sheets; flatten with fingers. Bake at 300° for 20 to 25 minutes. Cool on a wire rack. When cool, dust with confectioners' sugar. Yield: about 5 dozen.

*Karen Kennedy,
Retired Manager, Roosevelt*

The best helping hand you can find is at the end of your arm.

Macadamia Nut Cookies

| | |
|---------------------------|---|
| 1 c. margarine, softened | 1 tsp. salt |
| 3/4 c. sugar | 2 (3 1/2 oz.) jars macadamia nuts, chopped |
| 3/4 c. packed brown sugar | 2 c. (12 oz.) semi-sweet chocolate chips |
| 2 eggs | 1 c. (6 oz.) vanilla baking chips |
| 1 tsp. vanilla extract | |
| 2 1/4 c. flour | |
| 1 tsp. baking soda | |

In a mixing bowl, cream butter and sugars. Add eggs and vanilla; beat on medium speed 2 minutes. Combine flour, baking soda and salt to mixture. Cream all this together. Add nuts and chips. Cover; let stand overnight in refrigerator. Put on ungreased baking sheets. Bake at 375° for 10 to 12 minutes. Yield: 6 dozen.

Variation: You can use chopped almonds in place of the macadamia nuts.

*Linda Gardner,
AL High School*

No-Bake Cookies

| | |
|--------------|--------------------|
| 2 c. sugar | 1/2 c. margarine |
| 1/2 c. cocoa | 1 1/2 c. oatmeal |
| 1/2 c. milk | 1 c. peanut butter |

Combine sugar, cocoa, milk and margarine in a saucepan. Bring to a boil for 5 minutes. Remove from heat; add oatmeal and peanut butter. Stir until mixture starts to thicken. Drop on waxed paper; let cool.

*Jeannine Baker,
AL*

Berry Shortbread Dreams

| | |
|-------------------------|--------------------------------|
| 1 c. butter, softened | 2 c. flour |
| 2/3 c. sugar | 1/3 to 1/2 c. jam (any flavor) |
| 1/2 tsp. almond extract | |

Cream butter and sugar; beat in extract. Gradually add flour until dough forms a ball. Cover and refrigerate for 1 hour. Roll into 1-inch balls. Place 1 inch apart on ungreased baking sheet. Using the end of a wooden spoon handle, make an indentation in the center. Fill with jam. Bake at 350° for 14 to 18 minutes. You can put more jam on cookies, if desired. You can drizzle a glaze over cookies.

*Linda Gardner,
AL High School*

Sugar Cookies

2 c. sugar
1 c. shortening
1/4 tsp. salt
1 tsp. vanilla
3 eggs, beaten

1 c. sour cream
1 c. flour
1 tsp. baking soda
1 tsp. baking powder

Cream together sugar, shortening, salt and vanilla. Add eggs and sour cream. Sift together flour, baking soda and baking powder. Add flour mixture; blend well. Chill for several hours or overnight. Roll out dough; cut out shapes with cutters. Bake at 350° for 10 to 12 minutes. Cool and frost.

*Judi Hazuka,
Kirn Middle School*

Oatmeal-Raisin Cookies

3/4 c. shortening
1 1/2 c. sugar
2 eggs
1 tsp. vanilla
1 c. raisins
2 c. oats
1/2 c. nuts (opt.)

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

Simmer raisins in 1 cup water in a saucepan over low heat until raisins are plump. Bake for 20 to 30 minutes. Drain raisin liquid into measuring cup; add enough water to make 1/2 cup liquid. Set aside. Preheat oven to 400°. Cream together shortening, sugar, eggs and vanilla. Stir in raisin liquid. Sift together flour, baking soda, baking powder, cloves, cinnamon and salt. Stir into creamed mixture. Add oats, raisins and nuts. Drop by rounded teaspoonfuls on cookie sheet. Bake 8 to 10 minutes. Yield: 4 dozen cookies.

*Judi Hazuka,
Kirn Middle School*

Chocolate Frosties

1 stick butter
1/2 c. + 1 tsp. sugar
1/2 c. brown sugar
1 egg, beaten
3 sq. chocolate, or 9 T. cocoa
+ 1 tsp. oil

2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt
1/2 c. sour cream
1/2 c. + 1 tsp. milk
1 c. oatmeal

Mix together butter and sugars until creamy. Blend in egg and chocolate. Add baking soda and salt to flour. Add dry ingredients to creamy mixture alternating with milk and sour cream. Stir in oats. Drop by heaping teaspoonfuls onto ungreased baking sheet. Bake for 10 minutes at 375°. Cool and frost. Yield: about 3 dozen.

FROSTING:
2 tsp. butter, softened
3 c. powdered sugar

Few drops food coloring
1 tsp. vanilla
3 tsp. milk

Combine all ingredients; mix until smooth. Add enough milk to make frosting smooth.

*Cheri West,
AL High School*

Magic Cookie Bars

1/2 c. butter
1 1/2 c. graham cracker crumbs
1 (14 oz.) can condensed milk
1 c. butterscotch chips

1 c. semi-sweet chocolate chips
1 1/3 c. coconut
1 c. chopped nuts

Preheat oven to 350°. In a 9x13-inch pan, melt butter in oven. Sprinkle graham cracker crumbs over butter. Pour condensed milk evenly over crumbs. Top with remaining ingredients; press down firmly with a fork. Bake 25 minutes, or until lightly browned; cool. Cut into bars. Yield: approximately 24 to 36 bars.

*Judi Hazuka,
Kirn Middle School*

Cookie In a Jar

1/2 c. white sugar
1/2 c. oatmeal
1/2 c. mini chocolate chips
1/2 c. brown sugar

1 c. flour
1/4 tsp. baking soda
1/2 c. Rice Krispies cereal
M&M's (fill to top of jar)

Decorate a quart jar. Fill jar with ingredients in the order given. Attach a tag that reads: "Add 1 egg and 1/2 stick melted margarine. Bake at 350° for 10 to 12 minutes in a greased 8x8-inch pan."

Gracie Gibler

English Cookies

| | |
|----------------------|------------------------|
| 1 c. brown sugar | 1/2 tsp. baking powder |
| 1/2 c. shortening | 1 1/2 c. flour |
| 1 egg | 1/2 tsp. ginger |
| 1/2 c. cold coffee | 1/2 tsp. cinnamon |
| 1/4 tsp. salt | 1/4 tsp. ground cloves |
| 1/2 tsp. baking soda | 1 c. raisins |

Cream sugar and shortening together until creamy. Add egg; beat well. Stir dry ingredients together; add alternately with the cold coffee. Stir in raisins. Pour batter into a 10x15-inch shallow cookie pan. Bake in a 350° oven for 30 minutes. Frost with powdered sugar frosting when cool.

Lynn Moen

Overnight Cookies

| | |
|---------------------------------|--------------------------|
| 1 c. granulated sugar | 1 tsp. salt |
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 c. shortening | 1/2 tsp. cream of tartar |
| 2 eggs, or 1 egg & 2 egg whites | 3 c. flour |
| 1 tsp. vanilla | 1/2 c. nuts |

Cream sugars and shortening. Beat in eggs and vanilla. Gradually add dry ingredients and nuts. Mix until everything is well blended. The mixture will be stiff so you have to use your hands. Shape into 2 rolls, approximately 1 inch high, 3 inches wide and 6 to 8 inches in length. Wrap in plastic wrap and refrigerate overnight. When ready to bake, slice thinly and bake in 350° oven for 10 minutes, or until done.

Lynn Moen

Banana-Oatmeal Cookies

| | |
|------------------------|---------------------------------|
| 1 1/2 c. sifted flour | 1 egg, well beaten |
| 1 c. sugar | 1 c. mashed bananas |
| 1/2 tsp. baking powder | 1 3/4 c. rolled oats, uncooked |
| 1 tsp. salt | 1/4 tsp. nutmeg |
| 3/4 tsp. cinnamon | Nuts, raisins or coconut (opt.) |
| 3/4 c. shortening | |

Sift flour, sugar, baking soda, salt, cinnamon and nutmeg into mixing bowl. Add remaining ingredients; beat until thoroughly blended. Drop by teaspoonfuls onto ungreased sheet. Bake at 400° for 15 minutes, or until edges are browned. Remove from pan immediately. Yield: 3 1/2 dozen.

Connie Vincent

Favorite Cut-Out Cookies

| | |
|------------------------------|------------------------|
| 2 c. butter (no substitutes) | 5 c. flour |
| 3 c. powdered sugar | 2 tsp. baking soda |
| 1/2 tsp. almond flavoring | 2 tsp. cream of tartar |
| 2 tsp. vanilla flavoring | 1/2 tsp. salt |
| 2 eggs | |

Cream butter, sugar and flavorings. Beat in eggs. Mix dry ingredients; gradually beat into butter mixture. Chill well. Can chill overnight. Roll out on floured board and cut into shapes. Bake on ungreased cookie sheet at 375° for 8 to 10 minutes, or until lightly browned. Yield: 6 dozen cookies.

Note: This recipe has been doubled. Only use double recipe if you have a heavy-duty mixer.

Cream Wafers

| | |
|--------------------------|-------------------------------|
| 1 c. butter or margarine | Granulated sugar |
| 1/3 c. whipping cream | Creamy Butter Filling (below) |
| 2 c. flour | |

Mix butter, cream and flour thoroughly. Chill 1 hour. Heat oven to 375°. Roll dough 1/8-inch-thick on a lightly-floured board. Cut out with donut hole cutter. Yes, they're very small. Transfer to waxed paper heavily sprinkled with sugar, turning to coat both sides. Place on baking sheets. Prick in 4 places with a fork. Bake 7 to 9 minutes, or until slightly puffy. Put 2 cooled cookies together with filling.

Creamy Butter Filling: Blend 1/4 cup soft butter, 3/4 cup sifted confectioners' sugar, 1 egg yolk and 1 teaspoon vanilla. If desired, tint pink or green.

Yvonne Dennis

The trouble with being a good sport, is that you have to lose to prove it!

Bars

Peanut Butter Bars

| | |
|---|---------------------------------|
| 1/2 c. butter or margarine, softened | 1 tsp. vanilla extract |
| 1/2 c. sugar | 1 c. all-purpose flour |
| 1/2 c. packed brown sugar | 1/2 c. quick-cooking oats |
| 1/2 c. creamy peanut butter | 1 tsp. baking soda |
| 1 egg, beaten | 1/4 tsp. salt |
| | 1 c. semi-sweet chocolate chips |

| | |
|-----------------------------|---------------------------|
| ICING: | 2 T. creamy peanut butter |
| 1/2 c. confectioners' sugar | 2 T. milk |

In a mixing bowl, cream butter, sugars and peanut butter. Add egg and vanilla; mix well. Combine the flour, oats, baking soda and salt; stir into the creamed mixture. Spread into a greased 9x13x2-inch baking pan. Sprinkle with chocolate chips. Bake at 350° for 20 to 25 minutes, or until lightly browned. Cool 10 minutes. Combine icing ingredients; drizzle over bars. Yield: 3 to 4 dozen.

*Elaine Neighbors,
Gunn School*

Rich Chocolate Brownie

| | |
|---------------------------------------|------------------------|
| 1 c. sugar | 1/2 c. flour |
| 2 eggs | 1/3 c. baking cocoa |
| 1/2 tsp. vanilla extract | 1/4 tsp. baking powder |
| 1/2 c. butter or margarine, melted | 1/4 tsp. salt |

| | |
|------------------------|-------------------------|
| FROSTING: | 2 T. warm water |
| 3 T. margarine, melted | 1 tsp. instant coffee |
| 3 T. baking cocoa | 1 1/2 c. powdered sugar |

In a mixing bowl, beat sugar, eggs and vanilla. Add butter; mix well. Combine dry ingredients; add to butter. Mix well. Pour into a greased 8-inch square baking pan. Bake at 350° for 25 to 30 minutes, or until brownies test done with a wooden pick. Cool in pan on a wire rack.

Frosting: Combine butter, cocoa, water and coffee; mix well. Gradually stir in sugar until smooth, adding additional warm water if necessary, to achieve a spreading consistency.

*Elaine Neighbors,
Gunn School*

Rice Krispie Bars

2 c. white corn syrup
2 c. sugar
2 1/2 c. peanut butter

1 (13 1/2 oz.) box Rice Krispies
(minus 2 c.)

Bring corn syrup and sugar to a boil. Add peanut butter. Stir until well blended. Stir in Rice Krispies until well coated. Press in a large, well-greased cookie sheet.

*Elaine Neighbors,
Gunn School*

Layered Apricot Squares

1 1/2 c. all-purpose flour
1/2 c. sugar
3/4 c. butter
1 1/4 c. chopped apricots (I use
canned)
3 eggs
1 1/2 c. packed brown sugar

1/2 c. all-purpose flour
3/4 tsp. baking power
1/4 tsp. salt
3/8 tsp. almond extract
3/8 tsp. vanilla
3/4 c. chopped walnuts

Sift together 1 1/2 cups flour and the sugar in a small bowl. Cut in butter until it resembles coarse meal. Press into a 9x13-inch pan. Bake at 350° for 30 minutes, or until lightly browned. Dry the apricots on a paper towel. Beat eggs in a medium bowl; gradually add brown sugar. Beat well. Sift together 1/2 cup flour, baking powder and salt; add to egg mixture. Stir in apricots, flavorings and walnuts. Pour mixture on previously made crust. Bake at 350° for 30 to 35 minutes. Sprinkle with powdered sugar while warm. Cool completely. Cut into 2-inch squares. Yield: 2 dozen.

Preparation time: about 50 minutes.

Note: Do not omit the almond extract, as I have found they do not taste well.

*Shanel Jones,
Daughter of Donna Chute, in Office*

Blonde Brownies

| | |
|-----------------------|------------------------------|
| 2 1/2 c. flour | 1 tsp. vanilla |
| 1 tsp. baking soda | 1/2 tsp. water |
| 1 tsp. salt | 2 eggs |
| 1 c. butter, softened | 6 oz. (1 c.) chocolate chips |
| 3/4 c. butter | 1/2 c. chopped nuts |
| 3/4 c. brown sugar | |

Combine butter, sugar, brown sugar, vanilla, water and the beaten eggs. Sift flour, baking soda and salt. Add the flour mixture to the mix. Mix in well. Stir in chocolate chips and nuts. Spread batter into a greased 9x13x2-inch pan. Bake in preheated 375° oven for 12 to 15 minutes.

*Jane Gibler,
AL High School*

Bing Cherry Bars

| | |
|------------------------|---------------------------------|
| 1/2 c. margarine | 1 tsp. vanilla |
| 2 c. sugar | 1 (6 oz.) pkg. cherry chips |
| 2/3 c. evaporated milk | 3/4 c. chunky peanut butter |
| 12 lg. marshmallows | 1 (12 oz.) pkg. chocolate chips |

Boil margarine, sugar and milk for 5 minutes. Remove from heat. Add marshmallows, vanilla and cherry chips; stir well. Spread in a sprayed 9x13-inch pan. Melt chocolate chips. Stir in peanut butter. Spread over top of cherry mixture. Cool and cut into squares.

*Jennine Baker,
AL*

Brownies

| | |
|--------------------|-------------------|
| 2 c. sugar | 1 c. water |
| 2 c. flour | 3 T. cocoa |
| 1/4 tsp. salt | 2 sticks oleo |
| 2 beaten eggs | 1/2 c. buttermilk |
| 1 tsp. baking soda | 1 tsp. vanilla |

Sift flour, sugar and salt. Bring water, cocoa and oleo to a boil; add to mixture. Add eggs. Add milk, baking soda and vanilla. Bake 25 minutes at 350°, in a greased sheet pan. (Works great in 1/2 sheet pan.)

FROSTING:

| | |
|----------------|----------------|
| 4 T. oleo | 4 T. cocoa |
| 4 T. hot water | Powdered sugar |

Melt oleo, water and cocoa. Add enough powdered sugar to thicken frosting.

*Cheryl Heidenescher,
Nutrition Services*

Rhubarb Bars

| | |
|-----------------|----------------|
| 3 c. rhubarb | 1/4 c. water |
| 1 1/2 c. sugar | 1 tsp. vanilla |
| 2 T. cornstarch | |

CRUST:

| | |
|---|----------------------|
| 1 1/2 c. each uncooked oatmeal & flour | 1 c. brown sugar |
| | 1/2 tsp. baking soda |
| | 1 c. shortening |

Dissolve cornstarch in water; combine with rhubarb, sugar and vanilla. Cook until thick. Stir together oatmeal, flour, brown sugar and baking soda. Cut in shortening as for pie crust. Place a big half of crumb mixture in the bottom of a 9x13-inch pan. Pat down. Spread rhubarb filling over top and sprinkle with remaining crumbs. Bake. Cool and cut into bars.

*Jean Ridgway,
Lake View*

Salted Nut Roll Bars

| | |
|--|---------------------------------|
| 1 yellow cake mix, with pudding | 2 c. peanuts, salted & no skins |
| 1 egg | 1/3 c. butter |
| 2/3 c. light Karo syrup | 3 c. marshmallows |
| 1 (12 oz.) pkg. peanut butter chips | 1/2 c. butter |
| | 2 c. Rice Krispies |

Mix 1/3 cup butter, egg and cake mix. Pat into a jellyroll pan. Bake at 350° for 12 minutes. Remove from oven; top with marshmallows. Put back in oven until marshmallows are puffy. Remove from oven; cool. Bring to a boil, 1/2 cup butter and Karo syrup. Add peanut butter chips, Rice Krispies and peanuts. Spoon over marshmallows. Cool; cut into bars.

Elaine Blecha

Macaroon Brownies

1 c. butter or margarine,
softened
2 c. sugar
4 eggs
1 tsp. vanilla extract

2 c. all-purpose flour
1/2 c. baking cocoa
1/2 tsp. cream of tartar
1/2 c. chopped walnuts

MACAROON FILLING:
1 (14 oz.) pkg. flaked coconut

1 (14 oz.) can sweetened condensed milk
2 tsp. vanilla extract

FROSTING:
3/4 c. sugar
1/4 c. milk
2 T. butter or margarine

1 c. (6 oz.) semi-sweet
chocolate chips
1 tsp. vanilla extract

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; mix well. Combine flour, cocoa and cream of tartar; gradually add to creamed mixture. Stir in nuts. Spread half into a greased 9x13x2-inch baking pan. Combine coconut, condensed milk and vanilla; carefully spread over chocolate layer. Top with the remaining chocolate mixture. Bake at 350° for 40 to 45 minutes, or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Frosting: Combine sugar, milk and butter in a saucepan; cook and stir until sugar is dissolved. Add the remaining ingredients. Cook and stir until marshmallows and chips are melted. Cool until mixture reaches spreading consistency, about 25 minutes. Spread over the cooled brownies. Cut into bars. Yield: 4 dozen.

Jeanine Gibler

Chocolate Marshmallow Cookies

1 3/4 c. sifted flour
1/2 tsp. salt
1/2 tsp. baking soda
1/2 c. cocoa
1/2 c. shortening
1 c. sugar

1 tsp. vanilla
1 egg
1/4 c. milk
18 marshmallows, cut in half
1/2 c. pecans

FROSTING:
2 c. powdered sugar
5 T. cocoa

1/2 tsp. salt
3 T. butter
4 to 5 T. cream

Sift flour, cocoa and salt. Cream shortening and sugar; add vanilla, egg and milk. Add dry ingredients; mix well. Drop by teaspoons on cookie sheet. Bake for 8 minutes in 350° oven. Remove from oven; put half of marshmallow on each cookie. Bake 2 minutes more. Cool. Frost; add pecan on top.

*Evelyn Schupp,
LC Middle School*

Impossible Peanut Butter Cookies

1 egg, beaten
1 c. sugar

1 c. creamy peanut butter

In a large bowl, mix all ingredients. Scoop level tablespoons; roll into balls. Place on ungreased cookie sheet; flatten with a fork. Bake at 350° for about 18 minutes. Remove to a wire rack to cool. Yield: 2 dozen cookies.

Connie Hecker

Aunt Gerry's Caramel Bars

40 soda crackers
1 c. brown sugar
1 (12 oz.) pkg. milk chocolate
chips

1 stick margarine
1 stick butter

Line cookie sheet with foil. Lay crackers on foil in single layer. Bring brown sugar, margarine and butter to a boil for 3 minutes. Pour over crackers; bake for 5 minutes at 375°. Remove from oven; frost with the package of milk chocolate chips. Use a spatula to spread over the crackers.

Very quick and easy treat.

Connie Hecker

The secret of patience is doing something else in the meanwhile.

Pies

Crunchy Caramel Apple Pie

1 recipe for single-crust pie

1/2 c. sugar

3 T. all-purpose flour

1 tsp. ground cinnamon

1/8 tsp. salt

6 c. thinly-sliced, peeled
cooking apples

1 recipe Crumb Topping

1/2 c. chopped pecans

1/4 c. caramel ice cream topping

Prepare pastry for single-crust pie. (See below.) On a lightly-floured surface, roll dough into a 12-inch circle. Transfer pastry to a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim and crimp edge. In a large mixing bowl, stir together sugar, flour, cinnamon and salt. Add apple slices and gently toss until coated. Transfer apple mixture to the pastry-lined pie plate. Sprinkle Crumb Topping over apple mixture. To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake pie for 25 to 30 minutes more, or until top is golden. Remove from oven; sprinkle pie with pecans and drizzle with canned topping. Cool on a wire rack. Yield: 8 servings.

Pastry for Single-Crust Pie: In a bowl, stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in 1/3 cup shortening until pieces are pea size. Using 4 to 5 tablespoons cold water total, sprinkle 1 tablespoon of water at a time over the flour mixture, tossing with a fork until all of the dough is moistened. Form dough into a ball.

Crumb Topping: Stir together 1 cup packed brown sugar, 1/2 cup all-purpose flour and 1/2 cup quick-cooking rolled oats. Using a pastry blender, cut in 1/2 cup butter or margarine until the topping mixture resembles coarse crumbs.

Preparation time: 35 minutes. Baking time: 50 minutes.

Nutritional Information Per Serving: 554 calories, 25 gm total fat (10 gm saturated fat), 31 mg cholesterol, 260 mg sodium, 81 gm carbohydrate, 3 gm fiber, 5 gm protein. Daily values: 11% vitamin A, 6% vitamin C, 3% calcium, 15% iron.

Jeanine Gibler

Easy Pie Crust

(2-Crust)

2 c. flour

3/4 c. Crisco

6 T. milk

6 T. water

Few shakes of salt

Cut shortening into flour. Add salt, 6 tablespoons milk and 6 tablespoons water; mix as little as possible into a ball. Roll out; put in pie pan. Pat top crust edge with water before you put in oven so it won't brown too fast. Bake until brown, at 350°.

*Jane Gibler,
AL High School*

Individual Chicken Pot Pies

1 T. oleo

3 (4 oz.) skinless, boneless
chicken breasts, cubed

1 onion, chopped

2 stalks celery, chopped

2 carrots, chopped

1 T. flour

1 c. chicken broth

1/2 c. white cooking wine (opt.)

2/3 c. frozen peas

1/2 tsp. dried rosemary

1/2 tsp. salt

1/8 tsp. ground black pepper

2 uncooked, reduced-fat
buttermilk-style biscuits from
a tube

Preheat oven to 375°. Spray 4 custard cups with cooking spray. In a sauté pan, heat oleo over medium heat. Add chicken, onions, celery and carrots; sauté until chicken is no longer pink. Add flour; stir so the flour mixes with the butter. Add chicken stock and wine slowly, stirring constantly, so no lumps form. Add peas, rosemary, salt and pepper; bring to a boil. Simmer. Remove chicken mixture from heat. Divide evenly among the cups. Cut each biscuits in half horizontally and put half a biscuit on top of each cup. Place cup on a baking sheet; bake until biscuits are brown and the mixture is bubbly, 15 to 20 minutes.

*Jeanette Parks,
Bloomer*

Pecan Pie

1 c. white syrup

1 c. brown sugar

1/3 tsp. salt

1/3 c. melted butter

1 tsp. vanilla

3 eggs

1 heaping c. pecans

Mix syrup, sugar, salt, butter and vanilla. Add beaten eggs. Pour into a 9-inch unbaked pie shell. Sprinkle pecans over filling. Bake at 350° for 45 minutes.

*Maxine McCallum,
Retired Cook from Wilson*

Rhubarb Pie

3 c. cut-up rhubarb
1 1/4 c. sugar

1/4 c. flour
1 T. butter

Stir together flour and sugar. Put half of the rhubarb into unbaked pastry shell. Add half the sugar mixture. Repeat with the remaining rhubarb and sugar. Dot with butter. Put on the top crust. Bake 40 to 50 minutes at 350°.

*Maxine McCallum,
Retired Cook from Wilson*

Pear Pie

1 (9") unbaked pie shell
5 lg. pears
3 T. frozen orange juice
concentrate
1/2 tsp. grated lemon peel
3/4 c. flour

1/2 c. sugar
1/8 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/3 c. butter

Peel, core and slice pears thinly. Toss with orange juice and lemon peel. Arrange in pie shell. Mix together remaining ingredients; sprinkle over pears, being careful to cover all. Bake at 400° for 40 minutes, or until fruit is tender.

Good use for crop of fall pears.

Marie Christensen

Wagon Wheel Pie

15 1/2 oz. corned beef hash
2 T. Bisquick
1 egg, slightly beaten
1/4 c. milk
2 T. chopped onion
Salt, to taste

Pepper, to taste
1/4 c. catsup
1/2 c. grated cheese
1 c. Bisquick
4 T. soft butter
3 T. boiling water

Heat oven to 375°. Grease an 8-inch pie pan. Mix the first 8 ingredients; pack into pan. Mix 1 cup Bisquick, butter and boiling water thoroughly with a fork, until dough forms a ball and cleans sides of bowl. Divide dough in two. Pat into 6 equal-sized pie-shapes between hands. Put on top of filling, leaving a little opening between each piece for appearance and ease in cutting. Bake 30 to 35 minutes, until crust is done in center and a deep golden brown. Yield: 6 servings.

*Linda Volff,
Roosevelt*

Strawberry-Rhubarb Pie

Pastry for 2-crust pie
1 1/4 c. sugar
1/8 tsp. salt
1/3 c. flour

2 c. fresh strawberries
2 c. (1 lb.) fresh rhubarb pieces
2 T. butter
1 T. sugar

Combine 1 1/4 cups sugar, salt and flour. Mix in strawberries and rhubarb; arrange in 9-inch pan. Dot with butter. Add top crust; brush with milk or water and sprinkle on 1 tablespoon sugar. Bake 40 to 50 minutes in 425° oven.

Marie Christensen

Butterscotch-Peach Pie

Pastry for 2-crust pie
3 1/2 c. canned peaches,
drained
1/2 c. brown sugar
2 T. flour
1/8 tsp. salt

1/2 c. syrup from peaches
1/4 c. butter
2 tsp. lemon juice
1/4 to 1/2 tsp. almond extract
1 tsp. sugar

Combine ingredients; place in pastry-lined 9-inch pie pan. Adjust top crust; sprinkle with granulated sugar. Bake for 30 minutes in 425° oven.

Marie Christensen

Never-Fail Custard Pie

4 eggs
3/4 c. sugar
4 T. flour

2 tsp. vanilla
2 c. milk
Cinnamon & nutmeg

Beat eggs. Add sugar, flour and vanilla. Mix well. Add milk. Sprinkle on cinnamon and nutmeg. Pour into a greased pie pan. Bake at 350° for 45 minutes, or until knife comes out clean. This recipe makes its own crust.

Note: I use egg substitute and canned skim milk.

*Joan Eilers,
AL*

Peanut Butter Pie

8 oz. cream cheese, softened
1 c. creamy peanut butter
1 c. sugar
1 T. butter, softened

1 tsp. vanilla
1 c. heavy cream, whipped
Grated chocolate
Chocolate graham cracker crust

Beat cream cheese, peanut butter, sugar, butter and vanilla. Fold whipped cream into peanut butter mixture. Spoon into crust. Top with grated chocolate. Refrigerate.

Amanda Blecha

Chocolate Chip Pie

1 c. granulated sugar
1/2 c. flour
2 eggs
1/4 lb. butter, melted & cooled

1 c. broken pecans
1 (6 oz.) pkg. semi-sweet
chocolate chips
1 tsp. vanilla

Preheat oven to 325°. Beat eggs slightly. Add sugar; stir thoroughly. Add the flour, stirring in well. Add butter. Add chips and pecan pieces. Add vanilla. Pour into a frozen 9-inch pie crust. Bake at 325° for 1 hour. Yield: 8 servings.

Best when served warm. Can be served with whipped cream or ice cream.

*Virginia Lynch,
Lewis Central*

Coconut Cream Pie

1 baked pie shell
1 1/4 c. milk
1/2 c. sugar
1/2 tsp. salt
1/4 c. sifted cake flour
2 T. cornstarch
1/2 c. milk
2 egg yolks
1 egg

2 egg whites
1/4 c. sugar
1 T. butter
1 tsp. vanilla
1/2 c. whipping cream
2 T. powdered sugar
1/3 c. shredded coconut,
toasted

In a saucepan, combine 1 1/4 cups milk, 1/2 cup sugar and salt; heat to boil. Mix together cake flour and cornstarch; gradually blend in 1/2 cup milk; stir until smooth. Add egg yolks and whole egg to milk-flour mixture; beat until blended. In a small mixer bowl, combine egg whites and half the 1/4 cup sugar; beat to soft peaks. Sprinkle remainder of 1/4 cup sugar over beaten egg whites; beat just long enough to dissolve sugar. Leave at mixer. Remove saucepan with milk from heat. Slowly, stirring constantly, pour milk-egg mixture into hot milk. Cook, stirring constantly, until thickened and no starch flavor remains, about 5 minutes. Remove from heat; thoroughly beat in butter and vanilla. On low speed of mixer, combine hot custard mixture with beaten egg whites; beat just until blended. Pour into pie shell; chill. Whip cream; fold in powdered sugar. Spread sweetened whipped cream over pie; sprinkle with coconut.

This is worth the work to make it. Delicious.

*Virginia Lynch,
Lewis Central*

Pie Crust

2 c. flour
1 tsp. salt

3/4 c. shortening
1/3 c. water

Mix flour and salt. Cut shortening into flour and salt with pastry blender. Slowly add water; knead slowly about 10 times. Yield: 8- or 9-inch double-crust pie. Put a little milk on top crust to color.

Mary Anne Peck

Pumpkin Pie

| | |
|--|------------------------|
| Pastry for single-crust 9" pie | 1/4 tsp. salt |
| 1 (16 oz.) can pumpkin | 1 tsp. ground cinnamon |
| 1 (12 oz.) can evaporated skim milk | 1/2 tsp. ground ginger |
| 3 eggs | 1/4 tsp. ground nutmeg |
| 5 1/2 tsp. Equal for Recipes, or 18 pkt. Equal Sweetener, or 3/4 c. Equal Spoonful | 1/8 tsp. ground cloves |

Roll pastry on floured surface to circle 1 inch larger than inverted pie pan. Ease pastry into pan; trim and flute edge. Beat pumpkin, evaporated milk and eggs in a medium bowl; beat in remaining ingredients. Pour mixture into pastry shell. Bake in preheated 425° oven 15 minutes. Reduce heat to 350°; bake until knife inserted near center comes out clean, about 40 minutes. Cool on wire rack. Yield: 8 servings.

Nutritional Information Per Serving: 175 calories, 22 gm carbohydrate, 208 mg sodium, 86 mg cholesterol, 8 gm protein, 7 gm fat. Diabetic exchange: 1 1/2 bread, 1 fat.

Sharon K. Bruns

Crunchy Caramel Apple Dip

| | |
|-------------------------------|--|
| 1 recipe for Single-Crust Pie | 6 c. thinly-sliced, peeled cooking apples |
| 1/2 c. sugar | 1 recipe Crumb Topping |
| 3 T. all-purpose flour | 1/2 c. chopped pecans |
| 1 tsp. ground cinnamon | 1/4 c. caramel ice cream topping |
| 1/8 tsp. salt | |

Prepare pastry for single-crust pie. (See below.) On a lightly-floured surface, roll dough into a 12-inch circle. Transfer pastry to a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim and crimp edge. In large mixing bowl, stir together sugar, flour, cinnamon and salt. Add apple slices and gently toss until coated. Transfer apple mixture to pastry-lined pie plate. Sprinkle Crumb Topping over apple mixture. To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake pie for 25 to 30 minutes more, or until top is golden. Remove from oven; sprinkle pie with pecans and drizzle with canned topping. Cool on a wire rack. Yield: 8 servings.

Pastry for Single-Crust Pie: In a bowl, stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in 1/3 cup shortening until pieces are pea-size. Using 4 to 5 tablespoons cold water total, sprinkle 1 tablespoon of water at a time over the flour mixture, tossing with a fork until all of the dough is moistened. Form dough into a ball.

Crumb Topping: Stir together 1 cup packed brown sugar, 1/2 cup all-purpose flour and 1/2 cup quick-cooking rolled oats. Using a pastry blender, cut in 1/2 cup butter or margarine, until the topping mixture resembles coarse crumbs.

Jeanine Gibler

Sour Cream Raisin Pie

| | |
|----------------------|-------------------------------|
| 1 c. sour cream | Pinch of salt |
| 1 c. chopped raisins | 1 T. cornstarch |
| 1 c. brown sugar | 1/2 c. chopped walnuts (opt.) |
| 3 egg yolks, beaten | |
| MERINGUE: | |
| 3 egg whites | 6 T. sugar |
| 1/4 tsp. salt | 1/2 tsp. vanilla |

Cook all ingredients until thick. Pour in baked pie shell; top with meringue. Brown.

Meringue: Beat 3 egg whites and salt until frothy. (Whites will whip fluffier if they're at room temperature.) Beat in 6 tablespoons sugar, 1 tablespoon at a time. Beat until the meringue is stiff and glossy and is stiff enough to hold a point, yet still looks moist. Add 1/2 teaspoon flavoring; beat only enough to blend. Swirl on pie; seal edges of crust. Bake in moderate oven (350°) for 12 to 15 minutes.

Evelyn Schupp

Mom's Mock Apple Pie

| | |
|----------------------------|--|
| 1 12 c. sugar | 1 1/2 c. + 1 T. hot water |
| 1 tsp. cinnamon | 3 T. lemon juice |
| 1/2 tsp. nutmeg | 20 crackers, broken (not too small) |
| 1 1/2 tsp. cream of tartar | |
| 1/4 stick margarine | |

Mix up as recipe gives it, except crackers. Bring to a boil; add crackers. Remove from heat. (I don't boil crackers, just let bubbles come around sides of pan.) Stir easy, so you don't break up crackers. Put in double crust. Bake until brown, about 45 minutes, in a 350° oven.

Evelyn Schupp

Candies

Fudge

| | |
|-----------------------|------------------------|
| 2 c. sugar | 3/4 c. evaporated milk |
| 2 T. light corn syrup | 1 T. butter |
| 2 sq. or 2 oz. cocoa | 1 tsp. vanilla |
| Pinch of salt | |

Put sugar, syrup, cocoa, salt and milk in pan. Cook until mixture makes a ball in water. Take off heat; add butter and vanilla. Beat until it starts to thicken; pour in greased pan.

Jane Gibler

Peanut Butter Fudge

2 c. sugar
2/3 c. milk
1 c. peanut butter

18 lg. marshmallows, cut up
1 tsp. vanilla

Boil sugar and milk to soft ball stage (232°). Remove from heat; add peanut butter, marshmallows and vanilla. Beat until smooth and begins to thicken. Pour into an 8-inch buttered square pan.

*Judi Hazuka,
Kirn*

Candy Cookie

1/2 c. shortening
1 c. sugar
2 eggs, beaten
1 1/4 c. sifted flour
3 T. milk
1/4 tsp. salt

1 tsp. vanilla
5 rounded T. cocoa, made into a
paste with boiling water &
cooled
Nuts (opt.)

Mix in order outlined. Bake in 350° oven for 20 minutes on greased cookie sheet. Frost with chocolate frosting.

*Jane Gibler,
AL High School*

Rice Krispie Balls

54 caramels
1 stick butter or oleo

1 can condensed milk
Bag of lg. marshmallows

Melt caramel and butter in a crock-pot or over water in a saucepan, for 1 1/2 minutes, or until melted, stirring continuously. Cut each marshmallow in half. Dunk each marshmallows, into caramel mixture. Roll in Rice Krispies.

Note: I use toothpick to dunk the marshmallows and fork to lift out. I cut marshmallows with scissors.

*Pat Neumann,
AL High School*

Krispy Caramel Balls

1 (14 oz.) pkg. caramels (49)
2 T. water
3 c. rice cereal

2 c. corn flakes
1 c. coarsely-chopped peanuts

Melt caramels with water in a double boiler or in a saucepan on low heat, stirring occasionally, until sauce is smooth. Pour over combined cereal and nuts; toss until well coated. With hands slightly moistened with cold water, form into balls. Let stand until firm.

*Pat Neumann,
AL High School*

Chocolate Sauce

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

1 c. water
2 T. butter

In a saucepan, whisk together cocoa, sugar and water. Bring to a boil. Simmer 5 minutes. Remove from heat; whisk in butter. Continue to simmer and stir with whisk, 3 to 4 minutes. Yield: 4 servings.

*Linda Volff,
Roosevelt School*

Salted Nut Rolls

1 yellow cake mix
1/2 c. oleo

1 egg

Mix together like pie crust. Put in a 9x13-inch pan. Bake 12 to 15 minutes. Remove from oven. Sprinkle with 3 cups miniature marshmallows. Return to oven. Bake at 350° for 2 minutes. Cool.

Prepare:

2/3 c. white syrup
1/4 c. oleo
2 tsp. vanilla

1 (12 oz.) pkg. peanut butter
chips

Add 2 cups Rice Krispies and 2 cups salted nuts. Spread on top of cooled marshmallows.

*Susan Lustgraaf-Howard,
AL High School*

Caramel Corn

1 (8 oz.) bag Barrel 'O Fun Corn
Pops
1/2 c. butter or margarine

1/2 c. light corn syrup
1 c. brown sugar
1 tsp. baking soda

Place Corn Pops in a large roasting pan. Mix other ingredients; cook for 2 minutes, or until bubbly around edges. Remove from heat. Add 1 teaspoon baking soda to cause foaming. (This will allow for proper coating of pops.) Pour caramel mixture over Corn Pops; stir until pops are coated. Place in 250° oven for about 45 minutes, stirring every 10 minutes. Remove from oven; pour on waxed paper. Break apart (before pops can cool), to desired piece-size.

Evelyn Schupp

Mounds Bon Bons

3/4 c. mashed potatoes
4 c. powdered sugar

4 c. coconut

COATING: Melted milk chocolate chips

Mix mashed potatoes, powdered sugar and coconut together. Refrigerate overnight or several hours. Roll mixture into 1-inch balls. Melt chips; dip the balls into the chocolate, using tongs or a fork. Cool on waxed paper.

Jeanine Gibler

Cherry Mash Candy

2 c. sugar
1/2 c. butter
2/3 c. evaporated milk
12 lg. marshmallows
1 tsp. vanilla

Dash of salt
6 oz. cherry chips
1 (12 oz.) pkg. chocolate chips
3/4 c. peanut butter
1 lg. pkg. salted peanuts

Combine and stir sugar, butter, milk, marshmallows and salt. Cook over medium heat until it comes to a boil. Boil 5 minutes. Take off heat; stir in cherry chips and vanilla. Spread in a buttered 9x13-inch pan. Chill. Melt chocolate chips and peanut butter. Crush peanuts. (I put in a food processor.) Fold into chocolate mixture. Spread over cherry mixture. Chill. Cut into squares.

*Virginia Lynch,
Lewis Central*

Licorice Wands

6 oz. vanilla-flavored candy coating (almond bark), chopped

24 licorice twists
Colored candy decorations

Place candy coating in a 2-cup microwavable measuring cup. Microwave, uncovered, on HIGH 1 to 1 1/2 minutes, stirring every 15 seconds, until melted. Dip half of each licorice twist into melted candy coating. Sprinkle with candy decorations. Place on waxed paper about 1 hour, or until coating is firm. Yield: 24 wands; 85 calories each.

Turtle Caramel Apples

4 lg. Golden Delicious apples
2 (3 1/2 oz.) jars macadamia nuts or pecans
2 T. water

1 (14 oz.) pkg. caramels
1 (2 oz.) bittersweet or semi-sweet chocolate candy bar, broken

Line a 9x13-inch baking pan with waxed paper; line inside pan. To prepare apples, wash and dry completely. Remove stems. Insert craft sticks into centers of apples. To coarsely chop nuts, place nuts in work bowl of food processor. Chop to a coarse texture. Place nuts in a medium bowl. Simmer caramels and 2 tablespoons water over low heat in a small saucepan until caramel is a smooth mixture. Immediately dip apples into caramel. Completely cover. Use a scraper to take off excess caramel or let drip. Immediately roll apples in chopped nuts; lightly coat. Press nuts in lightly with finger. Place apples on cookie sheet. Let stand 20 minutes. To melt chocolate, place chocolate in a small resealable plastic freezer bag; seal and microwave at MEDIUM (50% POWER) for 1 minute. Turn bag over; microwave at MEDIUM 1 minute or until melted. Knead bag until chocolate is smooth. Cut off corner of bag; pipe or drizzle chocolate decoratively onto apples. Let apples stand 30 minutes or until chocolate is set. Store, loosely covered, in refrigerator up to 3 days. Let stand at room temperature 15 minutes before serving. Yield: 4 apples.

Chocolate Peanut Butter Balls

1/4 lb. oleo
2 c. peanut butter (crunchy)

3 c. powdered sugar
2 c. Rice Krispies

CHOCOLATE MIXTURE:
4 Hershey's bars

6 oz. Hershey's chips
3" of paraffin, shaved

Melt oleo and peanut butter. Remove from heat; add sugar and Rice Krispies. Chill. Make into balls. Dip in melted chocolate mixture. Drop on waxed paper.

Evelyn Schupp

Salted Nut Roll

1 jar dry-roasted peanuts
1 pkg. Reese's peanut butter chips
5 T. oleo or butter

1 can sweetened condensed milk
1 (10 1/2 oz.) bag mini marshmallows

Pour 1/2 jar of peanuts in the bottom of a 9x13-inch buttered pan. Melt peanut butter chips and oleo. Add condensed milk. Microwave on HIGH for 30 seconds. Add marshmallows; stir. Pour over the peanuts. Add remaining peanuts on top and press. Cool, cut and serve.

Connie Hecker

Notes & Recipes



Desserts

Orange Delight

2 c. sugar
2 beaten egg yolks
1 1/2 c. milk
1 (3 oz.) pkg. orange Jello
2 egg whites
2 c. whipped cream

1 sm. can crushed pineapple,
drained
2 cans mandarin oranges,
drained
1 loaf angel food cake

Cook the sugar, 2 beaten egg yolks and 1 1/2 cups milk until like custard. Remove from heat. Pour over 1 package orange Jello. Beat. Refrigerate until the mixture thickens. Beat 2 egg whites until stiff. Fold this into the gelatin mixture. Return to the refrigerator again. Mix 2 cups whipped cream, pineapple and oranges. Fold into the gelatin mixture; pour all ingredients over broken pieces of angel food cake that have been arranged in a 9x13-inch cake pan. Chill 24 hours to blend flavors.

Betty Stelter

Pineapple Marlow's

1 sm. pkg. marshmallows
1 c. whipping cream
1 c. milk
1 sm. can crushed pineapple,
drained

1/2 c. chopped nuts
6 diced maraschino cherries
Graham crackers

Melt marshmallows in 1 cup hot milk. Cool Whip 1 cup whipping cream. Fold in whipped cream and drained, crushed pineapple. Fold in nuts and cherries. Put a layer of crushed graham cracker in bottom of 9x13-inch glass pan. Pour mixture over cracker crumbs; refrigerate.

Lynn Moen

Cherry Crisp

1 can cherry pie filling
1 pkg. Jiffy cake mix (white or
yellow)

1 stick oleo, melted
1/2 c. chopped nuts (pecans,
walnuts, or whatever you like)

Grease an 8-inch square pan. Spread cherries over bottom. Pour cake mix over cherries; spread evenly. Pour melted oleo over cake mix; spread evenly. Sprinkle nuts on top. Bake at 325° for 25 to 30 minutes. Yield: 9 servings.

Good plain, or top with ice cream or whipped cream.

*Judi Hazuka,
Kirn*

Microwave Apple Crisp

- 4 c. peeled apples, cut up into a large glass pie plate
- 2/3 c. brown sugar
- 1/2 c. flour
- 1/2 c. quick oatmeal
- 3/4 tsp. cinnamon
- 3/4 tsp. nutmeg (opt.)
- 1/3 c. stick margarine, softened

Mix all, but the apples, to form a crumbly mixture. Put over apples. Cook on HIGH in microwave for 7 to 8 minutes. Serve with half & half or ice cream.

Bruns

Cider Apple Bake

- 6 lg. tart apples, peeled & sliced
- 2 c. apple cider
- 1/3 c. packed brown sugar
- 1/4 tsp. ground cinnamon
- 1 c. whipping cream

Place apples in a greased 2-quart baking dish. Combine cider and brown sugar; pour over apples. Bake, uncovered, at 350° for 50 to 60 minutes, or until apples are tender, stirring once. Sprinkle with cinnamon. Cool slightly. Serve warm with cream.

Vikki Kuhl

Brownie Pudding

- 1 c. flour
- 3/4 c. sugar
- 2 T. cocoa
- 2 tsp. baking powder
- 1/4 to 1/2 tsp. salt
- 1/2 c. milk
- 2 T. oil or margarine
- 1 tsp. vanilla
- 1 c. chopped walnuts
- 3/4 c. brown sugar
- 1/4 c. cocoa
- 1 3/4 c. hot water

Sift together the first 5 ingredients. Add milk, oil and vanilla. Mix until smooth. Stir in nuts. Pour into a greased 8x8x2-inch pan. Mix together brown sugar and 1/4 cup cocoa. Sprinkle over batter. Pour hot water over entire batter. Bake at 350° about 45 minutes. Yield: 6 to 8 servings.

Lynn Moen

"Next Best Thing to Robert Redford"

- BOTTOM LAYER:**
1 stick oleo, softened
- SECOND LAYER:**
8 oz. cream cheese, room temperature
- THIRD LAYER:**
1 sm. pkg. instant chocolate pudding
- TOP LAYER:**
Cool Whip
- 1 c. flour
- 1 c. pecans, chopped
- 1 c. Cool Whip
- 1 c. powdered sugar
- 1 sm. pkg. instant vanilla pudding
- 3 c. milk
- 1/4 c. pecans, chopped

Bottom Layer: Mix together well. Press into pan. Bake at 350° for 12 to 15 minutes. Cool.

Second Layer: Cream together on low, until mixed well. Spread on cooled crust.

Third Layer: Mix puddings with milk until well smoothed. Spread over second layer.

Fourth Layer: Spread Cool Whip over pudding; sprinkle on chopped pecans.

Note: I usually make 1 1/2 batches for a 9x13-inch pan. Yield: 10 to 15 servings.

This is a very rich dessert. I got this from my son's wife down in Oklahoma. It is a very addictive dessert.

*Pat Wallace,
P.A.C.T.*

Peach-Apricot Cobbler

1/2 c. granulated sugar
2 T. cornstarch
1 (13 oz.) can sliced peaches,
drained (reserve juice)

1 T. butter
1/2 tsp. cinnamon
1/4 tsp. nutmeg

TOPPING:

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

1/4 tsp. salt
2 T. butter, softened
1 lg. egg

In a medium saucepan, mix together sugar and cornstarch. Stir in 1/2 cup each of reserved juices. Cook over medium heat, stirring constantly, until mixture boils and thickens, 2 minutes. Remove from heat. Stir in butter, cinnamon and nutmeg. Add fruit. Spoon fruit mixture in a 1 1/2-quart casserole.

Topping: Mix flour, sugar, baking powder, salt, butter and egg. Spoon topping over fruit mixture. Bake at 400° until lightly golden, 30 minutes. Yield: 8 servings.

Can be served warm or cooled. Double all ingredients and bake in a 9x13-inch pan. Top with ice cream or whipped cream.

*Jean Ridgway,
Lake View*

Easy Apple Betty

10 c. sliced, peeled apples
1/4 c. apple juice
1 3/4 c. crushed oatmeal
cookies (about 18)

1/4 c. margarine
1/2 tsp. ground cinnamon

Toss apples and juice. Arrange half in a 9x13x2-inch baking dish coated with a nonstick spray. Combine the cookie crumbs, margarine and cinnamon; sprinkle over the apples. Repeat layers. Bake at 375° for 40 to 45 minutes, or until apples are tender and topping is golden brown.

Note: Make sure that the apples are very good and tart.

Sharon Bruns

Peanut Butter Mousse

3 T. margarine
3 T. peanut butter*
1 c. chocolate chips

1 egg
1 tsp. vanilla
1 pt. Cool Whip

Melt margarine, peanut butter and chocolate chips in the microwave oven. Stir together. Add egg, vanilla and Cool Whip. Stir only until combined.

*I like to use chunky peanut butter.

Penny Ankenbauer

Blended Custard

Beat slightly to mix:

2 lg. eggs
1/3 c. sugar

1/4 tsp. salt

Heat 2 cups of milk until nearly boiling, while stirring frequently. Pour milk into egg mixture, stirring constantly. Strain into 6 custard cups or a 1 1/2-quart casserole and set in a pan of hot water (1 inch up on cups). Sprinkle a little nutmeg over the top. Bake at 350° for 30 to 40 minutes, or until a silver knife thrust into the center of the custard comes out clean. Immediately lift cups or casserole out of the hot water. Serve cool or chilled.

Lynn Moen

Fast, Easy Brownies

1 chocolate cake mix
1 can chocolate Thank You
Brand pudding

1 c. walnuts (opt.)
1 c. peanut butter chips (opt.)

In a mixing bowl, mix cake mix and pudding. Pour into a 9x13-inch greased cake pan. The batter is extremely thick. Bake at 350° until toothpick inserted into middle comes out clean.

Note: You can substitute 1 1/2 cups of cooked pudding for canned pudding.

Connie Vincent

Banana-Cherry Pie

1 lg. can crushed pineapple
1 can cherry pie filling
3/4 c. sugar
1 T. cornstarch
1 (3 oz.) box raspberry gelatin

6 sm. or 4 lg. bananas, sliced
1 c. pecans, chopped
2 (8") pie shells, baked, or
graham cracker crusts
Cool Whip

Cook pie filling, pineapple, sugar and cornstarch until thickened. Add gelatin; cool. Add bananas and pecans. Pour into 2 pie shells or graham cracker crusts. Top with whipped cream. Sprinkle with finely-chopped pecans to garnish.

Note: To prevent bananas from turning dark, put sliced bananas in lemon juice, then drain from lemon juice.

Sherry Myotte

Peach Cobbler

1/2 c. real butter
1 c. flour
3/4 c. sugar
2 tsp. baking powder

1/2 tsp. salt
3/4 c. milk
1 sm. can sliced peaches (save approx. 1/3 c. juice)

Melt butter in an 8x8-inch pan. Mix flour, sugar, baking powder and salt. Add milk and juice; mix. Pour over melted butter. Pour peaches over the batter. Bake at 350° for approximately 40 minutes (325° for glass pan).

Note: This recipe can be doubled and put in a 9x13-inch pan.

Mary Anne Peck

Lemon Love Notes

1 c. melted butter
2 c. flour
1/2 c. powdered sugar
4 T. RealLemon juice

4 beaten eggs
2 c. sugar
4 T. flour
1 tsp. baking powder

FROSTING:
1 1/2 c. powdered sugar
1 tsp. vanilla

1 tsp. almond flavoring (opt.)
2 T. butter
3 tsp. milk (opt.)

Mix together butter, flour and powdered sugar; pat into a 9x13-inch pan. Bake at 350° for 15 minutes; cool. Mix lemon juice, eggs, sugar, flour and powdered sugar. Place on just-baked and cooled crust. Bake at 350° for 25 minutes. Cool. Frost.

Mary Anne Peck

Lemon Delight

1 1/2 c. crushed Club crackers
1 stick oleo, melted
4 egg whites

1 c. sugar
1 can lemon pie filling
Cool Whip

Mix crushed crackers and oleo. Put in a 9x13-inch pan. Beat 4 egg whites until stiff; add 1 cup of sugar slowly. Beat until peaks form. Spread over crumbs carefully. Bake at 350° for 15 minutes. Cool. Carefully pour lemon pie filling over cooled pan. Top with Cool Whip. Refrigerate.

Mary Anne Peck

Oh! Henry Bars

1 c. white corn syrup
1 c. white sugar

1 c. crunchy or creamy peanut butter
6 c. Rice Krispies

FROSTING:
1 (6 oz.) pkg. chocolate chips,
or 2 to 3 sq. chocolate bark

1 (6 oz.) pkg. butterscotch
chips
1/3 c. peanut butter

Microwave syrup and sugar together. Add 1 cup peanut butter; stir until smooth. Add Rice Krispies; stir well. Grease a 9x13-inch pan. Butter hands; press firmly and evenly into pan.

Frosting: Melt frosting ingredients. Frost bars. It takes a while for frosting to set up. Cut into squares.

Mary Anne Peck

Mouthwatering German Chocolate Cake

German chocolate cake mix
Sweetened condensed milk
1 can hot fudge sauce

8 oz. Cool Whip
Heath bars or Heath Bits

Bake cake as directed. Cool cake 10 to 15 minutes. Poke holes with a straw. Pour sweetened condensed milk on top. Microwave hot fudge sauce until pourable. Pour over top. Cool cake. Frost with Cool Whip. Top with Heath bits.

Mary Anne Peck

Pumpkin Dessert

CRUST:
1 c. flour
1/2 c. quick oatmeal

1/2 c. brown sugar, packed
1/2 c. butter

FILLING:
1 (1 lb.) can pumpkin
1 (13 oz.) can evaporated milk
2 eggs
3/4 c. sugar

1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

TOPPING:
1/2 c. chopped pecans
1/2 c. brown sugar

2 T. butter
Cool Whip

Mix crust ingredients; press into a 9x13-inch ungreased pan. Bake 15 minutes at 350°. Pour filling on crust. Bake 20 minutes longer at 350°. Sprinkle topping on filling; continue baking 15 to 20 minutes longer, or until set. Serve with Cool Whip on top.

Mary Anne Peck

Rhubarb Custard Pie

3 c. rhubarb
2 eggs, beaten
2 T. milk
1 1/2 c. sugar

3 T. flour
1/4 tsp. salt
1/4 tsp. cinnamon or nutmeg
1 T. butter

CRUMB TOPPING:

1/2 c. butter
1 c. flour

1/4 c. white sugar
1/4 c. brown sugar

Heat oven to 350°. Line 9-inch pie pan with pastry. Combine eggs, milk, sugar, flour, salt and nutmeg. Mix with rhubarb. Pour into crust. Dot with butter. Mix crumb topping; sprinkle on top. Bake 50 to 60 minutes.

Note: Can use pastry crust for top, instead of crumb topping.

Frozen Raspberry Delight

2 c. crushed chocolate wafer cookies
1/3 c. melted butter
1/4 c. sugar
1 c. chocolate fudge sauce

1 qt. vanilla ice cream
1 pt. raspberry sherbet
12 oz. frozen raspberries
8 oz. Cool Whip

Blend cookies, butter and sugar. Press into a 9x13-inch pan for crust. Spread fudge sauce over crust. Spoon ice cream over fudge sauce. Spoon on sherbet; swirl with ice cream. Top with raspberries, then Cool Whip. Freeze 6 hours. Yield: 20 servings.

Rita Hermsen

St. Patrick's Dessert

CRUST:
1 c. flour

1/2 c. oleo
1/2 c. pecans, crushed

Pat in a 9x13-inch pan. Bake 15 minutes at 375°. Cool.

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar

Cream the cream cheese and sugar. Fold in 1 cup Cool Whip. Spread over crust. Mix 3 packages instant pistachio pudding with 3 cups cold milk. Spread over cheese filling. Spread rest of Cool Whip on top.

Note: I sprinkle lightly with green sugar.

Yvonne Dennis

White Banana Split

2 (6 oz.) pkg. white chocolate pudding
4 c. milk

Chocolate syrup or sprinkles
6 bananas, sliced in 4's
3 c. sliced strawberries

Blend pudding mix and milk in a large bowl, with a fork, for about 2 minutes. Let stand in refrigerator for at least 10 minutes. Just before serving, place sliced bananas and sliced strawberries into pudding mixture, folding gently together. Spread lightly with chocolate syrup in a drizzle pattern. Yield: 8 to 10 servings.

Note: Use firm bananas and ripe, sweet strawberries. Bananas turn yellow to brown in refrigerator. For good color of desserts, do not chill bananas.

Charlie Reicks

Strawberry Tiramisu

3/4 lb. strawberries (1 pt.), rinsed, hulled & quartered
1/3 c. granulated sugar
3 T. creme de cacao liqueur, or vanilla syrup
1 1/2 c. (3/4 lb.) Mascarpone cheese, room temperature

1/4 c. confectioners' sugar
1 1/2 c. heavy cream, chilled
24 imported crisp ladyfingers (Savoardi cookies)
1 oz. bittersweet or semi-sweet chocolate shavings

In a blender, purée berries, sugar and 2 tablespoons liqueur; reserve 3/4 cup. Pour remainder into pie plate. In a medium bowl, mix remaining liqueur, Mascarpone cheese and confectioners' sugar. In a large bowl, whip cream; fold into Mascarpone cheese mixture. Trim 12 ladyfingers to fit side-by-side, in 2 rows, on the bottom of an 8x8x2-inch baking dish. Dip each into plate of berry mixture to coat. Arrange in dish. Spread half of remaining berry mixture and 2 cups Mascarpone cream over layer. Repeat with a second layer of trimmed, dipped ladyfingers, remaining mixture and Mascarpone cheese. Cover; refrigerate 6 hours to soften ladyfingers. Cut into 9 squares. Garnish with chocolate shavings.

Sandy Moss

Mom's Frozen Chocolate Almond Dessert

- | | |
|--|---------------------|
| 1 1/2 c. flour | 45 lg. marshmallows |
| 3/4 c. chopped pecans | 1 c. milk |
| 3/4 c. melted butter | 12 oz. Cool Whip |
| 2 (8 oz.) Hershey's milk chocolate candy bars with almonds | Chocolate shavings |

Mix together flour, pecans and butter; pat into a 9x13-inch pan. Bake at 375° for 15 minutes, or until lightly browned. Cool. Melt the candy bars, marshmallows and milk together in microwave on HIGH, stirring every 2 minutes, until melted. Cool until thickened (either in a sink of cold water or in refrigerator, probably 30 to 40 minutes). Fold in Cool Whip. Pour on top of crust. Add chocolate shavings. Put in freezer until set.

*Nancy Mulvania, Secretary,
Abraham Lincoln High School*

Date Pudding

- | | |
|--------------------|----------------------|
| 1 c. dates | 1 c. English walnuts |
| 2 c. sugar | 2 c. hot water |
| 2 tsp. baking soda | 2 1/4 c. flour |
| 4 T. butter | 2 tsp. vanilla |

Mix the first 6 ingredients together; let stand for 5 minutes. Add the flour and vanilla; mix well. Bake in a greased 9x13-inch pan in a 350° oven for 35 to 40 minutes. Serve warm or cold, with whipped cream.

*Joan Eilers,
AL Cafeteria*

Butter-Pecan Twinkie Dessert

- | | |
|--|------------------|
| 1 box Hostess Twinkies | 1 qt. whole milk |
| 2 (3 oz.) boxes instant butter-pecan pudding | 1 ctn. Cool Whip |
| | 2 Heath bars |

Split Twinkies lengthwise and line the bottom of a 9x13-inch pan. Mix pudding and milk; pour over Twinkies. Refrigerate until set. Spread Cool Whip over pudding. Crush Heath bars; sprinkle over Cool Whip. Refrigerate until serving time.

*Marge Miller,
Bloomer*

Salad Dressing Cake

- | | |
|------------------------|---------------------|
| 1 c. sugar | 6 T. cocoa |
| 2 c. flour | 1 c. water |
| 1 1/2 tsp. baking soda | 2 tsp. vanilla |
| 2 tsp. baking powder | 1 c. salad dressing |

Stir all dry ingredients together. Beat in water, salad dressing and vanilla. Grease and flour two 9-inch pans or one 9x13-inch pan. Bake at 350° for 30 to 35 minutes.

*J. Eilers,
ALHS*

Old-Fashioned Vanilla Ice Cream

- | | |
|---------------------|----------------------|
| 2 1/4 c. sugar | 4 eggs, beaten |
| 1/4 c. + 2 T. flour | 4 c. whipping cream |
| 1/2 tsp. salt | 2 T. vanilla extract |
| 5 c. whole milk | |

Pour into a gallon ice cream maker. Yield: 1 gallon.

*Susan Lustgraaf-Howard,
AL High School*

Jelly Roll

- | | |
|--------------------------|----------------------|
| 3 eggs | 1 tsp. baking powder |
| 1 c. granulated sugar | 1/4 tsp. salt |
| 1/3 c. water | 2/3 c. jelly |
| 1 tsp. vanilla | Powdered sugar |
| 3/4 c. all-purpose flour | |

Line a jellyroll pan, 10 1/2 x 15 1/2 x 1 inch, with aluminum foil. Grease with shortening. Beat eggs in a large bowl, on high speed, until thick and lemon colored. Gradually beat in sugar. Beat in water and vanilla, on low speed. Gradually beat in flour, baking powder and salt until smooth. Pour into pan; spread to corners. Bake at 375°, until wooden pick inserted in center comes out clean, 12 to 15 minutes. Generously sprinkle powdered sugar on a towel a little larger than the cake. Immediately loosen cake from pan and turn over onto the towel. Carefully remove foil. Trim off any crisp edges of cake. While hot, carefully roll cake and towel from narrow end. Let cool on wire rack at least 30 minutes. Unroll cake and remove towel. Beat jelly with a fork just enough to soften; spread over cake. Roll up cake and sprinkle with powdered sugar.

*Susan Lustgraaf-Howard,
AL High School*

Strawberry Angel Dessert

1 env. unflavored gelatin
3/4 c. cold water
1/2 c. sugar

1 (10 oz.) pkg. frozen sliced strawberries, thawed
1 (8 oz.) ctn. Cool Whip Lite
5 c. angel food cake cubes

In a saucepan, combine gelatin and cold water. Stir over low heat until gelatin dissolves. Remove from heat; add sugar. Stir until dissolved. Stir in undrained strawberries. Chill until partially thickened. Fold in whipped topping. Pour over cake cubes put in square baking dish. Chill until firm. Garnish with strawberry on top.

*Linda Gardner,
AL High School*

Apple Crisp

2 med. tart cooking apples,
pared & sliced
2 T. water
3 T. flour

2 T. sugar
2 T. butter
1/4 tsp. ground cinnamon

Divide the apple slices between two 10-ounce custard cups. Sprinkle water over apple slices. Mix flour, sugar, margarine and cinnamon with a fork until crumbly; sprinkle over apples. Bake, uncovered, until the topping is light golden brown and apples are tender, 25 to 30 minutes. Bake at 350°. Yield: 2 servings.

*Susan Lustgraaf-Howard,
AL High School*

Apple Crisp

4 c. sliced apples
3/4 c. sugar
2 T. flour

1/2 tsp. cinnamon
Dash of salt

Mix; put into a 9x9-inch baking dish.

Top with the following:

1/3 c. melted butter
3/4 c. oatmeal
3/4 c. flour

3/4 c. brown sugar
1/4 tsp. baking soda
1/4 tsp. baking powder

Mix; pat over apples. Bake 30 to 40 minutes at 350°.

*Rita Mullen,
Bloomer*

Ice Cream Sandwiches

Peanut butter cookies
Approx. 1 pt. ice cream,
slightly softened

1 (6 oz.) pkg. semi-sweet
chocolate chips
2 T. shortening

PEANUT BUTTER COOKIES:

1/2 c. granulated sugar
1/2 c. packed brown sugar
1/2 c. peanut butter
1/4 c. shortening
1/2 c. margarine

1 egg
1 1/4 c. Gold Medal all-purpose
flour
3/4 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt

Bake peanut butter cookies; cool. For each ice cream sandwich, press 1 slightly-rounded tablespoon of ice cream between 2 cookies; place in a jellyroll pan. Freeze until firm. Melt chips and shortening, stirring occasionally. Let stand 2 minutes. Dip half of each sandwich into chocolate. Place in pan; freeze until firm. Store wrapped in plastic. Yield: 15.

Peanut Butter Cookies: Heat oven to 375°. Mix all ingredients. Shape into 1 1/4-inch balls. Place 3 inches apart on cookie sheet. Flatten in crisscrossed pattern with a floured fork. Bake until brown, 9 to 11 minutes.

*Susan Lustgraaf-Howard,
AL High School*

Bread Pudding

3 eggs
1/2 c. sugar
1 tsp. vanilla
2 c. milk

4 or 5 slices bread
1/2 c. raisins
Dash of cinnamon

SAUCE:

1 c. sugar
3/4 oz. cornstarch
1/8 tsp. salt

2 c. water
1/8 c. lemon juice
1/2 T. butter

Cut bread into cubes. Beat eggs and add sugar and vanilla; then add milk, cinnamon and raisins. Pour over bread. Bake at 350° until brown, about 45 minutes.

Sauce: Mix all together. Warm until it is thick.
Good!

Joyce Snyder

Holiday Bars

1 c. butter, softened
4 eggs
2 c. flour

1 tsp. lemon juice
1 can cherry or apple pie filling

Beat together the first 4 ingredients. Pour into a greased and floured 9x13-inch cake pan. Mark bars with a knife. Use a 5x6-inch pan to make 30 servings. Drop fruit filling by spoonfuls into center of each square. Bake at 350° for 30 to 45 minutes, or until golden brown around the edges. Cool. When cool, sprinkle with powdered sugar. Store in covered plastic container in the refrigerator. They stay fresher and moist.

*Judi Hazuka,
Kirn Middle School*

Date Pudding Cobbler

1 c. flour
1 1/2 c. packed brown sugar,
divided
2 tsp. baking powder
1 T. cold butter
1/2 c. milk

3/4 c. chopped dates
3/4 c. chopped walnuts
1 c. water
Whipped cream (opt.)
Ground cinnamon (opt.)

In a bowl, combine flour, 1/2 cup brown sugar and baking powder. Cut in butter until crumbly. Gradually add milk, dates and walnuts. In a saucepan, combine water and remaining brown sugar; bring to a boil. Remove from the heat; add the date mixture. Mix well. Transfer to an 8-inch square baking pan. Bake at 350° for 30 minutes, or until golden brown. If desired, top with whipped cream. Sprinkle with cinnamon.

Bev Archer

Pumpkin Bread Pudding

1 c. sugar
2 tsp. oleo
1 1/2 c. milk
6 slices dried bread, cubed
3 eggs

1 3/4 c. pumpkin
1 tsp. cinnamon
1/2 tsp. ground ginger
Dash of nutmeg
1 can evaporated milk

Melt oleo; add sugar. Add milk, bread cubes and vanilla. Beat in the eggs. Add pumpkin and spices; stir in evaporated milk. Bake in a 2-quart pan. Set in another pan of water or set a pan of water in oven while baking to provide moisture. Bake at 350° for 50 minutes, then at 425° for 10 minutes, until brown. Yield: 12 servings, topped with lemon sauce or whipped cream.

*Joan Eilers,
AL*

"Welcome Home" Chocolate Bars

1/2 c. butter or oleo
1 1/2 c. graham cracker crumbs
1 (14 oz.) can Eagle Brand
sweetened condensed milk
(not evaporated)

1 c. chocolate chips
1 c. peanut butter chips

Preheat oven to 350°. In a 9x13-inch pan, melt butter in oven. Sprinkle crumbs evenly over butter. Pour Eagle Brand sweetened condensed milk evenly over crumbs. Top with remaining ingredients. Press down firmly. Bake 25 to 30 minutes, or until lightly browned. Cut into bars.

*Joan Eilers,
AL*

Danish Puff

1 c. flour
1/2 c. butter
2 T. water
1/2 c. butter

1 c. water
1 tsp. almond flavoring
1 c. flour
3 eggs

Cut butter into flour (like pie dough). Sprinkle on water. Mix with a fork. Round into a ball; divide in half. Pat dough with hands into long strips, 3x12 inches. Put on ungreased cookie sheet, 3 inches apart.

Second Layer: Put water and butter in a saucepan. Bring to a rolling boil. Remove from heat; add flavoring. Stir in flour. Keep stirring until smooth and thick. Add eggs, one at a time, beating until smooth. Divide in half, putting half on top of each strip of first layer. Bake 1 hour, until crisp and brown, in a 350° oven. Frost when cool. Sprinkle with nuts, if desired.

Note: This keeps well.

I like to take this to out Christmas brunch at church.

Barbara Spencer

Mom's Fruit Cocktail Pudding

1 med. can fruit cocktail
1 pkg. cook & serve vanilla
pudding

1/4 c. sugar
1 T. butter

Drain all the juice off the fruit. Measure and add enough to make 1 3/4 cups liquid. Cook pudding with this liquid according to package. After mixture has been cooked thoroughly, add the sugar, butter and fruit cocktail. Stir and chill.

Note: Can be used as a dessert or fruit salad.

Connie Hecker

Ice Cream Pudding Pie

1 c. cold milk
1 c. ice cream (any flavor),
softened

1 (4-serving) pkg. Jello instant
pudding & pie filling (any
flavor)
1 (6 oz.) prepared graham
cracker crumb crust

Mix milk and ice cream in a large bowl. Add pudding mix. Beat with electric mixer on lowest speed for 1 minute. Pour immediately into crust. Refrigerate 2 hours, or until set. Yield: 8 servings.

Preparation time: 10 minutes. Refrigeration time: 2 hours.

Cathy Halder

Chocolate Chip Raspberry Jumbles

1 pkg. chocolate chip cookie
mix

1/2 c. seedless red raspberry
jam

Preheat oven to 350°. Prepare chocolate chip cookie mix as directed on package. Reserve 1/2 cup dough. Spread remaining dough into ungreased 9-inch square pan. Spread jam over base. Drop reserved dough by measuring teaspoonfuls randomly over jam. Bake 20 to 25 minutes, or until golden brown. Cool completely. Cut into bars. Yield: 16 bars.

Cathy Halder

Sweet Potato Pie

6 lg. sweet potatoes
2 1/2 c. sugar
9 lg. eggs
Dash of salt
1 tsp. vanilla

2 tsp. nutmeg
1 sm. can Pet or Carnation milk
1 stick butter or margarine
3 or 4 unbaked pie shells

Boil potatoes; peel. Combine sweet potatoes with butter, sugar, salt, eggs, milk, vanilla and nutmeg. Pour mixture into 3 or 4 unbaked pie shells. Bake at 350° for 1 hour and 35 minutes. Put extra in freezer.

Vikki Kuhl

No-Bake Chocolate Cookies

2 c. sugar
1/2 c. milk
1/4 c. cocoa
1 stick butter or margarine

1 tsp. vanilla
3 c. oatmeal
1/2 c. peanut butter

Boil the sugar, milk, cocoa and butter over medium heat, in a small saucepan. Boil for 3 minutes. Pour over oatmeal and peanut butter in a large bowl. Add vanilla. Mix together. Drop by spoonfuls onto waxed paper to cool.

Vikki Kuhl

Sour Cream Raisin Pie

1 c. raisins
3 eggs
1 c. sugar
6 T. all-purpose flour
1/8 tsp. salt

2 1/4 c. milk
1/2 c. dairy sour cream
1/2 c. butter, cut into small
pieces

In a small bowl, cover raisins with 1 cup boiling water. Let stand 5 minutes; drain. Separate the eggs. Set the whites aside for meringue. In a large saucepan, combine sugar, flour and salt. Gradually stir in milk. Cook and stir for 2 minutes more. Remove from heat. In a small bowl, beat egg yolks slightly. Gradually stir 1 cup mixture into yolks. Return yolk mixture to saucepan. Cook and stir until it boils gently. Cook 2 minutes longer. Remove from heat. Add sour cream, butter and raisins. Stir until mixed. Do not overmix. Pour hot filling into baked pie shell. Spread meringue over hot filling. Bake at 350° for 12 to 15 minutes.

Vikki Kuhl

Notes & Recipes



Large Groups, For 2 People & Low Calorie

Large Groups

Baked Beans

| | |
|----------------------------------|----------------------|
| 2 (No. 10) cans vegetarian beans | 1 1/2 c. brown sugar |
| 1 1/2 c. fresh onions | 1 1/2 c. ketchup |
| | 1/2 green pepper |

Drain beans; add onion, sugar, ketchup and peppers. Bake at 350° for 1 hour. *AL High School*

Potato Salad

| | |
|-------------------------------|--------------------------|
| 14 lb. cooked, diced potatoes | 1 T. salt |
| 4 c. diced celery | 2 1/2 qt. salad dressing |
| 3 c. diced onions | 6 T. mustard |
| 1/4 c. pickle relish | |

Mix well; chill. Yield: 23 pounds; 64 (4-ounce) servings.

AL High School

Macaroni Salad

| | |
|-----------------------|-------------------------|
| 3 lb. cooked macaroni | 1/2 c. pickle relish |
| 6 c. diced celery | 2 1/2 lb. cheese, diced |
| 3 c. diced onion | |

DRESSING:
3 c. sugar

6 c. mayonnaise
3 c. milk

Mix all together; chill. Yield: 19 pounds; 72 (4-ounce) servings.

AL High School

Fruit Salad

| | |
|--------------------------------------|-------------------------|
| 1/4 gal. thawed strawberries | 1 1/4 lb. grapes |
| 1 (No. 10) can fruit cocktail | 3 kiwi, peeled & sliced |
| 1 1/4 (No. 10) cans pineapple chunks | 6 bananas, sliced |
| | 12 oz. marshmallows |

Drain cocktail and pineapple. Have strawberries thawing. Slice banana and kiwi. Gently mix together. Just before serving, add strawberries and marshmallows. Yield: 85 (4-ounce) servings.

AL High School

Recipes For Two

Orange Cobbler

| | |
|----------------------------|-------------------------------|
| 2 T. sugar | 1 T. cornstarch |
| 1/2 c. cold water | 1/4 c. orange marmalade |
| 2 tsp. butter or margarine | 2 T. orange juice concentrate |
| 1/2 c. Bisquick | Dash of nutmeg |
| 3 T. milk | Vanilla ice cream |

Combine sugar and cornstarch in a saucepan. Stir in water, marmalade and orange juice concentrate. Cook and stir over medium-low heat until thickened. Stir in the butter until melted. Pour into a greased 1-quart baking dish. Combine biscuit mix and nutmeg in a bowl. Stir in milk until just moistened. Drop by tablespoonfuls over orange mixture. Bake, uncovered, at 400° for 20 to 25 minutes. Serve warm with ice cream.

Elaine Blecha

Bread Pudding

| | |
|--------------------------|------------------------|
| 1 slice bread, cubed | 2 T. raisins |
| 1 egg | 1/2 c. evaporated milk |
| 3 T. water | 2 T. sugar |
| 1/4 tsp. ground cinnamon | 1/4 tsp. ground nutmeg |

Grease baking dishes. Divide raisins and bread between 2 dishes. Beat egg, milk and water; pour over bread and raisins. Combine sugar, cinnamon and nutmeg; sprinkle over top. Bake, uncovered, at 350° for 30 to 35 minutes, or until knife inserted near the center comes out clean.

Elaine Blecha

Breaded Pork Chops

| | |
|-------------------------|----------------------------------|
| 1 egg | 1 T. barbecue sauce |
| 1/3 c. dry bread crumbs | 2 tsp. grated Parmesan cheese |
| 1/4 tsp. dried oregano | 1/8 to 1/4 tsp. lemon pepper |
| 1/8 tsp. onion salt | 2 bone-in pork chops, 3/4" thick |

Combine egg and barbecue sauce in a bowl; mix well. Combine crumbs, cheese, oregano, lemon pepper and salt and in a bowl. Dip chops in egg mixture, then coat with crumb mixture. Place in a greased 8x8-inch square baking dish. Cover; refrigerate for 2 hours. Bake, uncovered, at 325° for 1 hour, or until juices run clear.

Elaine Blecha

Braised Short Ribs

| | |
|---------------------------------|-----------------------------|
| 6 T. water | 6 T. vegetable oil, divided |
| 4 tsp. Dijon mustard | 4 tsp. cider vinegar |
| 4 tsp. dried basil | 4 tsp. dried thyme |
| 1 T. dried rosemary | 1/4 tsp. pepper |
| 6 to 8 boneless beef short ribs | 1 (8 oz.) can tomato sauce |

Crush dried rosemary. Combine water, 2 tablespoons oil, mustard, vinegar and seasonings. Place ribs in a large plastic bag or shallow glass container. Set aside half of marinade. Pour remaining marinade over ribs; turn to coat. Cover and refrigerate for several hours. Drain, discarding marinade. Brown ribs in remaining oil in a skillet. Transfer ribs to greased shallow baking dish. Combine tomato sauce and remaining marinade. Pour over ribs. Cover and bake at 350° for 1 1/2 hours, or until meat is tender.

Elaine Blecha

Roast Beef and Gravy

| | |
|----------------------------|-----------------------|
| 1 lb. boneless chuck roast | 1 T. oil |
| 2 T. dry onion soup | 1/4 tsp. garlic salt |
| 1/8 tsp. seasoned salt | 1/8 tsp. pepper |
| 2 c. water | 2 tsp. instant coffee |

Place oil in a skillet. Brown roast on both sides. Put roast and remaining ingredients in a 2 1/2-quart ungreased casserole. Cover and bake for 2 hours. Pour liquid from roast into saucepan. Dissolve 2 tablespoons cornstarch in 1 cup water. Add to meat liquid. Cook over medium heat, stirring frequently, until thickened.

Elaine Blecha

Parmesan Baked Tomatoes

- | | |
|-----------------------------------|-----------------------------------|
| 1 (14 1/2 oz.) can whole tomatoes | 1/4 to 1/2 tsp. Italian seasoning |
| 1/4 tsp. garlic salt | 2 T. Parmesan cheese, shredded |
| 1 T. butter or margarine | 2 T. seasoned bread crumbs |

Drain and quarter tomatoes. Place tomatoes in a greased 1-quart baking dish. Combine bread crumbs, Italian seasoning and salt. Sprinkle over tomatoes. Top with cheese. Dot with butter. Bake, uncovered, at 325° for 15 to 20 minutes, until lightly browned.

Elaine Blecha

Roasted Potatoes

- | | |
|----------------------|-------------------------------|
| 2 T. lemon juice | 6 sm. red potatoes, quartered |
| 1/2 tsp. dried thyme | 4 tsp. vegetable or olive oil |
| 1/2 tsp. garlic salt | 1/8 tsp. pepper |

Combine lemon juice, oil, thyme, garlic salt and pepper. Add potatoes; toss to coat. Place in an 8-inch square baking dish sprayed with Pam. Bake, uncovered, at 450° for 40 minutes, or until tender, stirring occasionally.

Elaine Blecha

Creamy, Cheesy Scalloped Potatoes

- | | |
|--------------------------------------|---------------------------------|
| 2 T. all-purpose flour | 2 T. butter or margarine |
| 1/2 tsp. salt | 1/8 tsp. pepper |
| 1 1/2 c. milk | 2 lg. potatoes, peeled & sliced |
| Velveeta or Cheddar cheese, to taste | |

In a small saucepan over low heat, melt butter. Stir in flour, salt and pepper until smooth and bubbly. Remove from heat. Add milk, stirring constantly. Add cheese. Bring to a boil; boil 2 minutes, stirring constantly. Remove from heat. Place potatoes in a 1-quart baking dish. Top with sauce. Bake at 350° for 35 to 40 minutes, or until potatoes are tender.

Elaine Blecha

Mini White Breads

- | | |
|------------------------------------|---------------------------------------|
| 1 (1/4 oz.) pkg. active dry yeast | 1 T. sugar |
| 1/3 c. warm water (110° to 115°) | 2 1/4 to 2 1/2 c. all-purpose flour |
| 1 tsp. salt | 1/2 c. milk |
| 2 tsp. butter or margarine, melted | Additional melted butter or margarine |

Combine yeast, sugar and water in a large mixing bowl. Add 1 1/2 cups flour, salt, milk and butter. Mix for 3 minutes on medium speed. Add enough remaining flour to form a soft dough. Turn onto a floured board. Knead until smooth and elastic, 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 45 minutes. Punch dough down. Divide in half. Shape into 2 loaves and place in greased bread pans. Cover and let rise until doubled, about 30 minutes. Bake at 375° for 30 minutes, or until golden brown. Remove from pans; cool on wire rack. Crush tops with melted butter.

Elaine Blecha

Biscuits

- | | |
|--------------------------|--------------------------|
| 1 c. all-purpose flour | 2 1/2 tsp. baking powder |
| 1 tsp. sugar | 1/2 tsp. salt |
| 1/8 tsp. cream of tartar | 1/4 c. shortening |
| 1/2 c. milk | |

In a bowl, combine dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Stir in milk. Turn onto a floured board. Knead 1 minute. Roll or pat dough to 1/2-inch thickness. Cut with a floured 2 1/2-inch biscuit cutter. Place on a greased baking sheet. Bake at 450° for 10 to 12 minutes.

Elaine Blecha

Swiss Steak

- | | |
|-----------------------------|-------------------------------|
| 2 T. all-purpose flour | 3/4 tsp. salt, divided |
| 1/4 tsp. pepper | 3/4 lb. boneless round steak |
| 1 T. cooking oil | 1 (8 oz.) can stewed tomatoes |
| 1 med. green pepper, sliced | 1 med. onion, sliced |

Combine flour, 1/4 teaspoon salt and pepper in a plastic bag. Cut steak into 2 pieces. Place in bag; shake to coat. Brown steak in oil in a skillet over medium heat. Add tomatoes. Reduce heat; cover and simmer for 40 minutes. Add green pepper, onion and remaining salt. Cover and simmer about 30 minutes, or until meat is tender.

Elaine Blecha

Baked Fish

1/2 lb. panfish fillets
1/2 tsp. dill weed

4 tsp. grated Parmesan cheese

Place fish in a 10-inch pie plate coated with nonstick cooking spray. Sprinkle with Parmesan cheese and dill. Bake, uncovered, at 350° for 8 to 10 minutes, or until fish flakes easily with a fork.

Elaine Blecha

Cornish Hens with Rice Stuffing

1 (6 oz.) pkg. long-grain & wild
rice mix
1/2 c. chopped pecans
1 c. water
2 (1 to 1 1/2 lb.) Cornish hens

1/4 tsp. pepper
2 T. margarine, divided
1 1/3 c. orange juice
1/4 c. raisins
1/2 tsp. salt

Grease rack of roasting pan. Set aside seasoning packet from rice mix. Melt 1 tablespoon butter. Add rice and pecans; sauté over low heat for 10 minutes, or until rice is golden brown. Stir in orange juice, water, raisins and contents of seasoning packet. Bring to boil over medium heat. Reduce heat; cover and simmer 25 minutes, or until liquid is absorbed. Spoon about 1/2 cup rice mixture into each hen. Refrigerate remaining rice mixture. Tie legs of each hen together, turning wing tips under backs. Place on greased rack in roasting pan. Melt remaining butter; brush over hens. Sprinkle with salt and pepper. Bake at 350° for 1 to 1 1/4 hours, or until juices run clear and thermometer inserted into stuffing reads 165°. Baste often with pan drippings. Heat reserved rice mixture and serve with hens.

Elaine Blecha

Hot Potato Salad

4 bacon strips
1/3 c. sugar
1/4 c. vinegar
1/4 tsp. pepper
Minced fresh parsley

1 T. cornstarch
1/2 c. water
1/2 tsp. salt
1 (15 oz.) can sliced potatoes,
drained

In a skillet, cook bacon until crisp, and drain. Return 2 tablespoons of bacon drippings to pan. Crumble bacon and set aside. Add cornstarch and sugar to drippings; stir until smooth. Add water, vinegar, salt and pepper. Cook and stir over medium heat for 3 to 4 minutes, or until thickened and bubbly. Stir in potatoes and bacon. Cook for 2 to 3 minutes, or until heated through. Garnish with parsley.

Elaine Blecha

Special Citrus Salad

1 (11 oz.) can mandarin
oranges
3 T. French or Italian dressing
1 tsp. lemon juice
1/4 tsp. pepper
1/2 grapefruit, peeled &
sectioned
1/2 sm. red onion, sliced

Leaf lettuce (opt.)
1/4 c. minced fresh parsley
1 tsp. dried basil
1/2 tsp. brown sugar
Pinch of dried tarragon
1/2 sm. cucumber, sliced
1 sm. tomato, sliced

Drain juice from oranges into a small bowl. Set oranges aside. Add parsley, dressing, basil, lemon juice, brown sugar, pepper and tarragon; mix well. Line individual salad plates with lettuce, if desired. Arrange oranges, grapefruit, cucumber, onion and tomato on lettuce. Serve with the dressing.

Elaine Blecha

Cream of Broccoli Soup

1 c. water
2 c. chopped fresh broccoli
1/4 tsp. salt
1/2 c. milk

2 chicken bouillon cubes
2 T. dried minced onion
1/8 tsp. pepper
2 tsp. butter or margarine

In a saucepan, bring water and bouillon to a boil. Add broccoli, onion, salt and pepper. Reduce heat; simmer 5 to 7 minutes, or until broccoli is tender. Let cool for 10 minutes. Pour into a blender; cover. Process until smooth. Return to pan. Add milk; heat through. Top each bowl with 1 teaspoon butter or margarine, if desired.

Elaine Blecha

Low Calorie or Diet

Apple Crunch

| | |
|-----------------------------------|-------------------------|
| 6 c. thinly-sliced cooking apples | 1 1/2 c. flour |
| 1/4 c. brown sugar | 1 tsp. baking powder |
| 1/2 tsp. cinnamon | 1 egg, beaten |
| 1/2 c. sugar | 1/2 c. melted margarine |

Place apples in a 9x13-inch pan. Combine brown sugar and cinnamon; sprinkle over apples. Mix sugar, flour and baking powder. Work egg into flour mixture with a fork; sprinkle flour mixture over apples. Drizzle melted margarine over all. Bake at 325° for approximately 45 minutes, or until crunch-top is golden. Yield: 18 servings.

Nutritional Information Per Serving: 148 calories, 24 gm carbohydrate, 2 gm protein, 6 gm fat, 1 gm saturated fat, 10 mg cholesterol, 1 gm fiber, 74 mg sodium, 65 mg potassium, 24 mg calcium. Diabetic Exchange: 1/2 starch, 1 fat, 1 fruit.

Sharon Bruns, Kirn

Coleslaw

| | |
|-----------------------------|----------------------|
| 4 c. shredded cabbage | 1 T. sugar |
| 1/2 c. chopped green pepper | 1/2 tsp. celery seed |
| 1/4 c. chopped onion | 1/4 tsp. dry mustard |
| 1/3 c. vinegar | 1/4 tsp. salt |
| 1 T. cooking oil | |

Mix all ingredients together; chill. Yield: 6 servings.

Nutritional Information Per Serving: 51 calories, 7 gm carbohydrate, 1 gm protein, 3 gm fat, trace saturated fat, 0 mg cholesterol, 1 gm fiber, 98 mg sodium, 168 mg potassium, 30 mg calcium. Diabetic Exchange: 1 vegetable, 1/2 fat.

*Sharon Bruns,
Kirn*

Cherry Cheesecake

| | |
|-----------------------------------|--------------------------------------|
| 1 (8 oz.) pkg. light cream cheese | 1 (8 oz.) ctn. light whipped topping |
| 1 (3 oz.) pkg. cream cheese | 1 (8") light graham cracker crust |
| 1 c. confectioners' sugar | 1 can light cherry pie filling |

In a mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped topping. Spoon into pie crust. Top with pie filling. Refrigerate.

*Linda Gardner,
AL High School*

Lemon Angel Cake Roll

| | |
|---|---|
| 1 (16 oz.) pkg. angel food cake mix | 2 tsp. grated lemon peel |
| 3/4 c. + 1 T. confectioners' sugar, divided | 1 (8 oz.) ctn. frozen reduced-fat whipped topping, thawed & divided |
| 1 (8 oz.) pkg. reduced-fat cream cheese, softened | 12 drops liquid yellow food coloring (opt.) |
| 1/4 c. lemon juice | 24 whole strawberries (opt.) |

Line a 10x15x1-inch baking pan with waxed paper. Coat paper with nonstick cooking spray. Set aside. Prepare cake mix according to package directions. Spread batter evenly in prepared pan. Bake at 350° for 25 to 30 minutes, or until golden brown. Turn cake onto a kitchen towel lightly dusted with confectioners' sugar. Gently peel off waxed paper. Dust with 1/4 cup confectioners' sugar. Roll up cake in the towel, jellyroll style, starting with short side. Cool completely on a wire rack. For filling, beat cream cheese and 1/2 cup confectioners' sugar. Stir in lemon juice and peel. Fold in whipped topping and food coloring, if desired. Unroll cake; spread with filling to within 1 inch of edges. Roll up again. Dust with remaining confectioners' sugar. Refrigerate for 1 hour. Cut into slices. Garnish with strawberries. Yield: 12 servings.

Variation: You can use a can of lite cherry pie filling in place of the lemon filling. Spread and cover with a layer of whipped topping. Roll as above. You can also use sugar-free pudding as a filling. Very good.

*Karen Kennedy,
Retired Manager, Roosevelt*

Low-Fat Potato Salad

| | |
|------------------------------|--------------------------|
| 1/4 c. nonfat yogurt | 1/2 dill weed |
| 1/4 c. nonfat cottage cheese | 1/4 c. diced green onion |
| 1/4 tsp. minced garlic | |

Blend in food processor or blender until smooth. Roast red potatoes until done; quarter and let cool. Top with mixture above for a low-fat potato salad. Also good with salmon.

*Jeanette Parks,
Bloomer*

Zippy Ground Beef Skillet

| | |
|--|-------------------------------------|
| 8 oz. uncooked sm. tube pasta | 2 jalapeño peppers, seeded & minced |
| 1 lb. lean ground beef | 1 T. honey |
| 3/4 c. diced onion | 2 to 3 tsp. chili powder |
| 3/4 c. diced green pepper | 3/4 tsp. salt |
| 1 (28 oz.) can diced tomatoes, undrained | 1 1/2 c. reduced-fat sour cream |

Cook pasta according to package. In a large skillet, cook beef, onion and green pepper; drain. Add tomatoes, jalapeños, honey, chili powder and salt. Reduce heat to low; cook, uncovered, for 10 minutes. Stir occasionally. Drain pasta. Add beef mixture and sour cream. Cook and mix until hot. Yield: 8 servings.

Becky Walker

Beefy Tomatoes

| | |
|------------------------|--|
| 6 med. tomatoes | 1/4 tsp. pepper |
| 1 lb. lean ground beef | 1/2 c. cooked rice |
| 1 med. onion, chopped | 1/2 c. shredded reduced-fat Cheddar cheese |
| 2 tsp. dried basil | 1 egg, lightly beaten |
| 1 tsp. salt | |

Cut thin slice off top of each tomato; remove core and scoop out pulp, leaving a 1/2-inch shell. Reserve 1 cup pulp. Drain tomatoes on paper towel. In a skillet, cook beef and over medium heat; drain. Stir in basil, salt, pepper and reserved tomato pulp. Bring to a boil. Reduce heat; simmer, uncovered, for 10 to 12 minutes. Stir in rice, cheese and egg. Heat through. Spoon into tomato shells. Place in a shallow 2-quart baking dish coated with nonstick cooking spray. Bake, uncovered, at 350° for 20 to 25 minutes.

Becky Walker

Potato Soup

| | |
|--------------------------|---|
| 4 med. potatoes, cubed | 1 1/2 c. low-sodium beef or chicken broth |
| 3 stalks celery, chopped | 3 c. skim milk |
| 1/2 c. onion, minced | 4 T. flour |
| 1 carrot, chopped | |

Put all ingredients, except milk and flour, in a saucepan; simmer, covered, until potatoes are tender, about 15 to 20 minutes. Place milk and flour in a shaker blender; shake. Add mixture to the other ingredients, stirring constantly. Simmer, uncovered, 5 to 10 minutes. Yield: 6 servings.

Nutritional Information Per Serving: 164 calories, 32 gm carbohydrate, 8 gm protein, 1 gm fat, trace saturated fat, 2 mg cholesterol, 2 gm fiber, 114 mg sodium, 675 mg potassium, 178 mg calcium. Diabetic Exchange: 1 starch, 1 skim milk.

Sharon Brun

Low-Fat Old-Fashioned Vanilla Ice Cream

| | |
|---------------------|---------------------------|
| 2 1/4 c. sugar | 5 c. 1% milk |
| 1/4 c. + 2 T. flour | 4 eggs |
| 1/2 tsp. salt | 4 c. evaporated skim milk |

Put in ice cream maker. Yield: 1 gallon.

*Susan Lustgraaf,
Howard*

Pineapple Smoothie

| | |
|----------------------|--------------------------|
| 1 c. pineapple juice | 1/3 c. nonfat dry milk |
| 1 tsp. vanilla | 5 or 6 crushed ice cubes |

Crush ice. Combine all ingredients in a container with a tight lid. Shake until blended. Serve at once in a glass. Yield: 2 servings.

Nutritional Information Per Serving: 113 calories, 23 gm carbohydrate, 4 gm protein, trace fat, trace saturated fat, 2 mg cholesterol, 0 gm fiber, 63 mg sodium, 360 mg potassium, 160 mg calcium. Diabetic Exchange: 1 fruit, 1/2 skim milk.

Sharon Bruns

Dog Cookies

Dog Cookies

(For Dogs Only)

| | |
|---|--|
| 2 sm. jars strained baby food meat (or enough to total about 3 1/2 oz.) | 4 heaping tsp. dry milk 6 heaping tsp. wheat germ |
|---|--|

Combine ingredients. Roll dough into small balls. (Flour hands and roll dough in wheat germ to make it easier to handle.) Place on cookie sheet; flatten. Bake at 350° for 10 minutes, or until light brown.

This is an actual cookie for a dog.

*Becky Moad,
AL High School*

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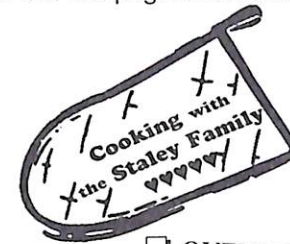
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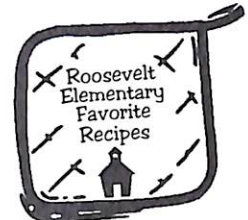
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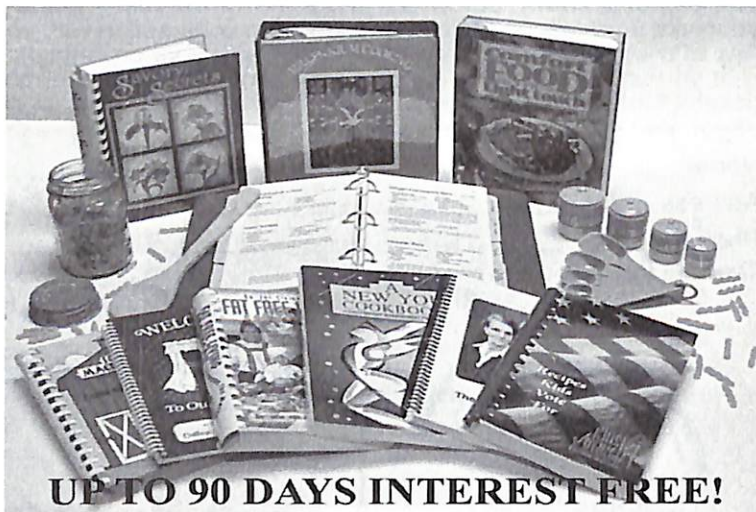
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