



COOKING WITH

COUNCIL BLUFFS
SERVICE LEAGUE

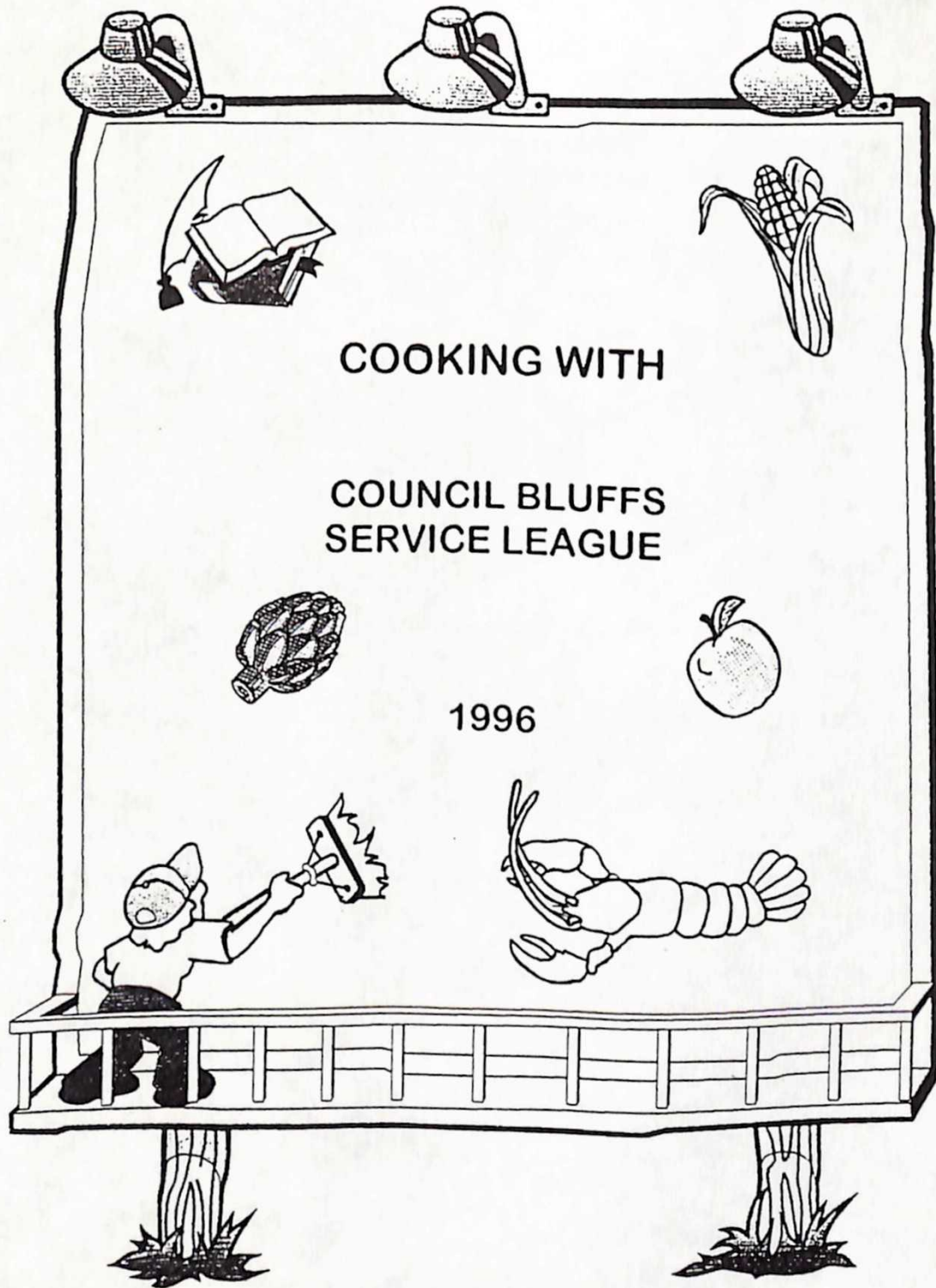


1996



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SPECIAL
COLLECTIONS



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)

Order blanks are included in back of book
for your convenience.

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History of the Council Bluffs Service League

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

Each member is asked to maintain active status for a seven-year period, during which time she is required to give a yearly 100 hours of service to the Council Bluffs community. The list of community services which the Service League has developed and maintained is as impressive as it is varied. Some of those are the Hospital Library Service, Visiting Nurse Association Motor Corps, Baby Clinic, and Child Guidance Clinic.

Since the foundation of the League, members have given many hours of service and financial assistance to such organizations as the Red Cross, Girl Scouts, Visiting Nurses Association, Christian Home, Boy Scouts, Crippled Children's Camps, Public Library, Dr. Lee R. Martin Center, Omaha Junior Theater, Volunteer Bureau, Immunization Clinic and Meals on Wheels. Our area schools and hospitals also receive many volunteer hours from our members.

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

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

There has been a total membership of 1,052 women in Council Bluffs Service League. From a nucleus of sixty members, the League has grown to an active membership of 73 members in 1996. Since 1952, seven alumnae groups have been formed. These groups provide, in addition to the annual Spring Luncheon, the guidance and inspiration to keep on with the work of the League.

Dedication

**In Honor of Council Bluffs
Sesquicentennial Celebration**

150 Years

1846 - 1996

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the following pages.



Renaissance Faire



Bazaar



Craft Group



Craft Group



Craft Group



Meals on Wheels



Thrift Shop



Community Service

Weights & Measurements

Amount to equal 1 pound:

2 c. milk	2 c. butter
2 c. chopped meat	2 2/3 c. oatmeal
6 c. rolled oats	2 c. granulated sugar
2 2/3 c. powdered sugar	2 2/3 c. brown sugar
2 1/3 c. dry beans	3 1/2 c. confectioners' sugar
4 c. all-purpose flour	4 1/2 c. cake flour
4 c. entire wheat flour	4 1/2 c. graham flour
4 1/3 c. rye meal	1 7/8 c. rice
4 1/3 c. coffee	

Weight to equal 1 cupful:

1/2 lb. sugar	5 oz. cornmeal
1/2 lb. butter	6 oz. raisins
1/2 lb. rice	6 oz. currants
1/2 lb. chopped meat	2 oz. stale bread crumbs

Units of Volume:

1 bushel	4 pecks
1 peck	8 quarts
1 gallon	4 quarts
1 quart	2 pints
1 pint	2 cups
1 cup	16 tablespoons
1/2 cup	8 tablespoons
1/3 cup	5 1/3 tablespoons
1/4 cup	4 tablespoons
1 jigger	1 1/2 ounces
2 tablespoons	1 ounce
1 tablespoon	3 teaspoons

Abbreviations used in this cookbook:

tsp. teaspoon(s)	pkt. packet(s)
T. tablespoon(s)	sm. small
c. cup(s)	med. medium
pkg. package(s)	lg. large
oz. ounce(s)	ctn. carton
lb. pound(s) or container(s)
pt. pint(s)	sq. square(s)
qt. quart(s)	bu. bushel(s)
doz. dozen	pk. peck(s)
btl. bottle(s)	env. envelope(s)

Appetizers, Dips & Spreads

Appetizers

Asparagus Canapes

Tizz Wredt

1 can asparagus	1 loaf fresh bread
8 oz. Roquefort cheese	8 oz. cream cheese
1 T. mayonnaise	1 egg, beaten
Melted butter	Parmesan cheese

Cut crusts off bread. Roll bread out flat; spread with the mixture of cheeses (Roquefort and cream), mayonnaise and egg. Top with 1 stalk of asparagus per slice of bread. Roll up and cut into 3 pieces. Dip each piece in melted butter. Sprinkle with Parmesan cheese. Place on ungreased cookie sheet; bake. There is enough cheese mixture to use with 2 cans of asparagus and 2 loaves of bread. May be frozen until ready to bake. To serve, bake at 350° for 15 minutes. Makes 5 1/2 dozen canapes.

Spinach Balls

Diane Knigge

2 pkg. frozen chopped spinach	2 green onions, chopped fine
2 1/2 c. herb-seasoned croutons	3/4 c. Parmesan cheese
3/4 c. butter, softened	1 tsp. garlic salt
4 eggs	1/4 tsp. thyme

Cook spinach according to package directions; drain and press dry. Mix all ingredients together thoroughly. Shape into walnut-size balls and place on a cookie sheet to freeze. When frozen, they may be stored in a freezer bag or container. When ready to use, place balls on a cookie sheet or shallow baking pan; bake at 350° for 30 to 35 minutes, or until heated through. Makes 60 servings.

Good served with hot mustard sauce.

Pickled Eggs

Jerri Kidder

1 (16 oz.) can sliced beets
 12 hard-cooked eggs, shelled
 3/4 c. cider vinegar
 1/2 c. sugar

2 T. salt
 1/2 tsp. pepper
 1/8 tsp. ground allspice
 6 whole cloves

One to 3 days ahead, place beets and eggs in 1 1/2-quart jar or large bowl; cover with beet juice. Three days later, or when eggs have turned a dark pink color, mix vinegar and remaining ingredients into the beet juice. Cook over low heat until it boils; pour the hot spice mixture over the eggs and beets. Cover and refrigerate overnight, at least 12 hours. Makes 12 servings.

To serve, drain spice mixture from eggs and beets.

Soft Shell Roll-Ups

Irene Gentile

1 pkg. lg. soft flour shell tortillas
 2 (8 oz.) pkg. cream cheese
 2 c. shredded Cheddar cheese
 4 oz. green chilies
 1 sm. jar pimentos

1 sm. can chopped black olives
 3 T. dill relish
 1/4 c. hot salsa
 Garlic salt
 2 pkg. dried beef

Soften cream cheese. Mix with Cheddar cheese, chilies, pimentos, olives, relish and salsa. Season with garlic salt. Spread mixture on tortilla shell. Cover with single layer of dried beef. Roll shell. Wrap each shell in plastic wrap; refrigerate several hours or until set. Unwrap. Slice and serve with bowl of salsa for dipping.

Chinese Fried Walnuts

Beckie Hewett

6 c. water
 4 c. walnuts
 1/2 c. sugar

Salad oil
 Salt

About 1 1/2 hours before serving, or up to 2 weeks ahead, in 4-quart pan over high heat, heat water to boiling. Cook walnuts after boiling for 1 minute. Rinse walnuts under running hot water; drain. Wash pan; dry well. In large bowl, with spatula, gently stir warm walnuts with sugar until sugar is dissolved. Meanwhile, over medium heat, heat about 1 inch of salad oil, or use deep-fat fryer set at 350°. With slotted spoon, add about 1/2 the walnuts to the oil; fry 5 minutes, or until golden. With slotted spoon, place walnuts in coarse sieve over bowl to drain. Sprinkle very lightly with salt. Toss lightly to keep from sticking. Transfer to paper towels to cool. Fry remaining walnuts. Store in tightly-covered container. Makes 4 cups.

Meat Balls

Deb Goodman

3 lb. hamburger
 1 c. milk
 3 c. oatmeal
 2 eggs
 1 onion, chopped

1/2 tsp. garlic salt
 1/2 tsp. pepper
 2 tsp. salt
 2 tsp. chili powder

SAUCE:
 2 c. catsup
 2 c. brown sugar

1/2 c. minced onion
 2 T. barbecue sauce
 1/2 tsp. garlic salt

Mix together meat ball ingredients; shape into balls. Place in a 9x13-inch pan. Mix sauce ingredients; pour over meat balls. Cover with foil. Bake 45 minutes at 350°. Remove foil. Bake 15 minutes more.

Spinach-Bacon Deviled Eggs

Carol Terry

1 doz. eggs, hard-cooked & peeled
 1/2 thawed, chopped spinach, drained & squeezed dry
 1/4 c. mayonnaise

1/4 c. cooked, crumbled bacon, or 1/4 c. imitation bacon bits
 2 T. butter, softened (opt.)
 1 T. Dijon mustard
 1 T. sugar
 2 tsp. black pepper
 1/4 tsp. salt

Cut eggs in half lengthwise. Scoop out yolks into small bowl; mash. Add remaining ingredients. Mix well. Spoon yolk mixture into egg white halves. Chill until ready to serve.

Note: Can add finely-chopped green pepper instead of spinach. Add finely-chopped ham instead of bacon.

If you give your best, the best will come to you.

Crab-Stuffed Mushrooms

Diane Knigge

8 lg. fresh mushrooms	1/4 c. Parmesan cheese
1 T. butter	1 tsp. minced onion
1 (6 oz.) can crabmeat	1/2 tsp. lemon juice
1 egg	1/8 tsp. pepper
1/4 c. seasoned bread crumbs	1/4 c. butter, melted
	1 clove garlic, crushed

Remove mushroom stems and chop finely. Sauté caps on bottom side in 1 tablespoon butter. Arrange, rounded-side down, sides touching, in shallow baking dish. Sauté stems in same skillet until tender. Stir in crabmeat, egg, bread crumbs, Parmesan cheese, onion, lemon juice and pepper. Fill mushroom caps. Sauté garlic clove in 1/4 cup butter for 1 to 2 minutes. Remove clove and spoon a small amount of butter over each mushroom. Bake at 350° for 15 minutes.

Dips

Artichoke Hot Dip

Nancy Miller

Artichoke hearts, flaked	1 c. Parmesan cheese
1 c. Hellmann's mayonnaise	

Mix ingredients; bake at 350° for 15 minutes. Serve with crackers.

Chili Cheese Dip

(for nachos)

Jill Hook

1 lb. Velveeta cheese, cut into sm. pieces	2 tsp. Worcestershire sauce
1 (10 oz.) can green chilies & tomatoes (Ro-Tel)	1/2 tsp. chili powder

Melt in microwave until smooth and creamy, then put into mini crock-pot to keep warm.

Note: For thicker dip, add 2 tablespoons flour. Can also add 1 pound hamburger for meaty nachos.

Creamy Pepper Dip

Nancy Miller

1 (8 oz.) pkg. cream cheese	2 T. finely-chopped onion
1/3 c. finely-chopped Vlassic hot pepper rings	2 T. apple jelly
1 T. liquid from Vlassic pepper rings	2 T. finely-chopped celery
	2 T. finely-chopped sweet red pepper

In a medium bowl, stir cream cheese until smooth. Stir in remaining ingredients. Put into quiche dish. Refrigerate at least 2 hours. Serve with crackers.

Fruit Dip

Dorene Scheffel

1 (8 oz.) pkg. cream cheese	3 T. milk
1/3 c. powdered sugar	1 tsp. vanilla
1/2 c. brown sugar	

Soften cream cheese. Mix in sugars, milk and vanilla. Beat until smooth. Use to dip fruit in. Use fresh fruits, such as bananas, apples and grapes.

Eight-Layer Mexican Dip

Dorene Scheffel

1 can bean dip	2 c. shredded Cheddar cheese
1 can avocado dip	1 sm. onion, finely chopped
1 (16 oz.) ctn. sour cream	1 pkg. taco mix
3 T. mayonnaise	2 (2.25 oz.) cans sliced ripe olives
1 pkg. Monterey Jack cheese	

Mix sour cream, mayonnaise and taco mix. In 9x13-inch glass pan, layer bean dip, avocado dip, sour cream mixture and remainder, in order given. Serve with Fritos Scoops or Tostitos.

Note: You can cut this recipe almost in half by using 1 cup sour cream, 1 cup Monterey Jack cheese, 1 cup shredded Cheddar cheese and 1 can sliced ripe olives. Use a platter to prepare dip on.

Hot Artichoke Dip

Denise Krohn

1 c. mayonnaise
1 c. sour cream
1 c. grated Parmesan cheese

14 oz. artichoke hearts,
chopped (not marinated)
1 can green chilies

Mix all the ingredients thoroughly. Place in medium-size casserole dish; bake at 325° until bubbly, approximately 20 to 35 minutes.

Hot Chipped Beef Dip

Carol Terry

2 1/2 oz. dried beef,
chopped
2 (8 oz.) pkg. cream cheese,
softened
12 oz. sour cream

1/2 finely-chopped green
pepper
2 T. dry minced onion
1/2 to 3/4 tsp. garlic
powder
1/2 c. chopped pecans

Mix first 6 ingredients well. Spread into an 8x8-inch pan. Sprinkle pecans over the top. Bake in 350° oven for 30 minutes. Serve with assorted crackers.

Note: May also use low-fat cream cheese and sour cream.

Quick Mexican Dip

Michelle Olderog

1 lg. can refried beans
1 lb. hamburger, browned
with 1 onion, & drained
1 c. sour cream
1 (4 oz.) can chopped green
chilies

1 c. shredded Cheddar
cheese (8 oz.)
1 c. Monterey Jack
cheese, shredded (8 oz.)
1 c. med./hot taco sauce

Layer ingredients in a 9x13-inch pan in order given. Bake at 350° for 20 minutes, or until cheese melts. Let stand 10 to 20 minutes. Serve with nacho chips.

Shoepeg Corn Dip

Jane Kuper, 1982-83 President

1 (12 oz.) can white shoepeg
corn, drained
1 (4 oz.) pkg. grated
Cheddar cheese

1/4 c. Parmesan cheese
1 c. sour cream
1/2 c. mayonnaise
1 T. grated onion

Mix thoroughly. Refrigerate several hours to blend flavors. Serve with chips or crackers.

This recipe tastes like crab!

Sombrero Spread

Irene Gentile

1/2 lb. hamburger
1/4 c. onion

Brown together; drain.

Add:

1/2 c. ketchup

1 (15 oz.) can hot chili
beans in chili gravy
(mash the beans well or
purée in blender)

Add:

1/2 tsp. salt

1 1/2 tsp. chili powder

Put into casserole dish.

Top with:

1/4 c. onions

1 c. Cheddar cheese

Bake at 300° for 30 minutes. Serves as a dip with nacho chips.

Burdens are not to make us bitter, but better.

Taco Dip

Kristi L. Jerkovich

LAYER 1:
1 can refried beans

1/2 btl. green taco sauce
1 pkg. taco seasoning mix

Use electric mixer and blend all the above together. Spread on the bottom of a big round plate.

LAYER 2:
1 avocado, blended

1/2 to 1 can chili without beans

Mix avocado and chili together; fold in 1 (8- or 12-ounce) carton sour cream.

LAYER 3:
Green onions, chopped fine

Green peppers, chopped fine

LAYER 4:
Chopped lettuce

LAYER 5:
1 sm. can black olives, chopped

LAYER 6:
1/2 pkg. Cheddar cheese

LAYER 7:
Tomatoes, chopped

Sprinkle chili powder on top. Serve with Doritos or lime-flavored Tostitos.

Vegetable Dip

Carol Terry

16 oz. small-curd cottage cheese
8 oz. Hellmann's mayonnaise

8 oz. sour cream
1 pkg. dry Ranch dressing, original flavor

Mix all ingredients together. Refrigerate at least 1 hour. Serve with vegetables and crackers.

Spreads

Cheese Ball

Nancy Hale

2 (8 oz.) pkg. cream cheese
1 sm. can crushed pineapple
1/4 c. green pepper, finely chopped

1 T. finely-chopped onion
1 T. seasoned salt
2 c. pecans, finely chopped

Mix all ingredients, except for 1/2 of pecans. Shape into a ball. Sprinkle remaining pecans on the top and side.

Four-Cheese Ball

Jerri Kidder

1 lb. Cheddar cheese, soft type
1 lb. cream cheese
1/4 lb. blue cheese
1/4 lb. smoked cheese
1 T. prepared mustard
1/4 to 1/3 c. chopped pecans
1/2 T. onion salt

1/2 T. onion powder
1/4 to 1/2 tsp. garlic powder
1 tsp. Worcestershire sauce
Port wine
2 T. horseradish sauce (use for coating)

Mix all the cheeses, except 1 cup of the cream cheese, with all the ingredients, except horseradish, using the Port to soften (amount will vary). Form it into a log or ball; cover with a coating of the 1 cup cream cheese and 2 tablespoons horseradish sauce. Refrigerate for several hours, until firm. Dust with finely-chopped parsley. Arrange on a tray with an assortment of crackers.

Ballentine Cheese Spread

Nancy F. Miller

1 lb. Kraft American cheese
1 c. cream
2 cloves crushed garlic

1 tsp. dry mustard
2 T. Worcestershire sauce
1 lb. margarine

Melt in double boiler until smooth. Add 1 slightly-beaten egg. Stir as it cools. Put into small jars or crock. Store in refrigerator. Serve with party rye or crackers.

Chipped Beef Spread

Carol Terry

- | | |
|------------------------------------------|-----------------------------------|
| 1 (3 oz.) pkg. chipped beef | 1 T. dry sherry |
| 1 (8 oz.) pkg. cream cheese,
softened | 2 T. mayonnaise |
| 1 tsp. dry minced onion | 1/4 c. stuffed olives,
chopped |

Soften onion in dry sherry. Blend cream cheese with mayonnaise and onion mixture. Stir in finely-snipped chipped beef and olives. Serve with assorted crackers.

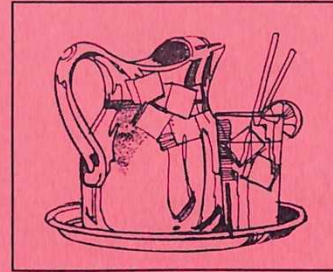
Note: Can use low-fat cream cheese.

Corn-Basil Salsa

Diane Knigge

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|---------------------------------|--------------------------------------|
| 2 c. cooked sweet corn | 1/4 c. finely-chopped fresh
basil |
| 1 sm. onion, chopped | 2 T. olive oil |
| 2 tomatoes, deseeded &
diced | 1 T. lime juice |
| 1 green pepper, diced | 1/2 tsp. salt |
| 1 clove garlic, minced | 1/4 to 1/2 tsp. pepper |

Mix all ingredients and refrigerate for several hours or overnight for flavors to blend. Serve over grilled turkey or chicken breasts, or as a side dish.



Appetizers,
Dips & Spreads

Beverages

Breads

Soups

Salads & Salad
Dressings

Casseroles

Main Dishes

Vegetables

Candies, Bars
& Cookies

Pies & Cakes

Equivalent Measurements

3 tsp.	1 Tbsp.	2 cups	1 pt.
4 Tbsp.	1/4 cup	4 cups	1 qt.
5 1/3 Tbsp.	1/3 cup	4 qt.	1 gal.
8 Tbsp.	1/2 cup	8 qt.	1 peck
10 2/3 Tbsp.	2/3 cup	4 pecks	1 bu.
12 Tbsp.	3/4 cup	16 oz.	1 lb.
16 Tbsp.	1 cup	32 oz.	1 qt.
1/2 cup	1 gill	8 oz. liquid	1 cup
		1 oz. liquid	2 Tbsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Ingredient Measurements

Baking powder

1 cup = 5 1/2 oz.

Cheese, American

1 lb. = 2 2/3 cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Cornmeal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup
15 graham crackers = 1 cup

Shortening or Butter

1 lb. = 2 cups

Eggs

1 egg = 4 Tbsp. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups
1 lb. cake = 4 1/2 cups
1 lb. graham = 3 1/2 cups

Lemons, juice

1 medium = 2 to 3 Tbsp.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 Tbsp. grated

Oranges, juice

1 medium = 2 to 3 Tbsp.
3 to 4 medium = 1 cup

Oranges, rind

1 = 2 Tbsp. grated

Gelatin

3 1/4 oz. pkg. flavored
= 1/2 cup
1/4 oz. pkg. unflavored
= 1 Tbsp.

Sugar

1 lb. brown = 2 1/2 cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3 1/2 cups

Beverages

Apricot Wine Cooler

Mindy Godfrey

3 (12 oz.) cans apricot nectar	2 (750 ml) btl. dry white or rosé wine, chilled (8 c.)
1/2 c. honey	Carbonated water, chilled (about 1 qt.)
3 T. lemon juice	

In a large mixing bowl, combine apricot nectar, honey and lemon juice. Stir in wine. Put into freezer containers. Spoon into 8-ounce glasses (about 3/4 cup per glass). Add carbonated water to fill glasses. Makes 16 servings.

Hot Spiced Cider

Diane Knigge

2 qt. apple cider	4 sticks cinnamon
1 1/2 qt. cranberry juice	1 1/2 tsp. whole cloves
1/4 c. brown sugar	

Bring all ingredients to a boil; simmer 15 minutes. Strain. Serve warm from crock-pot.

Coffee

Jerri Kidder

Serve coffee with a choice of:

Cinnamon sticks	Whipped cream with orange rind
Sm. semi-sweet chocolate pieces	Sugar cubes soaked in a liqueur

"Good Book" Tea

Memory Mescher

- | | |
|---------------------------------------------------|---------------------------------------|
| 1 (15 oz.) jar orange instant breakfast drink mix | 1 pkg. cherry drink mix (unsweetened) |
| 1 c. instant tea (unsweetened) | 1 tsp. nutmeg |
| 1 c. sugar | 1/2 c. lemonade mix (presweetened) |
| | 2 tsp. ground cinnamon |

Mix all ingredients in large airtight container. Put 2 heaping teaspoons of tea mixture into a cup of hot or cold water; stir, sit back and enjoy your book! Makes approximately 50 cups.

As long as container is sealed or airtight, this keeps indefinitely!

Hot Cocoa

Farrel Wilson

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|-----------------------------|---------------------------|
| 1 (8 qt.) box powdered milk | 1 lb. powdered sugar |
| 1 lb. Nestlé Quik | 1 (6 oz.) jar Coffee-mate |

Mix all above thoroughly. Put 1/3 cup into cup of hot water; stir.

Irish Cream

Diane Knigge

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|--------------------------------|-------------------------|
| 1 3/4 c. Irish whiskey | 2 T. chocolate syrup |
| 1 can sweetened condensed milk | 2 tsp. instant coffee |
| 1 c. heavy cream | 1 tsp. vanilla extract |
| 4 eggs | 1/2 tsp. almond extract |

Blend ingredients until smooth. Store tightly-covered in refrigerator up to 1 month.

Note: For best results, use only a good quality Irish whiskey.

Kahlua

Linda Robicheau

- | | |
|------------------|----------------------------------------------|
| 2 c. hot water | 2 oz., or 1/4 c., instant coffee (not Sanka) |
| 4 c. sugar | 1 pt. brandy |
| 3 vanilla beans* | |

*One vanilla bean, 7- to 8-inches long, or 1-inch vanilla bean and 1 teaspoon vanilla extract.

Heat sugar, water and coffee; let cool. Add brandy. Put a bean in an empty brown bottle and fill. Keep in a dark, cool place for 30 days.

Double recipe usually makes a 1/2-gallon whiskey bottle and some left over. Double vanilla--48 teaspoons (16 tablespoons).

Mock Champagne

Linda Robicheau

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|---------------------|------------|
| Chilled apple juice | Ginger ale |
|---------------------|------------|

Combine equal amounts of apple juice and ginger ale.

Orange Julius Renee

- | | |
|-----------------------------------------|----------------|
| 1 (6 oz.) can concentrated orange juice | 10 ice cubes |
| 1 c. milk | 1 tsp. vanilla |
| 1 c. water | 1/3 c. sugar |

Pour all ingredients into blender; blend until slushy.

Punch

(Diabetic)

Sharon Bremser

- | | |
|-----------------------------|-----------------------------|
| 1/2 c. ReaLemon lemon juice | 2 1/2 tsp. sweetener |
| 1 can apricot nectar | 2 qt. apple cider |
| 2 c. orange juice | 1 (2-liter) btl. ginger ale |

Pour all ingredients, except ginger ale, into punch bowl; mix well. Add ginger ale and ice right before serving.

This is a wonderful refreshing punch to serve whether you have diabetic guests or not.

Raspberry Burgundy Punch

Jerri Kidder

- | | |
|---------------------------------------------------|--------------------------------|
| 1 (10 oz.) pkg. frozen red raspberries, thawed | 2 to 3 c. Burgundy wine |
| 1 (6 oz.) can frozen lemonade concentrate, thawed | 1 pt. chilled carbonated water |

Combine raspberries, lemonade concentrate and Burgundy. Chill until just before serving. Pour into pitcher or punch bowl. Gently add the carbonated water. Stir until blended. Garnish with orange slices. Makes 10 (5-ounce) servings.

Planning for a Crowd

<u>Foods</u>	<u>Servings</u>	<u>Serving Unit</u>	<u>Amt. to Purchase</u>
BEVERAGES			
Coffee, ground	40-50	3/4 c.	1 lb. (5 c.)
Cream for coffee	25	1 Tbsp.	1 pt.
Milk	24	1 c.	1 1/2 gal.
Tea, leaves	50	3/4 c.	1 c.
DESSERTS			
Cake	24	2 1/2" squares	(1) 15 1/2 x 10 1/2 x 1-in sheet cake
Ice cream	24	1/2 c. or 1 slice	3 qts.
Pie	30	1/6 of pie	(5) 9-in. pies
Whipped cream	25	2 Tbsps.	1 pt.
FRUIT			
Canned	24	1/2 c.	(1) 6 1/2- or 7 1/4-lb. can
MEAT			
Beef roast, chuck	25	4 ozs.	12 1/4 lbs., bone in
Ground beef	25	3-oz. pattie	6 3/4 lbs.
Ham, baked, sliced	25	4 ozs.	10 lbs., boneless
Chicken	24	1/4 chicken	6 chickens
Turkey	25	3 ozs.	15 lbs.
Turkey, roll, precooked	25	3 ozs.	6-7 lbs.
PASTA, RICE			
Rice, long-grain	24	1/2 c., cooked	1 1/2 lbs., uncooked
Spaghetti and noodles	25	3/4 c., cooked	2 1/2 lbs., uncooked
RELISHES (combine several)			
Carrot strips	25	2-3 strips	1 lb.
Celery	25	(1) 2-3" piece	1 lb.
Olives	25	3-4 olives	1 qt.
Pickles	25	1 oz.	1 qt.
SALADS			
Fruit	24	1/3 c.	2 qts.
Potato	24	1/2 c.	3 qts.
Tossed vegetable	25	3/4 c.	5 qts.
Salad dressing	32	1 Tbsp.	1 pt.
SOUP			
Canned	25	1/2 c.	1 1/2 gals. or (2) 50-oz. cans, condensed
VEGETABLES			
Canned			
Fresh:			
Lettuce, for salad (Iceberg)	24	1/6 head, raw	4 heads
Potatoes, mashed	25	1/2 c., mashed	6 3/4 lbs., raw
Potatoes, baked	25	1 medium	8 1/2 lbs., raw
Frozen:			
Beans, green or wax	25	1/3 c.	5 1/4 lbs.
Carrots	25	1/3 c., sliced	5 lbs.
Corn, whole kernel	25	1/3 c.	5 lbs.
Peas	25	1/3 c.	5 lbs.
Potatoes, French fried	25	10 pieces	3 1/4 lbs.
MISCELLANEOUS			
Butter	32	1 pat	1/2 lb.
Juice	23	1/2 c.	(2) 46-oz. cans
Potato chips	25	3/4 - 1 oz.	1 - 1 1/2 lbs.
French bread	24	3/4-in. slice	(1) 18-in. loaf

Breads

Donna's Blueberry Muffins

Linda Robicheau

6 T. butter	1/2 tsp. salt
1 1/4 c. sugar	2 tsp. baking powder
2 eggs	1/2 c. milk
2 c. flour	1 pt. blueberries

Mix all ingredients by hand. Remove 1/2 cup blueberries and crush into batter. Fold in remainder of blueberries. Fill 12 to 18 muffin cups. Sprinkle with cinnamon and sugar. Bake at 350° for 15 to 20 minutes. Test doneness with a toothpick.

Cinnamon Rolls

Debbie Potkonak

2 env. dry yeast (Red Star rapid yeast)	1 1/2 c. butter or margarine, divided
1 (18.5 oz.) pkg. yellow cake mix without pudding	1 1/2 c. firmly-packed brown sugar, divided
5 c. all-purpose flour	Cinnamon, to taste
2 1/2 c. warm water, divided	

Dissolve yeast in 1 cup warm water. Mix cake mix, flour and yeast mixture together with remaining 1 1/2 cups water. Mix well; let rise until double in size. Roll dough out; sprinkle 1/2 the butter, 1/2 the brown sugar, and cinnamon to taste over it. Roll up and slice into 1-inch slices. Place in a large greased pan; let rise again until double in bulk. Melt remaining butter; mix with remaining sugar. Pour over rolls and bake at 375° for about 25 minutes. Makes 3 dozen.

Frosting: Mix 2 cups powdered sugar, 2 tablespoons butter or margarine, 1 teaspoon maple flavoring and a few drops milk until mixture is to your liking.

French Puffs

Dorene Scheffel

1/3 c. shortening
1 egg
1/2 c. sugar
1 1/2 c. flour

1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk

TOPPING:
6 T. melted butter

1/2 c. sugar
1 tsp. cinnamon

Cream sugar, shortening and egg. Sift together dry ingredients. Add to creamed mixture alternately with milk. Fill greased muffin tins 2/3-full. Bake at 350° for 20 minutes, until light brown. Remove immediately from pans; dip in the melted butter. Roll in sugar-cinnamon topping mixture. Makes 12 muffins.

Pecan-Caramel Rolls

Lisa Probst

DOUGH:
4 1/2 c. flour
1/4 c. sugar
1 tsp. salt
3/4 c. butter

1 pkg. yeast
1/4 c. warm water
3 egg yolks, beaten
1 c. milk, scalded & cooled

TOPPING:
2/3 c. butter
1/4 c. light corn syrup

1 1/2 c. brown sugar
1 c. chopped pecans

FILLING:
1/2 c. brown sugar
Soft butter

1 T. cinnamon
Raisins (opt.)

Dough: Combine flour, sugar and salt. Cut in butter. Sprinkle yeast on warm water; stir. Add flour mixture, eggs and milk. Cover and refrigerate overnight.

Topping: Melt butter and add syrup. Spread into 2 (8-inch) cake pans. Sprinkle 1/2 of brown sugar and 1/2 of nuts into each pan.

Roll out dough in 2 parts. Coat with soft butter, brown sugar and raisins, if desired. Sprinkle with cinnamon. Roll up and cut into 1-inch sections. Place on the pans over topping. Let rise in a warm place for 30 minutes. Bake in a 350° oven for 30 minutes, or until golden. Remove from oven and invert pans immediately.

Raisin Bran Muffins

Deb Goodman

1 (15 oz.) pkg. Raisin Bran
2 c. sugar
4 eggs, slightly beaten
1 c. cooking oil

4 c. flour
2 T. baking soda
1 qt. buttermilk

Mix ingredients thoroughly. Cool in the refrigerator. Put into muffin tins. Let stand 10 to 15 minutes. Bake for 20 to 25 minutes at 350°.

Note: Dough can be kept in refrigerator for up to 6 weeks.

Almond Poppy Seed Bread

Diane Knigge

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

1 1/2 c. milk
1 1/8 c. oil
3 eggs
1 1/2 tsp. vanilla extract
1 1/2 tsp. almond extract

Sift flour, sugar, salt and baking powder together into a large mixing bowl. Add remaining ingredients. Beat 2 minutes, or until smooth. Pour into 2 (5x9x3-inch) bread pans (well greased), or 4 mini loaf pans. Bake at 350° for 1 hour and 15 minutes (about 50 minutes for small pans). Let stand 5 minutes in pans. Spoon glaze over top. Let stand 5 more minutes, then remove from pans.

GLAZE:
3/4 c. sugar
1/4 c. orange juice

2 tsp. melted butter
1/2 tsp. vanilla extract
1/2 tsp. almond extract

Bring to a boil in saucepan over medium heat. Boil for 1 minute; spoon over loaves.

Cheese Bread

Lynn Crowley

1 loaf French bread
3 chopped scallions
1 1/2 c. mayonnaise

1/2 c. canned Parmesan cheese

Mix scallions, mayonnaise and Parmesan cheese together. Slice loaf of bread lengthwise and place on cookie sheet. Spread mixture onto both halves and broil until brown and bubbly, about 5 minutes. Slice and serve!

Eggnog Bread

D'Ann Wade

3 c. flour	1/2 c. oil
1/2 c. sugar	1 tsp. rum extract, or
4 tsp. baking powder	brandy extract
1/2 tsp. salt	1/2 c. chopped pecans
1/2 tsp. nutmeg	1/2 c. sifted powdered
1 beaten egg	sugar
1 3/4 c. eggnog	2 to 3 tsp. eggnog

In a large bowl, stir together flour, sugar, baking powder, salt and nutmeg. Combine the egg, eggnog, oil and extract; add to the dry ingredients, stirring just until combined. Stir in the nuts. Turn into a greased 5x9x3-inch loaf pan. Bake in a 350° oven for 60 to 70 minutes. Cover with foil after 50 minutes if bread browns too quickly. Cool in pan for 10 minutes. Remove bread from pan; cool on wire rack. Wrap bread; store overnight. To serve, stir together powdered sugar and enough eggnog to make drizzling consistency. Drizzle over bread.

French Bread

Sharon Bremser

Beat:

6 eggs	1/2 tsp. vanilla
1 1/2 c. milk	1/4 tsp. nutmeg
1 can sweetened condensed milk	1/4 tsp. cinnamon

Beat the above ingredients. Slice 1 loaf French bread. Line 9x13-inch pan with French bread. Pour egg mixture over bread. Refrigerate overnight.

In the morning, spread with a mixture of:

1/2 c. brown sugar	1 T. Karo syrup
1/2 stick margarine	

Bake 40 minutes at 325° to 350°.

Life is for living, love is for giving.

Mushroom-Cheese Bread

Mindy Godfrey

1 lg. loaf French bread, cut diagonally	1 tsp. Lawry's seasoning salt
2 sticks butter	1 tsp. lemon juice
2 T. poppy seeds	8 oz. Swiss cheese
2 T. minced onion	8 oz. mushrooms
1 T. dry mustard	

Slice loaf down the middle and 2 slices across. Sauté butter, poppy seeds, onion, mustard, salt, juice and mushrooms. Place this mixture and cheese in bread. Bake at 350° for 15 minutes, until cheese has melted.

Overnight French Toast

Lori Shanks

1 loaf French bread	1 (20 oz.) pkg. frozen strawberries
5 eggs	4 ripe bananas
3/4 c. milk	1 c. sugar
1/4 tsp. baking powder	1 T. apple pie spice
1 T. vanilla extract	

Cut loaf of French bread into 8 thick slices. Combine eggs, milk, baking powder and vanilla. Pour over bread. Cover and refrigerate overnight. In the morning, combine strawberries, bananas, sugar and apple pie spice. Put into greased baking pan; top with prepared bread. Sprinkle with cinnamon and sugar. Bake in 450° oven for 20 to 25 minutes.

French Toast

Linda Robicheau

2 eggs	1 T. sugar
1/4 c. milk	1/2 tsp. vanilla
1/8 tsp. salt	1 T. butter
6 slices bread	

Mix eggs with milk, salt, sugar and vanilla. Cut bread in half; dip in mixture. Fry in butter until done. Serve with syrup.

Monkey Bread

Joyce Farrington

2 loaves frozen bread dough (raisin, whole wheat or white)	1/2 c. butter
1 c. sugar	1/2 c. white corn syrup
1 T. cinnamon	1 c. brown sugar
	1 c. pecans, broken

Partially thaw 2 loaves frozen bread dough. Slice into 1-inch slices; cut each in half. Dip each piece in a white sugar-cinnamon mixture (1 cup sugar and 1 tablespoon cinnamon). Arrange the pieces in a greased 9x13-inch pan (the pan should be snugly-full). Melt 1/2 cup butter, 1/2 cup white corn syrup and 1 cup brown sugar together, just until dissolved. Stir in 1 cup pecan pieces. Pour evenly over dough. Bake at 375° for 30 to 35 minutes.

Pumpkin Bread

Deb Debbaut

2 c. cooked pumpkin (canned)	3 1/2 c. flour
3 c. sugar (1 c. brown & 2 c. white)	1 1/2 tsp. salt
1 c. salad oil	2 tsp. baking soda
4 eggs	1 tsp. nutmeg
	1 tsp. cinnamon
	2/3 c. cold water

Cream oil, sugar and eggs; add pumpkin. Sift dry ingredients together; add alternately with water. Pour into 2 large or 3 small oiled and floured loaf pans. Bake at 350° for 1 to 1 1/2 hours. Cool 10 to 15 minutes on rack and turn out of pans to finish cooling on rack.

Freezes beautifully.

Zucchini Bread

Sharon Bremser

3 eggs, beaten	1/4 tsp. baking powder
1 c. vegetable oil	3/4 tsp. nutmeg
1 c. sugar	1 tsp. baking soda
2 c. grated zucchini	3 tsp. cinnamon
3 tsp. vanilla	1 c. chopped nuts
3 c. flour	1/2 c. ground raisins

Preheat oven to 350°. Grease well 2 bread pans; set aside. Mix together eggs, vegetable oil, sugar, zucchini and vanilla. Sift together flour, baking soda, baking powder and spices. Stir nuts and fruit into flour. Add to zucchini mixture and blend well. Spoon into prepared pans. Bake 1 hour, or until wooden pick inserted in center comes out clean. Remove from pans; cool.

Zucchini Bread

Mindy Godfrey

3 eggs, beaten until light	3 c. flour
1 c. Mazola oil	4 tsp. baking powder
2 c. sugar	1 tsp. salt
2 c. grated zucchini, peeled & packed	1 tsp. cinnamon
3 tsp. vanilla	1 tsp. baking soda

Step I: Beat eggs, oil, sugar, zucchini and vanilla.

Step II: Mix in flour, baking powder, salt, cinnamon and baking soda. Pour into 2 greased and floured loaf pans. Bake at 325° for 1 hour and 10 minutes.

Food Quantities for 25, 50 and 100 Servings

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

Soups

Beef Stew

Shelly Wickersham

2 lb. beef chuck or stew	1 bay leaf
meat, cut into 1" chunks	1 tsp. paprika
1/4 c. flour	4 carrots, sliced
1 1/2 tsp. salt	3 potatoes, diced
1/2 tsp. pepper	2 onions, chopped
1 1/2 c. beef broth	1 stalk celery, sliced
1 tsp. Worcestershire sauce	2 tsp. Kitchen Bouquet
1 clove garlic	(opt.)

Place meat in crock-pot. Mix flour, salt and pepper; pour over meat. Stir to coat meat with flour. Add remaining ingredients. Cover and cook on low for 10 to 12 hours; or high for 4 to 6 hours. Stir thoroughly before serving.

Slow-Cooker Beef Stew

Karen Jares

1 1/2 lb. stew meat	3 T. tapioca
6 carrots, sliced	1 c. tomato juice
1 onion, sliced	1 can stewed tomatoes
3 potatoes, cut into chunks	Salt & pepper
1 tsp. sugar	

Place all ingredients in large Dutch oven. Bake at 250° for 5 hours. May increase tapioca for thicker stew, if desired. May also cook in crock-pot.

Broccoli-Cheese Soup

Linda Robicheau

4 T. margarine	2 c. chopped broccoli
2/3 c. chopped onion	4 slices cheese
4 T. flour	1 tsp. salt
3 c. milk	Dash of pepper

Melt margarine in pan. Add onion; cook until tender. Blend in flour until mixture is smooth. Add milk, broccoli, cheese and seasonings. Cook until mixture thickens and cheese is melted. Must be stirred constantly. Serve hot.

Cheese and Beer Soup

Debbie Potkonak

1/2 c. butter (not margarine)	1 c. flour
4 c. chicken broth (hot)	1 1/2 c. cream
16 oz. Cheez Whiz	6 oz. beer
1 T. Lea & Perrins	1/4 c. chives
Worcestershire sauce	Popcorn, instead of soup
1/2 tsp. yellow food coloring	crackers

In a heavy pan, melt butter; mix until completely blended. Heat over low flame for 5 minutes, mixing occasionally. Add chicken broth and cream. Mix until smooth and thick. Add cheese; mix until all cheese is melted and soup is smooth. Add beer and Worcestershire sauce; mix until smooth. Mix in the color and chives. Simmer about 15 minutes, stirring constantly. Serve piping hot, with popcorn.

Cheese Soup

Diane Vandenberg

1 qt. water	1 c. chopped celery
4 chicken bouillon cubes	1 1/2 c. chopped potatoes
1 c. chopped onions	2 cans cream of chicken
1 bag frozen cauliflower, carrots & broccoli mixture	soup
1 c. chopped carrots	1 lb. Velveeta cheese

In a large, heavy pan, dissolve cubes in water. Add onions, celery, carrots and potatoes. Cook 20 minutes. Add bag of frozen vegetables. Cook 6 minutes. Add 2 cans soup; heat. Add cheese. Heat until melted. Be sure to stir often.

Failure is success if we learn from it.

Cheesy Potato Soup

Denise Krohn

2 med. diced potatoes	6 T. butter
3 diced carrots	2 T. flour
4 diced stalks celery	Milk
4 cubes chicken bouillon	Dash of pepper
2 T. soy sauce	1 T. parsley
1 T. basil	2 c. grated sharp Cheddar
1 c. chopped ham	cheese
1 sm. chopped onion	

Place potatoes, carrots and celery in crock-pot. Add enough water to barely cover; sprinkle in a little salt. Add 1 chicken bouillon cube; cover. Cook until done. Meanwhile, melt 1 tablespoon butter in pan and sauté chopped onion. Remove onion; melt the rest of butter. Add flour and stir until well blended. Slowly add milk, while stirring over medium-low heat, to make a white sauce. Add only enough milk to make a thick sauce. Season sauce with 3 cups chicken bouillon, soy sauce, basil, pepper and parsley. Add to vegetables in crock-pot. Add chopped ham and cheese.

Chili

Amy Jones

2 (28 oz.) cans whole tomatoes	1 tsp. paprika
2 (8 oz.) cans tomato sauce	1 1/2 lb. hamburger
4 tsp. chili powder	1 c. chopped onions
2 tsp. salt	2 (15 1/2 oz.) cans chili
1 tsp. cayenne pepper	beans

Brown hamburger with onions. Add to all ingredients in a crock-pot. Cook all day on low. Add beans the last 1/2 hour before serving.

Clam Chowder

Deb Goodman

2 to 3 (7 oz.) cans clams	1 can cream of celery soup
2 c. potatoes, diced	2 c. milk or half & half
1 c. carrots, diced	1 jar clam juice
1 sm. onion, chopped	Pinch of salt
Celery, chopped	Pepper, to taste

Simmer vegetables until tender in clam juice. Add clams, soup, milk, salt and pepper. Cook slowly over low heat. Thicken with milk and flour. Keep from boiling.

French Onion Soup

Carol Terry

6 yellow onions
5 cloves garlic
2 cans beef consommé
2 pt. water (or more)
2 oz. real butter
4 to 6 slices French bread,
toasted

1/2 lb. grated Mozzarella
cheese
1/2 lb. grated Cheddar
cheese
1/4 c. soy sauce

Chop onion and garlic into 1/8-inch pieces. Sauté in butter. Add consommé, water and soy sauce. Boil on medium to low heat for 20 to 30 minutes. Ladle soup into ovenproof serving bowls. Top each with 1 slice of toasted bread and lots of cheese. Slide under broiler until cheese is crispy and golden brown. Serve at once.

Mulligatawny

Karen Jares

1 (3 to 4 lb.) whole chicken
1 qt. water
1 T. salt
1 tsp. curry
1/8 tsp. mace
1/8 tsp. ground cloves
1 sm. bunch parsley
1 med. onion, sliced
2 carrots, sliced

2 ribs celery, sliced
1 green pepper, sliced
1 med. apple, cored &
sliced
1/4 c. butter
1/3 c. flour
1 (8 oz.) can stewed
tomatoes

In large pan, combine chicken, water and seasonings (including parsley). Cover and simmer 45 minutes. Remove chicken; cool. Remove meat from bones. Measure broth and add water to make 1 quart. In saucepan, cook fruit and vegetables in butter until tender. Remove from heat. Stir in flour. Pour mixture into original pan. Gradually stir in broth, stewed tomatoes and chicken. Heat to boiling. Cover and simmer 1 hour. Serve in shallow bowls. Top with spoonfuls of hot rice, if desired. Makes 6 to 8 servings.

Spring Vegetable Cheese Soup

Carol Terry

1 c. shredded carrots
1/4 c. finely-chopped celery
1/4 c. finely-chopped onion
1 3/4 c. chicken broth
2 c. milk

1/4 c. flour
Dash of paprika
1 c. chopped American
cheese

Combine first 4 ingredients. Heat to boiling. Reduce heat; simmer 15 minutes. Add flour, paprika and milk. Stir until bubbly; add cheese. Stir until melted. Makes 5 cups.

Wild Rice Soup

Lynn Crowley

2/3 c. wild rice
2 2/3 c. water
2/3 c. chopped onion
1 c. chopped celery
2 grated carrots
1/2 c. margarine
1/2 c. flour
2 c. half & half cream

2 (14 1/2 oz.) cans
chicken broth
Salt
Pepper
Cayenne
2 to 3 c. chicken, cubed
(opt.)

Rinse 2/3 cup wild rice thoroughly under running water; combine with 2 2/3 cups water. Bring to a boil. Cover and simmer for about 40 minutes. Sauté 2/3 cup chopped onion, 1 cup chopped celery and 2 grated carrots in 1/2 cup margarine until tender. Stir in 1/2 cup flour. Add 2 cups half & half and 2 cans chicken broth. Bring to a boil, stirring constantly, until slightly thickened and smooth. Drain cooking liquid from rice; add to soup. Season with salt and pepper and a dash of cayenne. Simmer a short time, until rice is fluffed.

Note: You may add 2 to 3 cups cooked, cubed chicken. Skimmed evaporated milk may be used in place of half & half.

Freezes well.

Approximate 100 Calorie Portions

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

Salads & Salad Dressings

Salads

Caesar Salad

Polly Hoff

1 T. chopped anchovies (4 to 5 fillets)	2 T. lemon juice
1 clove garlic, minced	2 T. red wine vinegar
1/4 tsp. dry mustard	8 c. torn romaine lettuce
Dash of Worcestershire sauce	1 c. croutons
1/4 c. substitute egg product (Egg Beaters, etc.)	1/4 c. grated or shaved Parmesan cheese
1/2 c. olive oil	Fresh black pepper
	Grilled chicken breast (opt.)

In mixing bowl, combine anchovies, garlic, dry mustard and Worcestershire sauce, mixing with a fork. Add egg product; mix well. Slowly add olive oil, lemon juice and vinegar, mixing well. In salad bowl, sprinkle romaine lettuce, croutons, Parmesan cheese and pepper. Spoon dressing over greens; toss to coat. Makes 6 servings.

Low-fat and low-cholesterol.

Greek Salad

Mary Lastrup

2 c. cooked rotini noodles	Juice of 1 lemon
1/2 c. black olives	1 1/2 tsp. Dijon mustard
3/4 c. red onion	1/2 tsp. salt
1 tomato, sliced	3 cloves garlic, minced
Feta cheese, to taste	1/2 c. olive oil
4 tsp. red wine vinegar	

Combine noodles, olives, onion, tomato and cheese. In a separate container, mix vinegar, lemon, mustard, salt, garlic and oil; whisk until mixed thoroughly. Pour dressing on salad to taste.

Mediterranean Salad

Marilee Fischer

- | | |
|----------------------------------------------------------|-------------------------------------|
| 1 head green leaf lettuce,
torn into bite-size pieces | 4 oz. Feta cheese,
crumbled |
| 2 lg. ripe tomatoes, cut
into strips | 1/2 c. olive oil |
| 1/2 cucumber, peeled &
diced | 1/4 c. red wine vinegar |
| 1 c. pitted black olives | 3/4 tsp. dried oregano,
crumbled |

Combine lettuce, tomatoes, cucumber, olives and cheese in large bowl. Whisk olive oil, vinegar and oregano in small bowl until well blended. Season to taste with salt and pepper. Pour dressing over salad; toss to coat evenly.

Mostaccioli Salad

Linda Robicheau

- | | |
|---------------------------------------|-----------------------|
| 1 (8 oz.) pkg. mostaccioli
noodles | 1 1/2 c. vinegar |
| 1 1/2 c. sugar | 1 tsp. garlic salt |
| 1 tsp. Accent | 2 T. prepared mustard |
| 1 tsp. pepper | 1 cucumber, sliced |
| 1 med. onion | 1 T. parsley |

Cook mostaccioli as directed. Coat with oil (approximately 1/3 cup). Mix all together. Let stand overnight in refrigerator.

Mostaccioli Salad

Diane Vandenberg

- | | |
|---------------------------------------|-----------------------|
| 1 lb. mostaccioli, cooked
& cooled | 2 T. parsley flakes |
| 1 sm. jar pimento, drained | 2 T. prepared mustard |
| 1 sm. onion, chopped finely | 1 tsp. garlic salt |
| 1 med. cucumber, chopped
finely | 1 tsp. pepper |

- DRESSING:**
- | | |
|------------------|------------------|
| 1 1/2 c. vinegar | 1 1/2 c. sugar |
| | 1/4 c. salad oil |

Bring vinegar, oil and sugar to a boil. Cool. Pour over rest of ingredients and refrigerate for at least 12 hours before serving. This recipe keeps well.

Confetti Spaghetti Salad

Jane Kuber, 1982-83 President

- | | |
|--------------------------------------|--------------------------------------------|
| 1 (24 oz.) pkg. regular
spaghetti | 4 1/2 oz. black olives,
sliced |
| 2 green peppers, diced | 1 (16 oz.) btl. Italian-
style dressing |
| 2 cucumbers, diced | Parmesan cheese |
| 4 tomatoes, diced | |
| 1 med. red onion, chopped | |

Cook spaghetti according to package directions. Drain and cool. Add green peppers, cucumbers, tomatoes, onion and olives. Cover with dressing and refrigerate. Sprinkle generously with Parmesan cheese before serving. Serves 8 to 10.

I serve thinly-sliced, toasted garlic bagels with this salad.

Spaghetti Salad

Linda Robicheau

- | | |
|-------------------------------------|-------------------------------------------|
| 1 (24 oz.) pkg. cooked
spaghetti | Any fresh vegetables from
your garden* |
| | 1 btl. salad dressing |

*Peppers, tomatoes, cucumbers, onions, etc.

Cook and drain pasta. Add cut-up vegetables; pour salad dressing over all. Serve.

24-Hour Vegetable Salad

Debbie Gordon

- | | |
|----------------------------------------|------------------------------------------------------|
| 1 head iceberg lettuce, torn
Sugar | 1 lb. bacon, crisp-
cooked, drained &
crumbled |
| 6 hard-cooked eggs, sliced | 2 c. shredded Swiss
cheese |
| 1 (10 oz.) pkg. frozen peas,
thawed | 1 c. mayonnaise or salad
dressing |

In bottom of large bowl, place 3 cups of the lettuce; sprinkle with a little sugar, salt and pepper. Layer eggs on top of lettuce in bowl, standing some eggs on edge, if desired. Sprinkle generously with salt. Next, layer in order: peas, remaining lettuce, bacon and cheese. Spread mayonnaise or salad dressing over top, sealing to edge of bowl. Cover and refrigerate 24 hours or overnight. Garnish with sliced green onion and paprika, if desired. Toss before serving. Makes 12 to 15 servings.

Broccoli Salad

Irene Gentile

2 lb. broccoli, in bite-size pieces
1/2 c. cashews
1/2 c. raisins

1/2 med. onion, chopped
6 pieces bacon, cooked & crumbled

DRESSING:
3/4 c. salad dressing

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

Wash and cut broccoli into bite-size pieces. Mix dressing; pour over onions and broccoli. Before stirring, add other ingredients.

Broccoli and Cauliflower Salad

Joyce Farrington

1 head broccoli
1 head cauliflower
1 red onion
1 lb. bacon

1 pt. Miracle Whip (2 c.)
1/4 c. vinegar
1 c. sugar

Fry bacon and break into pieces. Cut broccoli and cauliflower into pieces. Cut up red onion. Place all in a bowl. Make salad dressing of the Miracle Whip, vinegar and sugar. Pour over salad in bowl 2 to 3 hours before serving. Keep refrigerated.

Chinese Broccoli Salad

Margaret Payne

4 T. rice vinegar
4 T. sugar
2 seasoning pkt. from Ramen noodle soup (Oriental flavor)
1/4 c. oil
1/2 c. water
1 pkg. broccoli slaw

1 bunch green onions
2 pkg. sliced almonds
4 T. sesame seeds
4 T. sunflower seeds
Noodles from Ramen noodle soup, uncooked & broken up

Mix first 5 ingredients together for the dressing. Toss with remaining ingredients.

This salad is best when it marinates for several hours.

Japanese Cabbage Slaw

Leslie Wood

1/2 head cabbage, or 1/2 bag already shredded cabbage
2 green onions, chopped
1 cooked chicken breast, or 1 sm. can white chicken

1 pkg. Ramen noodles, broken & uncooked
2 T. sesame seeds
2 T. slivered almonds

Toast seeds and almonds in oven until brown, at 350°. Mix all ingredients together.

DRESSING:
1/2 c. salad oil
3 T. vinegar
2 T. sugar

1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. Accent

Mix together and add to above ingredients.

Layered Salad

Dorene Scheffel

1 head lettuce
1 1/2 c. chopped cauliflower
1 lb. bacon
1 sm. sweet onion, finely chopped

2 c. Miracle Whip
1/3 c. Parmesan cheese
1/4 c. sugar

Tear lettuce into bite-size pieces. Layer lettuce and cauliflower in 9x13-inch glass dish. Cook bacon in 1-inch pieces. Drain on paper towels. Put cooked bacon on top of cauliflower; add onion. Mix topping, Miracle Whip, Parmesan cheese and sugar. Spoon over salad layers. Cover with plastic wrap and refrigerate overnight.

Mom's Coleslaw

Jerri Kidder

4 c. cabbage, shredded
1 sm. onion, grated

1/2 c. chopped green pepper
1/2 c. chopped pimento

DRESSING:
1 c. sugar
1 c. white vinegar

1/2 c. water
1/2 c. vegetable oil
1/4 tsp. salt

Mix dressing ingredients until well blended. Combine cabbage, onion, green pepper and pimento in a covered dish; mix lightly. Pour dressing over slaw mixture; mix until well coated. Marinate in refrigerator overnight before serving. Makes 6 to 8 servings.

Potato Salad

Pam Barntsen

8 eggs
10 potatoes
1/2 c. chopped onion

1 c. chopped celery
1/4 to 1/2 c. dill pickle,
chopped

With wire whisk, mix:

3 T. vinegar
2 T. salt
1 tsp. coarse pepper
3 T. mustard

1 c. Hellmann's mayonnaise
(must be Hellmann's)
1/4 c. dill pickle juice

Cook and cube potatoes and eggs. Add all other ingredients; mix well. Add 3/4 jar Hellmann's mayonnaise. Mix well. Sprinkle with paprika and pepper.

Artichoke-Rice Chicken Salad

Amy Jones

1 box herbed rice, room
temp.
2 btl. artichokes, marinated
1/3 c. mayonnaise
1/4 tsp. curry
3 chicken breasts, cooked
& cubed

3 green onions, chopped
8 green olives with
pimento, sliced
1 sm. can water chestnuts,
sliced
1 lg. green pepper,
chopped

Mix mayonnaise, curry and liquid from 1 bottle artichokes. Mix with chicken and other ingredients. Let chill several hours, or overnight.

Hot Chicken Salad

Marilyn Wymore

4 c. cooked chicken, cut
into chunks
2 c. chopped celery
4 hard-boiled eggs, sliced
3/4 c. mayonnaise

1 can cream of mushroom
soup, undiluted
1 T. chopped pimento (opt.)
2 T. lemon juice
1 T. finely-chopped onion
1 tsp. salt

Mix above ingredients; place in a 9x13-inch glass baking dish sprayed with Pam.

Top with (in this order):

1 1/2 c. crushed potato
chips

1 c. grated Cheddar cheese
2/3 c. sliced almonds

Cover and let stand in refrigerator overnight. Uncover and bake at 400° for 20 to 25 minutes.

Skillet Chicken Salad

Karen Head

3 T. margarine
3 whole, boneless, skinless
chicken breasts, cut
into strips
1/4 tsp. salt
1/4 tsp. pepper
1/4 c. celery, sliced
1/4 c. onions, chopped

1/4 c. parsley, chopped
1/3 c. mayonnaise
1/2 tsp. mustard seed
1 T. Dijon mustard
1 T. lemon juice
1/3 c. sour cream
Lettuce leaves
Cherry tomatoes

Brown chicken, salt and pepper in skillet with margarine. Cook over medium heat until chicken is brown, 10 to 15 minutes. Stir in remaining ingredients, except lettuce and tomatoes. Heat through. Serve over lettuce leaves. Add tomatoes.

Blueberry Salad

Linda Matter

1 box black cherry Jello
1 box. black raspberry Jello
2 3/4 c. hot water
1 can blueberry pie filling,
drained
1 sm. can drained, crushed
pineapple

1 env. Dream Whip
1 (3 oz.) pkg. cream
cheese
2 T. powdered sugar
1 tsp. vanilla or almond
flavoring

Use a 9x13-inch pan. Dissolve both boxes of Jello in 2 3/4 cups hot water. Let stand a little and add 1 can blueberry pie filling (drained) and a small can of drained pineapple. Let stand until firm.

Topping: Mix 1 envelope Dream Whip according to package directions. Break up cream cheese; mix into Dream Whip with mixer. Add flavoring; mix. Spread topping on top of the Jello mixture; chill. Serves 18.

Favorite Frozen Fruit Dessert

Linda Robicheau

1 (3 oz.) pkg. cream cheese,
softened
1 (12 oz.) ctn. non-dairy
whipped topping
1 (21 oz.) can cherry pie filling

1 (11 oz.) can mandarin
oranges, drained
1 (8 oz.) can pineapple
chunks, drained

Stir softened cream cheese into non-dairy whipped topping. Gradually add cherry pie filling, blending well. Fold mandarin oranges and pineapple into cherry mixture. Pour into an 8-cup mold and freeze overnight, or until firm. Unmold and serve as a salad or dessert.

Frozen Salad

Amy Jones

- | | |
|----------------------------------------|----------------------------|
| 1 pkg. unflavored Knox gelatine | Juice from 1 lemon |
| 2 c. orange juice | 1 c. sugar |
| | 12 oz. cream cheese |

Put orange juice, gelatine and sugar into saucepan. Heat to dissolve. Cool. Put liquid into blender; add cream cheese. Whip mixture. Put mixture into salad mold. Let it stand in refrigerator overnight. Add Cool Whip when served.

Fruit Cup

Sharon Bremser

- | | |
|----------------------------|-----------------------------------------------------|
| 1 qt. buttermilk | 1 lg. can crushed pineapple, juice & all |
| 1 1/2 to 2 c. sugar | 1 lg. can fruit cocktail, drained |
| 1 tsp. vanilla | |

Mix all ingredients in a container you can cover and freeze. Mix well; freeze. Stir a couple of times during freezing time so fruit doesn't settle on bottom. Set out 20 to 30 minutes before serving.

Gooseberry Salad

Jerri Kidder

- | | |
|--------------------------------|----------------------------|
| 1 can gooseberries | 2 c. orange juice |
| 2 lg. boxes lemon Jello | 2 c. diced celery |
| 1/2 c. sugar | 1/2 c. chopped nuts |

Drain gooseberries and save syrup. Add water to syrup to make 1 3/4 cups liquid. Heat 1 cup liquid mixture; add Jello and sugar. When dissolved, add rest of liquid mixture and orange juice. Mix until completely blended. Chill Jello mixture for 1 hour in an 8x13-inch glass dish. When partly set, add gooseberries, celery and nuts. Chill until mixture sets. Serve over lettuce leaf.

Hot Fruit Compote

Diane Knigge

- | | |
|--------------------------------|------------------------------------------|
| 1 can pineapple tidbits | 1 can mandarin oranges, drained |
| 1/2 c. sugar | 2 to 3 apples, cut into sm. cubes |
| 2 T. cornstarch | 2 bananas, sliced |
| 1/3 c. orange juice | |
| 1 T. lemon juice | |

Reserve 3/4 cup juice from pineapple. Combine with sugar, cornstarch, orange juice and lemon juice. Cook until thickened. Place fruit in serving bowl. Pour cooked mixture over fruit; blend carefully. Serve warm or cold.

Molded Lime Salad

Carol Terry

- | | |
|------------------------------------|-------------------------------------|
| 1 (3 oz.) pkg. lime Jello | 1/2 c. chopped walnuts |
| 3/4 c. boiling water | 1/2 c. finely-chopped celery |
| 1 c. evaporated milk | 1/2 c. mayonnaise |
| 8 1/2 oz. crushed pineapple | 1 T. lemon juice |
| 1 c. creamed cottage cheese | |

Dissolve Jello in water. Cool and add evaporated milk. Chill until thick, but not set. Add remainder of ingredients. Mix well. Pour into oiled 6-cup mold. Chill until firm.

Raspberry Pretzel Salad

Farrel Wilson

- | | |
|------------------------------------|-------------------------------------------|
| 1 c. crushed pretzels | 1 sm. ctn. whipped cream |
| 1 1/2 T. sugar | 3 oz. raspberry gelatin |
| 4 T. oleo | 1 c. boiling water |
| 1 (3 oz.) pkg. cream cheese | 1 (10 oz.) pkg. frozen raspberries |
| 1/2 c. sugar | |

Mix pretzels with 1 1/2 tablespoons sugar and soft oleo. Press mixture into 8x8-inch pan. Bake in a 350° oven for 10 minutes. Cool. Combine sugar and softened cream cheese; fold in topping. Spread over crust. Dissolve gelatin in water; add frozen berries, stirring to break up berries. Pour berry mixture over first mixture; chill until set.

Strawberry Cream Squares

Sandy Rutledge

- | | |
|-------------------------------------|--------------------------------------|
| 2 (3 oz.) pkg. strawberry Jello | 1 (13 1/2 oz.) can crushed pineapple |
| 2 (10 oz.) pkg. frozen strawberries | 2 lg. ripe bananas |
| | 1 (8 oz.) ctn. sour cream |
| | 2 c. water |

Dissolve Jello in 2 cups boiling water. Add strawberries; stir until thawed. Add pineapple with juice. Add sliced bananas (or diced). Pour 1/2 mixture into 8x8-inch pan. Chill until firm. Frost with sour cream. Pour remaining Jello mixture on top. Chill until firm. Serves 8 to 10.

Strawberry Salad

Marilyn Wymore

- | | |
|---------------------------------|-------------------------------------|
| 1 (3 oz.) pkg. strawberry Jello | 3/4 c. fat-free sour cream |
| 1 c. hot water | 1 (10 oz.) pkg. frozen strawberries |

Mix hot water with Jello until dissolved. Add sour cream. Mix until smooth. Combine smooth mixture with frozen strawberries. Blend together; chill in the refrigerator.

Spiced Cranberry Orange Mold

Sharon Bremser

- | | |
|-------------------------------------------------------|-----------------------------|
| 1 1/2 c. boiling water | 1 T. lemon juice |
| 1 lg. or 2 sm. pkg. cranberry Jello, or any red Jello | 1/4 tsp. ground cinnamon |
| 1/4 tsp. salt (opt.) | 1/8 tsp. ground cloves |
| 1/2 c. cold water | 1 orange, sectioned & diced |
| 1 (16 oz.) can whole-berry cranberry sauce | 1/2 c. chopped nuts |

Stir boiling water into gelatin and salt in large bowl for 2 minutes, or until completely dissolved. Stir in cold water, cranberry sauce, lemon juice, cinnamon and cloves. Refrigerate about 1 1/2 hours, or until thickened (spoon drawn through leaves a definite impression). Stir in orange and nuts. Spoon into a 5-cup mold. Refrigerate 4 hours, or until firm. Unmold. Garnish as desired. Store leftover gelatin mold in refrigerator. Makes 10 servings.

Unmolding: Dip mold in hot water for about 15 seconds. Gently pull gelatin from around edges with moist fingers. Place moistened serving plate on top of mold. Invert mold and plate; holding mold and plate together, shake slightly to loosen. Gently remove mold and center gelatin on plate.

Preparation time: 20 minutes; Refrigerating time: 5 1/2 hours.

Orange Tapioca Salad

Diane Vandenberg

- | | |
|-----------------------------------|----------------------------|
| 1 (3 1/4 oz.) box tapioca pudding | 1 (3 oz.) box orange Jello |
| 1 (3 1/4 oz.) box vanilla pudding | 1 (8 oz.) ctn. Cool Whip |
| | 3 c. water |
| | 2 cans mandarin oranges |

In a large microwave container, boil 3 cups water. Add the tapioca, Jello and pudding; stir well. Boil for 3 minutes. Let cool completely. Add Cool Whip. Fold in mandarin oranges. Refrigerate 2 to 3 hours, until set.

Note: You may also add drained pineapple and bananas.

Waldorf Salad

Linda Robicheau

- | | |
|-------------------------|---------------------------|
| 4 bananas, sliced | 1 c. mini marshmallows |
| 2 apples, chopped | 1/3 c. Kraft Miracle Whip |
| 1 can crushed pineapple | |

Mix all ingredients together. Chill and serve.

Salad Dressings

Epicurian Salad Dressing

Debbie Potkonak

- | | |
|------------------------|---------------------------------------|
| 1 c. mayonnaise | 2 T. celery seed |
| 3/4 c. chopped onion | 2 T. leaf of rosemary |
| 1/4 c. chopped parsley | 2 T. dill seed |
| 2 T. sugar | 1 qt. oil-base Italian salad dressing |
| 2 T. fresh garlic | 1/2 c. chopped chives |
| 2 T. poppy seed | |

Mix all together and serve over head of romaine lettuce; top with garlic croutons.

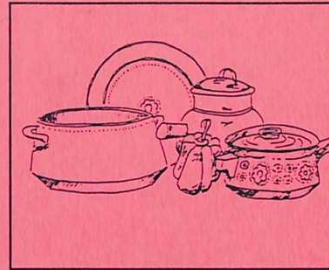
Salad Dressing

(like Dorothy Lynch)

Farrel Wilson

- 1 c. sugar
- 1 can tomato soup
- 1 c. salad oil
- 1 tsp. pepper
- 1 tsp. salt
- 1 tsp. dry mustard
- 1/2 c. vinegar
- 1/2 tsp. celery seed (opt.)

Mix thoroughly.



Appetizers,
Dips & Spreads

Beverages

Breads

Soups

Salads & Salad
Dressings

Casseroles













Main Dishes

Vegetables

Candies, Bars
& Cookies

Pies & Cakes

Common Kitchen Pans to Use as Casseroles When the Recipe Calls For:

A		4-cup baking dish: 9-inch pie plate 8 x 1 1/4-inch layer cake pan — C 7 3/8 x 3 5/8 x 2 1/4-inch loaf pan — A	
B		6-cup baking dish: 8 or 9 x 1 1/2-inch layer cake pan — C 10-inch pie plate 8 1/2 x 3 5/8 x 2 5/8-inch loaf pan — A	
C		8-cup baking dish: 8 x 8 x 2-inch square pan — D 11 x 7 x 1 1/2-inch baking pan 9 x 5 x 3-inch loaf pan — A	
D		10-cup baking dish: 9 x 9 x 2-inch square pan — D 11 3/4 x 7 1/2 x 1 3/4-inch baking pan 15 x 10 x 1-inch jelly roll pan	
E		12-cup baking dish or over: 13 1/2 x 8 1/2 x 2-inch glass baking pan 13 x 9x 2-inch metal baking pan 14 x 10 1/2 x 2 1/2-inch roasting pan	12 cups 15 cups 19 cups
Total Volume of Various Special Baking Pans			
G		Tube Pans: 7 1/2 x 3-inch "Bundt" tube — K 9 x 3 1/2-inch fancy tube or "Bundt" pan — J or K 9 x 3 1/2-inch angel cake pan — I 10 x 3 3/4-inch "Bundt" or "Crownburst" pan — K	6 cups 9 cups 12 cups 12 cups
H		9 x 3 1/2-inch fancy tube — J 10 x 4-inch fancy tube mold (kugelhupf) — J 10 x 4-inch angel cake pan — I	12 cups 16 cups 18 cups
I		Melon Mold: 7 x 5 1/2 x 4-inch mold — H	6 cups
J		Spring-Form Pans: 8 x 3-inch pan — B 9 x 3-inch pan — B	12 cups 16 cups
K		Ring Molds: 8 1/2 x 2 1/4-inch mold — E 9 1/4 x 2 3/4-inch mold — E	4 1/2 cups 8 cups
		Charlotte Mold: 6 x 4 1/4-inch mold — G	7 1/2 cups
		Brioche Pan: 9 1/2 x 3 1/4-inch pan — F	8 cups

Casseroles

Chicken Casserole

Debbie Gordon

2 c. macaroni, uncooked	1 onion, diced
2 1/2 c. milk	1/2 c. chopped green pepper
1 can cream of celery soup	1/2 c. slivered almonds
1 can cream of mushroom soup	2 c. sliced celery
1 can diced mushrooms	3 c. frozen stir-fry vegetables
2 to 3 c. boned chicken, diced & cooked	Chinese noodles

Mix all ingredients together, except Chinese noodles. Place into a 9x13-inch pan. Let stand overnight, refrigerated. Before baking, stir. Bake, uncovered, 1 hour at 350°. Serve with Chinese noodles sprinkled on top (may be added 5 minutes before removing from oven).

Note: Can substitute cream of chicken for either soup. Can add 1 can sliced water chestnuts.

Gourmet Chicken Casserole

Jill Hook

3 c. cooked diced chicken	1 c. diced celery
2 c. uncooked elbow macaroni	1 (2 oz.) jar chopped pimento
1 can cream of mushroom soup	1 (5 oz.) can water chestnuts, thinly sliced
1 can cream of chicken soup	1/2 lb. grated Cheddar cheese
1 soup can of milk	1/2 tsp. salt
1 3/4 c. chicken broth	1/2 c. diced green pepper
1/2 sm. onion, finely chopped	

Mix all ingredients in order given. Pour into a 9x13-inch casserole. Cover with foil. Refrigerate overnight. Uncover and bake at 350° for 1 hour.

Chicken Enchiladas

Leslie Wood

- | | |
|------------------------------|-----------------------------|
| 3 to 4 chicken breasts | Flour tortilla shells |
| 2 cans cream of chicken soup | 1 can chopped green chilies |
| 2 c. shredded Cheddar cheese | 1 c. sour cream |
| | 1 1/2 tsp. minced onion |

Cook chicken breasts and cut up into bite-size pieces. Combine soup, sour cream, chilies, onion and 1/2 the cheese. On flour shell, put 2 tablespoons chicken and 2 tablespoons sauce; roll up and put into a greased 9x13-inch pan. When you have made all the enchiladas, pour on remaining soup and cheese. Bake at 350° for 40 minutes.

Mexican Chicken

Margie Beckman

- | | |
|---------------------------------------------------|---------------------------------------|
| 2 1/2 to 3 lb. boneless, skinless chicken breasts | 1 can enchilada sauce |
| 1/2 c. butter, melted | 2 c. shredded mild Cheddar cheese |
| 1 tsp. salt | 1/2 c. chopped green onion |
| 1/2 tsp. paprika | 1 (2 1/4 oz. can) sliced black olives |
| Pepper | |
| 1 (6 oz.) bag Cheese Doritos | |

Preheat oven to 375°. Place cleaned, trimmed chicken breasts in glass cake pan. Pour butter over chicken; sprinkle with spices. Bake, uncovered, for 1 hour. Take out of oven and crumble Doritos over chicken. Add enchilada sauce; sprinkle with cheese, onions and olives. Return to oven until cheese melts. Makes 6 to 8 servings.

This dish is as easy as one can be and also looks really pretty! Depending on how much cheese one likes, you can add more and also mix the Cheddar with Monterey Jack or Mozzarella. If you like it really spicy, use "hot" enchilada sauce. The "mild" enchilada still has some bite to it. You can also use more Doritos if you like. This is a no-fat recipe.

The word "listen" contains the same letters as the word "silent".

Chicken-Rice Casserole

Michelle Oldero

- | | |
|-------------------------------------------------------------------------------|-------------------------------------------------------|
| 2 c. uncooked long-grain & wild rice (Uncle Ben's Specialty Blends Rice Trio) | 2 c. Cheddar cheese, grated |
| 6 T. butter, melted | 2 tsp. onion, grated |
| 8 T. flour | Dash of thyme |
| 2 cans chicken broth | 2 to 3 c. cooked chicken (6 breasts, cut into chunks) |
| 1 (8 oz.) can mushrooms | |

Steam rice; drain, if necessary. Stir flour into butter; add broth. Cook, stirring constantly, until the mixture boils and thickens. Add undrained mushrooms and 1 cup cheese. Stir over low heat until cheese melts. Add onion, thyme, salt and pepper. Combine sauce with rice and chicken. Turn into greased casserole dish; sprinkle remaining cheese over top. Bake at 375° for about 30 minutes. Enjoy!

New Mexican Enchilada Casserole

Linda Matter

- | | |
|------------------------------------------------------|-----------------------------------------|
| 4 (5 oz.) cans boned chicken | 1 (10 1/2 oz.) pkg. corn chips, divided |
| 1 (10 oz.) can enchilada sauce | 1 1/2 c. shredded sharp Cheddar cheese |
| 1 (10 3/4 oz.) can cream of mushroom soup, undiluted | 2 chicken bouillon cubes |
| 2 T. instant minced onion | 1 c. boiling water |
| 1/2 tsp. garlic salt | Parsley flakes |
| | Paprika |

Combine chicken, enchilada sauce, mushroom soup, onion and garlic salt in a large mixing bowl. Line a greased 8x12x2-inch baking dish with about 2/3 of the corn chips. Pour chicken mixture over chips. Sprinkle with cheese and cover with remaining corn chips. In a small saucepan, combine bouillon cubes and boiling water; stir until dissolved. Pour over mixture in baking dish. Sprinkle with parsley flakes and paprika. Bake at 350° for 30 minutes. Makes 6 to 8 servings.

Note: Casserole can be assembled a day ahead and refrigerated. Pour hot chicken broth over casserole just before it goes into the oven. The original recipe called for stewing a whole chicken and cutting it up. You could use the broth left from stewing the chicken instead of the bouillon cubes.

Crêpes

Linda Robicheau

1 1/2 c. flour
1 c. powdered sugar

1/2 tsp. salt

Sift all together.

2 T. vanilla
2/3 c. water

1 1/3 c. milk
4 eggs, beaten

Over medium heat, in a 6- to 8-inch Teflon buttered frying pan, pour just enough batter to cover bottom of pan. Turn over when pancake appears brown around edges (let brown lightly). Roll mixture of strawberries, grapes, canteloupe, bananas and any other fruit into crêpe. Sprinkle powdered sugar over crêpe; serve.

Crustless South of the Border Quiche

DiAnn Wade

10 eggs
1/2 c. flour
1 tsp. baking powder
1/2 lb. Monterey Jack cheese, shredded
1/2 lb. Cheddar cheese, shredded

2 c. cottage cheese
7 1/2 oz. canned green chillies, chopped
1/2 stick butter, melted
Salsa

Preheat oven to 400°. Generously butter a 10x15x2-inch baking pan. Beat eggs; add flour and baking powder. Blend well. Add cheeses, chillies and butter; stir until smooth. Pour into pan; bake 15 minutes. Reduce heat to 350° and bake for 45 minutes, or until set and top is golden brown. Serve with salsa.

Goes well with corn muffins or warm tortillas.

Egg and Potato Breakfast Bake

Diane Knigge

1 (24 oz.) pkg. shredded or cubed hash brown potatoes
1/2 c. margarine, melted
5 eggs
1 c. milk

1 c. shredded pepper cheese
2 c. shredded Swiss cheese
3 c. diced ham

Place frozen hash browns in even layer in greased 9x13-inch baking pan. Pour melted margarine evenly over potatoes. Bake at 425° for 20 to 25 minutes. Beat together eggs and milk. Add cheeses and ham. Pour over potatoes; bake at 350° for 30 minutes.

Impossible Quiche

Deb Debbaut

12 slices bacon (about 1/2 lb.), crisply fried & crumbled
1 c. shredded natural Swiss cheese (about 4 oz.)
1/2 c. finely-chopped onion

2 c. milk
1/2 c. Bisquick baking mix
4 eggs
1/4 tsp. salt
1/8 tsp. pepper

Heat oven to 350°. Lightly grease a 9- or 10-inch pie plate. Sprinkle bacon, cheese and onion evenly over bottom of pie plate. Place remaining ingredients in blender container. Cover and blend on high speed 1 minute. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, 50 to 55 minutes, before cutting. Refrigerate any leftover quiche. Makes 6 servings.

Note: Ham may be substituted for bacon.

Kay's Sausage Soufflé

Mindy Godfrey

8 slices white bread, cubed
2 lb. Jimmy Dean mild sausage
2 c. sharp Cheddar cheese, grated
4 eggs

2 1/4 c. milk
1 tsp. dry mustard
1/2 tsp. salt
1 can cream of mushroom soup
1/2 can milk

Butter a 9x13-inch baking dish. Place bread cubes in bottom of dish. Brown and drain sausage and spread over bread cubes. Sprinkle cheese over sausage. Beat together the eggs, 2 1/4 cups milk, mustard and salt; pour over all. Cover with foil; refrigerate overnight. In the morning, mix the soup with 1/2 can milk; pour over top. Bake at 300° for about 1 hour, or until thoroughly heated.

New Year's Brunch Casserole

Dorene Scheffel

9 slices bread, cubed
1 can mushrooms, sliced
1/2 c. sliced green stuffed olives
1 c. grated Cheddar cheese

1 1/2 c. cubed cooked ham
12 beaten eggs
2 c. milk
1/4 tsp. dry mustard
1/4 tsp. salt

Butter a 9x13-inch baking dish. Place 1/2 of bread cubes in dish. Layer 1/2 of the mushrooms, olives, ham, cheese and another layer of bread; repeat. Beat eggs and milk together; add mustard and salt. Pour over and cover; refrigerate overnight. Bake at 350° until set, about 45 minutes.

Cheesy Tuna and Rice Casserole

Farrel Wilson

- | | |
|------------------------------------------|----------------------|
| 2 c. cooked rice | 1 T. instant onion |
| 1 c. shredded Cheddar cheese | 1 T. parsley flakes |
| 1 (6 1/2 oz.) can drained salmon or tuna | 1 tsp. seasoned salt |
| | 2 eggs, beaten |
| | 2 T. milk |

Combine rice, cheese, tuna, onion, parsley and salt. Stir in eggs and milk; mix thoroughly. Put into greased 9x13-inch pan. Bake at 375° for 25 to 30 minutes, or until lightly browned.

Deep-Dish Taco Squares

Beckie Hewett

- | | |
|----------------------------------------------|------------------------------|
| 1/2 lb. ground beef (lean) | 1 c. Bisquick baking mix |
| 1/2 c. dairy sour cream | 1/4 c. cold water |
| 1/3 c. mayonnaise or salad dressing | 1 med. tomato, thinly sliced |
| 1/2 c. shredded Cheddar cheese (about 2 oz.) | 1/2 c. green chilies |
| 1 T. chopped onion | 1/2 tsp. cumin |
| | Salt |

Heat oven to 375°. Grease square baking dish, 8x8x2-inches. Cook and stir ground beef, cumin, salt and onions, until beef is brown and onions are transparent. Drain, if necessary. Mix sour cream, mayonnaise and cheese; reserve. Mix baking mix and water until soft dough forms. Pat into pan, pressing dough to 1/2-inch up sides. Layer beef mixture, tomatoes and green chilies in pan. Spoon sour cream mixture over top. Bake until edges of dough are light brown, 25 to 30 minutes. Makes 5 or 6 servings.

Note: Can change by omitting cumin and using green peppers (chopped) instead of chilies.

Those who are hurt the most are the ones who care alot.

Enchilada Casserole

Colleen C. Boardman

- | | |
|--------------------------------|-----------------------------------|
| 2 to 3 lb. ground beef | 1 can cream of mushroom soup |
| 1 med. onion | 1 can cream of chicken soup |
| 1 green pepper | 1 pkg. shredded Mozzarella cheese |
| 4 or 5 tortilla shells (flour) | |
| 2 cans enchilada sauce | |

Preheat oven to 350°. Lightly grease a 9x13-inch casserole dish. Brown beef, onion and green pepper in large skillet. Drain. Add 1 can cream of mushroom soup, 1 can cream of chicken soup and 1 can enchilada sauce. Stir until mixed well. Line bottom of casserole dish with tortilla shells; cover with enchilada sauce. Add layer of beef mixture and sprinkle layer of cheese over top. Repeat layers again: tortilla shells, enchilada sauce, beef mixture and cheese. Bake 35 minutes. Makes 9 to 12 servings.

Good Casserole

Farrel Wilson

- | | |
|----------------------------------|-------------------------------------|
| 6 oz. flat noodles (or macaroni) | 1/4 c. butter |
| 1 sm. onion, diced | 1/4 c. minced celery or parsley |
| 1 can mushroom soup | 3/4 c. water |
| 1/4 tsp. salt | 1/2 c. cheese (Cheddar or American) |
| 1/2 lb. hamburger | 1/2 c. bread crumbs |

Cook noodles; drain. Sauté celery and onions in butter. Blend in soup, water and cheese. Brown hamburger; drain. Combine all but crumbs. Pour into casserole dish; sprinkle with crumbs. Bake at 350° for 20 to 25 minutes.

Westphal's Tamale Pie

Memory Mescher

- | | |
|------------------------------|----------------------------------------------|
| 1 1/2 lb. ground beef (lean) | 1 c. cornmeal |
| 1 c. chopped onion | 1/2 c. green pepper |
| 1/2 c. chopped celery | 1 c. water |
| 2 1/4 c. tomatoes | Ripe olives, sliced, for garnish, as desired |
| 1 1/4 c. cream-style corn | Grated cheese, for garnish, as desired |
| 1 T. salt | |
| 2 tsp. chili powder | |
| 1/4 tsp. pepper | |

Brown ground beef; drain off fat. Add onion, celery and green pepper; cook until onion is transparent. Add tomato, corn, salt, chili powder and pepper; simmer 15 minutes. Mix 1 cup water and 1 cup cornmeal together. Add this to first mixture; cook until thick. Pour into 2- to 3-quart dish; bake 1 hour at 350°. Garnish with sliced ripe olives and grated cheese. Olé!

Lucy's Seafood Casserole

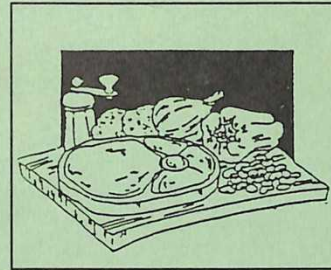
Lucy Beall Graeme

1 c. rice	1 T. onion, chopped
1 can crab	1/2 c. mayonnaise
1 can shrimp	1 tsp. lemon juice
1 can mushroom soup	1/2 tsp. salt
2 T. parsley, chopped	1/2 tsp. dry mustard
2 T. green pepper, chopped	1/4 c. slivered almonds

Cook rice (regular, not Minute) in usual way. Mix all ingredients; spread in casserole. Sprinkle with Parmesan cheese and 1 cup buttered bread crumbs. Bake 30 minutes at 350°. Serves 8 to 10. Use 4 tablespoons butter (melted) for the buttered crumbs.

Note: To serve 30, use 3 cups raw rice, 5 pounds frozen shrimp and 6 packages frozen crabmeat. Triple everything else.

This was served at several Service League Alum meetings.



Appetizers,
Dips & Spreads

Beverages

Breads

Soups

Salads & Salad
Dressings

Casseroles

Main Dishes

Vegetables

Candies, Bars
& Cookies

Pies & Cakes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hrs.) (325°)	Internal Temp.
BEEF			
Standing Rib Roast (10-inch ribs) Allow 30 min. longer for 8-inch cut	4	1 3/4	140° (rare)
		2	160° (medium)
		2 1/2	170° (well done)
Rolled Ribs	4	2 1/2	140° (rare)
		3	160° (medium)
		3	170° (well done)
		4 1/2	170° (well done)
Rolled Rump	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
		4	170° (well done)
Sirloin Tip Roast only if high quality, otherwise braise	3	1 1/2	140° (rare)
		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
		4	175° (medium)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 - 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled Shoulder	3-5	3 - 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temp.	Approx. Total Roasting Time
TURKEY			
	6-8 lbs.	325°	2 1/2 - 3 hrs.
	8-12 lbs.	325°	3 - 3 1/2 hrs.
	12-16 lbs.	325°	3 1/2 - 4 hrs.
	16-20 lbs.	325°	4 - 4 1/2 hrs.
	20-24 lbs.	325°	5-6 hrs.
CHICKEN			
(Unstuffed)	2 - 2 1/2 lbs.	400°	1 - 1 1/2 hrs.
	2 1/2 - 4 lbs.	400°	1 1/2 - 2 1/2 hrs.
(Unstuffed)	4-8 lbs.	325°	3-5 hrs.
	3-5 lbs.	325°	2 1/2 - 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

Main Dishes

Carol's Almond Chicken

Carol Terry

2 T. oil	2 T. cornstarch
1/3 c. chopped onion	1/4 tsp. grated fresh ginger (can use powdered)
1 c. chopped celery	3 T. soy sauce
1 (4 oz.) can mushrooms, undrained	3/4 c. chicken broth
1 can water chestnuts, sliced & drained	1/2 c. toasted almonds (or cashews)
2 c. diced chicken	

Heat oil in heavy skillet or wok. Cook chicken in oil until it is not pink. Remove. Cook onion and celery just until it's barely soft (it should be slightly crunchy). Add mushrooms and chicken. Cook for 5 minutes over low heat. Add chestnuts. Combine cornstarch, ginger, soy sauce and chicken broth. Stir into skillet. Cook just until it starts to thicken. Sprinkle on almonds. Serve with white rice.

Note: Double recipe to make 6 large servings. Substitute cashews to make cashew chicken.

Chicken Breasts with Pumpkin Sauce

Diane Knigge

1 clove garlic, minced	1/2 c. mashed, cooked pumpkin
1 T. margarine or butter	1/4 tsp. salt
1 T. olive oil	Dash of white pepper
2 whole lg. chicken breasts, skinned, boned & halved lengthwise	Dash of ground nutmeg
1/2 c. light or whipping cream	Toasted broken pecans or almonds

In a large skillet, cook garlic in margarine or butter for 30 seconds. Add chicken breasts. Cook, uncovered, over medium-high heat for 4 to 5 minutes on each side, or until no pink remains. Transfer chicken to a heated platter; keep warm. Add cream to skillet. Scrape brown bits from bottom and sides of skillet. Add pumpkin, salt, white pepper and nutmeg. Stir over medium heat 3 minutes, or until slightly thickened; pour over chicken. Top with nuts. Serves 4.

Chicken Cordon Bleu

(Low-Fat)

Shelly Wickersham

4 (4 oz.) skinless chicken breasts	1/4 tsp. salt
4 thin slices turkey ham	1/4 tsp. pepper
1 c. finely-shredded fat-free Swiss cheese	2 egg whites, slightly beaten
1/3 c. flour	1/2 c. dry, plain bread crumbs

Place each chicken breast between 2 pieces of plastic wrap. Working from center to edges, lightly pound with flat side of meat mallet to 1/4-inch thickness. Remove plastic wrap. To assemble, place 1 slice of turkey ham on top of chicken breast. Place 1/4 cup cheese in a mound on the center of each. Fold in short sides, then roll chicken and turkey ham around the cheese. Secure with toothpicks. In a shallow dish, stir together flour, salt and pepper. Roll the bundles in flour mixture. Dip in egg whites. Coat with bread crumbs. Spray a large skillet with nonstick spray. Add the chicken bundles and turn occasionally for 25 to 30 minutes, until chicken is no longer pink.

Nutrition per Serving: 300 calories; 4 gm fat.

Chicken Delight

Mindy Godfrey

1 pkg. chipped beef	1 can cream of chicken soup
4 or 5 deboned, skinless chicken breasts	1/2 lb. bacon, fried crisp
2 c. shredded Swiss cheese	Rice
1 c. sour cream	

Line large, deep casserole with chipped beef, shredded finely. Place 4 or 5 chicken breasts (optional: cut in half). Top with 1 cup of Swiss cheese. Mix sour cream and cream of chicken soup (undiluted) until smooth. Pour over chicken. Bake at 350° for 1 hour. Last 10 minutes, top with remaining 1 cup Swiss cheese and crumbled bacon. Serve over rice (optional).

Chicken Enchiladas De Crema

Linda Robicheau

1 chicken	2 tsp. salt
2 stalks celery	1 tsp. black pepper
1 onion	

Cut chicken in half. Place in pot with water and all ingredients. Boil until done (or pressure-cook chicken 15 minutes). Drain and debone chicken; strain broth and reserve.

FILLING:

1/2 c. butter	1/2 c. reserved chicken broth
1/2 c. onion, chopped	1 (10 oz.) can Ro-Tel tomatoes & green chilies, drained & chopped
1 c. sour cream	
Salt & pepper, to taste	
1 (10 oz.) can cream of mushroom soup	

Heat the butter and sauté onion until wilted. Add sour cream, cream of mushroom soup, chicken broth, green onion, Ro-Tel tomatoes, salt and pepper; simmer for 5 minutes. Add deboned chicken and simmer an additional 5 minutes.

SAUCE:

1/4 c. butter	2 T. cilantro, chopped
1/2 tsp. garlic, chopped	20 flour tortillas
2 c. sour cream	2 c. Monterey Jack cheese

In a saucepan, heat the butter; sauté garlic and add sour cream and cilantro. Simmer for 5 minutes. Fill the tortillas with chicken mixture; roll. Place tortillas side-by-side in an ovenproof dish (9x12-inch). Top with sour cream sauce. Cover with the grated Monterey Jack cheese. Broil until cheese melts. Serve hot.

Greek Chicken

Tizz Wredt

1 (3 1/4 to 4 lb.) chicken	2 tsp. salt
1 (14 oz.) btl. catsup	2 tsp. pepper
1 sm. can tomato paste	3 to 4 c. water
1 1/2 tsp. cinnamon	3 T. butter
1/2 tsp. cloves	1 sm. onion
1 1/2 tsp. oregano	3 T. Worcestershire sauce
3 sm. cloves garlic	

Combine ingredients; pour sauce on chicken. Bake in covered pan at 350° until tender.

Chicken Italiana

Lisa Probst

4 boneless, skinless chicken breasts	1/2 T. parsley flakes
15 oz. tomato sauce	1 tsp. sugar
1 T. oregano	1/2 tsp. salt
1/2 T. basil	1 c. shredded Mozzarella cheese (low-fat)
1/2 tsp. garlic powder (or more)	Parmesan cheese

In a microwave-safe dish, place chicken breasts. In a separate bowl, mix all other ingredients, except cheeses. Pour over chicken breasts; cover and microwave for 15 minutes on MEDIUM-HIGH. Cover with Mozzarella and sprinkle on Parmesan cheese. Microwave for 2 minutes on HIGH, or until cheese is melted.

Chicken Mozzarella

Lori Shanks

1 T. vegetable oil	6 lg. chicken breasts
2/3 c. Bisquick	2/3 c. chili sauce
2 T. Parmesan cheese	3/4 c. shredded Mozzarella cheese
1 tsp. paprika	2 tsp. Italian seasoning
1/4 tsp. pepper	

Preheat oven to 425°. Brush bottom of pan (9x13-inch) with oil. Mix Bisquick, cheese, Italian seasoning, paprika and pepper. Coat chicken with mixture. Arrange, skin-side down, in pan. Bake 45 minutes. Turn chicken. Divide chili sauce among chicken. Sprinkle with cheese. Bake until melted, about 5 minutes longer. Sprinkle with parsley. Serves 6.

Microwave Parmesan Chicken

Debbie Potkonak

4 boneless chicken breasts	1 tsp. dried minced onion
3/4 c. seasoned dried bread crumbs	1 egg, beaten with 1/4 c. water
1/2 c. grated Parmesan cheese	1 T. oil
1/4 tsp. paprika	1 (8 oz.) can tomato sauce
1/4 tsp. Italian seasoning	1 c. shredded Mozzarella cheese

Dip chicken in bread crumbs (1/4 cup Parmesan cheese with bread crumbs); dip in egg. Dip back in bread crumb mixture. In a microwave dish, add 1 tablespoon oil and dipped chicken. Heat on HIGH 4 to 5 minutes. Turn over and heat another 3 to 4 minutes. Take out of microwave and add tomato sauce, Italian seasonings and remaining Parmesan cheese; pour on top. Microwave on HIGH another 5 to 6 minutes. Add Mozzarella cheese and let stand until melted.

Patti's NHS Chicken

Patti Ford

12 deboned, skinned chicken breasts	12 slices bacon, thin-sliced
12 slices dried beef	16 oz. sour cream
	2 cans mushroom soup

Place dried beef in bottom of 9x13-inch pan. Roll chicken breast; cover with slice of bacon (can use 1/2 slice). Mix sour cream and mushroom soup; pour over chicken. Cover with foil. Bake 3 hours at 225°, or 1 hour at 350°.

The lower temperature and longer cooking time make chicken very tender. Serve with rice, and the sauce is a great gravy.

Savory Crescent Chicken Squares

Carol Terry

1 (3 oz.) pkg. cream cheese, softened	1 T. chopped chives
3 T. butter, melted	1 T. chopped pimentos
2 c. cooked, cubed chicken	1 (8 oz.) can Pillsbury crescent rolls
1/4 tsp. salt	3/4 c. seasoned croutons, crushed
1/8 tsp. pepper	
2 T. milk	

Heat oven to 350°. In medium bowl, blend cream cheese and 2 tablespoons butter (reserve 1 tablespoon butter. Add next 6 ingredients. Mix well.

Separate crescent rolls into 4 rectangles. Press perforations to seal. Spoon 1/2 cup chicken mixture into center of each rectangle. Bring corners up and twist slightly to seal edges. Brush tops with reserved butter and sprinkle crouton crumbs on top. Place on ungreased cookie sheet. Bake at 350° for 20 to 25 minutes.

Those who are hurt the most are the ones who care alot.

Swiss Enchiladas

Beckie Hewett

1 chopped onion	2 c. cooked chicken or turkey
2 T. oil	1 doz. corn tortillas
1 crushed garlic clove	1/2 c. oil
2 c. tomato purée	6 chicken bouillon cubes
2 chopped canned green chilies	3 c. cream
Salt	1/2 lb. grated Jack or Swiss cheese

Preheat oven to 350°. Sauté chopped onion until soft in 2 tablespoons oil. Add 1 crushed garlic clove, 2 cups tomato purée, 2 chopped canned green chilies and 2 cups cooked chicken. Season with salt; simmer 10 minutes. Fry 1 dozen corn tortillas in about 1 inch hot oil until soft--not crisp. Dissolve chicken bouillon cubes in 3 cups hot cream. Dip each tortilla in this; cover generously with chicken filling and roll up. Arrange rolls in baking dish; pour remaining cream mixture over them. Top with grated cheese. Bake at 350° for 30 minutes.

Tunisian Baked Chicken

Linda Dirks

4 whole chicken breasts, split, skinned & deboned	3/4 tsp. ground cumin
3 T. vegetable oil	Juice of 1 sm. lemon
1 1/2 c. coarsely-chopped onion	1/2 tsp. paprika
2 cloves garlic, minced	1/2 c. chicken broth
	1 sm. lemon, sliced
	1/3 c. green olives

In nonstick skillet, sauté chicken breasts in oil. Arrange in a 9x12-inch baking dish. Sauté onion, garlic, cumin and paprika in chicken broth and lemon juice. Pour over chicken. Arrange lemon slices over chicken. Bake, covered, in 375° oven for 40 minutes. Uncover; sprinkle with olives. Bake for 5 minutes longer. Serves 8.

Marinade for Fish or Poultry

Pam Barntsen

3/4 c. olive oil	1/4 c. red wine vinegar
1/4 c. honey	2 cloves minced garlic
1/4 c. Dijon mustard	

Marinate fish or chicken with half of mixture. Grill fish or chicken until done. Place on fresh spinach; drizzle with remaining marinade. (Marinate fish for 15 to 30 minutes; 30 to 45 minutes for chicken.) You may add Feta cheese and red onions to cooked chicken or fish; serve.

Oven-Barbecued Ribs

Mary Lastrup

SAUCE:	
1 c. ketchup	Pinch of garlic
1/2 tsp. chili powder	4 T. lemon juice
1 tsp. onion salt	4 T. wine vinegar
2 tsp. Worcestershire sauce	4 T. soy sauce
1 tsp. dry mustard	1 c. brown sugar

MEAT:	3 lb. country-style pork/beef ribs
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Ribs should be pan-broiled until lightly browned. Place in baking pan in a single layer.

Sauce: Mix all ingredients; boil 2 to 3 minutes.

Pour sauce over ribs. Bake, covered, in a 350° oven for 45 minutes, or until tender.

Material things are the heaviest burdens of life and the unhappiest folks are those who have more than they know what to do with.

Stuffed Pork Chops à la Orange

Linda Robicheau

6 pork chops, 1 1/2" thick
Salt
Black & red pepper

STUFFING:

1/2 c. butter
1 sm. finely-chopped onion
3 cloves garlic, finely
chopped
1 T. green pepper, finely
chopped
1 stalk celery, finely
chopped

1/4 c. parsley, finely
chopped
1 tsp. salt
Pinch of pepper
Pinch of thyme
Pinch of oregano
1/2 c. milk
2 c. stale, crumbled
French bread

GRAVY:

1 c. flour
1 c. bacon grease
1 c. celery, chopped
1 c. onion, chopped
1/2 c. bell pepper, chopped
1/4 c. garlic, chopped
1 (10 3/4 oz.) can chicken
broth

1 c. red wine
1 c. orange juice
concentrate
2 c. water
1/2 tsp. salt
1/2 c. molasses
1/2 tsp. ground cloves

Split pork chops to make pockets. Season, inside and out, with salt and pepper. Set aside. Sauté onion, garlic, green pepper, celery and parsley in 1/2 cup butter until onions are wilted. Add salt, pepper, thyme and oregano. Remove from heat; set aside. After cooled, add milk and bread. Stuff chops with filling. Coat chops with flour and brown in bacon grease. Remove chops from pan; add 1 cup flour to grease and make a brown roux. Add celery, onion, bell pepper and garlic; sauté for a few minutes. Add chicken broth, wine, orange juice, water, salt, molasses and ground cloves. Bring to a boil; transfer gravy to baking dish. Add stuffed chops; cover tightly and bake in 350° oven for 1 1/2 hours.

He who stands for nothing will fall for anything.

Grilled Iowa Chops Dijonnaise

Lori Shanks

2 T. Dijon mustard
1 tsp. dry mustard
1 tsp. salt

1/2 tsp. pepper
4 to 6 Iowa chops
3 T. softened butter

HERB BUTTER:

2 T. softened butter
1 T. chopped parsley

1 T. chopped cloves
1/2 tsp. lemon juice
Salt & pepper

Make paste of mustard, salt, pepper and 2 tablespoons butter. Rub into chops. Grill over very hot charcoal for 4 to 6 minutes on each side. Place each chop on square of foil; brush with a little herb butter. Return to grill for 10 minutes. Brush again with herb butter; serve.

Honey-Smoked Pork Tenderloin

Karen Head

3 T. margarine
1 lb. pork tenderloin, cubed
4 med. carrots, sliced
3 stalks celery, sliced
1 sm. onion, sliced
1/2 tsp. ginger
1/4 tsp. salt

1/4 tsp. pepper
1/4 tsp. sage
3 T. honey
2 T. lemon juice
1 tsp. liquid smoke
1/2 tsp. minced garlic

Melt margarine in skillet; add pork and carrots. Cook over medium heat, stirring occasionally, until meat is browned. Reduce heat; add all other ingredients. Cover and cook, stirring occasionally, until vegetables are crisply tender. Serve over rice.

Barbecued Meat Balls

Nancy Hale

1 can evaporated milk
3 lb. hamburger
2 c. quick oatmeal
2 eggs
1 1/2 c. chopped onion
1 tsp. garlic powder

2 tsp. salt
1/2 tsp. pepper
2 tsp. chili powder
2 c. catsup
1 1/2 c. brown sugar
2 T. liquid smoke

Preheat oven to 350°. Mix together the evaporated milk, hamburger, oatmeal, eggs, 1 cup chopped onion, 1/2 teaspoon garlic powder, salt, pepper and chili powder. Shape into balls the size of a walnut. Place in a pan, only one layer. Dissolve together the catsup, brown sugar, liquid smoke, 1/2 teaspoon garlic powder and 1/2 cup onions. Pour sauce over meat balls. Bake 1 hour.

Beef with Celery and Cabbage

Mary Lastrup

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|---------------------------------|-------------------------------|
| 1 lb. round steak | 1 c. finely-shredded cabbage |
| 1 tsp. cornstarch | 1 1/4 T. Worcestershire sauce |
| 2 1/2 T. oil | Salt & pepper |
| 2 sticks celery, finely chopped | |
| 4 scallions, finely chopped | |

Cut the meat into thin slices; mix with cornstarch and 2 tablespoons water. Heat the oil; fry the meat on high for 3 minutes. Remove meat from the pan. Add the cabbage and celery to the pan; fry on low-medium heat for 5 minutes. Add meat, Worcestershire sauce, salt and pepper; mix well. Cook for 2 to 3 minutes.

Charlz of the Ritz Meat Balls

Kristi Jerkovich

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|-----------------------|--------------------------------------------|
| 2 lb. hamburger | 1 tsp. Italian seasoning |
| 1 1/2 c. bread crumbs | 1 (16 oz.) jar grape jelly |
| 1 egg | 1 1/2 jars Kraft BBQ sauce with onion bits |
| Garlic, to taste | |

Mix uncooked hamburger with bread crumbs, egg, garlic and Italian seasonings. Mix well; form into 1- to 2-inch balls. Boil on stove in a skillet full of water for 20 minutes on medium to medium-high heat. Mix jars of Kraft BBQ sauce with grape jelly in large crock-pot. Add meat balls after they are boiled. Simmer meat balls in sauce on medium for 2 to 8 hours.

Delicious--smell great while cooking!

Chinese Beef and Pea Pods

Dorene Scheffel

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|-------------------------------------------------------------------|-----------------------------------------------|
| 1 1/2 lb. flank steak, thinly sliced across the grain into strips | 1 can beef consommé |
| 1 to 2 T. cooking oil | 3 T. soy sauce |
| 1 bunch green onions, chopped | 1/4 tsp. ground ginger |
| 1 or 2 (7 oz.) pkg. frozen Chinese pea pods, thawed | 2 T. cornstarch |
| | 2 T. cold water |
| | 1 (16 oz.) can bean sprouts, drained & rinsed |

Brown meat strips in hot oil in a heavy skillet. Remove and keep warm. Put onions and pea pods into skillet. Stir in consommé, soy sauce and ginger; bring to boiling. Cook, covered, 2 minutes. Mix water and cornstarch. Blend into liquid in skillet, stirring constantly; boil 2 to 3 minutes. Mix in meat and bean sprouts; heat thoroughly. Serve over cooked rice.

Delicious Beef Stroganoff

Sheri Watson

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|-------------------------------------|--------------------------------|
| 2 lb. sirloin steak, cut 1/2" thick | 1 tsp. Dijon mustard |
| 1/2 tsp. salt | 2 T. flour |
| 1/2 tsp. pepper | 1/2 c. sour cream |
| 1 stick margarine | 1/2 c. sauterné wine |
| 4 sliced green onions | 1 (6 oz.) can sliced mushrooms |
| 1 can condensed beef broth | |

Remove fat from steak. Cut meat into 1-inch pieces; sprinkle with salt and pepper. Melt margarine in saucepan. Add meat; sauté quickly, tossing pieces around to brown evenly. Add sliced onions; cook until transparent. Add beef broth; bring to boil. Turn heat down. Stir in mustard. Cover and simmer 1 hour, or until tender. Five minutes before serving, add flour to thicken. Stir in wine, mushrooms and sour cream. Serve over steamed rice.

Good to use crock-pot for simmering when serving guests. Can be prepared early and simmered 2 or 3 hours.

Golden Gate Lasagna

Amy Jones

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|----------------------------------|--------------------------------|
| 1/2 c. minced onion | 1 tsp. sugar |
| 2 tsp. vegetable oil | 1/2 c. Parmesan cheese |
| 1 lb. ground beef | 1/4 lb. lasagna noodles |
| 2 cloves garlic | 1 lb. sliced Mozzarella cheese |
| 1 1/2 tsp. salt | 1 lb. ricotta cheese |
| 1/2 tsp. oregano | 1/2 tsp. sweet basil |
| 2 T. parsley | 1 (6 oz.) can tomato paste |
| 1 (No. 2 1/2) can whole tomatoes | |

Sauté onion in hot oil; add meat and brown. Slice garlic; mix with salt. Add to meat along with oregano, parsley, tomatoes, basil, tomato paste, sugar and 2 tablespoons Parmesan. Simmer 30 minutes. Prepare lasagna noodles. Place 1/3 of meat sauce in 8x12x2-inch pan. Add 1/2 noodles, 1/2 Mozzarella, 1/2 ricotta and 2 tablespoons Parmesan. Repeat layers. Top with remaining meat sauce. Sprinkle with Parmesan cheese. Bake at 350° for 40 minutes.

Linda's Beef Stroganoff

Linda Robicheau

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|-------------------------------------|-----------------------------------------------------|
| 1 (8 oz.) pkg. noodles,
uncooked | 2 tsp. salt |
| 1 beef bouillon cube | 1/2 tsp. paprika |
| 1 garlic clove, minced | 2 (3 oz.) cans mushrooms,
drained |
| 1/3 c. chopped onion | 1 can condensed cream of
chicken soup, undiluted |
| 2 tsp. cooking oil | 1 c. sour cream |
| 1 lb. steak, cubed | |
| 2 T. flour | |

Cook noodles with bouillon cube. Brown onion, garlic and beef in oil. Add flour, salt, paprika and mushrooms. Stir and cook 5 minutes. Add soup and simmer. Cook on low heat for 10 minutes. Stir in sour cream; heat through. Serve on noodles.

Sassy Beef on Spinach Noodles

Irene Gentile

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|------------------------------------------------|-----------------------------|
| 1 1/2 lb. beef tenderloin | 1/2 c. white wine |
| 2 T. butter | 1/2 c. chunky peanut butter |
| 2 T. oil | 1/4 tsp. ground coriander |
| 1 T. chopped onion | 1/2 tsp. red pepper flakes |
| 1 red or green pepper, cut
into thin strips | 1/2 c. heavy cream |
| | 1/2 c. chicken broth |

Slice tenderloin into thin strips. Heat butter and oil in large skillet. Sauté shallots 2 minutes. Add beef strips; brown evenly. Add pepper strips; cook until tender. Stir in wine, chicken broth, peanut butter, coriander and red pepper flakes. Simmer until beef is tender, stirring occasionally. Stir in heavy cream; continue cooking, stirring frequently, until sauce thickens. Serve over hot, buttered spinach noodles. Serves 6.

The only jewel which will not decay is knowledge.

Meat Loaf in Cream Gravy

Linda Robicheau

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|--------------------------------------------|-------------------------|
| 1 lb. ground meat | 1/2 tsp. red pepper |
| 1 (11 oz.) can mandarin
orange segments | 1 tsp. Creole seasoning |
| 1 slice bread, soaked in
water | 1 tsp. garlic |
| 1 egg | 1 tsp. parsley |
| | 1 tsp. salt |
| | 1 T. parsley, chopped |

GRAVY:

- | | |
|---------------------------|------------------------|
| 1 can cream of onion soup | 1 tsp. chopped parsley |
| 1 can water | 1/2 c. onion, chopped |
| 1/4 c. Dry Sack sherry | 1/4 c. celery, chopped |

Combine all ingredients. Blend thoroughly. Shape into loaf; place in 9x12-inch pan.

Gravy: Heat soup and water. Add all other ingredients. Blend thoroughly; pour sauce over meat loaf. Bake at 350° for 45 minutes to 1 hour.

Minute Steak with Mushroom Gravy

Linda Robicheau

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|--------------------------------------------------------|------------------------|
| 4 minute steaks | 2 T. vegetable oil |
| 1/4 tsp. pepper | Mushroom Gravy (below) |
| 1 tsp. salt | |
| MUSHROOM GRAVY: | 2 T. flour |
| 1/4 c. sliced mushrooms, or
1 (2 oz.) can mushrooms | 1 c. water |
| | 1 beef bouillon cube |

Pan fry minute steaks until done. Serve with mushroom gravy.

Pan-fry mushrooms in the drippings. Add flour to drippings in pan; stir. Add water and bouillon cube. Cook until mixture boils, cube is dissolved and sauce is thickened. Serve with rice.

Runzas

Linda Matter

DOUGH:

4 to 5 c. flour	3/4 c. milk
1/2 c. sugar	1/2 c. water
1 tsp. salt	1 1/2 c. shortening
2 pkg. dry yeast	2 eggs, room temp.

HAMBURGER MIXTURE:

2 lb. hamburger	2 c. shredded cabbage
1 onion	2 T. oleo
	Salt & pepper

Place 1 3/4 cups flour in bowl; add sugar, salt and yeast. Heat milk, water and shortening until warm. Pour into flour mixture. Add eggs and beat with mixer for 30 seconds. Add rest of flour; let stand until slightly sticky. Knead until dough is smooth. Let rise 20 minutes. Roll dough and cut into squares (approximately 2- to 2 1/2-inch). Add approximately 1 tablespoon cooked hamburger mixture. Fold dough over and place, seam-side down. Let rise 1 hour. Bake 20 minutes at 350° on cookie sheet.

Sloppy Joes

Sheryl Koch

1 1/2 lb. ground beef (lean)	1/2 c. ketchup
1 can chicken gumbo soup	3 T. mustard

Cook beef; drain. Mix all other ingredients together in a bowl. Place all ingredients in a crock-pot. Heat for 1 1/2 to 2 hours on low. Serve on hamburger buns.

May want to double recipe for 7 or more people.

Easy Stromboli Sandwiches

Nancy Hale

1 lb. ground beef	Garlic spread
1 jar spaghetti sauce	6 slices Mozzarella cheese
8 Italian hoagie buns	

Brown beef; drain. Stir in spaghetti sauce; heat. Split buns; spread with about 1 teaspoon garlic spread on the top of each bun. Divide the meat mixture evenly on bottom half of buns; top with 1 slice cheese. Close each sandwich and wrap in foil. Heat in 350° oven for 15 to 20 minutes.

Supper-on-a-Bread-Slice

Joyce Farrington

1 1/2 lb. ground beef	2 T. chopped onion
2/3 c. evaporated milk	1 T. mustard
1/2 c. cracker crumbs	1 1/2 tsp. salt
1 egg	1/8 tsp. pepper
1 1/2 c. American cheese, grated	1 loaf Vienna bread

Combine all ingredients in a mixing bowl. Cut French bread in half lengthwise. Scoop meat mixture onto entire surface of each half. Wrap foil around bread, leaving top uncovered. Bake 30 minutes at 350°. Makes 8 servings. Can be prepared ahead and frozen.

Seasoning Guide

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups

STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.

TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.

CONSOMMÉ: Dash in basil, marjoram, savory, or tarragon.

MUSHROOM SOUP: Season with curry, oregano, or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mace, or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage, or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage, or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.

COFFEE CAKE: Mix crushed anise in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORNBREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome; add 1/2 teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon-sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry -- add dash of nutmeg to dry ingredients. Season plain muffins with caraway or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan, and snipped chives.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasoning near the end of cooking.

SOUFFLÉ: Add 1/4 teaspoon marjoram to 4-egg soufflé. To cheese soufflé, add basil or savory.

CHEESE CASSEROLES: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RAREBIT: Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted processed cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise or cumin. Prepare several hours ahead of time.

Vegetables

Barbecued Green Beans

Dorene Scheffel

3 cans green beans,
drained
1 c. catsup
1 c. brown sugar

1 onion, chopped
1/2 lb. bacon, cooked
& cut into pieces

Mix together; bake for 4 hours at 275° in a 1-quart casserole dish. Can be put into crock-pot on high for 1 hour, or low for 2 hours. Great for a potluck or picnic.

Broccoli and Fettuccine

Denise Krohn

2 (10 oz.) pkg. frozen
chopped broccoli
1 (8 oz.) pkg. fettuccine
4 c. shredded Monterey
Jack cheese (1 lb.)

1 (8 oz.) ctn. sour cream
2 eggs, slightly beaten
2 T. chopped green onion
1/4 tsp. ground pepper

Drain frozen broccoli in large colander. Cook fettuccine according to package directions until just barely tender. Drain by pouring over broccoli. Drain well (10 minutes).

In a large bowl, combine remaining ingredients. Add broccoli and fettuccine, breaking up broccoli if needed. Pour into greased 9x13-inch baking dish. Bake, uncovered, in a 350° oven for 35 minutes, or until bubbly. Makes 12 servings.

A hearty side dish or a brunch main dish.

Broccoli-Raisin

Patti Fork

2 lb. fresh broccoli, chopped
into bite-size pieces
4 sm. onions, chopped

6 slices bacon, fried
& crumbled
1/2 c. cashews
1/2 c. golden raisins

DRESSING:
1 c. Miracle Whip

1/2 c. sugar
2 T. vinegar

Use 2-quart container. Combine dressing ingredients. Mix well. Combine broccoli and onions. Pour dressing over vegetables; refrigerate for 4 hours. Just before serving, add bacon, nuts and raisins. Toss.

Calico Beans

Linda Dirks

1/2 lb. hamburger, browned	2 T. vinegar
1/2 lb. bacon, browned & cut up	1 can red kidney beans
1 c. chopped onion	1 can pork & beans
1/2 c. catsup	1 can baby lima beans
3/4 c. brown sugar	1 tsp. salt
	1 T. dry mustard

Mix all together; bake in buttered, uncovered casserole at 350° for 40 minutes.

Carrot Casserole

Carol Terry

4 c. cooked, sliced carrots	1 tsp. dry onions
2 cans cream of celery soup	1 (8 oz.) pkg. Pepperidge Farm seasoned crumbs
1/2 c. grated Cheddar cheese	1/2 c. melted butter

Heat oven to 350°. Mix first 4 ingredients. Put into greased 2-quart dish. Top with crumbs and melted butter. Bake for 30 minutes, until bubbly.

Mexicali Corn

Carol Terry

2 (16 oz.) bags frozen corn, thawed	12 oz. sour cream
1 can diced chillies	2 c. grated yellow cheese
Chopped pimentos	Garlic salt, to taste
	Scant 1/4 c. oil

Mix together. Put into greased 2-quart dish. Grate additional cheese on top. Bake at 350° for 45 to 60 minutes, until bubbly.

Scalloped Corn

D'Ann Wade

1 can cream-style corn	2 eggs, beaten
1 can whole kernel corn, drained	8 oz. sour cream
1 stick softened butter or margarine	1 pkg. Jiffy cornbread mix

Combine all ingredients. Pour into a greased baking dish. Bake 45 to 50 minutes at 325°, or until golden brown and set in the center.

Eggplant Casserole

Tizz Wredt

1 med. eggplant	2 T. butter
Salt, to taste	Dash of pepper
1 c. grated cheese	1/2 c. milk
1 c. cracker or bread crumbs	

Pare and slice eggplant. Boil until tender. Drain and mash eggplant. Add butter, salt, pepper, eggs and milk. Mix well with crumbs and cheese. Pour into buttered casserole dish. Bake in 275° to 300° oven for approximately 30 minutes, or until crumbs are brown and cheese melts. Serves 4 to 6.

Au Gratin Potatoes

Deb Debbaut

1 tsp. salt	1 can cream of chicken soup
1/2 c. melted butter	1/2 c. milk
1/4 tsp. pepper	1 (8 oz.) ctn. sour cream
1 T. instant onion	2 c. (8 oz.) Cheddar cheese
1 (2 lb.) bag frozen hash browns, thawed	

Combine salt, butter, pepper, onion, soup, milk and sour cream. Stir in potatoes; turn 1/2 of mix into buttered 2 1/2-quart casserole. Sprinkle with 1/2 of cheese. Top with remaining potato mix and cheese. Bake, uncovered, at 350° for 30 minutes, or until potatoes are done.

Easy Potatoes

Deb Goodman

3 (8 oz.) pkg. shredded hash browns	1 stick oleo
1 onion, chopped	1 pt. sour cream
1 can cream of celery soup	Lawry's

Thaw hash browns. Mix with onion in 9x13-inch pan. Dot with 1/2 stick oleo. Mix sour cream and cream of celery soup. Pour over potato mixture. Sprinkle top with Lawry's. Dot with other 1/2 stick oleo. Bake 45 minutes at 350°.

Strata Patata

Jerri Kidder

4 or 5 potatoes (remove outer skin)	Marjoram
1 lg. tomato	Thyme
1 lg. green pepper	Salt
1 lg. onion	White pepper
3 c. chicken broth	1 sm. clove garlic

In a 9x13-inch buttered dish, place a row of sliced potatoes, a row of sliced tomatoes, a row of sliced green pepper and a row of sliced onion. Lightly sprinkle over each row: some marjoram, thyme, salt and white pepper. Smash 1 small clove garlic; add to vegetables. Or, add some garlic powder to each row of vegetables. Top with sliced potatoes. Pour 3 cups chicken broth over all. Dot with butter. Bake in 325° oven for 1 hour. Serves 6.

Twice-Baked Potatoes Joan

Linda Robicheau

Potatoes	Pepper
Butter	Paprika
Milk	Grated cheese
Salt	

Cut baked potatoes in half lengthwise. Scoop out potato; whip until fluffy, with butter, milk, salt and pepper. Mound back into shells. Sprinkle with paprika or grated cheese. Heat in 350° oven for 30 minutes, or in 400° oven for 20 to 25 minutes, until golden brown.

Fire and Ice Tomatoes

Diane Knigge

6 lg. tomatoes, sliced	4 1/2 tsp. sugar
1 lg. green pepper, sliced	1/8 tsp. mustard seed
1 lg. red onion, sliced	1/2 tsp. salt
1/4 c. water	1/8 tsp. cayenne pepper
3/4 c. vinegar	1/8 tsp. black pepper
1 1/2 tsp. celery salt	

Arrange vegetables in a nonmetallic dish. Boil water; add remaining ingredients. Pour the hot mixture over sliced vegetables. When cool, refrigerate until icy cold. Arrange vegetables on a platter to serve.

Chinese Snow-Peas

Diane Knigge

2 T. salad oil	1 pkg. frozen Chinese pea pods, or equivalent if using fresh
1/4 c. green onions	1 tsp. sugar
1 (5 oz.) can water chestnuts, sliced & drained	1 tsp. MSG
	1/2 c. chicken broth
	2 tsp. cornstarch

Cook onion in oil until tender. Add water chestnuts, pea pods and seasonings. Reserve 2 tablespoons chicken broth. Add remainder of broth to vegetables. Bring to boiling; cover and cook 2 minutes over high heat. Combine cornstarch and 2 tablespoons reserved broth. Push vegetables to one side and stir cornstarch into broth in skillet. Cook and stir until mixture thickens, about 1 minute.

Parmesan Vegetables

Nancy Hale

1 head fresh broccoli, cut up	1/4 c. butter
1 head fresh cauliflower, cut up	1/2 tsp. garlic
Fresh mushrooms	1/4 tsp. thyme
	Parmesan cheese

Place vegetables on a microwavable serving platter in a single layer. Sprinkle with a small amount of water. Cover with plastic wrap and microwave on HIGH for about 8 minutes. Melt the butter and blend in the garlic and thyme. Pour over vegetables. Sprinkle with Parmesan cheese. Microwave for 1 minute more.

Praline Yams

Sharon Bremser

1 (40 oz.) can cut yams	1/4 c. flour
1/2 c. chopped pecans	1/4 c. margarine or butter, melted
1/2 c. coconut	
1/2 c. firmly-packed brown sugar	

Heat oven to 350°. Place drained yams in ungreased 2-quart casserole or baking dish. In small bowl, combine remaining ingredients; blend well. Sprinkle over yams. Bake at 350° for 35 to 40 minutes, or until bubbly. Makes 10 servings.

Rice Pilaf

Irene Gentile

1/2 lb. margarine	1 can sliced mushrooms
1 lg. onion, diced	2 c. long-grain rice
2 T. oregano	3 c. beef consommé
2 c. water	

Melt butter. Brown onion, rice and mushrooms. Simmer for 20 minutes. Add liquids. Bake at 400° for 1 hour. Serves 10 to 12.

Three-Vegetable Dish

Sandy Rutledge

1 (10 oz.) pkg. frozen broccoli	1 sm. jar Cheez Whiz
1 (10 oz.) pkg. frozen cauliflower	1 can cream of mushroom soup
1 (10 oz.) pkg. frozen Brussels sprouts	Cracker crumbs

Cook vegetables as directed on package. Combine vegetables in casserole dish. Combine Cheez Whiz and mushroom soup. Add this mixture to vegetables. Top with cracker crumbs. Bake at 350° for 25 minutes. Serves 6.

Note: Can add meat for a main dish.



Appetizers,
Dips & Spreads

Beverages

Breads

Soups

Salads & Salad
Dressings

Casseroles

Main Dishes

Vegetables

Candies, Bars
& Cookies

Pies & Cakes

Substitutions

- 1 cup butter**
1 cup margarine or 7/8 cup solid shortening + 1/2 tsp. salt
- 1 cup sour cream**
7/8 cup sour milk + 3 Tbsp. butter; or: 8-oz. carton plain yogurt
- 1 cup whole milk**
1 cup reconstituted nonfat dry milk + 2 1/2 tsp. butter or margarine
- 1 cup whole milk**
1/2 cup evaporated milk + 1/2 cup water
- 1 cup whole milk**
1/4 cup sifted dry whole milk powder + 7/8 cup water
- 1 cup skim milk**
4 Tbsp. nonfat dry milk + 1 cup water
- 1 cup light cream**
1 cup undiluted evaporated milk
- 1 cup heavy cream (40%)**
1/3 cup butter + 3/4 cup milk
- 1 cup coffee cream (20%)**
3 Tbsp. butter + about 7/8 cup milk
- 1 cup sour milk or buttermilk**
1 Tbsp. vinegar or lemon juice + enough sweet milk to make 1 cup.
(Let stand 5 minutes.)
- 1 tsp. lemon juice**
1/2 tsp. vinegar
- 1 cup sweet milk**
1 cup sour milk or buttermilk + 1/2 tsp. baking soda
- 1 cup molasses**
1 cup honey
- 1 cup honey**
1 1/4 cups sugar + 1/4 cup liquid
- 1 cup sugar**
1 cup brown sugar, firmly packed, although it will result in a slightly molasses flavor
- 1 cup sugar**
1/2 cup honey and reduce the amount of liquid by 1/2 cup

Candies, Bars & Cookies

Candies

Bon Bons

Karen Head

- | | |
|----------------------------------|--------------------------|
| 1 c. butter | 2 1/4 lb. powdered sugar |
| 1 can Eagle Brand condensed milk | 7 oz. coconut |
| 1 1/2 tsp. vanilla | 2 c. walnuts |

Combine all ingredients; mix well. Shape into balls. Dip balls in melted almond bark. Put on waxed paper to cool.

Caramel Nut Fudge

Nancy Hale

- | | |
|-----------------------------|-----------------------------------|
| 6 c. granulated sugar | 1 lg. & 1 sm. can evaporated milk |
| 1/2 lb. butter or margarine | 1 lb. chopped nutmeats |
| 2 c. white Karo syrup | |

Combine sugar, butter, syrup and milk. Cook over medium heat, stirring constantly, to 255°. Stir in nuts; heat back to temperature. Remove from stove. Beat until candy is ready to pour into a buttered pan.

Cherry Mash Candy

Linda Dirks

FIRST LAYER:

- | | |
|------------------------------------|-------------------------|
| 2 c. sugar | 1/2 stick margarine |
| 2/3 c. (1 sm. can) evaporated milk | 1/2 tsp. salt |
| 1 1/2 c. mini marshmallows | 1 sm. pkg. cherry chips |
| | 1 tsp. vanilla |

SECOND LAYER:

- | | |
|---------------------------------|--------------------------------|
| 1 (12 oz.) pkg. chocolate chips | 3/4 c. peanut butter |
| | 10 oz. salted, crushed peanuts |

Mix first 5 ingredients; stir over medium heat until it boils. Cook for 5 minutes. Remove from heat. Add cherry chips and vanilla. Mix well; pat into buttered 9x13-inch pan. Melt chocolate chips and peanut butter in top of double boiler. Add peanuts. Mix well. Spread over cherry mixture. Chill.

Cream Cheese Mints

Linda Robicheau

8 oz. cream cheese 2 lb. powdered sugar

Mix all ingredients together. Roll into small balls; roll in sugar. Press into mold, then pop out. Makes approximately 150 mints.

Microwave Caramel Corn

Diane Knigge

4 qt. popped corn, unpopped (seeds removed) 1/4 c. light corn syrup
1/2 c. butter 1/4 tsp. salt
1 c. brown sugar 1/4 tsp. baking soda
1/2 tsp. vanilla

Combine butter, brown sugar, corn syrup and salt. Cook 4 minutes on HIGH POWER, stirring 3 times while cooking. Add baking soda and vanilla; stir again. Place popcorn in large, doubled paper grocery bags. Pour caramel mixture over popped corn. Close bag and shake to mix well. Place sack in microwave, not touching sides or top. Cook 1 1/2 minutes at FULL POWER. Again shake sack and cook 15 seconds more. Shake one more time; spread corn on greased cookie sheets to cool. Makes 4 quarts.

Caramel Popcorn

Linda Robicheau

2 qt. popped popcorn (unbuttered) 1 stick butter
1/4 c. white corn syrup 1/4 tsp. baking soda
1/2 c. brown sugar 1/2 tsp. burnt sugar
1/4 tsp. salt 1/2 tsp. butter flavoring

Mix all ingredients, except popcorn, in a glass measuring cup. Cook in microwave on HIGH for 4 minutes, stirring after 2 minutes. Add baking soda and flavorings. Put popcorn in a brown paper grocery sack. Pour 1/2 of the mixture over the popcorn. Shake well. Pour remaining half over the popcorn. Cook 1 1/2 minutes. Shake well. Cook another 1 1/2 minutes. Shake. Cook 1/2 minute. Shake and pour into a bowl.

Crunchy Caramel Corn

Linda Dirks

2 c. sugar 1/2 tsp. cream of tartar
1/2 stick margarine 4 to 6 qt. popped corn
1/2 c. water 1/2 tsp. baking soda

Mix first 4 ingredients; let boil. Do not stir. (Cook over very low flame. It takes almost an hour. Watch it closely at the end.) When it gets brown in the center, it is done. Remove from fire and add 1/2 teaspoon baking soda. It will foam. Stir until the foam goes down. Pour over popped corn.

Edible Play Dough

Diane Knigge

1 c. peanut butter 1/2 c. honey
1 c. powdered milk

Mix ingredients thoroughly. Add more honey if too dry. Roll out and cut into shapes with cookie cutters.

You can roll into logs, then roll in crushed nuts and slice for a quick and easy snack.

Fudge

Karen Head

3 c. sugar 6 oz. marshmallow creme
3/4 c. margarine 1 tsp. vanilla
2/3 c. evaporated milk Chopped nuts (opt.)
12 oz. semi-sweet chocolate chips

Combine sugar, margarine and milk in a large, heavy saucepan. Heat to boiling. Stir constantly over medium heat for 5 minutes, or until mixture reaches soft ball stage (235°). Remove from heat; stir in remaining ingredients until well blended. Pour into greased 9x13-inch pan. Cool. Cut into squares.

Tim's Peanut Brittle

Linda Robicheau

1 c. sugar
1/2 c. water
1/2 c. white corn syrup
1 c. raw peanuts

1 tsp. baking soda
1/2 tsp. salt
1 T. butter

Combine sugar, water and syrup in frying pan; cook until it boils, stirring constantly. Add peanuts and keep stirring until peanuts pop and syrup turns light brown. Add remaining ingredients all at once, stirring constantly, until brown. Lightly coat a cookie sheet with butter and spread mixture quickly on it. Cool immediately.

Pralines

Linda Robicheau

1 1/2 c. sugar
3/4 c. brown sugar, packed
1/2 c. milk

1 tsp. vanilla
3/4 stick butter (6 T.)
1 1/2 c. pecans

Combine all ingredients and bring to soft ball stage (238° to 240°), stirring constantly. Remove from heat. Stir until mixture thickens, becomes creamy and cloudy, and pecans stay suspended in mixture. Spoon out on buttered waxed paper. Makes 50 pralines.

We must forget the harm others do us and remember the good.

Cookies

Almond Biscotti

Diane Krigge

1/2 c. butter or margarine,
softened
1 1/4 c. sugar, divided
3 eggs
1 tsp. vanilla extract
1/2 tsp. almond extract

2 c. flour
1 tsp. baking powder
Dash of salt
1/2 c. chopped almonds
1 c. mini chocolate chips
2 tsp. milk

In a mixing bowl, cream butter and 1 cup sugar. Add eggs, one at a time, beating well after each egg. Stir in vanilla and almond flavoring. Add dry ingredients to creamed mixture. Stir in almonds and chips. Line a baking sheet with foil and grease foil. Divide dough in half; spread into 2 (3x12-inch) rectangles on foil. Brush with milk; sprinkle with remaining sugar. Bake at 375° for 15 to 20 minutes, or until golden brown and firm to the touch. Remove from oven and reduce temperature to 300°. Lift rectangles with foil onto wire rack. Cool for 15 minutes. Place on a cutting board and slice diagonally, 1/2-inch thick. Place slices with cut-side down on ungreased baking sheets. Bake for 10 minutes. Turn cookies over; bake 10 minutes more. Turn oven off, leaving cookies in oven with door ajar to cool. Store in airtight container. Makes 3 1/2 dozen.

Ann's Cookies

Joyce Farrington

2 c. sugar
1 c. shortening
2 eggs
1 tsp. lemon juice

4 T. sour milk, or 1/2 c.
sweet milk*
Flour, enough to roll out
soft dough (3 1/2 c. or
more)

*If sweet milk is used, add 1/2 teaspoon cream of tartar.
Cream shortening and sugar; add milk and well-beaten eggs. Add baking soda, dissolved in lukewarm water. If sweet milk is used, add cream of tartar to flour. Bake in hot oven about 10 minutes.

Note: Easier to roll out cookies if dough is chilled.
Excellent roll-out cookies.

Banana-Oatmeal Cookies

Deb Debbaut

3/4 c. oatmeal	1 egg
3/4 c. shortening	1 tsp. vanilla
3/4 c. sugar	1 1/2 c. sifted flour
1 tsp. salt	1 tsp. cinnamon
2 sm. bananas, mashed	1 tsp. baking soda
1/2 c. walnuts (opt.)	1/2 c. raisins

Blend together the sugar, shortening, egg and vanilla. Sift together flour, salt, baking soda and cinnamon; add to first mixture. Add mashed bananas. Lastly, add oatmeal, nuts and raisins. Drop by spoonfuls onto cookie sheet. Bake approximately 12 minutes in 375° oven.

Frosty Apple Bites

Irene Gentile

2 c. sifted flour	1/2 tsp. salt
1/2 tsp. baking soda	1/4 tsp. nutmeg

Sift the above ingredients together. Cream 1/4 cup butter. Gradually add 1 cup brown packed sugar. Blend in 1 egg and 1 teaspoon vanilla. Beat well. Add dry ingredients, alternating with 2/3 cup evaporated milk. Blend well after each addition. Begin and end with dry ingredients. Stir in 1 cup nuts (optional), 1 cup pared, chopped apples, and 1 cup semi-sweet chocolate chips. Bake at 375° for 12 to 14 minutes.

Frost, while warm, with cinnamon glaze:

2 c. sifted powdered sugar	1 tsp. cinnamon
3 T. melted butter	2 to 3 T. evaporated milk

Mincemeat Cookies

Beckie Hewett

1 c. shortening (Crisco)	1 tsp. baking soda
1 1/2 c. sugar	1/2 tsp. salt
3 eggs	1 (9 oz.) pkg. condensed mincemeat
3 c. flour	

Preheat oven to 375°. In large bowl, cream shortening and sugar. Add eggs, beating until smooth. Combine dry ingredients; gradually add to creamed mixture. Mix well. Crumble and stir in mincemeat. Drop by rounded teaspoonfuls, 2 inches apart, onto greased baking sheets. Bake for 8 to 10 minutes. Yields 2 dozen.

Monster Cookies

Irene Gentile

12 eggs	8 tsp. baking soda
4 c. white sugar	1 T. vanilla
2 lb. brown sugar	18 c. quick oatmeal
1 lb. butter	1 lb. M&M candies
3 lb. peanut butter	12 oz. chocolate chips

Mix all ingredients. Use an ice cream scoop to drop cookie dough onto cookie sheets. Bake at 350° for 10 to 12 minutes.

Note: No flour is used in this recipe.

Nonfat Pumpkin Cookies

Nancy Hale

2 c. flour	1 tsp. vanilla
1/2 tsp. salt	1 c. sugar
1 tsp. baking soda	2 egg whites
1 tsp. baking powder	1 c. canned pumpkin
1 tsp. cinnamon	1 c. applesauce

Sift flour; measure. Resift with other dry ingredients; set aside. Combine applesauce and sugar. Beat in pumpkin and egg whites. Add dry ingredients all at once. Blend until there are no traces of flour. Stir in vanilla and drop in large mounds 2 inches apart on cookie sheet sprayed with Pam and floured. Bake at 350° for 12 to 15 minutes, depending on size of cookies.

These cookies have a slightly different texture, but they have only a trace of fat. Enjoy!

Oatmeal Crispies

Amy Jones

1 c. butter	1 1/2 c. flour
1 c. brown sugar	1 tsp. salt
1 c. white sugar	1 tsp. baking soda
2 well-beaten eggs	3 c. quick oats
1 tsp. vanilla	1/2 c. chopped pecans

Cream butter, sugars, eggs and vanilla. Add dry ingredients. Add oats and pecans. Shape into rolls; wrap in waxed paper. Chill in refrigerator overnight, or put into freezer. Bake 1/4-inch slices at 325° for 10 minutes.

Peanut Butter Temptation Cookies

Irene Gentile

Cream:

1/2 c. margarine 1/2 c. peanut butter
1/2 c. sugar 1/2 c. brown sugar

Add:

1 egg 1/2 tsp. salt
1/2 tsp. vanilla 1 1/4 c. flour
3/4 tsp. baking soda

Press dough into small ungreased muffin tins. Bake at 350° for 10 minutes. Middle should collapse. Press peanut butter cup (mini) into center. Cool for 10 minutes. Remove from pan.

Pecan Snowballs

Jerri Kidder

2 c. sifted flour 2 tsp. vanilla
1/2 tsp. salt 2 c. finely-chopped pecans
1/2 c. granulated sugar 1/2 c. sifted confectioners' sugar
1 c. butter

Sift flour and salt together. Cream butter, vanilla and sugar until fluffy. Add flour, slowly, to creamed mixture; blend until smooth. Add pecans; mix well. Shape into 1-inch balls. Place on ungreased cookie sheet. Bake at 325° for 20 minutes. When cool, roll in confectioners' sugar. Makes 6 dozen.

Puppy Chow Snack

Memory Mescher

1 c. chocolate chips 1 c. crunchy peanut butter
1 c. peanut butter or 1 box Crispix cereal
butterscotch chips 1/2 bag powdered sugar

Melt first 3 ingredients in microwave for 2 to 3 minutes on HIGH; stir to combine. Pour over 1 box Crispix cereal; stir gently. Put 1/2 bag powdered sugar into brown paper sack. Dump cereal mixture into sack; shake gently.

Keeps well and children love to make and eat Puppy Chow!

Reggie's Sugar Cookies

Irene Gentile

1 c. margarine 1 tsp. vanilla
3/4 c. oil 4 c. flour
2 eggs 1 tsp. baking soda
1 c. granulated sugar 1 tsp. cream of tartar
1 c. powdered sugar

Cream sugars, oil and margarine. Beat in eggs and vanilla. All dry ingredients should be mixed in a bowl. Add to margarine, oil, sugar and egg mixture. Batter will be soft and creamy. Drop onto a cookie sheet. Bake until light brown. Will be soft until cooled. Frost when cooled. Don't overbake.

Unbaked Cookies

Irene Gentile

1 pkg. large marshmallows 1 pkg. caramels
Rice Krispies 1 stick margarine
1 can Borden's condensed milk

Melt together milk, caramels and margarine. Roll marshmallows in this, and then in Rice Krispies.
Kids love these! They freeze well, too.

Instead of pointing a finger, why not hold out a hand.

Santa Claus Cookies

Beckie Hewett

1 c. sugar	1/2 tsp. salt
1/2 c. shortening (Crisco)	White decorator icing (below)
2 T. milk	Mini marshmallows
1 tsp. grated lemon peel	Red sugar
1 egg	Chocolate chips
2 c. flour	Red cinnamon candies
1 tsp. baking powder	Shredded coconut
1/2 tsp. baking soda	

Mix first 5 ingredients in bowl. Stir in next 4 ingredients. Shape dough into 1 1/4-inch balls; place about 2 inches apart on lightly-greased cookie sheet. Flatten each into about 2 1/2 inches round with bottom of greased glass dipped in sugar. Bake until golden brown, 8 to 10 minutes. Cool. Make icing.

WHITE DECORATOR ICING:

3 egg whites, or substitute	1 (16 oz.) box confectioners' sugar (2 2/3 c.)
1/2 tsp. cream of tartar	

Combine in large bowl: egg whites (or substitute), cream of tartar and confectioners' sugar. Beat 7 minutes, until smooth and thick. Store in tight container at room temperature until ready. Makes 2 cups--enough for 2 recipes.

Spread cookie with icing. Sprinkle top third with red sugar. Press marshmallow on one corner for tassel on cap. Press 2 chocolate chips for eyes, 1 red candy for nose, and sprinkle the bottom half with coconut for beard.

Aunt Wilma's Potato Chip Cookies

Memory Mescher

1 lb. butter or oleo	3 1/2 c. flour
1 tsp. vanilla	1 1/3 c. crushed potato chips
1 c. sugar	

Cream butter; add sugar, a little at a time. Add the rest of ingredients slowly. Drop 1/2 teaspoon onto greased baking sheet. Bake 15 minutes at 350°. Sprinkle with sifted powdered sugar.

Children love the idea of cookies from potato chips!

Caramel and Oat Bars

Diane Knigge

1 c. flour	1 (14 oz.) can sweetened condensed milk
1 c. quick-cooking oats	1 c. chopped nuts
3/4 c. brown sugar	1 (6 oz.) pkg. (1 c.) semi- sweet chocolate chips
1/2 c. butter or margarine, softened	

Mix together flour, oats, brown sugar, and butter or margarine. Reserve 1 cup mixture. Press remaining mixture into bottom of 9x13-inch greased baking pan. Bake at 350° for 10 minutes. Pour sweetened condensed milk over baked crust. Sprinkle with nuts and chips. Top with the reserved 1 cup oat mixture. Bake 25 to 30 minutes, or until just lightly browned. Makes 24 bars.

Bars

Chocolate Chip Blonde Brownies

Patti Ford

1 c. sifted flour	1 c. brown sugar, firmly packed
1/2 tsp. baking powder	1 egg, slightly beaten
1/8 tsp. baking soda	1 tsp. vanilla
1/2 tsp. salt	3 oz. semi-sweet chocolate chips
1/2 c. chopped nutmeats	
1/3 c. butter or margarine	

Melt shortening in saucepan. Remove from heat; add sugar. (Add 1 tablespoon hot water if vegetable shortening is used.) Cool. Stir in eggs and vanilla. Sift flour, baking powder, baking soda and salt together. Add nutmeats. Add to first mixture, a small amount at a time, mixing well after each addition. Spread into a greased 9x9x2-inch pan. Sprinkle chocolate chips over top; bake in a moderate oven (350°) for 20 to 25 minutes. Cool; cut into bars.

Note: Double the recipe and use a 9x13-inch pan.

Creme de Menthe Brownies

Sheila Pedersen

FIRST LAYER:
 4 (1 oz.) sq. unsweetened
 baking chocolate
 1 c. butter
 1 c. flour
 1 c. nuts (opt.)
 4 eggs, beaten
 2 c. sugar

SECOND LAYER:
 2 c. powdered sugar
 1/2 c. butter, softened
 2 T. creme de menthe or
 mint extract, to taste

THIRD LAYER:
 1 c. chocolate chips
 6 T. butter

First Layer: Melt baking chocolate with butter in microwave, 1 minute or so. Combine eggs and sugar; add flour, nuts and melted chocolate mixture. Blend all together. Line a 9x13-inch pan with foil, grease well. Spread batter in pan and bake at 350° for 25 to 30 minutes. Do not overbake. Cool completely.

Second Layer: Mix together powdered sugar, butter and creme de menthe. Spread on cooled brownies. Chill.

Third Layer: Melt chocolate chips and butter together. Spread evenly over creme de menthe layer. Cool.

Very rich, gooey brownies.

Deep-Dish Brownies

D'Ann Wade

3/4 c. melted butter
 1 1/2 c. sugar
 1 1/2 tsp. vanilla
 3 eggs
 3/4 c. flour
 1/2 c. cocoa
 1/2 tsp. baking powder
 1/2 tsp. salt

Blend butter, sugar and vanilla. Add eggs; beat well with a spoon. Combine flour, cocoa, baking powder and salt; gradually add to egg mixture until well blended. Spread in greased 8-inch square pan. Bake in preheated 350° oven for 40 to 45 minutes, or until brownie begins to pull away from the edges of the pan.

Makes a small amount. Very rich--no need to frost.

Zebra Brownies

Sandy Rutledge

2 (3 oz.) pkg. cream cheese,
 softened
 1/4 c. sugar
 1/2 tsp. vanilla
 2 eggs
 1 (21 1/2 oz.) box brownie
 mix
 1/3 c. water
 1/3 c. oil

Heat oven to 350°. Generously grease bottom only of 9x13-inch pan. In small bowl, combine softened cream cheese, sugar, vanilla and 1 egg. Beat until smooth; set aside. In large bowl, combine brownie mix, water, oil and 1 egg. Beat 50 strokes with a spoon. Pour 1/2 brownie batter into pan. Pour cream cheese mixture over brownie batter, spreading to cover. Top with spoonfuls of remaining brownie batter. To marble, lightly pull knife through batter in wide curves. Turn pan and repeat. Bake 30 to 35 minutes at 350°. Do not overbake. Refrigerate at least 1 hour before cutting. Store in refrigerator. Makes 36 bars.

Christmas Biscotti

Sharon Bremser

1/2 c. butter
 1 c. sugar
 2 1/2 tsp. baking powder
 1 tsp. aniseed, crushed
 2 eggs
 1 egg yolk (reserve the
 white)
 3 c. all-purpose flour
 1/2 c. chopped red
 candied cherries
 1/2 c. mixed candied fruit,
 or candied pineapple
 (chopped)
 1 T. finely-shredded
 orange peel
 1 T. sugar

Beat butter or margarine in a large bowl with an electric mixer on medium to high speed for 30 seconds. Add the 1 cup sugar, baking powder and aniseed. Beat until well combined. Beat in whole eggs and egg yolk. Beat in as much of the flour as you can with the mixer. Stir in remaining flour, candied fruits and orange peel with a spoon. Divide dough in half. Shape each half into a 11x2x1-inch loaf. Place on a lightly-greased cookie sheet. Stir together egg white and 1 teaspoon water. Brush over dough. Sprinkle with the 1 tablespoon sugar. Bake in a 375° oven for 20 to 25 minutes, or until light brown. Cool on sheet for 1 hour. Cut each loaf diagonally into 1/2-inch slices. Place slices, cut-side up, on an ungreased cookie sheet. Bake in a 325° oven for 10 minutes. Turn slices over; bake 10 to 13 minutes more, or until crisp. Cool on wire racks. Makes 36.

According to legend, confections given to senators during Roman festivals were forerunners of today's cookies. Today, crisp Christmas Biscotti are served with wine or coffee for dunking.

Chocolate Peanut Buddy Bars

Sheryl Koch

1 c. creamy peanut butter	1 c. all-purpose flour
6 T. (3/4 stick) butter, softened	1/4 tsp. salt
1 1/4 c. sugar	1 (11 1/2 oz.) pkg. (2 c.) Nestlé Toll House <u>milk chocolate</u> morsels, divided
3 eggs	
1 tsp. vanilla extract	

Preheat oven to 350°. In large bowl, beat peanut butter and butter until smooth, about 1 minute. Add sugar, eggs and vanilla; beat until creamy. Blend in flour and salt. Stir in 1 cup milk chocolate morsels. Spread into ungreased 9x13-inch baking pan. Bake 25 to 30 minutes, or until edges begin to brown. Immediately sprinkle remaining milk chocolate morsels over cookie layer. Let stand 5 minutes, until morsels become shiny and soft. Spread morsels evenly over top. Cool completely. Cut into 1 1/2-inch bars. Makes 48 bars.

Ooey, Goopy Chocolate Bars

Kristi L. Jerkovich

1 lg. pkg. instant chocolate pudding	1/2 (12 oz.) pkg. chocolate chips (Nestlé semi-sweet)
1 box devils food chocolate cake mix	1 c. chopped black walnuts

Prepare chocolate pudding as directed on the box. Cook on stove. Mix the pudding with the cake mix (dry). Stir until well blended. Spread into 9 1/2 x 11-inch greased baking pan. Spread chocolate chips and nuts on top before baking. Bake in oven at 350° for 28 to 32 minutes. Check after 25 minutes.

These bars look really rich and sinful, but they're very light and addictive, especially if you crave chocolate.

When you start a thing, finish it.

Rhubarb Bars

Farrel Wilson

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

CRUST:

1 1/2 c. oatmeal	1 1/2 c. flour
1 c. brown sugar	1/2 tsp. baking soda
1/2 tsp. salt	1 c. margarine
	1/2 c. nuts (opt.)

In pan, dissolve cornstarch in water. Add rhubarb, sugar and vanilla. Cook until thickened. Stir together oats, flour, brown sugar, baking soda and salt. Cut in margarine as for pie crust. Add nuts. Pat 1/2 of mixture into 9x13-inch pan. Spread rhubarb mixture over crust. Sprinkle with remaining crumbs and bake at 350° for 30 to 35 minutes. Refrigerate 24 hours before cutting.

Tom's Famous Oatmeal Bars

Sheri Watson

1 c. margarine	2 c. flour
3/4 c. powdered sugar	1/2 tsp. salt
2 tsp. vanilla	1 c. oatmeal (quick)

GLAZE:

Margarine	Powdered sugar
Milk	Almond flavoring

Blend margarine and powdered sugar. Add remaining ingredients. Pat into bottom of cookie sheet. Bake at 325°. While bars are baking, prepare glaze. As soon as removed from oven, pour glaze over bars. Cut into 2-inch squares while warm.

These bars are too fragile to cut after they cool. They will break if you cut when they cool.

Microwave Hints

SOFTEN:

- Lumpy brown or white sugar: Heat in microwave with a cup of boiling water.
- Cream cheese: Remove foil; heat 8-ounce package 2 minutes on LOW.
- Butter or margarine: Remove foil; heat 1 stick for 1 minute on LOW.
- Raisins in hot water: Heat 2 to 3 minutes on HIGH; let stand 2 minutes.
- Acorn squash: Cook 1 1/2 minutes on HIGH to cut in half easier.
- Citrus fruit: Heat 15 to 20 seconds before squeezing to get more juice.
- Honey that has sugared.
- Almond bark: Heat 1 pound for 2 minutes on MEDIUM; stir, then cook 30 to 60 seconds more, stirring.
- Chocolate: Heat 1-ounce square for 2 to 3 minutes on LOW.

THAW:

- Whipped topping, small carton: Heat 1 minute on LOW. (Center should still be slightly firm but will blend in.) Don't overheat!
- Frozen orange juice: Remove top metal lid; heat 6-ounce can 30 seconds; 12-ounce can 45 second on HIGH.
- To toast coconut: Spread 1/2 cup in pie plate; cook 3 to 4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it browns quickly once it starts turning brown.
- One cup herbs on a paper towel will dry in about 4 minutes. Crush and store in airtight container.
- When warming rolls, place cup of water in a corner of the microwave.
- Scald milk 2 minutes per cup, stirring once each minute.
- Heat water directly in teapot for tea.
- Don't use recycled paper products in microwave; they might ignite.
- Use a round dish instead of a square one to assure even cooking.
- Cook meat loaf in a ring. Place custard cup upside down in center and grease will come up into glass.
- Bake potatoes quicker in a ring mold, covered.
- T.V. dinners can be heated in microwave by popping out frozen portions and heating them separately.
- To thaw 1/2 package frozen vegetables, wrap foil on portion not to be thawed. Heat, removing thawed portion.
- To shorten cooking time for soups, precook vegetables in microwave.
- Do not salt meats and vegetables on the surface before cooking.
- When baking cakes, fill only half full; place a juice glass in center of baking dish to prevent soggy middle; place cake dish on another dish or rack for bottom of cake to bake quicker. Square cakes need foil on corners; remove during final baking.
- For raising bread dough: Put dough in proper container, cover with plastic wrap and damp cloth. Heat on lowest power for 2 to 3 minutes. May repeat. Leave bread in microwave to rise.

Pies & Cakes

Bishop's Chocolate Pie

Jill Hook

1 sm. box French vanilla instant pudding	2 c. vanilla ice cream
1 sm. box chocolate fudge instant pudding	1 c. milk
	1 tsp. vanilla
	1 (9") graham cracker crust

Combine all ingredients in a large mixing bowl. Beat at low speed until smooth and creamy. Pour into a 9-inch graham cracker crust. Top with Cool Whip. Add chocolate shavings from a Hershey bar to garnish. Chill 2 hours before serving.

Marlene's Four-Layer Pie

Jerri Kidder

FIRST LAYER:	1 c. flour
1 stick oleo	1/4 c. chopped nuts

Press into a 9x13-inch pan. Bake at 350° for 15 minutes; let cool.

SECOND LAYER:	1 c. powdered sugar
1 (8 oz.) pkg. cream cheese	1 c. Cool Whip

Beat all ingredients together; spread on first layer.

THIRD LAYER:	3 c. milk
2 pkg. instant butterscotch pudding	

Beat and spread on second layer; refrigerate until set.

FOURTH LAYER:	Serves 6.
Top with whipped cream and chopped nuts.	

Mile-High Pie

Tizz Wredt

2 egg whites	1 T. lemon juice
1 c. sugar	10 oz. frozen strawberries
1 c. whipping cream	1 tsp. vanilla
2 (9") baked pie shells	

Place egg whites, lemon juice, sugar and raspberries in large mixing bowl; beat with mixer until stiff, about 30 minutes. In small bowl, beat whipping cream and vanilla; fold in first mixture. Place in pie shells; freeze until ready to serve.

Pineapple Pie

Amy Jones

- | | |
|--------------------------------------------|---------------------------------------------|
| 1 (8 oz.) can crushed
pineapple & juice | 1 (3.4 oz.) pkg. vanilla
instant pudding |
| | 2 c. sour cream |

Prepare vanilla pudding. Combine all ingredients; beat for 1 minute. Pour into prepared pie crust. Refrigerate. Serve with Cool Whip.

White Silk Pie

Denise Krohn

- | | |
|-------------------------------------|-----------------------------|
| 4 oz. white chocolate baking
bar | 2 tsp. vanilla |
| 1 c. butter (not margarine) | 4 eggs |
| 3/4 c. sugar | 1 baked 9" or 10" pie shell |

Carefully melt white chocolate, following package directions; cool to room temperature. In mixer bowl, beat butter and sugar together with an electric mixer until fluffy. Beat in cooled chocolate and vanilla. Add eggs, one at a time, beating on high speed for 2 minutes after each. Pour into pie shell. Chill several hours before serving. Store in refrigerator. Makes 8 servings.

N'Orleans Bread Pudding

Linda Robicheau

- | | |
|---------------------------------------|---------------------|
| 1 (10 oz.) loaf stale French
bread | 2 T. vanilla |
| 4 c. milk | 1 c. raisins |
| 2 c. sugar | 1 c. coconut |
| 8 T. butter, melted | 1 c. chopped pecans |
| 3 eggs | 1 T. cinnamon |
| | 1 T. nutmeg |

Combine all ingredients; mixture should be very moist, but not soupy. Pour into buttered 9x12-inch pan. Place into nonpreheated oven. Bake at 350° for approximately 1 hour and 15 minutes, until top is golden brown. Serve with Whiskey Sauce.

WHISKEY SAUCE:
1/2 c. butter (1 stick,
1/4 lb.)

1 1/2 c. powdered sugar
2 egg yolks
1/2 c. bourbon

Cream butter and sugar over medium heat until all butter is absorbed. Remove from heat; blend in egg yolks. Pour in bourbon gradually, to your own taste, stirring constantly. Sauce will thicken as it cools. Serve warm, over warm bread pudding.

Sinfully-Rich Fudge Sauce

Farrel Wilson

- | | |
|--------------|-----------------------------|
| 1/2 c. sugar | 1 T. + 1 tsp. cornstarch |
| 1/4 c. cocoa | 1/2 c. evaporated skim milk |

Cook over low heat (sugar, cocoa, milk and cornstarch), stirring constantly, until it boils. Continue cooking until thick and smooth. Remove and stir in vanilla. Serve warm or cold, over fresh fruits (sliced bananas, strawberries and kiwi fruit).

Apple Crisp

Linda Robicheau

- | | |
|---------------------------|-------------------|
| 2 c. sliced, pared apples | 1/2 tsp. cinnamon |
| 1/3 to 1/2 c. brown sugar | 1/2 tsp. nutmeg |
| 1/4 c. flour | 3 T. soft butter |
| 1/4 c. rolled oats | |

Heat oven to 350°. Place apples in greased 5x9x3-inch loaf pan. Blend remaining ingredients until crumbly. Spread sugar-flour mixture over apples. Bake 30 to 35 minutes, until apples are tender and topping is golden brown. Serve warm, with whipped cream or ice cream.

Rhubarb Sauce

Linda Robicheau

- | | |
|------------------------------|-------------------------|
| 2 c. rhubarb | 1 can crushed pineapple |
| 1 c. instant tapioca pudding | 1/2 c. sugar |
| 1 ctn. strawberries | |

Wash and cut into 1-inch pieces enough rhubarb to make 2 cups. Mix with 1/2 cup sugar and 1/4 cup water in saucepan. Cook 10 to 15 minutes, until tender. Add 1 cup tapioca (uncooked), can of pineapple and strawberries. Bring to a boil. Remove from heat; let stand until cool. Refrigerate.

Rhubarb Crunch

Farrel Wilson

Mix until crumbly:

1 c. flour	3/4 c. oatmeal
1 c. brown sugar	1/2 c. oleo

Cook the following until clear and thick:

1 1/2 c. sugar	1/2 tsp. lemon extract
1 tsp. vanilla	1 c. water
2 T. flour	

Press 1/2 crumbly mixture into 9x13-inch pan; add 4 cups cut-up rhubarb. Pour cooked mixture over rhubarb and add rest of crumbly mixture over top. Bake in a 350° oven for 1 hour.

Mom's Apple and Date Cake

Nancy Hale

4 c. apples slices, with skin	2 eggs
1 c. chopped dates	2 c. all-purpose flour
1 c. raisins	2 tsp. baking soda
2 c. brown sugar	2 tsp. cinnamon
3/4 c. vegetable oil	1 tsp. salt
1 c. walnuts	2 tsp. vanilla extract

Mix fruit, sugar and oil. Add the rest of the ingredients; stir. Bake in a greased 9x12-inch pan at 350° for 1 hour, or until brown.

My mom is the type of cook who just throws in a bowl whatever amounts look good to her. I had to measure out ingredients while she poured, to get this recipe in writing. It was worth it!

Carmelicious Cake

Sheila Pedersen

1 German chocolate cake mix	1 can sweetened condensed milk
1/2 jar caramel butterscotch fudge topping	1 (8 oz.) ctn. Cool Whip
	1 Heath candy bar, crushed

Prepare cake mix as directed on box. Bake in 9x13-inch pan. Remove from oven and cool slightly. Poke 32 holes into the top of the sheetcake with the handle of a wooden spoon. Stir together 1/2 jar of the caramel topping and 1 can sweetened condensed milk. Pour this mixture over the holes in the cake, evenly. Top cake with Cool Whip. Spread evenly over the cake and garnish with crushed Heath bar.

Carrot Cake

Linda Robicheau

2 c. sugar	1 1/2 c. salad oil
2 c. flour	4 eggs
2 tsp. baking soda	1 tsp. vanilla
2 tsp. cinnamon	3 c. grated carrots
Dash of salt	

Sift dry ingredients 3 times. Add oil slowly. Beat 8 to 10 minutes. Add eggs, one at a time. Stir in vanilla. Fold in carrots. Divide into 3 (9-inch) layer pans (greased and floured). Bake at 350° for 20 minutes, or until done.

FROSTING:

1 (8 oz.) pkg. cream cheese	Pinch of salt
1 stick margarine	1 tsp. vanilla
1 (1 lb.) box powdered sugar	1 c. chopped pecans

Cream cheese and butter. Combine remaining ingredients; frost. Makes 20 servings.

Carrot Cake

Diane Vandenberg

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

Cream together sugar and eggs. Blend in oil. Add the baking soda, salt, flour and cinnamon mixture to the creamed mixture. Add vanilla. Fold in grated carrots. Bake in a greased and floured 9x13-inch pan for 35 to 40 minutes at 350°. Cool completely.

ICING:

1 (3 oz.) pkg. cream cheese	1/2 c. butter, softened
1 lb. powdered sugar	2 tsp. vanilla

Blend together, mixing well.

Fluffy Cheesecake

Jill Hook

1 (8 oz.) pkg. cream cheese
1 c. sugar
1 T. vanilla

1 (3 oz.) pkg. lemon Jello
1 can Carnation milk

CRUST:
2 1/2 c. graham crackers, crushed

1 stick margarine
1/2 c. sugar

Crust: Mix until moist; pat into a 9x13-inch pan.

Put bowl and beaters and Carnation milk in the freezer for 1 hour before combining other ingredients. Mix cream cheese, sugar and vanilla until soft and creamy; set aside. Dissolve Jello in 3/4 cup water; set in refrigerator to cool (needs to begin to jell before using). Beat Carnation milk until stiff peaks form; add cooled Jello. Continue beating at high speed for 1 minute. Turn mixer on low; add cream cheese mixture and whip until smooth. Pour onto crust. Reserve a small amount to sprinkle on top.

Delicious.

Mom's "Cherry-Stuff"

Memory Mescher

1 (2-layer) box yellow
cake mix
2 cans cherry pie filling

1 c. melted butter
1 c. nuts (pecans or
walnuts preferred)

Preheat oven to 350°. Grease a 9x13-inch baking dish. Fill with cherry pie filling. Sprinkle yellow cake mix (dry) on top. Melt butter and pour on top. Spread with nuts; bake 30 minutes, or until brown. Yield: 1 dozen squares.

I don't know what the name was, so I guess Mom's Cherry-Stuff will do for you, too?

Chocolate Raspberry Cheesecake

Sheila Pedersen

1 prepared chocolate crumb
pie crust
12 oz. cream cheese, softened
1/2 c. sugar
1/2 tsp. vanilla

2 eggs
1/2 c. frozen raspberries,
thawed & drained
1/2 c. prepared hot fudge
sauce

Preheat oven to 325°. In medium bowl, beat cream cheese until fluffy. Add sugar and vanilla. Add eggs, beating until well blended. Fold in raspberries, reserving a few for garnish. Place crust on baking sheet. Fill with raspberry mixture. Bake for 35 minutes. Cool and keep chilled. Heat hot fudge sauce in microwave until pourable, 20 to 30 seconds. Pour over chilled cheesecake and garnish with raspberries. Keep refrigerated until serving.

Sweepstakes Chocolate Cake

Jerri Kidder

1/2 c. cocoa
1/2 c. Spry
2 unbeaten eggs
3 c. flour
1/8 tsp. salt

3/4 c. hot water
2 c. sugar
1 c. sour milk
1 tsp. baking soda
1 tsp. vanilla

In a saucepan, put 1/2 cup cocoa and 3/4 cup hot water. Stir over a slow fire until like whipped cream. Cool this while making the cake. Cream Spry and sugar; add 2 unbeaten eggs and cream well. Sift flour, salt and baking soda. Lastly, add cocoa mixture and vanilla. Bake in 2 (8x12-inch) layers for 30 minutes in moderate oven.

This recipe is a 1947 State Fair Prize winner. The original recipe calls for 1/2 cup Spry. I use 1/2 cup Crisco. For moderate oven, I use 350°. Frost with whipped cream and sprinkle with Hershey's chocolate syrup.

Coconut Cake

Lynn Crowley

White or yellow cake mix
1 c. coconut, flaked

1 can Coco Lopez

FROSTING:
Cool Whip

1/2 c. coconut, flaked
Sm. jellybeans (opt.)

Mix cake mix according to package instructions, adding 1 cup coconut to mixture. Bake, following package instructions, in a 9x13-inch pan. Remove from oven and poke holes in top of cake with a toothpick, about 1 inch apart. Shake well; pour 1 can Coco Lopez over cake. Frost with Cool Whip; sprinkle with coconut.

Near Easter, I add colored jellybeans to top of cake.

Yellow Coconut Cake

Marilyn Wymore

Yellow cake mix
Eagle Brand sweetened
condensed milk

1/2 can cream of coconut
drink mix
Cool Whip
Coconut

Bake yellow cake, following directions on the box. Poke holes in the baked cake with a fork. Pour 1 can Eagle Brand sweetened condensed milk over the top. Add 1/2 can cream of coconut drink mix. Put in the refrigerator. Put Cool Whip on top; sprinkle with coconut.

Cherry Coffeecake

Trudy Russell

1 c. margarine	1 1/2 tsp. baking powder
1 3/4 c. sugar	1/2 tsp. salt
4 eggs	1 can cherry pie filling
3 c. flour	Powdered sugar
1 tsp. vanilla	

Cream together margarine, sugar and eggs. Add vanilla. Add flour, baking powder and salt. Spread 2/3 of the batter into a 9x13-inch pan. Next, spread the pie filling on top of batter. Drop remainder of the batter onto the filling by spoonfuls. Spread them out with a knife. Bake at 350° for 35 minutes. When cool, sprinkle the top with powdered sugar.

Sour Cream Coffeecake

Farrel Wilson

Cream together until smooth:

2 c. flour	2 eggs
1 c. butter	1 tsp. vanilla

Add:

1 c. sour cream	1 tsp. baking powder
2 c. flour	1/4 tsp. salt

TOPPING:

1/4 tsp. cinnamon	1/2 c. firmly-chopped pecans
3 T. brown sugar	

Grease and flour angel food tube pan. Pour 1/2 the batter into tube pan. Sprinkle 1/2 of topping over batter. Add rest of batter, then add rest of topping over batter. Bake at 350° for 1 hour. Make sure it is done.

The years teach much, which the days never know.

Fruit Cocktail Cake

Farrel Wilson

1 egg, beaten with mixer

Add juice from fruit cocktail.

1 c. sugar	1 tsp. baking soda
1 c. flour	1 (15 oz.) can fruit cocktail
1/2 tsp. salt	

TOPPING:

3/4 c. brown sugar	1/2 c. nuts
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Mix all the above ingredients together. Put into greased 9x13-inch pan. Sprinkle on topping. Bake in a 350° oven for 30 to 40 minutes.

Gas' Sunday Night Cake

Nancy Miller

2/3 c. margarine	2/3 c. flour
2/3 c. sugar	1/2 tsp. baking powder
2 eggs, room temp.	1 T. fresh orange juice
3 drops vanilla or almond extract	1 T. sugar

Grease 8-inch loaf pan. In a medium bowl, with hand-held mixer, beat butter with sugar. Add eggs, one at a time. Beat in vanilla. Sift in flour and baking soda. Blend. Bake 30 to 40 minutes at 350°. Leave cake in pan for 5 minutes. Turn onto rack. In a small bowl, combine orange juice and sugar. Spread over the top while cake is still hot.

Lemon Cake

Dorene Scheffel

1 pkg. lemon cake mix	3/4 c. water
1 pkg. lemon instant pudding	1/3 c. orange juice
4 eggs	2 c. powdered sugar, sifted
3/4 c. salad oil	2 T. salad oil

Combine cake mix, pudding mix, eggs, 3/4 cup salad oil and water. Beat until smooth; pour into 9x13-inch greased pan. Bake at 350° for 35 to 40 minutes. Remove from oven and poke holes over top. Combine orange juice, powdered sugar and salad oil. Pour all over top of warm cake.

Pineapple Goopy Cake

Sheryl Koch

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

2 eggs
1 tsp. vanilla
1 (20 oz.) can crushed pineapple

TOPPING:
3/4 c. evaporated milk
1 stick margarine

1 c. sugar
1 c. coconut
1 c. pecans, chopped

Mix all ingredients together. Bake in 9x13-inch pan at 350° for 30 to 35 minutes.

Topping: Boil all ingredients over low heat for 2 minutes. Pour on cake when it is taken from the oven.

Popcorn Cake

Marilyn Wymore

3 qt. popcorn, popped
1 (1 lb.) bag plain M&M's

1 (1 lb.) bag salted peanuts
(dry-roasted is best)

Mix above ingredients in large bowl. (Don't forget to take out the seeds.)

1/4 c. oil
1 lb. mini marshmallows

1 stick butter or margarine

Melt above ingredients in a double boiler. Pour the marshmallow mixture over the popcorn, candies and peanuts. Mix well. Pack into a bundt or angel food cake pan that has been well greased. Cool and invert onto a plate.

Poppy Seed Cake

Patti Ford

1 box white or yellow cake mix
1 box instant lemon pudding mix
1/2 c. salad oil
1 c. orange or pineapple juice

4 eggs
1/4 c. poppy seeds
1/2 tsp. almond flavoring
Cinnamon
Powdered sugar

Combine the cake mix, pudding mix, salad oil and juice. Mix in eggs and poppy seeds. Beat together 5 minutes at high speed. Gradually stir in almond flavoring. Bake in bundt pan at 350° for 45 minutes, or until done. Turn cake out onto rack and sprinkle with cinnamon and powdered sugar.

Pound Cake

Mary Lastrup

1/2 lb. butter
2 2/3 c. white sugar
6 eggs
1 tsp. vanilla

3 c. flour
1/4 tsp. baking soda
1/2 tsp. salt
8 oz. sour cream

Cream butter, sugar, vanilla and eggs. Add flour, baking soda and salt. Mix in sour cream. Pour mixture into a greased and floured tube pan. Bake 1 hour at 325°.

Rainbow Ice Cream Cake

Lynn Crowley

10" tube angel food cake
1 (3 oz.) pkg. strawberry Jello
1 (3 oz.) pkg. lime Jello
1 (3 oz.) pkg. lemon Jello
1 pkg. frozen strawberries, partially thawed

1/2 gal. vanilla ice cream
1 1/2 c. fresh or partially-frozen blueberries
1 c. fresh or canned pineapple

Cut or tear cake into 1-inch pieces. Divide into 3 parts and put into separate bowls. Sprinkle 1 package of Jello over each of the bowls. Toss with fork until coated. Spray the tube pan with Pam; put strawberry cake pieces in the bottom. Spoon strawberries over and then spread 1/3 of the ice cream over strawberries. Repeat next layer with lemon cake pieces, pineapple and ice cream. For third layer, put lime cake pieces, blueberries and ice cream. Freeze until firm. Keep frozen until serving.

Note: Orange Jello and mandarin oranges may be substituted for lemon Jello and pineapple. Keeps well in freezer.

*All the love we come to know in life
springs from the love we knew as children.*

Rum Cake and Glaze

Michelle Olderog

1 pkg. yellow cake mix
(pudding in the mix)
4 eggs
1/2 c. water

1/2 c. oil
1/2 c. rum
1 sm. pkg. instant vanilla pudding
Pecans

GLAZE:

1 stick butter
1/4 c. rum

1/4 c. water
1 c. sugar

Grease and flour bundt pan. Combine all ingredients. Place pecans in bottom of pan, then mix. Bake 50 to 60 minutes at 325° to 350°. Let cool 15 minutes before taking out of pan.

Glaze: Bring to boil. Boil 3 minutes. Put on warm cake. Keep scooping excess on top of cake until most is absorbed.

Salad Dressing Cake

Farrel Wilson

1 1/2 c. sugar
2 c. flour
2 tsp. baking soda
Pinch of salt

4 T. cocoa
1 c. salad dressing
1 c. warm water
1 tsp. vanilla

Mix in order given. Beat by mixer 2 minutes. Pour into 9x13-inch pan. Bake 30 minutes in 350° oven.

Wisdom is knowing what to do next; virtue is doing it.

Sock-It-To-Me Cake

Karen Head

1 pkg. Duncan Hines moist
butter recipe golden cake
mix
4 eggs

1 c. dairy sour cream
1/3 c. Crisco oil
1/4 c. water
1/4 c. granulated sugar

STREUSEL FILLING:

2 T. reserved cake mix
2 T. brown sugar

2 tsp. ground cinnamon
1 c. finely-chopped pecans

GLAZE:

1 c. confectioners' sugar
1 to 2 T. milk

Preheat oven to 375°. Grease and flour 10-inch tube pan. Combine 2 tablespoons dry cake mix, brown sugar and cinnamon in medium bowl for streusel filling; set aside. For cake, combine remaining cake mix, eggs, sour cream, oil, water and granulated sugar in large bowl. Beat at medium speed with electric mixer for 2 minutes. Pour 2/3 of batter into pan. Sprinkle with streusel filling. Spoon remaining batter evenly over filling. Bake at 375° for 45 to 55 minutes, or until toothpick inserted in center comes out clean. Cool in pan for 25 minutes. Invert onto serving plate. Cool completely. Combine confectioners' sugar and milk for glaze. Drizzle over cake.

Twinkie Cake

Sheri Watson

Prepare 1 box yellow cake mix according to directions. Bake in 9x13-inch floured pan.

FILLING:

3 T. flour
1 c. milk
1 c. sugar

1/2 c. margarine
1/2 c. Crisco (solid)
1 tsp. vanilla

When cake has completed baking, cool; remove from pan. Cut in half lengthwise. Spread filling over half, then top with other half. Sprinkle top with confectioners' sugar (powdered sugar). Do not refrigerate.

Filling: In saucepan, mix flour and milk, stirring constantly. Cool completely and beat in remaining ingredients. Beat until fluffy.

Note: Can use devils food cake for variation.

Excellent cake for picnics.

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