

Salem's 2000 Cookbook



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**SPECIAL
COLLECTIONS**





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SALEM'S 2000 COOKBOOK

**A Collection of Recipes by
Salem United Methodist Church
Council Bluffs, Iowa**

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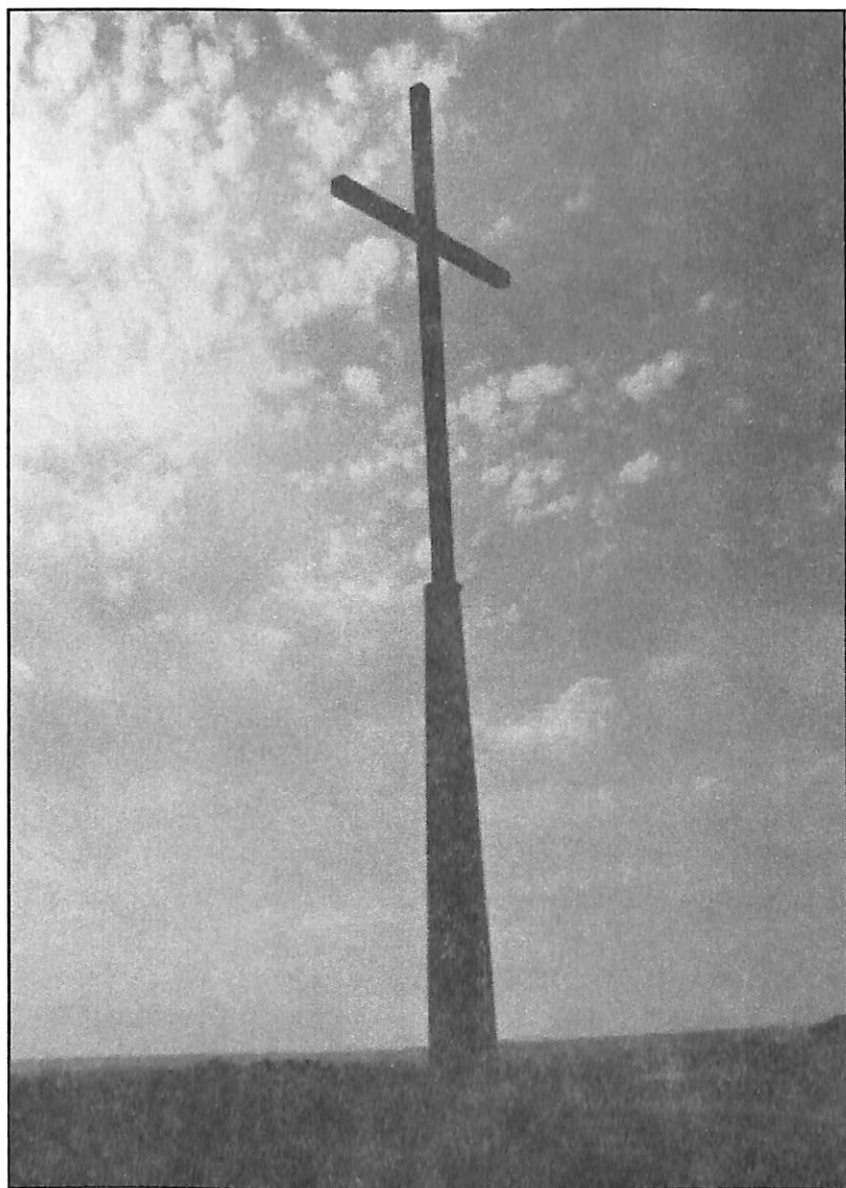
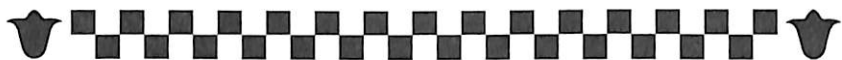


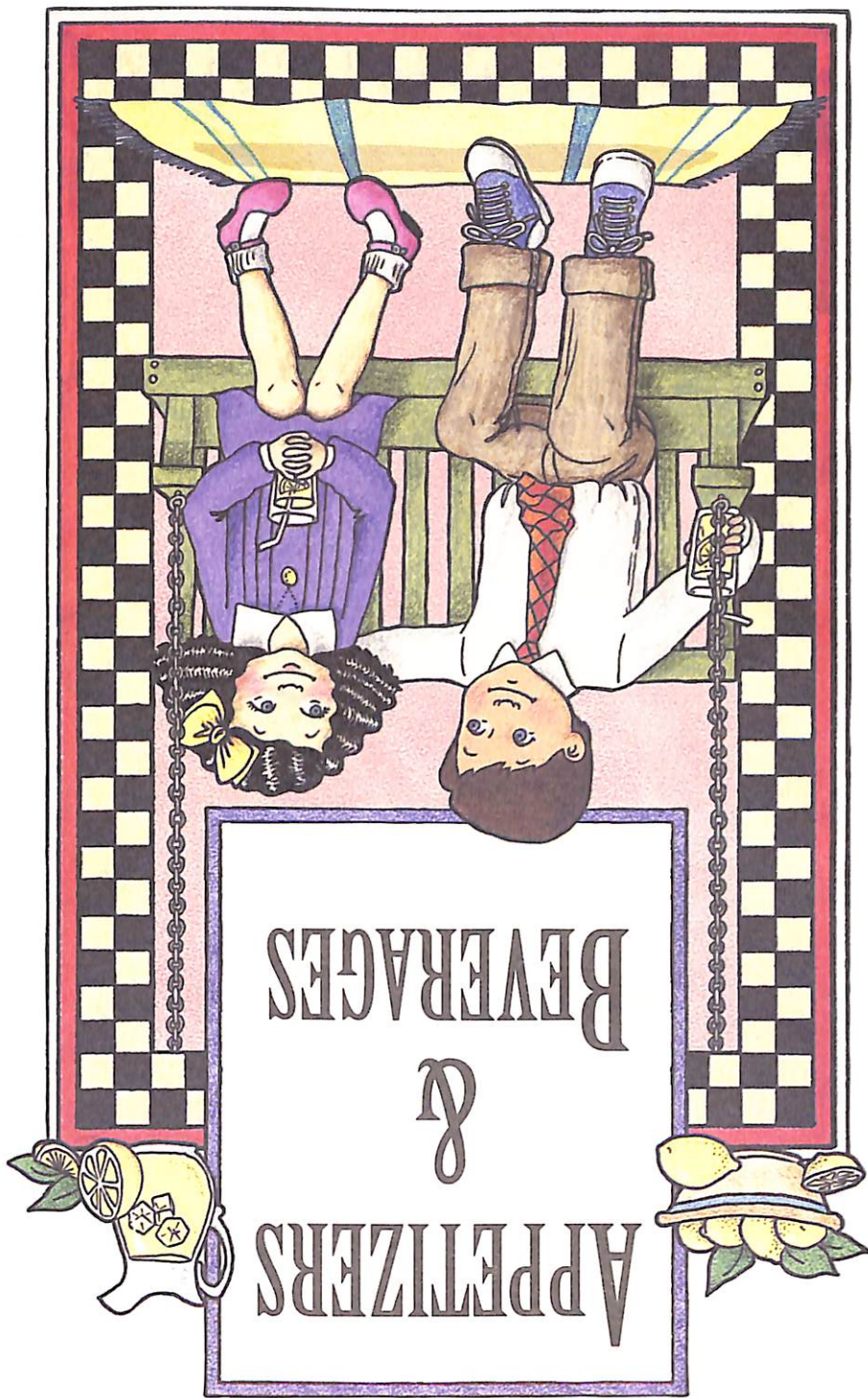


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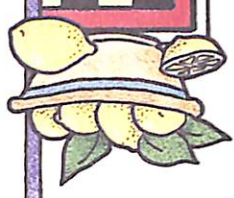
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APPETIZERS
&
BEVERAGES



Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $\frac{1}{4}$ cup juice; one orange yields about $\frac{1}{3}$ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.



Appetizers & Beverages

Appetizers

BEAUMONDE DIP

Cheri Andersen

2/3 Cup Mayonnaise
2/3 Cup Sour Cream
1-T. Chopped Onion

1-Tsp. Beaumonde
1-Tsp. Dill Weed
1-T. Parsley Flakes

Mix well and refrigerate until used

CARAMEL CHEX MIX

Marjorie Bigley

1/2 c. margarine
1 c. brown sugar
1/4 c. white syrup
1/2 tsp. salt
1/4 tsp. baking soda

2 c. Corn Chex
2 c. Rice Chex
2 c. cheerios
2 c. pretzels
2 c. nuts

Microwave margarine, sugar, white syrup and salt on high for 4 minutes. Take out and add soda. Combine cereals, pretzels and nuts. Pour syrup mixture over cereal mixture and stir until well coated. Put in brown paper bag and microwave 1-1/2 minutes on high. Take sack out and shake. Put back in microwave and cook 1-1/2 minutes on high. Remove and spread on two cookie sheets until cool.





CARMEL CORN (MICROWAVE)

Kate Murphy

5 qt. popped popcorn
1 c. butter
1 tsp. salt
½ tsp. soda

1 c. brown sugar
½ c. Karo syrup
1 tsp. vanilla

Combine sugar, syrup, butter and salt in pan. Boil to 250° about 5 minutes. Remove from fire and add vanilla, stir in soda. Put popped corn in large paper sack, pour syrup over and shake well. Put in microwave at full power for 1-½ minutes. shake well and microwave again for 1-½ minutes. Put on waxed paper or cookie sheet and stir to break up and cool.

CARMEL CORN IN A BAG

Chris Anderson

Popcorn

4 qt. popped popcorn

Carmel Sauce

1 c. brown sugar
½ c. white corn syrup

1 stick butter or margarine
½ tsp. baking soda

Pop the corn and put in a paper bag. Cook in microwave for two (2) minutes; brown sugar, corn syrup, and butter. Stir; cook 2 more minutes. Stir in baking soda, cook for 2-½ minutes more. Pour over popcorn and shake well. Cook in microwave 1-½ minutes; shake well again. Cook 1-½ more minutes; shake cook 1 minute. Spread in a pan and let cool separate as corn cools.

CHILI - CHEESE DIP

Carol Cox

1 can chili, no beans
1 lb. hamburger, cooked

2 c. sour cream, fat free
1-½ lbs. Velveeta (light), cubed

Brown hamburger, set aside. Melt Velveeta in medium bowl in microwave. Combine chili, hamburger, Velveeta and sour cream in crock pot. Cook on low for 1 hour. Serve with tortilla chips.





COCONUT SANDWICHES

Bob Morgan

1 pkg. Party bread, small
8 oz. cream cheese
Seasoned pepper

1 to 2 cucumbers, sliced
1 envelope vegetable dip

Mix cream cheese and vegetable mix together. Spread on pieces of bread. Place 1 slice cucumber on each piece. Sprinkle with seasoned pepper and serve.

CRISPIS SNAX

Barbara King

1 - 12 oz. box Crispix cereal
1 jar dry roasted peanuts
2 sticks margarine

1/2 c. white Karo syrup
2 c. brown sugar

Spray inside of brown paper bag with Pam. Pour cereal and desired amount of nuts inside; set aside. Put all other ingredients in pan and bring to boil for 1-1/2 minutes. Pour over cereal and stir. Put in microwave on high for 1 minute. Stir. Repeat two more times for total of 3 minutes. Place on cookie sheet to cool. A micro safe plastic bowl works as well as a paper bag.

DELI-GARDEN SANDWICH ROUND

Susan Enewold

1/2 c. salad dressing
1/2 tsp. dried basil, crushed
6 slices salami
6 slices American cheese
6 red pepper rings
1/4 c. finely chopped seeded cucumber

1 (1 1/2-lb.) loaf round sourdough bread
6 green pepper rings
6 slices cooked turkey

Mix salad dressing, cucumber and basil; chill. Cut slice off top of bread loaf; remove center leaving 1/2-inch shell. Discard the removed bread. Layer salami, green pepper and half of the salad dressing mixture in shell. Cover with process cheese, onions and remaining salad dressing mixture. Top with turkey and red pepper. Cover with top of bread loaf. Wrap in plastic wrap and chill 3 hours or overnight. Cut into 6 wedges to serve.





FRUIT DIP

Cheryl Jensen

8 oz. soft cream cheese
1/2 c. brown sugar
1/2 c. powdered sugar
1 T. vanilla
3 T. milk

Beat above ingredients until smooth and chill. Very good as a dip for grapes, apples, strawberries, bananas, pineapple, cantaloup, honeydew or oranges.

HOT CRAB DIP

Carol Cox

**1/2 lb. mock crab (whitefish),
chopped**
**1 - 8 oz. pkg. fat free cream
cheese**
1 c. fat free sour cream
2 T. fat free Miracle Whip
1 T. lemon juice
1/2 T. Worcestershire sauce
2 shakes garlic powder
**2 c. shredded cheddar cheese
(fat free)**

Cream together with mixer, the cream cheese, sour cream, Miracle Whip, lemon juice, Worcestershire sauce and garlic powder. Fold in crab and shredded cheese. Bake at 350° for 30 to 40 minutes or in a crock pot at low temp. for one hour. Serve with Wheat Thins or Ritz crackers.

HOT RUEBEN DIP

Julie Derby

1-1/2 cups Mayonnaise
8 oz. sour cream with chives
**2 - 8 oz. pkgs. cream cheese
softened**
**3 pkgs. Buddig's corn beef,
chopped**
**3 - 4 oz. pkgs. shredded swiss
cheese**

Mix all ingredients & bake for 1 hour at 350* until golden brown. Good baked in a 2 lb. loaf of dark rye bread or just eaten with rye bread.





HOT RYE PIZZAS

Betty Hassler

1-½ lb. ground beef
1 lb. hot sausage
1 tsp. oregano
1 tsp. Worcestershire
½ tsp. garlic powder

1 lb. Velveeta cheese, cut up
2 loaves party light rye bread
Can use regular rye bread for sandwiches

Brown beef and sausage and drain well. Add oregano, Worcestershire, garlic powder, cheese and cook until cheese melts. Spread on bread and broil 3 to 5 minutes. To freeze and use later, place on cookie sheet and freeze then wrap individually and put in container frozen. To serve, heat in 425° oven for 20 minutes if frozen, 10 minutes if thawed. For larger sandwiches use beef stead rye thin sliced bread.

MEXICAN TRIANGLE SQUARES

Cheri Andersen

2-8oz. Pkgs. Cream Cheese
2-Small Cans Green Chilies
1-Can Blacks Olives (chopped)

1-Jar Red Pimentos (chopped)
2-Pkgs.Flour Tortillas

Mix all of the ingredients together and spread a layer on tortilla. Layer with another tortilla and cream cheese mixture (about three layer of this) ending with a tortilla. Freeze for about 5-10 minutes then cut into triangles. Serve with salsa or taco sauce.

NACHO DIP

Bob Morgan

½ block Velveeta cheese
1 sm. can chilis, chopped

3 to 4 green onions
1 can Hormel chili, no beans

Chop green onions and mix all ingredients into crock pot. Continue to stir until all melted. Use with corn chips and enjoy.





POPCORN BALLS

Barbara King

- | | |
|-------------------------|----------------------------|
| 1 c. sugar | 1 pkg. jello |
| 1 c. white syrup | 1 c. un popped corn |

Pop corn, remove any un popped kernels. Bring sugar, syrup and jello to a boil and pour over popped corn. Form into balls.

SHRIMP SPREAD

Susan Enewold

- | | |
|--|------------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 pt. sour cream |
| 3 tsp. lemon juice | 1 pkg. Italian dressing mix |
| 2 cans shrimp washed and cut up | |

Mix cream cheese, lemon juice, sour cream and dressing mix together adding shrimp last. Serve with crackers.

SPECIAL PARTY DIP

Cheryl Anderson

- | | |
|-----------------------------|---|
| 1/2 lb. cream cheese | 1 T. grated onion or instant onion |
| 2 T. cream | 1/4 tsp. salt |
| 1/2 c. catsup | |

Blend cheese and cream until smooth. Add catsup, onion and salt. Mix well. Serve with chips.

SPINACH DIP

Julie Derby

- | | |
|-------------------------------------|--|
| 1 c. sour cream | 1 pkg. frozen spinach, thawed |
| 1 c. mayonnaise | 1 pkg. vegetable soup mix (dry) |
| 1 c. chopped water chestnuts | |

Mix well and refrigerate until used





SPINACH SPREAD

Sally Nielsen

- | | |
|-------------------------------------|------------------------------------|
| 8 ox. frozen chopped spinach | 4 green onions |
| 1 c. mayonnaise | 1 pkg. Mrs. Grass Vegetable |
| 1 c. sour cream | Soup Mix |
| 4 ox. water chestnuts | |

Thoroughly drain spinach. Mix mayo, sour cream, water chestnuts green onion and soup mix. Add spinach and refrigerate for 8 hours. Use as spread on crackers or French bread.

TACO DIP

Amy Cook

- | | |
|-------------------------------|--------------------------------|
| 1 lb. ground beef | 1 c. sour cream |
| 1 pkg. dry taco powder | ½ bottle red taco sauce |
| 16 oz. refried beans | 8 oz. cheddar cheese |

Brown ground beef, add taco powder and beans. Spread in 9 inch pie plate. Mix sour cream and taco sauce together and layer over beef and beans. Sprinkle on cheddar cheese and bake for 30 minutes at 350°. Serve with chips.

TURKEY POCKETS

Carol Klein

- | | |
|---|--------------------------------------|
| 8 oz. cream cheese, softened | 1 c. turkey, cooked and cubed |
| 1 T. butter or margarine, melted | ½ c. peas, optional |
| 1 T. dry onion soup mix | 1 tube crescent rolls |

Heat oven to 400°. Combine cream cheese, butter and soup mix. Fold in turkey and peas. Unfold crescent rolls onto baking sheet. Place spoonful of mix onto each crescent roll. Fold crescent roll sealing all edges. Bake 10 to 15 minutes until browned. Serve warm or refrigerate and serve cold. The mix is also a good potato topper.





VEGETABLE PIZZA

Cindy Schmader

2 tubes of Crescent rolls
vegetables of choice: tomato,
broccoli, radish, carrots,
cauliflower, green pepper,
olives, bacon bit

Cheddar cheese shredded

FILLING

8 oz. cream cheese
2 tsp. mayonnaise
2 T. chopped onions

1/2/ c. sour cream
1 pkg. dry Hidden Valley Ranch

Open the 2 tubes of rolls and place even on a heavy cookie sheet. Spread even so the rolls cover the whole bottom of the cookie sheet about 1/2 inch on the edges. Bake according to direction on tube. Cool in pan. Mix the filling ingredients well, spread over cooled crescent rolls. Chop the vegetables real fine and sprinkle on top of filling. Add cheddar cheese to the top. Cover and cool good before serving.

Beverages

GRADUATION PUNCH

Linda Jones

1 can pineapple juice
6-12 oz. lemonade
1 gal. water

1/2 c. sugar
6-12 oz. cans 7-Up
pineapple Sherbet (optional)

Mix and freeze; pineapple juice, lemonade, water and sugar. Before serving add 7-Up and Sherbet.

HOT CHOCOLATE

Cheryl Anderson

4-1/4 c. powdered milk
2 c. nestle quick

1-1/4 c. pream
3/4 c. powdered sugar

Place 1/3 cup of the powdered mixture in cup, add water to fill cup, microwave to heat and enjoy.





HOT CRANBERRY PUNCH

Linda Clark

1 c. brown sugar
4 cinnamon sticks
1- $\frac{1}{2}$ T. whole cloves
 $\frac{1}{4}$ tsp. salt

2 large can pineapple juice
2 qt. cranberry juice
4- $\frac{1}{2}$ c. water

Put in the basket part of of a 30 c. coffee maker sugar, cinnamon, cloves and salt. In lower part of coffee maker in both juices and water. Perk and simmer.

PUNCH SLUSH

Helen Townsend

2 sm. boxes of cherry jello
2 c. boiling water
4 c. cold water
2 - 46 oz. cans unsweetened
pineapple juice

2 c. sugar
3 - 1 qt. bottles of 7-up

Dissolve gelatin in boiling water. Add sugar. Stir in cold water. Add pineapple juice. Divide evenly between three $\frac{1}{2}$ gallon milk cartons and freeze. To serve, set on counter for 1- $\frac{1}{2}$ to 2 hours. Place in large kettle and mash into ice crystals with a potato masher. Add the 7-up after you put in punch bowl. Dip from the bottom in serving.

SLUSH PUNCH

Phyllis Herren

3 c. sugar
3 c. water
Juice of 3 lemons

Juice of 4 oranges
1 lge. can pineapple juice
2 pkgs. cherry Kool-Aid

Boil and cool the sugar and water. Add rest of ingredients, mix and freeze. Stir occasionally. To serve, fill glass half full of slush and add 7-up or ginger ale.





SPICED CIDER

Barb Platt

2 qt. apple cider

1/4 to 1/2 c. sugar

1 tsp. whole cloves

1 tsp. allspice

3 sticks cinnamon

1/2 lemon, un peeled and thinly sliced

Simmer cider, spices, lemon and sugar at least 15 minutes or longer. Serve hot. Remove and refrigerate any left overs.

SPICED TEA

Cheryl Anderson

1 c. sugar

1/2 c. tea instant

1-3/4 c. tang

1 pkg. pre-sweetened lemonade mix (1 Cup)

1-1/2 tsp. cloves

1 tsp. cinnamon

1/2 tsp. nutmeg

Mix sugar, tea, tang, lemonade, and all spices together well. Place in air tight container. Use 2-3 tsp. per cup of hot water.

SUMMER SLUSH

Cheryl Anderson

1 large can pineapple juice

2 cans frozen lemonade

1 can lemon juice

3 pkgs. powdered raspberry punch

4 cups sugar

Put all juices and sugar in a large container. Add water to make 2 gallons. Add 1 pkg. frozen raspberries. Mix all ingredients and freeze.





WEDDING PUNCH

Elinor Rowland

3 - .15 oz. pkgs. Kool-Aid

1 - 46 oz. can pineapple juice

2 - 12 oz. cans frozen orange
juice

6 qt. water

3 c. sugar

2 - 12 oz. cans frozen lemonade

1 - 28 oz. bottle ginger ale

Mix Kool-Aid, orange juice, lemonade, pineapple juice, water and sugar.
Just before serving, add ginger ale.

Recipe Favorites

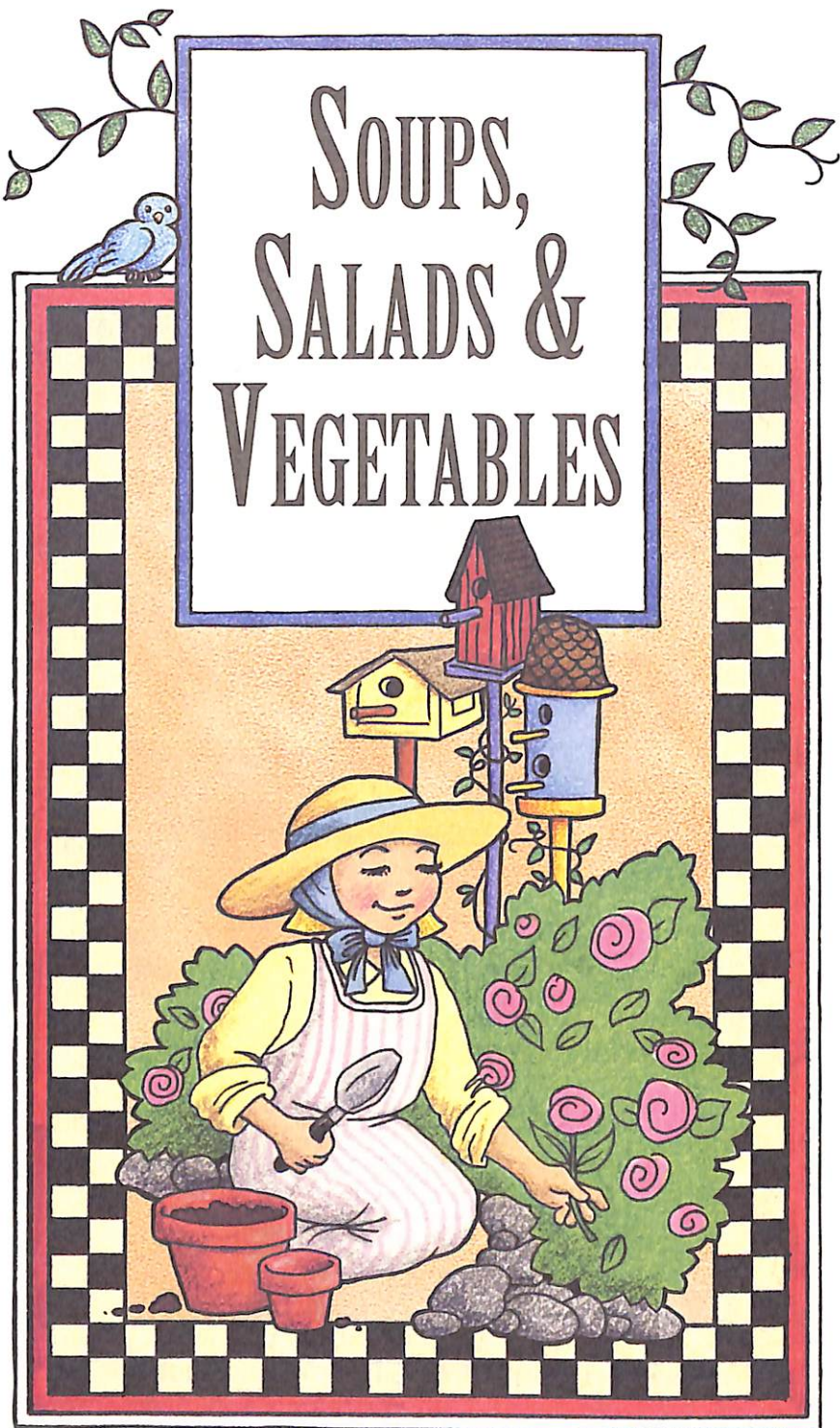




Recipe Favorites



SOUPS,
SALADS &
VEGETABLES



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.



Soups, Salads & Vegetables

Soups

BAKED POTATO SOUP

Julie Derby

- | | |
|--|--------------------------|
| 4 lg. baked potatoes (400° for 1 hour) | 1/2 tsp. pepper |
| 2/3 c. margarine | 4 green onions, chopped |
| 2/3 c. flour | 12 slices bacon crumbled |
| 6 c. milk | 1-1/4 c. shredded cheese |
| 3/4 tsp. salt | sour cream |

Bake potatoes at 400° for 1 hour, cool. Cut in half and scoop out pulp. Melt butter and add flour, cook 1 minute, stirring constantly until thick and bubbly. Add potato pulp, salt, pepper, bacon, onions and cheese. Cook until thoroughly heated. Stir in sour cream to taste

BAKED POTATO SOUP

Carol Cox

- | | |
|-----------------------|--------------------------------|
| 4 lg. baking potatoes | 4 green onions, chopped |
| 1/2 c. lite margarine | 3 T. bacon bits |
| 1/2 c. flour | 1 c. fat free sour cream |
| 3/4 tsp. salt | 1 c. fat free shredded cheddar |
| 1/2 tsp. pepper | cheese |
| 6 c. skim milk | |

Bake potatoes, cool and scrape out pulp. Melt margarine, add flour, salt and pepper and stir until smooth. Gradually add milk and cook over medium heat until thick. Add potatoes, 2 T. onion, bacon and cheese. Cook until cheese melts. Add sour cream and garnish with remaining onion. Serves 10.





BLACK BEAN SOUP

Jan Willianson

- | | |
|---|--|
| 1 medium onion, chopped (about
2/3 c.) | 3 c. mild or med. salsa |
| 4 cloves garlic, minced | 2 T. lime juice |
| 1 T. ground cumin | 1/2 non-fat plain yogurt |
| 3 (16 oz.) cans black beans,
drained | 1/2 to 1 tsp. crushed red pepper
flakes |
| 1-1/2 c. chicken broth | 2 T. vegetable oil |
| | 50 crackers, any variety |

Put oil in 4-quart sauce pot, turn heat to medium, and cook onion, garlic, cumin and pepper flakes until onion is tender, or about 3 minutes. Remove from heat. Use electric blender to purée 2 cans of beans and their liquid in batches with broth; add to pot. Stir in remaining can of beans, salsa, and lime juice. Heat mixture to boil; then turn heat to low. Simmer for 30 minutes. Ladle 1 cup of soup into bowl; top with spoonful of yogurt. Serve with crackers. Makes 10-1 cup serving.

BROCCOLI CHEESE SOUP

Carol Miller

- | | |
|-----------------------------|---------------------------------------|
| 2 T. margarine | 6 c. milk |
| 3/4 c. chopped onion | 8 to 10 oz. thin noodles |
| 6 c. water | 16 to 20 oz. broccoli, chopped |
| 6 c. chicken broth | 2 lb. Velveeta cheese |

Cook broccoli until tender. Sauté onion in margarine then add broth and water. Cook noodles and then add the sautéed onion, broth, water, broccoli, cheese and milk. Heat until cheese completely melted.





BUZZARD'S BREATH CHILI

Gary Kay

- | | |
|---------------------------------------|---------------------------------------|
| 1 lb. thick cut bacon | 5-1/2 T. ground mild red chile |
| 2 lg.onions-coarsely chopped | 1 tsp. oregano |
| 4 lbs. beef round-cubed | 3-8 oz. can tomato sauce |
| 4 lbs.ground beef (lean) | 2 T. salt |
| 5 cloves garlic-finely chopped | 3 c. beer or water |
| 1 T. cumin | 1 c. masa harina (corn flour) |
| 5-1/2 T. ground hot red chile | |

Cook bacon; set aside; retain 3 T. bacon grease. Add 3 T. bacon grease to large heavy pot-add onions and cook until translucent. Combine bacon,round and ground beef with garlic,ground chile,cumin.and oregano. Add meat and spice mixture to pot with onion. Cook, stirring occasionally about 30 minutes until meat is brown. Add tomato sauce, beer (water), and salt. Bring to a boil then simmer uncovered for 1 hour. Stir in cornflour to achieve desired consistency. Original recipe calls for died red ants and cigar ash, but it's just fine without them. Finish cooking for 10 more minutes-stirring-season to taste. Great with warm tortillas or cornbread; serve 16.

CHILI

Sally Nielsen

- | | |
|----------------------------|--------------------------------|
| 1 lb. hamburger | 1/8 tsp. cayenne powder |
| 1 med. onion | 1 can tomato soup |
| 1 tsp. salt | 1 can water |
| 1/8 tsp. pepper | 1 can kidney beans |
| 1 tsp. chili powder | 1 T. ketchup |

Brown hamburger and onion, add salt, pepper, chili powder, cayenne powder, soup, water, kidney beans and ketchup. Simmer 2 hours to taste.





CLAM CHOWDER HURRY UP

Arlita Hunt

1 can cream of celery soup
1 can cream of potato soup
1 can New England clam
chowder

5 oz. can whole baby clams with
liquid
1 c. half and half

Heat above ingredients, stirring constantly to just below the boiling point. Serve with oyster crackers on the side.

DAD'S CHILI

Bill Dahlbeck

2 lbs. ground beef
1 lg. onion, minced
1 tsp. garlic, minced
2 T. Gebhardt chili powder
1/4 tsp. ground cumin
1 tsp. sugar

1 bay leaf
2 - 15 oz. cans chili beans
3 - 8 oz. cans tomato sauce
1 - 15 oz. can stewed tomatoes
1 c. water

Thoroughly brown ground beef. Add onion and garlic as meat is browning. Combine remaining ingredients and simmer 3 to 4 hours or crock pot all afternoon.

HODGE PODGE SOUP

Dorothy Anderson

1-1/2 lb. ground beef
3/4 c. onion
1-1/2 c. celery
3 c. water

3-10 oz. cans minestrone
1-31 oz. can baked beans
1 T. Worcestershire
1 T. sugar

Brown beef and cook with onion and celery. Add the remaining ingredients and simmer 15 minutes or more.





JAMBALAYA

Jan Williamson

2 c. cubed cooked chicken
 1-1/2 c. ham
 1/8 c. oil
 1 garlic clove
 1-1/2 large onion
 1 tsp. salt

1-1/2 lb. can stewed tomatoes
 1/2 bay leaf
 1-1/2 c. celery
 1/8 tsp. red pepper
 1 pkg. shrimp
 1 c. rice

Brown ham in oil, stir in garlic, onion and chicken. Add can of tomatoes, salt, red pepper, and bay leaf. Bring to boil, lower heat cover and simmer 30 minutes. Stir in celery, shrimp and rice, simmer additional 30 minutes till cooked. Remove bay leaf and serve.

LOW FAT CREAM SOUP MIX

Audrey Bones

1 c. nonfat powdered milk
 1 T. dried onion flakes
 2 T. cornstarch
 2 T. chicken bouillon, powder

1/2 tsp. dried basil
 1/2 tsp. dried thyme
 1/4 tsp. black pepper

Mix all ingredients together and store in air tight container if you are going to use later. To make soup base, add 2 c. cold water and stir constantly over medium heat until thick. Mushrooms, celery, onions, broccoli, chicken or beef may be added. Makes 4 to 6 cups depending on how thick or thin you like it.

MIXED BEAN SOUP

Janice Sebeniecher

1 bag dried mixed beans
 1-1/2 qt. water
 ham bone or ham hock
 pepper to taste

1 lg. onion, chopped
 1 lg. can stewed tomatoes
 1 tsp. chili powder
 juice of 1 lemon

Wash beans thoroughly and place in large kettle. Cover with water, soak overnight. Drain beans thoroughly then add 1-1/2 qt. water and a ham bone. Bring to a boil and simmer for 2-1/2 to 3 hours. (If using crockpot simmer 6 to 8 hours). Add onion, stewed tomatoes, chili powder, lemon juice and pepper. Simmer 30 minutes. (If using crock pot simmer until onions are tender).





MOM'S DANE DUMPLINGS

Evelyn Sherbondy

2 egg whites
milk
oz. butter (2 tsp.)

1 cup flour
pinch of salt

Put egg whites in a cup. Fill cup with milk Pour in stew pan. Add butter, flour and salt. Stir, cook until its a very firm ball. Cool mixture. Work in egg yolks; use your muscles. Drop by spoonfuls into boiling chicken soup. Dumplings come to top when done.

ROY'S CHILI

Roy Murphy

1³/₄ to 2lbs ground beef
1/2 large onion, diced

2-#2 cans red beans
1-#5 can tomato juice

In large pot, cook ground beef until done and crumbled. Drain as much grease as possible. I add the diced onion to ground beef while it is cooking. Add red beans and tomato juice, bring to a light boil. Add chili powder and salt to taste, let simmer for 20 minutes.

SOUPER RICE

Cara Jacobsen

1 can vegetable soup
1-1/2 soup cans water

1 c. uncooked regular long grain
rice

In saucepan, combine soup, water and rice. Bring to boiling over medium heat. Cover and cook over low heat 20 minutes or until rice is tender and liquid is absorbed. Serves 4.





Salads

BROCCOLI SALAD

Cheri Andersen

1 bunch broccoli
3/4 c. chopped onion
1 c. sunflower seeds
12 slices bacon (diced, fried & drained)

DRESSING
1 c. mayonnaise
1/3 c. sugar
2 T. vinegar

Mix dressing separate and stir into broccoli mixture

BROCCOLI SALAD

Carol Cox

1 head broccoli, chopped
1/2 c. raisins
1/2 c. sunflower seeds
1/4 c. red onion

1/2 lb. bacon, cooked & chopped
1 c. fat free miracle whip
1/2 c. sugar
2 T. vinegar

Combine broccoli, raisins, seeds, onion and bacon in salad bowl. Mix together miracle whip, sugar and vinegar. Pour over broccoli mixture. Stir and let set in refrigerator 1 to 2 hours.

BROCCOLI-CAULIFLOWER SALAD

Susan Holly

1 sm. head cauliflower
1 bunch broccoli
1 red onion
1 c. sour cream

1 c. Hellman's mayonnaise
salt, pepper, seasoned salt & garlic powder to taste

Break or slice cauliflower and broccoli into bite sized pieces. Slice onion into thin rings. Place all in a bowl. Mix sour cream, mayonnaise and seasonings. Coat vegetables with dressing and refrigerate several hours before serving. Optional: 1 tsp. Bepumonde and 1 T. dillweed.





BROCCOLI-CAULIFLOWER SALAD

Linda Jones

- | | |
|---------------------------------|----------------------------------|
| 3 bunches broccoli | 1 T. sugar |
| 1 head fresh cauliflower | 1 T. vinegar |
| 1 bunch green onions | dash salt |
| 1/2 c. sour cream | dash Worcestershire sauce |
| 1 c. salad dressing | |

Clean and break cauliflower and broccoli into tiny buds. Mix well sour cream, salad dressing, sugar, vinegar, salt and Worcestershire sauce. Add vegetables and refrigerate over night.

CABBAGE SALAD

Susan Holly

- | | |
|------------------------------|-----------------------------------|
| 1 med. head cabbage | 12 stuffed olives, chopped |
| 1 onion | 1/2 c. sugar |
| 1 green pepper | 1 tsp. salt |
| 1 c. vinegar | 1 tsp. prepared mustard |
| 1 tsp. celery seed | 1/2 c. salad oil |
| 1/8 tsp. black pepper | |

Shred and dice cabbage, onion and green pepper, add olives and sprinkle with sugar. Cook the vinegar, celery seed, black pepper, salt, prepared mustard and salad oil for 3 minutes. When hot add to cabbage mixture. Cover and chill for 24 hours. This keeps in refrigerator for weeks.

CARAMEL APPLE SALAD

Cheri Andersen

- | | |
|---|---|
| 1 sm. pkg. instant vanilla pudding | 1 - 4 oz. carton whipped topping |
| 1-1/3 c. milk | 2 apples - diced |
| | 2 Snicker candy bars, diced |

Blend pudding, milk and whipped topping until smooth. Add apples and candy bars. Chill before serving.





CHERRY SALAD

Mary Vander Woude

1 can cherry pie filling
1 sm. can crushed pineapple
1 can sweetened condensed
milk

1- $\frac{1}{2}$ c. miniature marshmallows
1 container whipped topping
 $\frac{1}{2}$ c. pecans, finely chopped

Drain pineapple thoroughly and mix in order listed. Pour in pan and chill. Also freezes well.

CHICKEN SALAD

Betty Smallen

6 chicken breasts, cooked, or
canned chicken
1 c. finely chopped celery
1 to 1- $\frac{1}{2}$ finely chopped onion
1 c. finely chopped cauliflower
1 c. finely chopped broccoli
1 can sliced water chestnuts,
chopped

$\frac{1}{2}$ c. chopped black olives
8 oz. mild shredded cheddar
cheese
Miracle whip to moisten
Salt and Pepper

Boil the chicken. Remove and cut into bite sized pieces. (Drain canned chicken). Combine the chicken, celery, onion, cauliflower, broccoli, water chestnuts, olives, and cheddar cheese. Moisten with Miracle Whip and season to taste.





CHINESE COLESLAW

Darlene Kern

1 lb. pkg. shredded coleslaw
1 c. slivered almonds
1 c. sunflower seeds
1 pkg. beef Ramen Noodle
(crunched, not cooked)

2 bunches green onions(tender
tops as well as onion base)

DRESSING

1 c. oil
1/3 c. vinegar
1/2 c. sugar
seasoning mix from the pkg. of
Ramen noodle

Combine and let marinate
overnight

Mix all the dry ingredients. Pour dressing over salad just before serving
so the noodles will stay crunchy-but still good as leftover

CHINESE COLESLAW SALAD

Betsy Henry

1 pkg. coleslaw mix
green onions (optional)
Ramon noodles
1 c. sun flower seeds
1 c. slivered almonds

1 c. oil
1 c. sugar
1/2 c. vinegar
Seasoning pkg. from noodles

Mix dressing mixture together until sugar is dissolved. Put together with
slaw mix. Store overnight stirring occasionally. Before serving, add the
noodles (broken up) at the last minute.





CRANBERRY FROST SALAD

Carol Cox

- | | |
|---|--|
| 1 c. fresh or frozen cranberries,
finely chopped | 1 tsp. vanilla |
| 1/3 c. sugar | 1 medium apple, chopped with
peel |
| 2 medium oranges | 1/2 c. pecans, chopped |
| 1 - 8 oz. pkg. cream cheese,
softened (fat free) | 2 c. whipped topping (lite) |

Combine cranberries and sugar, let stand 10 minutes. Meanwhile peel and section 1 orange and chop finely. Squeeze remaining orange. Combine orange juice, cream cheese and vanilla, beat with mixer. Stir in cranberries, apple, remaining orange and nuts. Fold in cool whip. Serve immediately or turn into 5 cup mold and freeze until firm. To serve, let stand 10 to 15 minutes and unmold. Garnish with fruit. Serves 8 to 9.

CRANBERRY JELLO SALAD

Cheryl Anderson

- | | |
|--|---|
| 2 pkg. raspberry gelatin | 1 can (1 lb.) jelled cranberry
sauce |
| 2 c. boiling water | 2 T. lemon Juice |
| 1 pkg.(10 oz.) frozen raspberry | |

Dissolve gelatin in boiling water. Add frozen raspberry and cranberry sauce. Beat with egg beater until mixed. Stir in lemon juice and let set.

CRANBERRY SALAD

Barbara King

- | | |
|---|----------------------------|
| 1 pkg. strawberry jello | 3/4 c. sugar |
| 1 c. boiling water | 1/3 c. chopped nuts |
| 1 pkg. fresh ground cranberries | |
| 2 medium apples, peeled &
ground | |

Dissolve jello in water. Chill until syrupy. Mix ground cranberries, apples, sugar and nuts. Fold into jello. Chill.





CUCUMBER SALAD

Phyllis Herren

1 pkg. salad macaroni
4 grated carrots
1 lg. cucumber, grated
6 stalks celery, grated

10 boiled eggs, grated
2 c. Spin Blend
1 c. sour cream
2 tsp. salt

Cook and drain macaroni. Add grated carrots, cucumber, celery and eggs. Mix together the Spin Blend, sour cream and salt. Mix all together and refrigerate over night.

DINNER SALAD

Phyllis Herren

8 oz. Cool Whip
1 glass jar pimento cheese spread
1 lg. can crushed pineapple, drained

2 c. miniature marshmallows
3 oz. cream cheese

Mix softened cheeses and Cool Whip. Fold rest of ingredients. Chill 4 to 5 hours.

FROG EYE SALAD

Cheryl Jensen

1 c. sugar
2 T. flour
1/2 tsp. salt

1-3/4 c. pineapple juice
3 eggs, beaten

NEXT DAY ADDITIONS

1 - 20 oz. can crushed pineapple
1 - 20 oz. can pineapple tidbits
1 - 9 oz. Cool Whip

2 - 11 oz. cans Mandarin oranges
1 sm. pkg. mini marshmallows

Combine sugar, flour, salt, pineapple juice and eggs and cook over medium heat, stirring constantly and reserve. Cook 1 box Acini Di Repe Macaroni with 1 tsp. salt, drain and rinse. Cool and mix with other cooked ingredients and refrigerate overnight. FOLLOWING DAY drain the 2 cans pineapple and oranges and add all five additional ingredients to refrigerated salad and enjoy. Makes a large salad.





FRUIT SALAD

Elinor Rowland

1 can mandarin oranges
1 can pineapple tidbits
1 can fruit cocktail

1 cup miniature marshmallows
1 can peach pie filling

Drain oranges, pineapple, and fruit cocktail. Add to marshmallows and pie filling. Mix well. Diced apples and sliced banana may be added before serving.

FRUIT SALAD

Sheryl Walgenbach

1/3 c. honey
1/2 c. fat free mayonnaise
1/2 c. nuts, optional
3 red or yellow apples,
unpeeled & chopped

2 bananas, sliced
11 oz. can mandarin oranges,
drained
1 c. seedless grapes
1 T. lemon juice

Blend honey and mayonnaise until smooth. Toss nuts, apples, bananas, oranges, grapes and lemon juice. Stir in honey mixture and refrigerate until ready to serve. Yields 7 cups.

GREEN SALAD

Dorothy Anderson

3 oz. lime jello
16 oz. can pears
8 oz. cream cheese

1 pkg. dream whip or 8 oz. Cool
Whip

Dissolve jello in 1 c. juice from pears. Put pears in blender. Add jello and chunks of the cream cheese. Blend well. Put in bowl and add Cool Whip. Put in 9 inch square pan. Double for 1 9 x 13 inch pan.





JO ELLEN'S POTATO SALAD

Evelyn Sheerbondy

5 lb. red potatoes
4 hard-boiled eggs
1 c. Miracle Whip
½ c. sugar

⅓ c. mustard
1 T. chopped onions
chopped sweet pickles
1 rounded tsp. celery see

Boil potatoes with skins on and hard boil the eggs. Peel potatoes and cut up; mix potatoes with all ingredients. Salt and pepper to taste. Chill.

LAYERED SALAD

Cheryl Anderson

1 medium head lettuce-chopped
½ green pepper-chopped
1 sm. onion
1 carrot grated
1 bag frozen peas

1 c. Miracle Whip
½ c. grated cheddar cheese
5 or 6 pieces crisply fried
bacon-crumbled
2 T. sugar

Combine Miracle Whip, cheese, bacon and sugar mix well; set aside. Beginning with lettuce, layer all the above ingredient. Cover with plastic wrap. Refrigerate about 8 hours.

LEMON SALAD

Evelyn Sherbondy

1 c. miniature marshmallows
1 lg. pkg. lemon jello
1 - 3 oz. pkg. cream cheese
2 c. boiling water

1 c. ground carrots
¼ c. chopped pecans
1 pkg. Dream Whip
1 c. crushed pineapple

Mix marshmallows and cream cheese to 2 c. boiling water. Chill until partially set. Add the jello, carrots, pecans and crushed pineapple. Mix Dream Whip as directed on box and mix altogether. Chill until set.





MACARONI SALAD

Linda Jones

- | | |
|--------------------------|--------------------------|
| 1 lb. macaroni | 1 tsp. salt |
| 1 can Eagle Brand Milk | 1/4 tsp. pepper |
| 2 c. Hellmans mayonnaise | 4 carrots, finely grated |
| 1 c. scant vinegar | onion and green pepper |
| 1 c. sugar | |

Cook and cool the macaroni. Mix thoroughly the milk, mayonnaise, vinegar, sugar, salt and pepper and carrots. Stir this sauce in the macaroni adding onion and green pepper if desired. Refrigerate overnight. Serves 15.

MEAT SUMMER SALAD

Bill Dahlbeck

- | | |
|--------------------------------------|-------------------------------|
| 2 c. macaroni, uncooked | 1/2 med. green pepper, diced |
| 1 can peas, drained | 1/2 c. minced onion |
| 1 can sliced carrots, drained | 1 tsp. crushed basil |
| 2 c. cooked chicken or turkey, diced | 3/4 c. Italian salad dressing |
| | 1/2 tsp. minced garlic |

Cook macaroni. Combine peas, carrots, chicken, green pepper, onion, basil and garlic. Mix well and add salad dressing last. Refrigerate. Enjoy.

MOCK CRAB SALAD

Betsy Henry

- | | |
|-----------------------|--|
| 2 stalks celery | 1 pkg. mock crab |
| 2 carrots shredded | 1 sm. green pepper (diced) |
| 1 can water chestnuts | sm. bottle Hidden Valley Ranch Dressing (could be home made) |
| 1 med. zucchini | |
| 1pkg. Ramen Noodles | |

Mix all ingredients together. Let set several hours or overnight before serving.





ONION RINGS AND CUCUMBER SLICES

Marjorie Bigley

- | | |
|---------------------------|-------------------------------------|
| 1 c. white vinegar | 1 tsp. dill seed |
| 1 c. sugar | 1½ T. oil |
| 2 tsp. salt | ½/c. water |
| ½ tsp. celery salt | 2 c. ¼ inch sliced cucumbers |

Put sliced onions rings and cucumber rings in a glass jar and set aside. Combine other ingredients and bring to a boil. Cool!! Pour over onions and cucumber. Cover and refrigerate over night before serving

ORANGE PINEAPPLE JELLO SALAD

Chris Anderson

- | | |
|---|--------------------------------------|
| 1-6 oz. orange jello | 1 c. cold milk |
| 2-½ c. boiling water | 1 pkg. lemon instant pudding |
| 1-20 oz. crushed pineapple (undrained) | 1 c. whipping cream (whipped) |
| 1-6 oz. orange juice-frozen (thawed) | 1-11 oz. can Mandarin oranges |

Dissolve Jello in water. Add orange juice and pineapple. Pour into 9 x 13 pan; let set. Combine milk with pudding. Fold in whipped cream and pour over jello. Garnish with Mandarin Oranges.

ORANGE SALAD

Ruth Wasson

- | | |
|--|--|
| 2 sm. cans Mandarin oranges | 2 sm. pkgs. fat free orange jello |
| 2 sm. pkgs. low fat Tapioca pudding | 12 oz. Cool Whip |

Drain the Mandarin oranges, store juice. Cook tapioca pudding in 3 c. liquid (using drained orange juice and enough water to make 3 c.). Cool. Add the orange jello, dry, the oranges and the Cool Whip. This needs to set 4 to 5 hours before serving. Makes a large salad.





ORIENTAL COLESLAW

Marjorie Bigley

2 T. sesame seeds, toasted
6 c. shredded green, red, or mixed cabbage
2 green onions

¼ c. vegetable oil
2 T. sugar
1-3 oz. pkg. instant Ramen noodles with flavor pack

Toast sesame seeds in 350° oven for about 5 minutes. Combine cabbage and onions in a large bowl and set aside. In a small bowl mix oil, sugar and Ramen packet until well blended. Pour over vegetables and toss to coat. Cover and refrigerate 1 hour to blend. Before serving, break noodles into pieces and add with sesame seeds to coleslaw and toss.

ORIENTAL COLESLAW

Cheri Andersen

1 - 1 lb. pkg. shredded coleslaw
2 bunches green onions, chopped
2 c. sunflower seeds

2 c. slivered almonds
2 pkgs. Ramen noodles, broken up
Beef or Chicken flavor

DRESSING

1 c. oil
⅓ c. vinegar
½ c. sugar

2 packets seasoning from Ramen noodles

Mix dressing ahead of time and add to the coleslaw mixture before serving.





OVERNIGHT COLESLAW

Linda Clark

Vegetables

12 c. shredded cabbage (1 med.head)
1 green pepper chopped

1 med.red onion, chopped
2 carrots,shredded
1 c. sugar

Dressing

2 tsp. sugar
1 tsp. celery seed
1 tsp. salt

1 c. vinegar
3/4 c. vegetable oil

In a large bowl, combine cabbage,pepper,onion, and carrots. Sprinkle with sugar: set aside. In a saucepan, combine dressing ingredients; bring to a boil. Remove from heat and pour over vegetables, stirring to cover evenly. Cover and refrigerate overnight. Stir well before servings. Makes about 12-16 servings.

PASTA SALAD

Carol Miller

12 oz. Veggie Spirelli (screw macaroni)
1 onion diced
1 to 2 cucumbers, diced

1 green pepper, diced
2 stalks celery, diced
Tomato and radishes if desired

DRESSING

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

1 T. reg. mustard
salt, pepper, garlic to taste

Cook and drain Spirelli. Mix in onion, cucumber, green pepper and celery. It is now ready for dressing. Mix vinegar, sugar, mustard and seasonings for nice dressing for you pasta salad.





PASTA VEGETABLE SALAD

Alice Jacobson

- | | |
|----------------------------------|---------------------------------|
| 16 oz. trio macaroni | 1/2 c. red & green bell peppers |
| 1 - 15 oz. can whole kernel corn | 2 sm. garlic cloves |
| 1 sm. can peas | 1 T. parsley flakes |
| 1 - 15 oz. can green beans | 1 c. vinegar |
| 1 c. celery | 1 c. sugar |
| 1/2 c. onion | 1/3 c. salad oil |

Combine sugar, vinegar and salad oil. Drain peas, corn and green beans. Chop celery, red and green pepper, onion and garlic cloves. Add parsley flakes. Put vegetables in dressing while pasta cooks. Cook pasta according to directions on pkg. Drain and cool. Mix pasta into vegetables and dressing. Refrigerate several hours. Toss before serving.

SALAD PARMESAN

Marlene Anderson

- | | |
|------------------------------------|---------------------|
| 16 oz. trio macaroni | 2 sm. garlic cloves |
| 1-15 oz. can whole kernel corn | 1 T. parsley flakes |
| 1 sm. can peas | 1 c. vinegar |
| 1-15 oz. can green beans | 1 cup sugar |
| 1 c. celery | 1/3 c. salad oil |
| 1/2 c. onion | |
| 1/2/ c. red and green bell peppers | |

Combine sugar, vinegar, and salad oil. Drain peas, corn, and green beans. Chop celery, red and green peppers. Add parsley flakes. Put vegetables in dressing while pasta cooks. Cook paste according to directions on pkg. Drain and cool. Mix pasta into vegetables and dressing. Refrigerate several hours. Toss before saving.





SPAGHETTI SALAD

Carol Miller

- | | |
|------------------------|-------------------------------------|
| 1 lb. spaghetti | 1 to 2 green peppers |
| 2 or 3 tomatoes | 1 to 2 carrots |
| 1 onion | 16 oz. Italian dressing |
| 1 cucumber | 2 T. Schilling salad supreme |

Cook and drain spaghetti. Mix well diced tomatoes, diced onion, cucumber, green peppers and carrots with the dressing and Salad supreme. Stir in with spaghetti and refrigerate.

TACO SALAD

Cheryl Jensen

- | | |
|---|---|
| 1 lg. head lettuce | 1 sm. can ripe lives, diced |
| 1 onion, chopped | 1 can chili beans, drained |
| 1-1/2 lb. hamburger, browned and drained | 1 tomato, diced |
| 1 pkg. taco seasoning, dry | 1 - 8 oz. pkg. shredded sharp cheddar cheese |

Cook hamburger and chopped onion, drain and set aside to cool. Mix all ingredients in a large bowl after hamburger cools. Close to serving time, add 1 bag crushed doritos and 1 bottle French salad dressing. Mix thoroughly.

WALNUT JEWEL SALAD

Shirley M. Andersen

- | | |
|--|---------------------------------------|
| 1 - 6 oz. pkg. strawberry gelatin | 2 T. lemon juice |
| 1/2 tsp. salt | 1/2 c. walnuts |
| 2 c. hot water | 1/2 c. diced celery |
| 1 - 8-1/2 oz. can crushed pineapple | 2/3 c. chopped raw cranberries |
| | cold water |

Dissolve gelatin and salt in hot water. Drain pineapple saving syrup. Combine syrup and lemon juice with cold water to measure 1 & 2/3 cups liquid. Add to gelatin. Chill until slightly thickened. Fold in walnuts, celery, cranberries and drained pineapple. Chill until firm. Makes 8 to 10 servings.





Vegetables

BAKED HASH BROWNS

Cheryl Jensen

2 lb. frozen hash browns
1/2 c. melted margarine
1 sm. jar Cheez Whiz or
Velveeta cheese
1 tsp. salt

1/2 c. chopped onion
1 can cream of chicken soup
1 c. milk
1/2 pt. sour cream

Mix thoroughly. Place in greased 11 by 14 baking dish. Sprinkle crushed corn flakes on top and drizzle with margarine. Bake at 350° till potatoes have turned golden brown.

BEETS & PINEAPPLE

Marjorie Bigley

2 T. brown sugar
1 T. cornstarch
1/4 tsp. salt
1 can pineapple tidbits

1 T. butter
1 T. lemon juice
1 lb. beets, drained

Combine brown sugar, cornstarch and salt in sauce pan. Stir in pineapple (with syrup). Cook stirring constantly until mixture thickens. Add butter, lemon juice and beets. Cook over medium heat about 5 minutes until heated through.

CHEESY HASH BROWNS

Julie Derby

1 c. chopped onions
2 cans cream of celery soup
1 - 3 oz. pkg. cream cheese,
softened

1 - 23 oz. pkg. frozen hash
browns.

Place above ingredients in 9 x 13 inch pan and bake at 350° for 1 hr. 15 minutes. Cover with shredded cheese for the last 15 minutes of baking.





CHEESY POTATOES

Bob Morgan

4 or 5 potatoes	1/2 tsp. salt
6 slices Velveeta cheese	1/2 tsp. pepper
1/4 c. milk	

Peel and cube potatoes, boil 10 minutes. Drain and place potatoes aside. Using same pan on medium heat, add milk and cheese until melted. Place potatoes in casserole dish, add sauce and salt and pepper. Place in oven until heated through and serve.

CREAMED CORN

Chris Anderson

24 oz. frozen or fresh corn	1 tsp. salt
7 oz. whipping cream	1 tsp. sugar
9 oz. half and half	2 T. butter
cayenne pepper	2 T. flour

Heat corn until tender. Mix with whipping cream, half and half, pinch cayenne pepper, salt and sugar. In saucepan melt butter and add flour. Heat til it bubbles; add to corn and cream mixture.

GARY'S FAVORITE BAKED BEANS

Pattianne Kay

1/2 lb. ground beef	1/2 c. catsup
1 can green lima beans	1/2 c. brown sugar
1 can kidney beans	4 T. molasses
1 can pork and beans	2 T. vinegar
1 T. dry mustard	1 chopped onion

Brown onion and ground beef; drain. Drain liquid from beans. Place all ingredients in a covered dish or crock pot; mix Bake covered at 350° for 30 minutes or heat in crock pot until beans are warmed thoroughly.





HASH BROWN CASSEROLE

Linda Clark

- | | |
|------------------------------|------------------------------|
| 1 lg. pkg. frozen hash brown | 1/2 c. melted oleo or butter |
| 2 c. grated Velveeta cheese | 1/2 c. chopped onions |
| 1 c. cream chicken soup | 1 1/2 tsp. salt (optional) |
| 1/2 pt. sour cream | 1/4 tsp. pepper |
| 1 c. milk | 3 c. corn flakes |

Mix all together. Crumble corn flakes on top. Melt 1/4 c. oleo. or butter and drizzle on top. Bake at 350° for 45 minutes.

HIDDEN VALLEY ROASTED POTATOES

Cara Jacobsen

- | | |
|---|------------|
| 2 lbs. potatoes | 1/4 c. oil |
| 1 packet Hidden Valley Ranch Dressing Mix | |

Wash and cut potatoes in about 2 to 3 inch chunks. Place in a plastic bag along with Ranch Dressing mix and shake. Add oil and shake again. Bake on an ungreased baking sheet for 35 minutes at 450°. Serve 4 to 6.

HOT CORN CASSEROLE

Cheri Andersen

- | | |
|-----------------------------|-------------------------|
| 1 can whole kernel corn | 1 c. cubed Velveeta |
| 1 can creamed corn | 1 T. chopped onion |
| 1 T. green pepper (chopped) | 1 c. raw elbow macaroni |

Mix together and bake at 350° for 1/2 hour covered and 1/2 hour uncovered.





PAT'S BARLEY

Evelyn Sherbondy

2 c. chicken broth
1 c. quick barley
dash of salt

2 portabella mushrooms
green onions
parsley

Cook barley in chicken broth with a dash of salt. Braise the green onion, mushrooms, and parsley in butter. Add to the cooked barley. Serve with green pepper steak.

POTATOES EXTRAORDINAIRE

Linda Clark

3 ear corn (1 lb.)
6 med. potatoes
4 garlic cloves peeled
1 T. olive oil
1 med. onion diced

6 oz. finely (Andouille) sausage
1/4 c. skim milk
2 T. grated parmesan cheese
2 T. chopped chivies
Fresh ground black pepper

Cook corn, cool and cut off ear. Boil potatoes and garlic. Heat oil; add onion and sausage, cook til sausage is brown. Drain fat; add corn, milk, potatoes, and garlic. Mash when nice and mashed fold in Parmesan cheese and chivies. Sever while hot.

SCALLOPED CORN

Cheryl Anderson

2 c. corn
1 c. chopped celery
2 T. butter

1/2 c. hot milk
1 tsp. salt
1 c. buttered bread crumbs

In a baking dish put corn, celery, pour hot milk, butter and salt over corn. Then cover with bread crumbs; bake 25 minutes in 325° over.





SWISS GREEN BEANS

Julie Derby

1/4 c. oleo

1/2 c. cornflakes

2 T. flour

1/2 tsp. salt

**1/2 to 1 tsp. dry minced onion
flakes**

1 tsp. sugar

8 oz. sour cream

4 c. green beans drained

2 c. shredded swiss cheese

Mix 2 T. melted margarine with corn flakes and set aside. Melt 2 T. margarine over low heat, add flour, salt, pepper, onion and sugar. Stir in sour cream, stirring until thick and bubbly. Add green beans. Spread in 9x13 inch pan. Sprinkle with swiss cheese and top with corn flake topping. Bake at 400° for 20 minutes.

Recipe Favorites

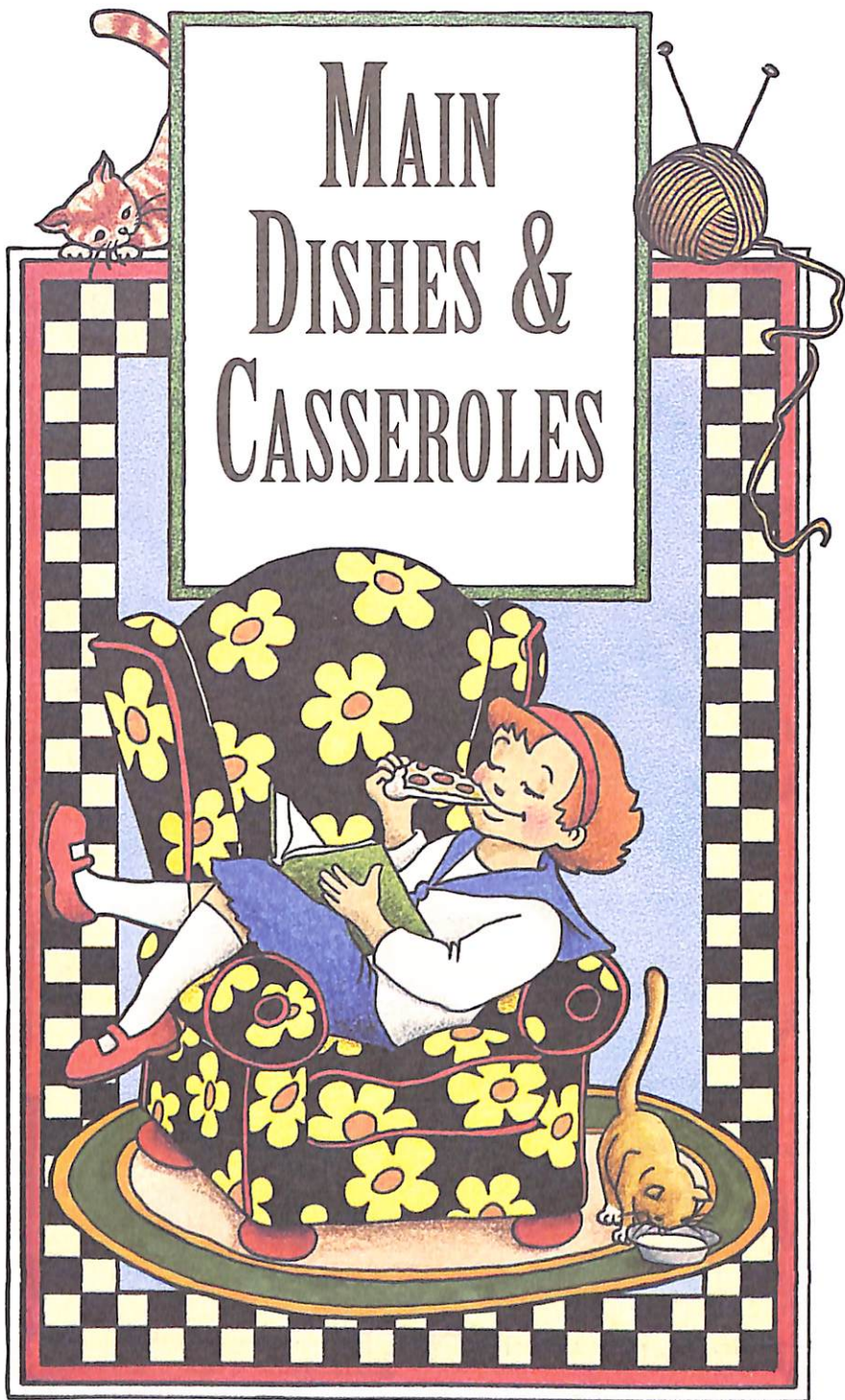




Recipe Favorites



MAIN DISHES & CASSEROLES



Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good stew thickener.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heat-proof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.



Main Dishes & Casseroles

Main Dishes

BAKED STUFFED SHELLS

Nina Pulati

- | | |
|---|---------------------------------------|
| 1-1/2 lb. Italian sausage | 2 to 3 fresh garlic cloves,
minced |
| 1 pkg. frozen spinach, well
drained & chopped fine | 1 container of Romano cheese |
| 1 lg. carton of cottage cheese,
well drained | 1 egg |
| | Salt, pepper, oregano to taste |

Crumble, brown and drain Italian sausage. Mix with hands sausage, spinach, cheeses, egg and seasonings. Cook pkg. of large pasta shells, drain, rinse and drain again. Fill with above mixture. Layer in baking pan. Cover with prepared pasta sauce, a layer of Parmesan and another layer of swiss cheese shredded. Sprinkle top with a bit more oregano. Bake at 350° for 30 minutes until hot and bubbly. Serve with green salad and hot garlic bread.

BARBECUED SPARE RIBS

Cara Jacobsen

- | | |
|---------------------|---------------------------|
| 4 lbs. spare ribs | 2 tsp. salt |
| 1 lg. onion, sliced | 2 T. Worcestershire sauce |
| 1 c. catsup | 1/2 c. vinegar |
| 1 c. water | 1/4 c. brown sugar |

Cut spare ribs into serving portions. Brown well in a large skillet. Combine onion, catsup, water, salt, Worcestershire sauce, vinegar and brown sugar and pour over ribs. Cover. Bake at 350° for 2 hours or until meat is tender. Spoon the sauce over the ribs two or three times during the cooking period. Uncover and bake 15 to 20 minutes more until barbecue sauce coats the ribs.





BREAKFAST BURRITO

Bob Morgan

5-6 eggs
3 (soft) tortilla shells

4-5 slices Velveeta cheese
3-4 oz. salsa

Scramble eggs, place in tortilla shells, top with Velveeta cheese that has been melted. Top with salsa. Serve.

BREAKFAST PIZZA

Sharon Elkin

1 lb. bulk pork sausage
1 pkg. (8) refrigerated crescent rolls
1 c. frozen loose pack hash browns, thawed
1 c. (4 oz.) sharp cheddar cheese, shredded

5 eggs
1/4 c. milk
1/2 tsp. salt
1/8 tsp. pepper
2 T. grated Parmesan cheese

In a skillet cook sausage until browned, drain off excess fat. Separate crescent dough into 8 triangles. Place in a ungreased 12 inch pizza pan with points toward center. Press over bottom and up/sides to form crust; seal perforations. Spoon sausage over crust and sprinkle with potatoes. Top with cheddar cheese. In a bowl beat together eggs, milk, salt and pepper; pour over cheese. Sprinkle Parmesan over all. Bake at 375° for 25 to 30 minutes.

CHICKEN SPAGHETTI

Al Walgenbach

1 chicken (boiled with lots of broth)
4 T. butter
1 c. onion
1 c. carrots

1 c. celery
1 can cream celery soup
1 can cream mushroom
1 sm. jar pimento (if desired)

Cook chicken and debone. Sauté in large skillet butter, onion, carrots, and celery; add both can of soup. Simmer and add diced chicken. Add broth to make desired thickness (will use lots). Cook 18 oz. spaghetti-drain. add to mixture. Pour into 9 x 13 greased pan. Can even add more broth in pan. Bake at 350°. Sprinkle shredded cheddar on top, also Parmesan. Has better flavor if made night before and kept in refrigerator.





CHICKEN STIR FRY

Cara Jacobsen

- | | |
|---|-------------------------------|
| 2 T. vegetable oil | 1/4 tsp. garlic powder |
| 1 lb. skinless, boneless chicken breasts, cut into thin strips | 1 can Tomato soup |
| 1 - 16 oz. bag frozen vegetable combination, thawed | 2 T. soy sauce |
| 1/2 tsp. ground ginger | 1 T. vinegar |
| | 4 c. hot cooked rice |

In skillet over medium heat, in 1 T. hot oil, stir fry half of the chicken until browned. Remove and repeat with remaining chicken. In the remaining hot oil, stir fry vegetables with ginger and garlic powder until tender-crisp. Add soup, soy and vinegar. Heat to boiling. Return chicken to skillet, heat through and serve over rice. Serves 4.

CHINESE CHICKEN RAMEN NOODLES

Betty Smallen

- | | |
|---|--|
| 1/2 head cabbage, finely sliced | 1 pkg. chicken flavor ramen noodles (reserve) |
| 4 to 6 green onions finely sliced | 1/4 c. sliced almonds |
| 1-1/2 c. frozen peas, thawed (do not cook) | 1/4 c. sesame seeds |

DRESSING

- | | |
|--|---|
| 1/2 c. oil | 1 flavor packet from ramen noodles |
| 2 T. sugar | |
| 1/2 tsp. salt | |
| 6 T. rice vinegar (do not substitute) | |

Brown in 2 T. oil the almonds and sesame seeds. Cool somewhat and add to the mixed cabbage, onions, and peas. Mix the dressing ingredients, oil, sugar, salt, vinegar and the flavor packet. Mix salad and dressing together. Chill to allow flavors to blend. Before serving add Ramen noodles.





DAD'S YUCKY PIZZA

Steve Williamson

Dough

Sauce

1 sm. can tomato paste
1 shake salt
1 shake pepper

1/4 tsp. oregano
1/4 c. water

Topping

3-4 slices lunch meat ham
10-15 green olives

1 pkg. (8-12 oz.) mozzarella
cheese

Bread Sticks

2 more pkg. of dough mix
3 spoon of butter in a bowl,
heated 20 sec. in microwave

Parmesan cheese

Pre heat oven to 350°. Mix 2 packages dough with water according to package instructions, they vary from brand to brand. Spray pizza pan with a non-stick spray. Put dough in middle of pan; spray hands with non-stick spray; then fatten with hands. Pinch the edges to form a sauce retaining wall. Put dough in oven for 6-7 minutes. Take ham and cut into little squares. In small mixing bowl, combine tomato paste, water, oregano, salt, and pepper. Stir until smooth. Remove crust from oven, spoon sauce on the crust, spreading it out evenly. Top with ham squares, sliced green olives and mozzarella cheese. Return Pizza to oven for 5-7 minutes more. Mix dough as above for pizza. Spreading on a pizza pan; use a pizza cutter to cut into strips 1-1/2 to 2 inch wide. Melt butter spoon over strips sprinkle with Parmesan cheese. Bake as long as pizza 10-11 minutes

FETTUCCINE

Sally Nielson

6-oz. butter
1/2 c. Half and Half
1/2 c. fresh grated Parmesan
cheese

16-oz. cooked fettuccine
3 egg yolks (beat well)
4 oz. imitation crab meat
(optional)

Beat egg yolks well; add butter, half and half, and Parmesan cheese. Simmer a few minutes Add to fettuccine; thoroughly blending. you may need to add more half and half if too dry. Add crab meat; serve.





FOOTBALL STEW

Mary VanderWoude

2-2¹/₂ lb. round steak (cubed)
2 stalks celery sliced
1 med. onion sliced

6 carrots chunked
2-4 potatoes

Sprinkle over;

2 T. tapioca
1 T. sugar
2 tsp. salt

Mix together over meat and
veggies.

Put veggies and meat in 9 by 13 pan. Pour 2 cups tomato juice over all. Seal tightly with heavy duty aluminum foil. Bake 250° for 4 hours.

HOMEMADE NOODLES

Cheryl Jensen

1 c. flour
1 egg
1/2 tsp. salt

1/4 tsp. baking powder
3 T. milk
1/2 tsp. margarine

Make a well with flour in bowl. Fill with egg, salt, baking powder, milk and margarine and mix well. Roll out on floured area. Let rest for 20 minutes. Cut into thin strips. Allow to dry at least 20 minutes. Double recipe for larger family.

IMPOSSIBLE CHEESEBURGER PIE

Jan Williamison

1 lb. ground beef
1 c. chopped onion
1/2 tsp. salt
1 c. shredded cheddar cheese

1/2 c. Bisquick
1 c. milk
2 eggs

Preheat oven to 400° pie plate. Cook ground beef and onion in skilled until meat is brown. Drain grease if any. Stir in salt. Spread into pie plate, sprinkle with cheese. In a mixing bowl, combine Bisquick, milk and eggs; stir them with a fork until well blended. Pour mixture into pie plate over hamburger and onions. Bake for 25 minutes or until you can put a knife in the center and it comes out clean. Serves 6.





LOW FAT CHICKEN AND FRUIT SALAD

Peg Lewis

- | | |
|---|---|
| 1 can chicken (drained) | 1 c. coconut |
| 1 can mandarin oranges (drained) | 1 c. low salted (or no salt) peanuts |
| 1 can 16oz. pineapple chunks (drained) | 1 c. miracle whip (lite) |

Less than 10 minutes to preparation. Mix all ingredients together and serve over lettuce leaf.

ONION BAKED PORK CHOPS

Susan Holly

- | | |
|-----------------------------|--------------------------------------|
| 1 envelope onion mix | 2/3 c. plain dry bread crumbs |
| 2 eggs, well beaten | 8 lowa pork chops |

Preheat oven to 350°. Combine soup mix with bread crumbs. Dip pork chops in eggs then soup mixture, coating well. Place in lightly greased large shallow baking pan and drizzle if desired with melted butter. Bake for one hour, turning once, until tender.

PIZZA ROLL

Patianne Kay

- | | |
|---|---------------------------------------|
| 2 loaves refrigerator French bread dough | 8 oz. shredded mozzarella |
| 1 prepared pizza sauce | 1 egg white |
| 8 oz. sliced pepperoni | 1/2 c. grated Parmesan parsley |

Spray large cookie sheet with no stick spray. Place 1 loaf of bread dough on cookie sheet. Spread pizza sauce over bread dough. Add pepperoni and cheeses. Place second french dough on top. Pinch all edges and seal. Beat egg whites; brush on top of dough. Sprinkle with parsley and a little Parmesan. Bake 350° until golden brown. Two (2) refrigerator pizza crusts can be used instead of bread dough.





POT PIE

Cara Jacobsen

1 can cream potato soup
 1 can cream celery soup
 1 c. milk
 ¼ tsp. dried thyme leaves
 ¼ tsp. pepper
 4 c. cooked cut -up
 vegetables(broccoli,cauliflower
 and carrots)

2 c. cubed cooked chicken or
 ham
 1 pkg.(7-½ or 10 oz.)refrigerated
 biscuits

In 3 qt. oblong baking dish, combine soups, milk, thyme and pepper; stir in vegetables and chicken. Bake at 400° for 15 minutes. Cut each biscuit into quarters. Remove dish from oven; stir. Top with biscuits. Bake 15 minutes more or until biscuits are golden. Serve 5

SLOPPY JOES

Cara Jacobsen

Hamburger
 Onion to taste
 Catsup

Mustard
 Brown Sugar
 Dill Pickle Juice

Cook hamburger and onion together, then add catsup, mustard, brown sugar and dill pickle juice to your taste and desired thickness.

SPAGHETTI BAKE

Chris Anderson

1-½ lbs.beef-cooked and
 drained
 1-½ lbs. Ragu with mushrooms

1-½ pkg. med egg noodles-
 cooked
 cheddar cheese-shredded

Mix cooked beef, Ragu, cooked noodles; pour ½ spaghetti mixture in baking dish. Top with a layer of cheese and the rest of the spaghetti mixture. Put more cheese on top; Bake at 350° for 30 minutes.





STUFFED MANICOTTI

Carol Klein

8 Manicotti
1 egg
1 c. cottage cheese

1 c. grated mozzarella cheese
1/2 jar spaghetti sauce, any
flavor

Heat oven to 375°. Cook Manicotti according to box directions and cool. In a mixing bowl slightly beat 1 egg, add cottage cheese and 3/4 c. mozzarella cheese. Cover the bottom of 9 x 9 inch baking pan with spaghetti sauce. Spoon the egg and cheese mixture into Manicotti and place in prepared pan. Pour remaining sauce over manicotti. Sprinkle remaining cheese on top of sauce. Bake for 30 to 40 minutes.

STUFFED SHELLS

Kim Holly Blair

1 pkg. jumbo shells
1-15 oz. pkg. ricotta cheese
1 - 2 c. pkg. mozzarella cheese
1 T. parsley

1 T. garlic salt
1/2 c. Parmesan cheese
spaghetti sauce

Cook shells according to directions and drain. Mix cheeses, parsley and garlic salt in a medium bowl. Stuff into shells and place in 9 x 13 inch baking dish. Sprinkle a little mozzarella cheese on top and cover with foil. Bake at 350° for 50 to 60 minutes.

SWEDISH HAM LOAF

Betty Smallen

2 lbs. ground ham
1-1/2 lbs. hamburger
1/2 lb. sausage
2 c. graham cracker crumbs
2 eggs

1/2 c. milk
1 can tomato soup
1-1/2 c. brown sugar
1 T. dry mustard
1/2 c. vinegar

Mix all ingredients together and bake at 350° for 30 to 40 minutes. Serves 12.





TORTILLA-BLACK BEAN CASSEROLE (MEATLESS)

Linda Clark

2 c. chopped onion
1- $\frac{1}{2}$ c. chopped green pepper
1 (14- $\frac{1}{2}$ oz.) can tomatoes, cut
up
 $\frac{2}{3}$ c. picante sauce
2 cloves garlic, minced
2 tsp. ground cumin
2 (15 oz.) cans black beans or
red kidney beans drained
12-6 in. corn tortillas
2 c. shredded low-fat Monterey
Jack cheese (8 oz.)

2 medium tomatoes, sliced
(optional)
2 c. shredded lettuce (optional)
Sliced green onion (optional)
Sliced pitted ripe olives
(optional)
 $\frac{1}{2}$ c. reduced-calorie dairy sour
cream or plain yogurt
(optional)

In a large skillet combine onion, green pepper, undrained tomatoes, picante sauce, garlic, and cumin. Bring to boiling, reduce heat. Simmer, uncovered, for 10 minutes. Stir in beans. In a 13 x 9 x 2 inch baking dish spread $\frac{1}{3}$ of the bean mixture over bottom. Top with half of the tortillas, overlapping as necessary, and half the cheese. Add another $\frac{1}{3}$ of bean mixture, then remaining tortillas and bean mixture. Cover and bake in a 350° oven for 30 to 35 minutes or till heated through. Sprinkle with remaining cheese. Let stand for 10 minutes. This can be topped with optional tomato slices, lettuce, green onion, and olives. Cut into squares to serve. Top with sour cream or yogurt. Makes 10 to 12 side dish servings or 6 to 8 main-dish serving.





VEGETABLE STEW (MEATLESS)

Cheryl Anderson

- | | |
|-------------------------------------|--|
| 4 medium yellow onions | 1 large turnip |
| 3 small beets | 1 small rutabaga, peeled or |
| 2 carrots | 1 large sweet potato (optional) |
| 2 parsnips | 10 c. water |
| 1 medium-sized daikon radish | 2 tsp. salt (optional) |
| 4 small red potatoes | |

Peel the onions. Wash all the vegetables and, if not organically grown, peel them. The beets can be quartered; the carrots, parsnips and daikon can be cut into 2 inch pieces. Cut the turnip and rutabaga into 2-inch chunks. Fill a stockpot with 10 cups of water. Add the vegetables and salt, cover, and simmer for 30 minutes. Season with salt to taste. Serve with warm, whole-grain bread.

WRAPPED GARLIC CHICKEN

Cara Jacobsen

- | | |
|---|--|
| 4 boneless, skinless chicken breast halves | 1 can Healthy Choice Cream of Roasted Garlic Condensed Soup |
| 4 lg. sheets aluminum foil | 4 sprigs fresh rosemary or 1 tsp. dry rosemary leaves |
| 1/2 tsp. salt | |
| 1 c. sliced mushrooms | |

Place 1 chicken breast in center of each sheet of foil. Sprinkle with salt. Top each with mushrooms, soup and rosemary. Fold foil in half over chicken; seal all edges with double fold seals. Bake at 425° for 20 minutes or until chicken is no longer pink in center. Serves 4.





Casseroles

3 BEAN CASSEROLE

Carol Cox

- | | |
|--|--|
| 1/2 lb. bacon, cooked & chopped | 1/2 c. brown sugar, packed |
| 1/2 lb. hamburger, browned | 1/4 c. barbeque sauce |
| 1 med. onion, chopped | 2 T. molasses |
| 1 - 15 oz. can kidney beans | 1 T. mustard |
| 1 - 15 oz. can butter beans | 1 tsp. chili powder |
| 1 - 15 oz. can great northern beans | 1/4 tsp. pepper |
| 1/2 c. ketchup | 1 c. thinly sliced smoked sausage |

Drain beans, reserving liquid. In extra large bowl combine beans, bacon, onion, hamburger, sausage and remaining ingredients. Mix well. Add reserved liquid until reach desired consistency. Pour in crock pot and cook on low for 5 to 6 hours.

BAKED PINEAPPLE CASSEROLE (Serve with ham)

Ilo Sharon

- | | |
|---|------------------------------------|
| 1 c. pineapple chunks (13 oz. can) | 3 T. flour |
| 1/4 c. brown sugar | 1 stick margarine or butter |
| 1/4 c. sugar | 4 slices of cubed bread |

Preheat oven to 350°. Drain pineapple and save juice. Cook pineapple juice, brown and white sugar and flour until thick. Coat bread in melted margarine. Add pineapple chunks to sauce, then put bread cubes on top. Bake until it bubbles, about 25 to 30 minutes.





BAKED ZITI & ITALIAN SAUSAGE CASSEROLE

Julie Derby

1/2 pkg. (1 lb) Ziti macaroni
2 T. salad oil

**1/2 lb. sweet or hot Italian
sausage (3 links)**

SAUCE

1/4 c. butter or margarine
1/4 c. flour
1 tsp. salt

1/2 tsp. pepper
2 c. milk
1/4 c. grated Parmesan cheese

CHEESE LAYER

1 lb. cream style cottage cheese
1/4 c. grated Parmesan cheese
1 egg
1 T. chopped parsley

1/2 tsp. salt
1/8 tsp. pepper
1/4 lb. mozzarella cheese
grated paprika

Cook pasta and sausage. For sauce: Melt butter, remove from heat. Add flour, 1 tsp. salt pepper. Stir until smooth. Gradually add milk, stir constantly. Stir in Parmesan cheese. Mix with noodles. For layer: Layer sauce with noodles, cottage cheese mixture, sausage. Sprinkle with grated mozzarella cheese and paprika. Bake uncovered 30 to 35 minute at 350°. Let stand 5 minutes before serving.

BISCUIT HAMBURGER CASSEROLE

Barbara King

1 lb. ground beef, browned
1 lg. can mixed vegetables
1 chopped onion
1/2 green pepper, chopped

3/4 c. milk
1 can cream of celery soup
1 c. cheese
Seasoning

Mix all ingredients together. Pour into casserole, top with cheese. Bake at 350° for 40 minutes. Take out, add 1 can biscuits and bake 15 minutes longer.





BREAKFAST CASSEROLE

Cheri Andersen

- | | |
|-------------------------------------|-----------------------|
| 7 slices white bread, cubed | 6 eggs |
| 1 lb. ham, cubed | 2 c. milk |
| ½ lb. Velveeta cheese, cubed | ½ c. margarine |

Grease 9 x 13 inch baking pan, place in pan the bread, ham and cheese in that order. Mix 6 eggs and 2 c. milk and pour over top. Melt ½ c. margarine and pour over. let set overnight. Bake at 350° for 1 hour. Let set a few minutes before serving.

BREAKFAST CASSEROLES

Dawn Cundiff

- | | |
|--|-----------------------|
| 1 refrigerate crescent rolls | 5 eggs |
| 1-8 oz. Jimmy Dean sausage | ¾ c. milk |
| 1 small green pepper-chopped | ¼ tsp. salt |
| 1 small onion-chopped | ¼ tsp. pepper |
| 1 c. sliced mushrooms (sm. can) | ¼ tsp. oregano |
| 2 c. shredded cheddar cheese | |

Spread crescent rolls in bottom of ungreased pan. Crumble and brown sausage then drain. Put on top of rolls. Sprinkle cheese over sausage. Sauté onions and peppers in butter and sprinkle over cheese. Add mushrooms (or microwave peppers, onions, mushrooms for 4 minutes) Mix eggs,milk,and spices. Pour over casserole and bake at 400° for 20 to 25 minutes. Bake with foil on for 20 minutes remove for the last 5 minutes.

BROCCOLI RICE CASSEROLE

Cheryl Anderson

- | | |
|---|-------------------------------------|
| ½ c. celery | 1 can cream of mushroom soup |
| ¼ c. onion | 1 can cheese whiz |
| 2 c. minute rice | ½ soup can of milk |
| 1-10½ oz. pkg. frozen broccoli chopped | |

Chop onion and celery and sauté until clear. Combine other ingredients and add to onion and celery. Bake 30 minutes in preheated oven (400 to 425°)





CAMPBELL'S GREEN BEAN BAKE

Cara Jacobsen

- | | |
|--|---|
| 1 - 10-³/₄ oz. can Cream of mushroom soup | dash pepper |
| 1/2 c. milk | 4 c. cooked cut green beans |
| 1 tsp. soy sauce | 1 - 2.8 oz. can French's French fried onions |

In 1-1/2 qt. casserole mix soup, milk, soy, pepper, beans and 1/2 can onions. Bake at 350° for 25 minutes or until hot. Stir. Sprinkle remaining onions over bean mixture. Bake 5 minutes more or until onions are golden. Serves 6.

CHEESY CORN-MACARONI BAKE

Elinor Rowland

- | | |
|--------------------------------|----------------------------|
| 1 can whole kernel corn | 4 T. margarine |
| 1 can cream style corn | 1 c. condensed milk |
| 1 c. uncooked macaroni | 1 tsp. onion flakes |
| 1 c. cubed Velveeta | |

Mix corn, macaroni, Velveeta, margarine, milk and onion flakes in a 2 qt. casserole. Bake at 350° for 20 minutes. Stir and continue baking for 30 minutes more.

CHICKEN CASSEROLE

Dotty Redmond

- | | |
|---|--|
| 2 c. cooked chicken, diced | 1/2 green pepper, diced |
| 2 c. elbow macaroni, un cooked | 2 oz. jar pimento, diced |
| 2 - 10-1/2 oz. cans cream of mushroom soup | 5 oz. can water chestnuts, sliced |
| 1 soup can of milk | 1/2 lb. grated cheddar cheese |
| 1 - 13-3/4 oz. can chicken broth | 1/2 tsp. salt |
| 1 small onion, chopped | |

Combine chicken, macaroni, soup, milk, broth, onion, green pepper, pimento, chestnuts, cheese and salt. Mix well and pour into greased 9 x 13 inch pan. Cover with foil and refrigerate over night. Remove foil and bake at 350° for 1 hour.





CHICKEN ENCHILADAS

Arlita Hunt

- | | |
|-----------------------------------|-----------------------------------|
| 3 whole chicken breasts | 1/4 tsp. chili powder |
| 2 c. cream of chicken soup | 2 c. sharp cheddar cheese, |
| 2 c. sour cream | shredded |
| 1 can (4 oz.) green chilis | 12 flour tortillas |

Boil or broil chicken breasts and cut into bite size pieces. Combine soup and sour cream, diced green chilis and chili powder. Divide combined chicken and sauce and set aside one half. Pat 1 large fourth cup filling on each of 12 flour tortillas. Fold in ends, roll up, lay in 10X12 inch pan. Cover with remainder of sauce and 2 cups cheese. Bake in 350° oven until heated 30 to 45 minutes.

CHICKEN NOODLE CASSEROLE

Helen Townsend

- | | |
|----------------------------|--|
| 1/2 pkg. noodles | 1 can cream of chicken soup |
| 3 T. margarine | 3/4 c. milk |
| 1 c. diced celery | 2 c. Velveeta, grated |
| 1/4 c. onion, diced | 3 halves of chicken breasts cut |
| 1 c. diced carrots | up |
| 1/2 tsp. salt | 1/2 c. buttered bread crumbs |
| 1/2 tsp. pepper | |

Cook noodles until tender. Also cook carrots, celery and onion. Add soup, milk, melted butter and cheese. Stir until cheese melts. Combine noodles, cheese sauce, vegetables, soup and chicken. Pour into 9x13 inch baking dish. Top with buttered crumbs. Bake at 350° for 30 minutes. Freezes well.





CHICKEN WITH RICE CASSEROLE

Susan Holly

1 pkg. dry onion soup
1 chicken, cut up
1 c. uncooked rice

1 can cream of chicken soup
4 c. water

Sprinkle onion soup in bottom of large 13 inch baking dish. Lay cut up chicken on top of soup. Sprinkle rice between chicken pieces. Pour cream of chicken soup mixed with 4 cups of water over all. Bake at 350° until chicken is tender, about 1 hour. Cover dish with foil, removing for last 10 minutes of baking time.

CHILI BURGER SUPPER

Phyllis Herren

1 c. macaroni (cooked and drained)
1 lb. ground beef (cooked and drained)

1 can Chili Beef soup
1 can tomato soup

Mix all ingredients. Put in greased casserole. Top with sliced cheese. Bake 350° till warm and cheese has melted.

CHIPPED BEEF CASSEROLE

Phyllis Herren

2 c. macaroni (cooked)
4 oz. chipped beef
2 cans cream of mushroom soup

2 c. milk
8 oz. cubed cheddar cheese
2 diced hard-boiled eggs

Mix all together. Refrigerate overnight. Bake 1 hour at 350°. Uncover the last 20 minutes.





CORN BEEF CASSEROLE

Mary Vander Woude

- | | |
|--|------------------------------------|
| 1 - 8 oz. pkg. noodles | 1 c. milk |
| 1 - 12 oz. pkg. (can) corn beef, cut up | 1/4 c. chopped onions |
| 1/4 lb. american cheese, diced | 3/4 c. buttered crumbs |
| | 1 can cream of chicken soup |

Cook noodles in boiling salted water. Drain, mix well with corned beef, cheese, milk, onions, and soup. Put in casserole and cover with buttered crumbs. Bake at 350° for 45 minutes.

CORN CASSEROLE

Carol Cox

- | | |
|------------------------------------|--|
| 1 c. sour cream | 2 cans whole kernel corn, drained |
| 1/2 stick margarine, melted | 1 box Jiffy corn muffin mix |
| 1 can creamed corn | |

Combine sour cream, margarine, 3 cans corn and turn into 9x13 inch dish. Top with dry corn muffin mix (sprinkle on top). Bake for 45 minutes at 350°.

CORN CASSEROLE

Betty Hassler

- | | |
|------------------------------------|------------------------------------|
| 1 box Jiffy corn muffin mix | 1 - 8 oz. carton sour cream |
| 1 stick butter, melted | 2 cans cream style corn |

Mix muffin mix, butter, sour cream and corn in bowl. Pour into a 7 x 11 inch greased casserole dish. Top with crushed cracker crumbs and bake 45 minutes at 350°.

CREAMED HAM AND VEGETABLES

Phyllis Herren

- | | |
|-------------------------------------|---------------------------------------|
| 2 c. diced ham (cooked) | 1 can whole corn (drained) |
| 1 can Cream of Mushroom soup | 1 can sliced carrots (drained) |
| 1/3 c. milk | |

Mix and cook 6-8 minutes to heat. Serve over rice, noodles or puff pastry shells.





EGG BAKE

Carol Cox

- | | |
|------------------------------------|--------------------|
| 2 c. grated cheese | 1 tsp. salt |
| 1/4 c. margarine (optional) | 1/4 tsp. pepper |
| 1 c. half & half or condensed milk | 2 tsp. dry mustard |
| | 16 eggs |

Spray 9x13 inch pan with Pam. Put grated cheese on bottom and dot with margarine. Mix half and half, salt, pepper, mustard. Pour half of this over cheese. Beat eggs slightly and add to rest of half and half mixture. Pour over cheese. May add ham pieces or crumbled bacon. Bake at 325° for 40 minutes. Cut in squares. Serves 12

ENCHILADA CASSEROLE

Cheryl Anderson

- | | |
|----------------------------------|------------------------------------|
| 1 lb. ground beef | 1/2 tsp. salt |
| 1/4 c. chopped onions | 1/2 tsp. pepper |
| 1 clove garlic, minced | 4 round corn tortillas |
| 1 - 8 oz. can tomato sauce | 2 c. shredded sharp cheddar cheese |
| 1/2 c. water | |
| 1-1/2 to 2-1/2 tsp. chili powder | |

Mix ground beef, onion and garlic in 2 qt. casserole. Microwave at high until beef loses pink color, 5 to 9 minutes, stirring once to break up beef. Drain. Stir in tomato sauce, water, chili powder, salt and pepper. Microwave at high until sauce is slightly thickened, 6 to 10 minutes. Stir after half of the cooking time. If you don't have a carousel, rotate casserole once or twice while cooking. Alternately layer tortillas, meat, sauce and cheese in 1-1/2 qt. round casserole, ending with a layer of cheese. Microwave on high until cheese is melted and bubbly, 1 to 3 minutes. Let stand 2 to 3 minutes.





ENCHILADA PIE

Sandy Forristall

- 1 lb. (or more) ground beef
- 1 (8-oz.) can enchilada sauce
- 1 can black olives (seedless)
- 1 (12-count) pkg. taco shells
- Shedded cheddar and mozzarella cheeses
- 1 lg. can refried beans
- 1 (8-oz.) can taco sauce
- 1 sm. can chopped green chillies
- 1 sm. onion

In a large skillet or pan, brown hamburger and drain. Add beans, 2 sauces, olives and chillies. Simmer 20 minutes. In a baking dish place 3 layers of taco shell, meat and cheese in this order. To make spicy add a can of hot taco sauce (heated) on top. Bake at 350° for 30 minutes. Let set for 10 minutes, then serve.

ESCALLOPED CORN

Ilo Sharon

- 1 stick margarine
- 1 can creamed corn
- 1 can whole kernel corn
- 1 sm. pkg. muffin mix
- 1 c. sour cream
- 2 eggs, beaten

Melt margarine in large pan. Add the two corns, muffin mix, sour cream and eggs. Add the eggs last so they won't cook in hot margarine. Bake at 350° for 45 minutes. A crust will form on top similar to corn bread. Green peppers may be chopped and added if desired.

HAMBURGER CASSEROLE

Jeanette Humphrey

- 2 or 3 lbs. hamburger
- chopped onions
- bread crumbs
- 2 eggs
- meat loaf seasoning mix
- 1 bag mixed vegetables
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 2 boxes frozen tator tots

Mix hamburger, onions, crumbs, eggs and seasoning. Place in bottom of pan and cover with mixed vegetables and soups. Top with the 2 boxes of tator tots and bake at 325° for 1-1/2 hours.





HAMBURGER SPECIAL

Susan Holly

- | | |
|--|-----------------------------|
| 1-1/2 lbs. ground beef, well browned | 1/2 can of milk |
| 8 oz. egg noodles, cooked according to package | 1/4 c. mushroom pieces |
| 1 can cream of mushroom soup | 1 sm. onion, grated |
| 1 can cream of chicken soup | 1/4 c. chopped green pepper |
| | 1/2 c. chopped celery |

Mix all ingredients well and put into 9 x 13 inch casserole. Bake for 1 hour at 350°. This can be put together day before and refrigerated.

HASH BROWN POTATO CASSEROLE

Cheri Andersen

- | | |
|---------------------------------------|----------------------------------|
| 2 lbs. defrosted shredded hash browns | 1/2 tsp. pepper |
| 1 stick margarine, melted | 8 oz. sour cream |
| 1 can cream of chicken soup | 2 c. milk |
| 1/2 c. finely diced onion | 1-1/2 c. shredded cheddar cheese |
| 1 tsp. salt | |

Mix together and sprinkle on top of above mixture 1 stick melted margarine and 2 c. crushed corn flakes. Bake at 350° for 1-1/2 hours.

HASH BROWN POTATO POTLUCK

Mary Vander Woude

- | | |
|---------------------------|-------------------------------|
| 2 lbs. frozen hash browns | 1/2 c. diced onion |
| 1 stick margarine melted | 1 pt. sour cream |
| 1 tsp. salt | 1 c. or 10 oz. cheddar cheese |
| 1/4 tsp. pepper | 1 can cream of chicken soup |

Mix all ingredients together in 9 x 12 inch cake pan. Top with 2 c. crushed corn flakes and 1/2 stick margarine. Bake at 275 to 300° for 50 to 60 minutes.





IOWA BEEF STEW

Phyllis Herren

- | | |
|---------------------------|------------------------------|
| 2 lb. cubed stew beef | 1/3 c. quick cooking tapioca |
| 2 onions (cut fine) | 1 T. sugar |
| 3 stalks celery (chopped) | 1 T. salt |
| 4 sliced carrots | 1/4 tsp. pepper |
| 1 c. tomato juice | 2 medium potatoes (cubed) |

Prepare vegetables. Mix all ingredients together and place in covered 3 qt. casserole. Bake at 350° for 3-1/2 hours stirring occasionally. Serves 6 to 8.

KING RANCH CASSEROLE

Barbara King

- | | |
|-------------------------------------|----------------------------|
| 2 cans chicken | 1 sm. onion, chopped |
| 1 can cream of chicken soup | 2 c. grated cheddar cheese |
| 1/2 can chicken broth | tortilla chips |
| 1 can cream of mushroom soup | |
| 1 can Rotel (tomatoes with chillis) | |

Blend until smooth the soup, Rotel, chicken, broth and onion. In a 2-1/2 quart greased casserole dish place 1/3 of this mixture. Add 1/3 of cheese and crumble tortilla chips over this layer. Place another layer of chicken mixture topping with 1/3 of cheese and crumbled tortilla chips. Place in final layer of chicken mixture and top with cheese. Bake uncovered at 350° for 1 hour. Let stand 5 to 10 minutes before serving.

MACARONI,CORN,CHEESE CASSEROLE

Evelyn Sherbondy

- | | |
|------------------------------|----------------------|
| 1 can whole corn (undrained) | 1 stick oleo |
| 1 can creamed corn | 1 c. Velveeta cheese |
| 1 c. uncooked macaroni | |

Mix altogether. Bake at 350° for 1 hour. Cover for first half hour. Stir well. Uncover last half hour. When you use uncooked macaroni, mix and keep in refrigerator overnight. If you cook the macaroni it will not be so starchy but bake the same day.





MEXICAN CASSEROLE

Barb Platt

2 lbs. ground beef
1 lg. onion
½ lb. cheddar cheese
1 pkg. taco flavored doritos,
crushed

1 can cream of mushroom soup
1 can rotel tomatoes with green
chilis
⅔ c. water
Garlic and salt to taste

Brown meat. Place meat in casserole dish. Sprinkle with onion, garlic and salt. Add layer of half the cheese and half of the dorito chips. Mix soup, tomatoes and water. Pour over chips. Add rest of cheese and chips. Bake at 350° until brown.

OLD FASHIONED NOODLES

Phyllis Herren

2 eggs, beaten
1 c. flour

1 tsp. baking powder
¼ tsp. salt

Sift flour, baking powder and salt. Add to eggs Stir and then knead until flour is mixed. Roll out on floured board. Roll up jelly roll style and cut in strips. Unroll and let dry 8 hours or until noodles curl. Yields 6 servings.

POTATO CASSEROLE

Carol Cox

1 - 2 lb. bag frozen hash brown
potatoes, thawed
¼ c. margarine, melted
2 T. dried onion

1 can cream of chicken soup
1 c. sour cream
2 c. American cheese, shredded
1 c. cheddar cheese, shredded

Combine all ingredients in 9x13 inch dish. Bake 45 to 60 minutes at 350°. Can top with crushed corn flakes.





POTATO CASSEROLE

Cheryl Anderson

32 oz. frozen hash browns
16 oz. sour cream
1/2 c. butter
salt

1/4 c. green pepper chopped
1/2 c. onions chopped
1 can cream chicken soup
1/2 lb. Velveeta cheese

Mix together hash brown,peppers and onion; put in a greased 9 x 13 pan. Set aside. Heat sour cream,chicken soup, butter, and cheese; when cheese has melted pour mixture over potatoes. Top with 2 cups of croutons if desired. Bake 45 minutes at 350°.

Recipe Favorites

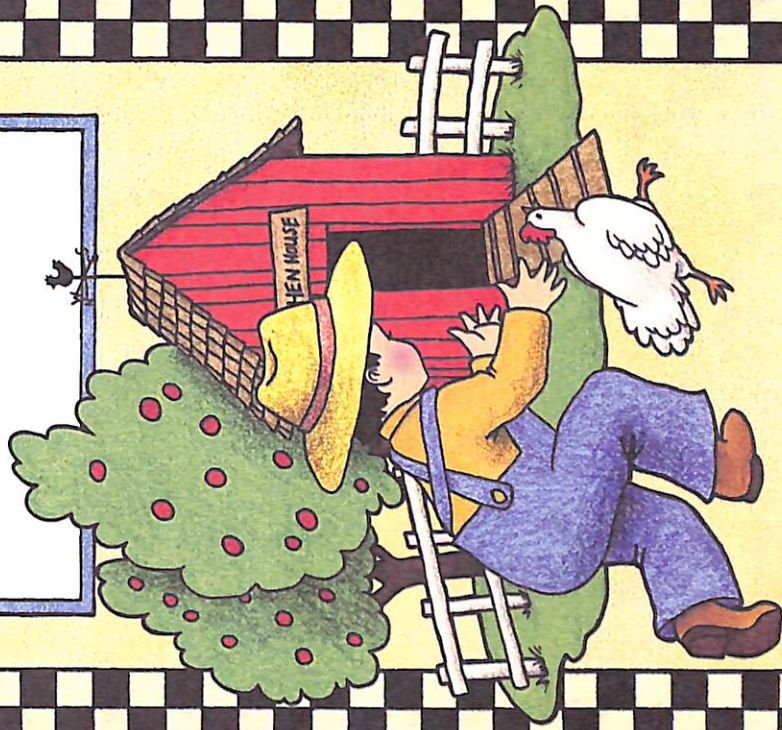




Recipe Favorites



MEAT,
POULTRY
& SEAFOOD



Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.



Meat, Poultry & Seafood

Meat

BARBEQUED PORK SANDWICHES

Sheryl Walgenbach

2 lbs. pork roast

Sauce

1-14 oz. bottle ketchup

1 T. vinegar

1/4 c. crushed pineapple

3/4 c. brown sugar -packed

1/2 tsp. chili powder

1/4 tsp. pepper

1 tsp. salt

1 tsp. garlic powder

1/2 tsp. dry mustard

Cook the pork roast well remove the fat and bone; cut up. Combine all the other ingredients together; bring to a boil stirring well. Simmer 15 minutes; stirring. Add sauce to meat. Good hot or cold on bread or buns.

BBQ BEEF BRISKET

Betty Hassler

Beef brisket

Seasoned salt

Pepper

Garlic powder

Celery salt

Liquid smoke

BBQ sauce

Brush brisket with liquid smoke, sprinkle with seasonings and wrap and seal in aluminum foil. Let stand overnight in refrigerator. Bake 3 to 4 hours at 250°. Cool and remove grease, When cooled, slice in thin slices. Pour BBQ sauce over meat, rewrap in foil and heat.





BREADED PORK CHOPS

Shirley M. Andersen

4 pork chops, 1 inch thick
1 egg, beaten
1- $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper

$\frac{1}{3}$ c. grated Parmesan cheese
 $\frac{1}{3}$ c. bread crumbs
2 T. olive oil
2 T. butter or margarine

Trim fat off chops. Dip in mixture of egg, salt and pepper then in the cheese mixed with bread crumbs. Heat olive oil and butter in skillet. Brown chops on both sides over low heat, then put in casserole dish. Cover and bake at 350° for 35 minutes. Uncover last few minutes.

DEER SAUSAGE

Sandy Forristall

5 lbs. ground deer
4 to 5 tsp. mustard seed
2 to 3 tsp. salt
2 T. Morton's TenderQuick

4 to 5 tsp. pepper
3 to 4 tsp. garlic powder
2 to 3 tsp. liquid smoke

Combine all ingredients and form into rolls. Refrigerate overnight. Bake at 150° for about 8 hours, turning every 2 hours. Do not wrap during baking. Sausage will form its own skin. Cool, wrap and freeze.

DOUBLE CHEESE MEAT ROLL

Janice Sebeniecher

1 lb. ground beef
cracker crumbs
1 - 8 oz. can tomato sauce
pepper to taste

1 egg
chopped onion
 $\frac{1}{2}$ tsp. oregano
2 c. shredded mozzarella cheese

Combine ground beef, egg, cracker crumbs, onion, $\frac{1}{3}$ c. tomato sauce, salt, oregano and pepper. Mix well and shape into a flat rectangle about 10 by 12 inches on heavy aluminum foil. Sprinkle mozzarella cheese evenly over meat mixture. Roll up like jelly roll and press ends of roll to seal. Bake in shallow baking dish at 350° for 1 hour. Drain excess fat, Pour remaining tomato sauce over roll and bake an additional 15 minutes. Makes 4 to 6 servings.





FLANK STEAK MARINADE

Sally Nielsen

- | | |
|----------------------------|----------------------------------|
| 3/4 c. Soy Sauce | 4 cloves garlic (chopped) |
| 1/4 c. 7-Up or Coke | 4 T. honey |
| 2 T. lemon juice | 1-1 lb. flank steak |
| 2 tsp. Ginger | |

Score flank steak, marinate 6 hours. Grill 5-10 minutes on each side.

GREEN PEPPER STEAK

Evelyn Sherbondy

- | | |
|---------------------------|-------------------------------|
| 2 lbs. round steak | 2 tsp. salt |
| 2 green pepper | 1/4 c. soy sauce |
| 2 onions | 1-1/4 c. beef bouillon |
| 1/2 lb. mushrooms | 2 T. cornstarch |
| 1/2 tsp. pepper | 1/2 tsp. curry powder |

Cut steak into 1/2 inch strips; brown in olive oil. Remove steak; in the same pan braise pepper and onions. When about tender, add mushrooms, salt and pepper. Mix vegetables and meat mixture; add beef bouillon. Cook 1/2 hour. Blend curry powder and cornstarch. With 2 or 3 T. of water. Stir in sauce to thicken. Serve with PAT'S Barley.

MEATBALLS BBQ

Chris Anderson

Meatballs

- | | |
|------------------------------|-----------------------------|
| 1 can evaporated milk | 1 tsp. garlic powder |
| 3 lbs. ground beef | 2 tsp. salt |
| 2 cups Quick Oatmeal | 2 tsp. chili powder |
| 2 eggs | |

Sauce

- | | |
|-----------------------------|------------------------------|
| 2 c. catsup | 1/2 c. chopped onions |
| 2 T. liquid smoke | 2 c. brown sugar |
| 1 tsp. garlic powder | |

Mix well all ingredients for the meatballs; roll into balls. Makes about 30. Place in 2-9 x 13 pans. Set aside. Sauce: mix catsup, liquid smoke, garlic, onions, and sugar together. Pour over meatballs; bake 1 hour at 350°.





MIKE'S VENISON JERKY

Mike Enewold

5 to 7 lbs. very lean ground venison
1 (10-oz.) bottle soy sauce
2 oz. liquid smoke

1/3 c. crushed red pepper (Pizza Pepper)
Cayenne and/or black pepper to taste

Mix all ingredients as you would meat loaf. Place 1 sheet of freezer paper on flat surface and tape down. Scoop 1/2 to 3/4 pound meat mixture on paper; pat it down a little. Place second sheet of paper on top, then using a rolling pin, rollout 1/4 inch thickness. Remove top paper. Cut to desired width with a pizza cutter. Place dehydrator tray upside down on top, then flip paper and all. Peel paper away; insert tray into dryer. Dry on high or meat setting for 8 to 10 hours. It should be checked 6 hours, especially the edges. If it gets too dry, it will be crunchy. I liked the texture of sliced meat.

MIKE'S VENISON SUMMER SAUSAGE

Mike Enewold

4 lbs. lean ground venison
1/2 tsp. garlic powder
3/4 tsp. mustard seed
3 tsp. liquid smoke

2 c. water
1/2 tsp. ground cayenne pepper
1/2 tsp. ground black pepper
4 T. Morton's Tender Quick salt

Mix ingredients as for meat loaf. Shape into 4 even rolls and wrap in heavy duty foil, shiny side in. Refrigerate 24 hours. Poke holes in bottom of foil rolls and place on rack in oven. Put a pan of water under rack to catch drippings. Bake at 350° for 2 hours.





ORIENTAL PORK CHOPS

Betty Hassler

- | | |
|-------------------------------------|---------------------------|
| 4 to 6 pork chops, 1-1/2 inch thick | 2 T. lemon juice |
| 1/2 c. LaChoy Lite Soy Sauce | 2 T. dry sherry, optional |
| 3 T. light brown sugar | 3/4 tsp. pepper |
| 2 T. vegetable oil | 1/2 tsp. garlic powder |

Mix soy sauce, sugar, oil, juice, sherry, pepper and garlic powder. Pour over chops and marinate at least 1 hour. Can marinate over night. Remove chops from marinade; coat with seasoned flour and brown on both sides in skillet. Place in greased baking pan; cover and bake 2 to 3 hours at 300°. If cover is tight, you will have plenty of moisture and chops will be very tender. Marinade can be used on beef or chicken as well.

PORK CHOP POTATO DINNER

Kim Holly Blair

- | | |
|------------------------------|------------------------|
| 4 c. potatoes, sliced | 4 pork chops |
| 1 can cream of mushroom soup | 2 tsp. salt |
| 1 can cream of celery soup | 2/3 c. evaporated milk |
| 2 T. chopped onion | pepper to taste |

Put potatoes in a greased 2 qt. casserole. Pour over mixture of soup, milk, salt, pepper and onion. Trim fat from chops, season and grill until brown on both sides. Put chops on top of potatoes. Cover and bake at 375° for 1 hour or until tender.

PORK CHOPS AND RICE

Cara Jacobsen

- | | |
|---------------------------|---------------------------|
| 2 c. rice | 3-1/2 c. water |
| 2 cans cream chicken soup | pork chops(amount needed) |

Mix rice, soup and water in the bottom of pan. Salt and pepper; place pork chops on top. Bake at 350 for 1-1/2 hours, checking a couple of times til done.





ROAST BEEF (MORE EASY)

Bob Morgan

2-3lb. rump roast
1 sm. can mushroom soup
Lipton onion soup 1 envelope

aluminum foil
baking dish

Take roast and loosely wrap foil around it (tent). Pour soup and onion mix over roast. Close foil over mixture (loose). Use juice as gravy-no preparation needed. Slice thinly, serve. Bake at 375° for 2½ to 3 hours.

SHENANDOAH HAM LOAVES

Jami Devine

1 lb. ground ham
1 lb. ground beef
¾ c. saltine cracker crumbs

2 eggs
1 can evaporated milk
2 T. dried onion flakes

SAUCE

1 c. brown sugar
3 T. vinegar
2 tsp. dry mustard

1 c. crushed pineapple
4 level tsp. cornstarch

Ask the butcher to grind the ham. Mix and shape into loaves about the size of your hand. You can freeze them at this point. Put into pan with about ¼ inch boiling water on the bottom. Cook at 300° for the first ½ hour, then 275° for 1 hour. The last 20 minutes pour sauce over loaves. For the sauce, cook until thickens, stirring often. This is a great recipe for a holiday or major event because you can make it all the day before and just heat before serving.





STROMBOLI

Carol Cox

1 loaf frozen bread dough, thawed

1 sm. carton lowfat ricotta cheese

1 - 8 oz. pkg. mozzarella cheese

1/2 lb. hamburger cooked for topping (Other toppings could be sausage, mushrooms, onion, pepperoni, olives etc.)

1 jar Ragu spaghetti sauce

Roll out thawed bread dough as long and wide as possible. Spread ricotta cheese over entire surface. Layer other toppings ending with the mozzarella cheese. Do NOT add sauce. Roll dough as pastry, lengthwise. Place on jellyroll pan and let sit for 1 to 2 hours. Bake for 45 to 50 minutes at 350°. May sprinkle top with Parmesan cheese before baking. In separate sauce pan heat Ragu sauce. To serve; slice stromboli and pour sauce over each piece. Serves 4 to 6 people.

SWEDISH MEAT BALLS AND SAUCE

Helen Townsend

2 lbs. ground beef

2 c. soft bread crumbs

2 - 3 oz. pkgs. cream cheese

1/4 c. dry onion soup mix

1/2 tsp. allspice

1/2 c. milk

SAUCE

1/2 c. tomato sauce

1/2 c. vinegar

1/3 c. prepared mustard

1/2 c. sugar

1/2 c. butter

3 egg yolks

Combine ground beef, bread crumbs, cream cheese, onion soup mix, allspice and milk and shape into about 40 small balls. Shape while browning to keep round. Cover and cook slowly for 20 to 25 minutes. Remove from heat and drain off fat. Mix and cook sauce ingredients at low heat until thick. Serve over low flame if using fondue.





SWEET AND SOUR MEATBALLS

Sandy Forristall

- | | |
|---------------------------------------|-------------------------------------|
| 1/2 c. packed brown sugar | 1 T. cornstarch |
| 1 (No.303) can chunk pineapple | 1/3 c. vinegar |
| 1 T. soy sauce | 1 sm. green pepper (chopped) |

Cook meatballs in skillet, remove and drain. Mix brown sugar and cornstarch in skillet; stir in pineapple (with juice), vinegar and soy sauce. Heat to boiling, stirring constantly; reduce heat. Add meatballs, cover and simmer, stirring occasionally, for 10 minutes. Stir in green pepper, cover and simmer until pepper are crisply tender, about 5 minutes. Serve.

ZESTY DILL PICKLE MEAT LOAF

Cheri Andersen

- | | |
|------------------------------------|---------------------------------------|
| 2 lbs. ground beef | 1/8 tsp. pepper |
| 1 c. chopped dill pickles | 1/8 tsp. salt |
| 2 eggs, beaten | 1-1/2 c. monterey jack cheese, |
| 1/4 c. finely chopped onion | shredded |
| 1/4 c. dried bread crumbs | sliced dill pickles |

In large bowl, mix thoroughly all ingredients except cheese and sliced pickles. Divide meat mixture in half. In shallow baking pan, pat 1/2 of meat mixture into 9 by 5 inch rectangle. Sprinkle 1 cup of the cheese to within 1 inch of the edge. Cover evenly with remaining meat mixture. Smooth top and seal edges. Bake at 350° for 1 hour 15 minutes. Sprinkle with remaining cheese. Bake 5 minutes more or until cheese melts. Garnish with sliced pickles. Serves 8.





Poultry

CHICKEN AND RICE BAKE

Cara Jacobsen

- | | |
|---|---|
| 1 can vegetarian vegetable soup | 1 c. uncooked long-grain rice |
| 1 can (14-½ oz.) Swanson
Ready to serve Clear chicken
Broth | 4 chicken breast half (about 2
lb.)
paprika |

In 3-qt. oblong dish, combine soup, broth and rice. Arrange chicken bone side down on rice mixture. Bake at 375° for 1 hour or until chicken is no longer pink. Stir rice before serving.

CHICKEN BREASTS PICNIC STYLE

Cheri Andersen

- | | |
|----------------------------|-----------------------------|
| 8 boneless chicken breasts | 1 can cream of chicken soup |
| 8 strips of bacon | 1 c. sour cream |
| 2 sm. jars dried beef | |

Preheat oven to 275°. Wrap each chicken breast with a strip of bacon and secure with tooth pick. Place dried beef on bottom of glass 9x13 inch baking dish. Mix soup and sour cream together and pour over chicken. Bake uncovered for 3 hours. The secret is the slow baking temperature. May be prepared the night before, then baked the next day.

CHICKEN DIVAN

Sandy Forristall

- | | |
|---------------------------|------------------------|
| 8 oz. broccoli (cooked) | 1 T. butter (melted) |
| 2 T. Parmesan cheese | 1 lb. chicken (cooked) |
| 1 can cheddar cheese soup | ½ c. milk |
| Mushrooms | |

Lay broccoli in greased 9 by 13 inch pan; drizzle with butter. Sprinkle on Parmesan cheese. Lay chicken on top. Mix soup, milk and pour over chicken mixture. Bake at 375° for 20 to minutes. Serve with rice.





CHICKEN ENCHILADAS

Sandra Forristall

1 c. sour cream
10 (1 bunch) green onions
12 to 16 oz. block cheddar
cheese
1 can enchilada sauce

1 can diced chilis
1 c. diced chicken breast
12 to 16 oz. med. cheese
1 (10 count) pkg. floured tortilla
shells

Mix 1/2 of sour cream, onion, chilis, chicken and 1/2 grated cheese. In a baking dish place 8 shells on side and 2 on top. Spread enchilada sauce on top and bake at 400° for 20 to 30 minutes. After baking, put balance of grated cheese on top and let stand for 5 minutes.

CHICKEN IN A BAG

Pattianne Kay

4-6 boneless, skinless chicken
breasts
potatoes-peeled and quartered
cabbage-cut in sm. sections
onions-1 or 2 sliced

carrots-peeled or use baby
carrots
2 pkgs. brown gravy mix
2 c. water

Place cooking bag n baking pan. Spray inside of cooking bag with no stick spray. Place desired vegetables in bottom of cooking bag. Place chicken breasts on top of vegetables. In separate container mix gravy mix with water. Pour mixture over chicken and vegetables; tie bag. Cut holes in bag as instructed on pkg. This is a very lowfat, low calorie, quick to prepare meal. Bake at 375° for 1-1/2 hours until vegetables are tender.

CHICKEN L'ORANGE

Joyce Madison

4 or 5 boneless skinless
chicken breasts
2 T. butter
2 tsp. cornstarch

2/3 c. orange juice
1/4 c. Heinz 57 sauce
1/4 c. orange marmalade or
apricot jam

Sauté chicken in butter 8 to 10 minutes until done, remove from pan. Mix corn starch and orange juice - stir in 57 sauce and jam. Put into skillet and cook until thickened. Place chicken in sauce and reheat. Serve plain or over rice. Garnish with almonds if desired.





CHICKEN PARMESAN

Kim Holly Blair

Chicken breasts, boneless and skinless
1 egg, beaten
Italian bread crumbs

Italian tomato sauce
Parmesan cheese
Mozzarella cheese

Dip chicken in egg, then roll in bread crumbs. Pour a little tomato sauce into a 9 x 13 inch baking dish, then place chicken breasts in pan. Pour sauce over chicken. Cook at 350° for 30 minutes. Put Mozzarella cheese and Parmesan cheese over chicken. Cook for 30 more minutes.

CHICKEN PILLOWS

Jan Williamson

1 c. cubed chicken (3/4 to 1 lb.)
1 brick (8 oz.) cream cheese
1 tsp. dried chives

1 can Crescent Rolls (any brand)
1 greased cookie sheet

Thaw out brick of cream cheese. Preheat oven to 350°. Cook chicken in skillet until done (it will be white all the way through). Mix cream cheese and chives in skillet with chicken, stir until smooth. Open crescent rolls, separate. Unroll triangles on greased cookie sheet, leaving 1-2 inches between triangle. Fold triangle corners over filling to completely cover. Bake in oven for 12-15 minutes or until golden brown. Serves 4-5 people.

CRANBERRY CHICKEN

Linda Clark

1-8 oz. bottle western dressing
1 can whole cranberry sauce

1 envelope dry onion soup
8-10 chicken breasts

Mix dressing, cranberry sauce and onion soup. Pour over chicken. Marinate several hours. Bake at 350° for 1-1½ hours.





GREEK CHICKEN AND POTATOES

Jan Williamson

- | | |
|---------------------------------|--|
| 1 chicken (cut up) | 1/2 c. olive oil |
| 1/2 c. fresh lemon juice | 1/2 c. butter (cubed) |
| 1/2 tsp. salt | 4 lbs. potatoes (peeled and sliced) |
| 1/2/ pepper | |
| 1/2 tsp. oregano | |

Rub chicken with mixture of lemon juice, salt, pepper and oregano. Place breast side up coat with oil, surround with potatoes cover with rest of lemon mixture. Cover with foil, cook at 350° for 1 hour, leave uncovered last 1/2 hour.

PARMESAN CHICKEN

Susan Holly

- | | |
|---|-----------------------------|
| 1 frying chicken, cut up in pieces | 3/4 c. butter |
| 1 c. fine bread crumbs | 1/2 tsp. garlic salt |
| 1/2 c. Parmesan cheese | 1/4 tsp. pepper |

Line cookie sheet with foil. Melt butter and garlic together. Mix bread crumbs, cheese and pepper together. Dip chicken pieces in butter and roll in bread crumb mixture. Place skin side up on baking sheet - do not place on top of each other. Bake at 350° for 1 hour. Any butter left over may be poured over chicken in pan.

SECONDS PLEASE CHICKEN

Bill Dahlbeck

- | | |
|--|---------------------------|
| 6 to 8 boneless, skinless chicken breasts | 8 oz. sour cream |
| 1 can cream of chicken soup | 1 pkg. dried beef |
| 1 can cream of mushroom soup | Thick sliced bacon |

Mix both cans of soup and sour cream together. Spread thin layer of soup mixture in bottom of glass baking dish. Wrap chicken breast with 3 to 4 slices of dried beef, then spiral 1 slice of bacon end to end over dried beef. Place in baking dish, side by side. Spread soup mixture over all chicken evenly. Cover baking dish with foil and bake at 300° for 2 hours. If chicken breasts are large, may take two baking dishes. Creates an excellent gravy.





Seafood

CLASSIC SALMON LOAF

Kate Murphy

1/2 c. fine dry bread or cracker crumbs	1/2 tsp. pepper
2-1/2 c. cooked flaked salmon	1/2 c. mayonnaise
1/3 c. chopped green onion	1/2 c. finely chopped celery
Juice of 1/2 lemon	1 tsp. salt
	1 lg. or 2 med. eggs

Mix all ingredients together. Pack into a greased loaf pan and bake at 375° for 30 to 45 minutes. Til firm and brown. Serves 4 to 6 people.

POACHED SALMON

Kate Murphy

2 to 4 lbs. salmon filets	lemon slices
1-1/2 tsp. crushed tarragon	1 c. milk
2 T. arrowroot	1 T. mustard

Place fish in foil lined pan, skin side down. (Pan should be large enough to hold fish with an inches of space around each side). Sprinkle with salt, pepper and tarragon. place thinly sliced lemons over top of fish. Barely cover with milk. Bake, covered with foil, at 350° until fish flakes easily with fork. Remove fish to platter. Measure 2 c. of poaching liquid in a small sauce pan. Add 1 c. milk to liquid. Dissolve arrowroot in 2 T. water. Add to milk mixture and cook over medium heat until thickened. Add mustard and stir until well blended. Serve over fish. Serves 6 to 8.





SALMON LOAF

Jeanette Humphrey

2 c. canned salmon	1½ T. parsley
2 c. cooked rice or dried bread crumbs	1 T. melted butter
½ c. milk	1 tsp. salt
2 eggs beaten	1 tsp. lemon juice (I use more)

Flake salmon, add rice, milk, eggs, parsley, butter, salt, lemon juice. Add a bit of onion if desired. Mold into loaf and place in buttered loaf pan. Bake 40-50 minutes at 350°. Serve with white sauce or undiluted cream mushroom soup heated.

Recipe Favorites



BREADS & ROLLS



Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.



Breads & Rolls

Breads

BANANA MUFFINS

Betty Hassler

1 c. sugar
½ c. margarine
2 eggs, beaten
3 bananas, mashed

1 c. walnuts
1-¼ c. flour
½ tsp. salt
1 tsp. soda

Cream sugar and margarine. Add beaten eggs, bananas and walnuts and mix well. Combine flour, salt and soda and add to other mixture. Fill muffin pans $\frac{2}{3}$ full and bake for 25 minutes at 325°. Can make into bread if desired. Bake approx. 1 hour for bread.

BRAN MUFFINS

Carol Miller

1 qt. buttermilk
3 c. sugar
1 c. shortening
5 tsp. soda
1 tsp. salt
5 c. flour

4 eggs
2 c. boiling water
4 c. all bran cereal
2 c. Nabisco 100% cereal
½ lb. raisins - optional

Pour boiling water over cereal, add buttermilk. Cream the shortening, sugar and eggs and add to cereal mix. Sift flour with soda and salt and mix altogether. Bake 20 minutes at 400°. Keeps several weeks in refrigerator.





BUD'S ASH WEDNESDAY PANCAKES

Bud Ferrel

5 c. Krustes pancake mix
1 c. milk
1 c. applesauce

3 eggs
cinnamon
vanilla

Mix pancake mix, milk, applesauce, eggs, cinnamon vanilla all together well. Adding water if need be Cook on a grill until golden brown.

CHERRY NUT BREAD

Chris Anderson

2 c. sugar
3 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
2 sticks margarine-softened

2 eggs-beaten
1 lg. can evaporated milk
1-10 oz. jar maraschino cherries
and juice-chopped
1 c. chopped nuts

Combine sugar, flour, baking powder and salt; cutting in margarine like for a pie crust. Beat eggs and mix in milk, chopped cherries, juice and nuts; add to flour mixture. Pour into 2 large loaf pans greased. Bake in 350° oven for 1 hour.

CHOCOLATE ZUCCHINI BREAD

Alice Jacobson

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

2 tsp. cinnamon
3 T. cocoa
1 tsp. soda
1 tsp. baking powder
1/2 c. chopped walnuts
1 c. coconut
1 c. chocolate chips

Beat eggs, add oil, sugar, vanilla and zucchini. Sift flour, salt, cinnamon, soda, baking powder and cocoa. Mix with above mixture and add nuts, chocolate chips and coconut. Bake at 375° for 1 hour or until done. Makes 2 loaves.





CRANBERRY NUT BREAD

Jacqueline Johnson

2 c. flour
1 c. sugar
1-1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. soda
2 T. shortening

1 T. grated orange peel
3/4 c. orange juice
1 beaten egg
1 c. chopped cranberries
1/2 c. nuts

Preheat oven to 350°. Sift together flour, sugar, baking powder, salt and soda. stir in orange juice, orange peel, shortening and egg into dry ingredients. Mix until well blended. Stir in cranberries and nuts. Turn into two well greased 8 x 4 inch loaf pans. Bake 55 to 60 minutes or until center tests done.

DANE DUMPLINGS

Sharon Elkin
(Thelma's Recipe)

2 eggs
butter
milk

1 c. flour
dash of salt

Put 2 egg whites in a cup and finish filling cup with milk. Add butter the size of a walnut, 1 c. flour and a dash of salt. Put in a heavy skillet and stir until it makes a ball (as cream puffs). Remove from stove; cool. Add egg yolks and beat until well blended. Drop by teaspoonfuls in hot boiling soup or broth.





FRENCH BREAD

Cindy Schmader

Dough

3-1/2 c. flour

1/2 T. salt

1-1/2 T. margarine

1/2 tsp. sugar

1-1/2 cakes yeast

1-1/4 c. very hot water (110°)

Sesame seed topping

1 egg white (beaten fluffy)

Toasted sesame seeds

1 T. cold water

Mix together to spread on top of bread.

In a large bowl, mix 2-1/2 cups flour, sugar, salt and undissolved yeast. Add margarine and hot water gradually to dry ingredients. Beat 2 minutes at medium speed. Scrape bowl; add 1 cup flour and beat again at high speed for 2 minute more. Stir in enough additional flour to make stiff dough and place on floured bread board. Knead to form ball, divide into 2 pieces roll into cinnamon roll shaped loaves. Take 2 loaf and braid into one loaf. Place on a jell roll pan greased. Let rise to about double in size. Put on sesame seed topping and bake at 450° for 20 to minutes. After baking brush with oil and sprinkle with cornmeal.

HOMEMADE BREAD

Sharon Elkin

2 c. milk or water

3/4 c. sugar

2 tsp. salt

6 to 7 c. flour

2 pkgs. yeast

6 T. butter

2 eggs

Scald 2 c. milk or water and put in a large bowl. Meanwhile soften 2 pkgs. of yeast in 1/2 c. warm water. Put into large bowl 3/4 c. sugar, 6 T. butter, 2 tsp. salt and stir until dissolved. When lukewarm stir in 1 c. flour beating until smooth. Add yeast mixture and stir well. Measure 5 to 6 c. flour - add half of this and add 2 well beaten eggs. Then beat in enough flour to make a soft dough. Turn dough out onto a floured surface and let rest 5 to 10 minutes. Knead and put into a greased bowl. Punch down once for rolls or loaves. Bake at 350° for 30 minutes. Can make cinnamon rolls also.





LEMON BLUEBERRY POPPY SEED BREAD

Barbara King

- | | |
|--|------------------------|
| 1 pkg. Blueberry Muffin mix with crumb topping | 1 T. grated lemon peel |
| 2 T. poppy seeds | 1/2 c. powdered sugar |
| 1 egg | 1 T. lemon juice |
| 3/4 c. water | Drizzle |

Preheat oven to 350°. Grease and flour 8 x 4 inch loaf pan. Rinse blueberries. Add poppy seeds to mix, breaking up lumps. Add egg and water, stir until moistened. Fold in blueberries and lemon peel. Pour into pan. Sprinkle topping over batter and bake 57 to 62 minutes until tooth pick comes out clean. Cool 10 minutes. Lay foil over top when removing from pan to keep topping intact. Mix drizzle and drizzle over loaf.

NAVAJO FRY BREAD

Betty Smallen

- | | |
|--------------------|-------------------|
| 2 c. flour | 1 T. oil |
| 1 T. baking powder | 3/4 c. warm water |
| 1 tsp. salt | |

Mix flour, baking powder, salt, oil and water together. Knead lightly. Roll thin and cut into squares. Make hole in middle of square. Heat cooking oil to 375° and drop squares gently into oil, taking care not to splatter. Turn once. Remove from oil onto paper towels. Serve with butter and powdered sugar.

NEVER FAIL DUMPLINGS

Irene Vogt

- | | |
|---------------|-----------------------|
| 1 egg, beaten | 1 T. baking powder |
| 1/2 c. milk | 2 T. cornstarch |
| 2/3 tsp. salt | 2 tsp. minced parsley |
| 1 c. flour | |

Combine beaten egg and milk. Sift together dry ingredients and add parsley. Stir egg mixture into flour mixture until well blended. Drop by heaping tablespoonfuls into boiling stew or broth. Cook covered 12 to 15 minutes (do not lift lid). Serves 4 to 6.





ORANGE COCONUT MUFFINS

Linda Clark

Muffins

1-1/2 c. all-purpose flour
1/4 c. sugar
1-1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

1/3 c. orange juice
1/4 c. margarine, melted
1 egg
1 (11 oz.) can mandarin orange segments, drained

Topping

1/3 c. flaked coconut
1/4 c. sugar

1 T. margarine, softened
1/2 tsp. grated orange peel

Heat oven to 375°. In large bowl combine flour, 1/4 cup sugar, baking powder, baking soda, and salt. In a medium bowl combine orange juice, melted butter and egg. Add to flour mixture just until moistened. Gently stir in drained orange segments. Spoon into greased or paper lined muffin pans, filling each 2/3 full. In small bowl stir together coconut, 1/4 c. sugar, margarine and orange peel. Sprinkle evenly on top of each muffin. Bake for 18 to 23 minutes or until lightly browned. Let stand 5 minutes; remove from pan. Makes 12 muffins.

PANCAKES

Cheryl Jensen

1 egg
2 T. oil
3 tsp. baking powder
1/2 tsp. salt

1-1/4 c. flour
2 T. brown sugar
1 c. milk

Mix egg, oil, baking powder, salt and sugar. Add flour and milk. Batter will be thick so add milk to desired consistency. Makes 6 lg. pancakes. Double for family of 5.





PISTACHIO BREAD

Jacqueline Johnson

1 box yellow cake mix - no pudding
1 sm. box instant pistachio pudding
4 eggs

1 c. sour cream
 $\frac{1}{8}$ c. water
 $\frac{3}{4}$ c. marachino cherries (halved)
1 c. chopped nuts

CINNAMON MIXTURE

$\frac{1}{4}$ c. sugar

$\frac{1}{2}$ tsp. cinnamon

Stir and set aside the cinnamon mixture. Mix together the cake mix, pudding, eggs, sour cream, water, cherries and nuts. **MIX BY HAND.** Grease 2 bread pans. Sprinkle bottom and sides with cinnamon mixture. After adding pistachio batter to pans, sprinkle rest of cinnamon mixture on the top. Bake 40 to 50 minutes in preheated 350° oven.

QUICK BREAD

Jan Williamson

1- $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. vegetable oil
5 T. milk
1 tsp. soda
2 eggs

1 tsp. salt
1 tsp. nutmeg
3 ripe bananas
2 c. flour

Mix sugar, oil, milk, soda, eggs, salt and nutmeg thoroughly. Add mashed bananas, then add flour and mix well. Pour batter in buttered loaf pan and bake. Bake 1 hour at 350°.

QUICK PUMPKIN BREAD

Barb Platt

1 pkg. spice cake mix
1 - 16 oz. can pumpkin

2 eggs
2 T. baking soda

Blend well together cake mix, pumpkin, eggs and baking soda. Do not add any additional liquid. Pour into greased and floured bread pan. Bake according to cake mix directions on the box.





SWEDISH COFFEE CAKE

Audrey Bones

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

1 T. water

SECOND LAYER

1 c. water
1/2 c. butter
3 eggs

1 c. flour
1/2 tsp. almond extract

FROSTING

Powdered sugar
Butter

Cream

Mix flour, 1/2 c. butter and 1 T. water and pat on cookie sheet like pie crust. Heat the 1 c. water with butter to a boil. Remove from heat. Add flour and stir until smooth. Beat in eggs one at a time. Add almond extract and beat well. Spread over the pie crust. Bake at 350° for 55 to 60 minutes. Cool and frost with the powdered sugar, butter and cream mixture.

WORLD'S BEST WAFFLES

Nina Pulatie

1-3/4 c. flour
2 tsp. baking powder
3 tsp. sugar
1/2 tsp. salt

3 egg yolks, beaten
1/3 c. vegetable oil
1-1/2 c. milk

Sift together the flour, baking powder, sugar and salt. Combine egg yolks, vegetable oil and milk and mix well with flour mixture. Beat 3 egg whites until stiff and fold into batter. Do not over mix. Pour about 2/3 c. on preheated griddle. Close lid, bake and enjoy.





ZUCCHINI BREAD

Sharon Elkin

- | | |
|----------------------|---|
| 3 eggs | 1 tsp. salt |
| 1 c. oil | 1 tsp. cinnamon |
| 2 c. sugar | 1 tsp. soda |
| 4 tsp. baking powder | 3 c. flour |
| 3/4 c. nuts | 2 c. zucchini shredded & tightly packed |
| 3 tsp. vanilla | |

Cream eggs, sugar, oil and vanilla. Add salt next, then cinnamon, soda, baking powder and flour. Next add zucchini and nuts. Makes 2 loaves. Put into greased loaf pans. Bake at 350° for 1 hour.

Rolls

DOUGHNUTS

Cara Jacobsen

- | | |
|---------------|----------------------|
| 3 eggs beaten | 1 tsp. vanilla |
| 1 c. sugar | 2 tsp. baking powder |
| 1/2 tsp. salt | 2 c. flour |
| 1 c. milk | |

Beat eggs, sugar, salt, milk, vanilla and baking powder together. Add enough flour to make a stiff batter. Drop by teaspoon into hot fat and fry till medium brown. Do not make to large. Remove and roll in sugar.

SOUTHERN SAUSAGE CHEESE BISCUITS

Julie Derby

- | | |
|---|---------------------------------------|
| 12 oz. sharp cheddar cheese, grated | 2 c. bisquick |
| 1 lb. Jimmy Dean sausage, cooked & crumbled | Add milk for sticky gooey consistency |

Bake at 350° for 15 minutes.





STICKY BUN COFFEE RING

Cherly K. Anderson

3 T. butter/margarine

3 T. maple syrup

1/4 c. brown sugar packed

1/4 c. chopped pecans nuts

1/4 c. chopped almonds

1/2 tsp. ground cinnamon

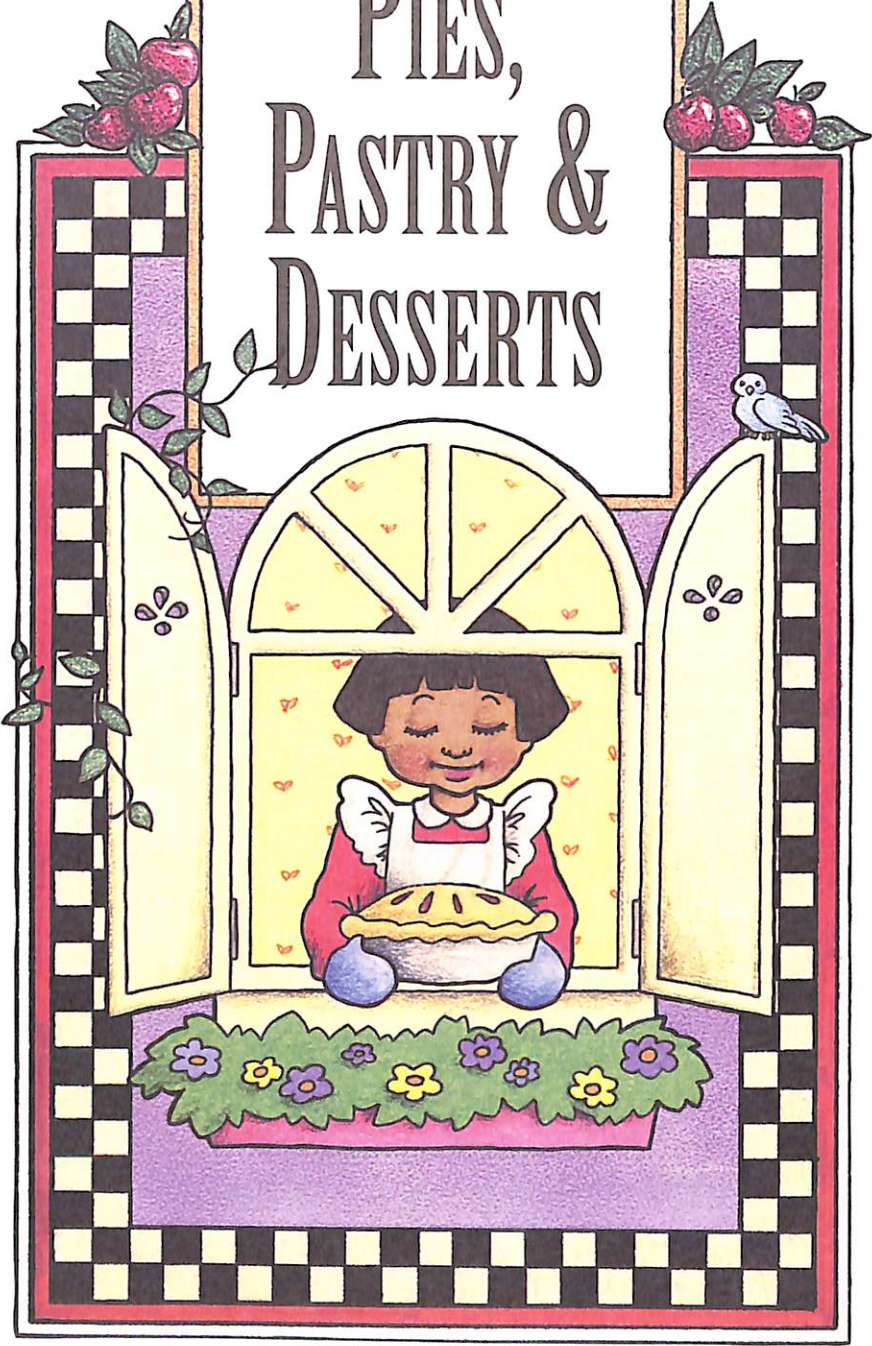
1 tube refrigerated buttermilk biscuits

Bush a 10 inch fluted tube pan with 1 T. butter. In a small bowl combine syrup and remaining butter. Drizzle 2 T. into pan. Combine brown sugar, nuts and cinnamon; sprinkle 1/3 cupful over syrup mixture. Separate biscuits place in prepared pan with edges overlapping. Top with remaining syrup and nut mixture. Bake at 375° for 15 minutes or until golden brown. Makes 10 servings.

Recipe Favorites



PIES, PASTRY & DESSERTS



Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Next time you're making pie, pull out the required crusts.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting up dried fruit, it sometimes sticks to the blade of the knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.
- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.



Pies, Pastry & Desserts

Pies

APPLE CRUNCH PIE

Tami Bass

1 can apple pie filling
1/4 tsp. cinnamon
1 - 9 inch pie shell, baked
1/2 c. half & half

2 T. brown sugar
1/4 c. chopped pecans
1/2 c. cold milk
1-1/2 c. Cool Whip, thawed

Combine pie filling, brown sugar and cinnamon. Add nuts, spread half of mixture in pie shell. Chill remaining apple mixture. Pour milk and half and half into small mixer bowl. Add pie filling mix and beat at lowest speed of mixer until well blended (1 to 2 minutes). Fold in whipped topping. Spoon over apple mixture in shell. Freeze one hour or chill 3 hours before serving. Garnish with reserved apple mixture if desired.





APPLE PIE IN A BAG

Sally Nielson

Crust

1½ c. flour
1 tsp. salt
½ c. oil

2 T. milk
1 T. sugar

FILLING

2 T. flour
½ tsp. Nutmeg
½ c. sugar

½ tsp. Clove
1 tsp. Cinnamon
4 c. sliced apples

TOPPING

½ c. flour
½ c. butter

½ c. Pecans
½ c. sugar

CRUST: Blend flour, salt, oil, milk and sugar. Crumble and pat into 8 inch pan. **FILLING:** Toss together flour, nutmeg, sugar, clove, cinnamon and apples. Pour into pie crust. **TOPPING:** Combine flour, butter and sugar. Add pecans and crumble on top of apples. Put in plain brown paper bag. Fold end over a couple of times to seal. Bake at 350° for 1½ hours (no peeky).

CHERRY DESSERT

Cheryl Anderson

25 graham crackers
½ c. melted butter
½ c. sugar
1 pt. cream whipped

2 T. powdered sugar
4 c. miniature marshmallows
2 can cherry pie filling

Smash graham crackers add melted butter and sugar; mix well. Pat into the bottom of a deep dish pie plate. Whip cream (not to stiff); add powdered sugar then fold in marshmallows. Put ½ whip cream mixture on the graham crust; add the 2 cans of cherry pie filling. Then top with the rest of whip cream mixture. Sprinkle crumbs on top and chill.





CHOCOLATE PIE

Linda Clark

Butter Crust

1/2 c. soft butter

2 T. sugar

1 c. flour

Filling

1-1/2 c. sugar

2 T. cocoa

2 T. flour heaping

1-1/2 c. milk

2 egg yolks

Meringue

2 egg whites

1/4 tsp. cream tartar

3 T. sugar

Crust: Blend til crumbly. Press into pie plate and bake in 400° oven til brown on edges. Filling: Mix sugar, cocoa and flour together in a sauce pan. Mix egg yolks with 1/2 c. of milk. Add liquids to dry ingredients and cook over low heat til it bubbles. Cook until it thickens. Pour into baked crust. Meringue: Whip egg white with cream tartar til stiff. Add sugar and beat. Cover pie with meringue and bake at 400° til tips turn golden.

COCONUT CHIFFON PIE

Helen Townsend

1/2 c. sugar

1/4 c. flour

1 envelope unflavored gelatin

1/2 tsp. salt

1-3/4 c. milk

1/2 tsp. coconut flavoring

3/4 tsp. vanilla

1/4 tsp. almond

3 egg whites

1/4 tsp. cream of tartar

1/2 c. sugar

1/2 c. cream (whipped)

1 c. moist shredded coconut

Blend thoroughly in sauce pan sugar, flour, gelatin and salt. Gradually add milk. Cook over medium heat until mixture boils, stirring constantly and boil 1 minute. Place pan in cold water. Cool until mixture mounds slightly when dropped from spoon. Blend in coconut flavor, vanilla and almond. Beat egg whites until frothy with cream of tartar. Add sugar gradually and beat until stiff. Fold in whipped cream and shredded coconut. Pile into cooled baked pie shell. Sprinkle with moist coconut. Chill several hours until set.





EASY BANANA CREAM PIE

Cara Jacobsen

Pie crust

1 c. whipping cream
bananas

instant banana pudding

1 c. sour cream (8 oz.)
1 c. milk

Bake the pie shell. Mix instant pudding with 1 c. milk. Add sour cream. Layer bananas on bottom of crust. Pour pudding mixture over bananas. When ready to serve, whip some cream with very little sugar for topping.

FRESH FRUIT PIE WITH NUT CRUST

Cheryl Anderson

CRUST:

1 c. almonds
1 c. hazelnuts or walnuts

1/2 c. raisins
1/4 c. apple sauce

FILLING

2 bananas
1 T. fresh lemon juice

3 kiwis
1 qt. fresh strawberries

Place the nuts and raisins in a blender or food processor and blend or pulse until they are chopped well but not too fine. They should resemble small pebbles. Add the apple juice and blend or pulse for a few seconds. Pour the nut mixture into a glass pie plate and press out to shape a crust. Slice the bananas and spread them inside the bottom of the crust, pressing slightly. Sprinkle with lemon juice to prevent the bananas from turning brown. Slice the kiwis and add atop the bananas, pressing slightly. Slice the strawberries and add atop the kiwis, pressing down slightly. Chill the pie for 1 hour; carefully slice and serve.

IMPOSSIBLE COCONUT PIE

Jacqueline Johnson

2 c. milk
4 eggs
7 T. margarine

1/2 c. flour
1 scant c. sugar
1 tsp. vanilla

Put all ingredients in blender and mix thoroughly. Add 1 cup flaked coconut. Grease well and flour a 10 inch pie pan. Bake in preheated oven at 350° for 30 to 40 minutes or until golden brown.





NO CRUST PIE

Irene Vogt

2 c. milk
4 eggs
1 c. sugar
1 T. vanilla

6 T. butter, melted
½ c. flour
1 c. coconut
pinch of salt

Blend all ingredients in blender, liquify until mixed. Spray a pie pan and pour in mix. Bake at 375° for 1 hour.

PEACH, STRAWBERRY, OR RASPBERRY PIE

Gladys Peterson

1 c. flour
1 stick margarine
1 qt. fruit
1 c. sugar

3 level T. cornstarch
2 T. white corn syrup
1 c. water

Mix the flour and oleo until crumbly and pat in 9 inch pie pan. Bake till light brown; cool. Put the fresh fruit in pie shell. Combine the sugar, cornstarch, syrup and water; boil till thick. Take off stove and add ½ pkg. jello the flavor of the fruit. (1 pkg. for peach) If berries are very juicy, use 1 pkg. jello.





PEANUT BUTTER AND CHOCOLATE CREAM PIE

Betty Smallen

1-½ c. graham cracker crumbs
4 T. butter, melted
½ c. smooth peanut butter
8 oz. cream cheese, room temperature
¾ c. powdered sugar
½ c. melted semi sweet chocolate

3 T. milk
2 T. chopped roasted peanuts
4 c. heavy cream, whipped
½ c. chopped salted peanuts
½ c. chocolate shavings and curls
1 c. chocolate sauce, slightly warm

Preheat oven to 350°. Combine crumbs, butter and ¼ c. peanut butter. Mix well. Press the mixture into a 9 inch pie pan. Bake until golden and crisp, about 6 to 8 minutes. Remove from the oven and cool completely. Beat the cream cheese with sugar until smooth. Add the remaining ¼ c. peanut butter and chocolate. Beat until smooth. Add the milk and peanuts and beat well. Fold half the whipped cream into the peanut butter mixture and spoon into pie shell. Cover with plastic wrap and refrigerate until firm, about 2 hours. Remove, and spoon the remaining whipped cream over the pie. Slice, Garnish with peanuts, chocolate shavings and curls and chocolate sauce.

PERFECT PECAN PIE

Linda Jones

3 eggs-slightly beaten
1 c. sugar
1 T. flour
½ tsp. salt

1 c. light corn syrup
1 T. melted butter
1 tsp. vanilla
1 c. pecan halves chopped

Beat eggs add all ingredients mix well. Pour into 9 inch uncooked pie shell. Bake at 350° for 1 hour.





PUMPKIN PIE

Phyllis Herren

1 can pumpkin
2- $\frac{1}{2}$ c. sugar
3 T. flour
1 tsp. nutmeg
2 tsp. cinnamon

dash cloves
1 can condensed milk
2 tsp. vanilla
4 eggs, beaten
dash salt

Mix sugar, flour, nutmeg, cinnamon and cloves. Add to pumpkin. Add condensed milk, salt and vanilla. Mix well. Add beaten eggs. I use and electric mixer. Bake 15 minutes @ 425°. Bake another 45 minutes @ 350° until knife comes out clean. Double recipe for five 9 inch pies (not deep dish).

RHUBARB PIE

Carol Klein

4 c. rhubarb (cut in sm. pieces)
1- $\frac{3}{4}$ c. sugar
1-3 oz. pkg. strawberry Jello

20 lg. marshmallows
1 c. whipped topping
2 pie crusts

Cook rhubarb and sugar until rhubarb is mushy. Add strawberry Jello and stir in marshmallows ;melt. Allow to cool. Fold in whipped topping; pour into a pre-baked pastry shell or graham cracker crust. Refrigerate.





RHUBARB TORTE

Carol Miller

1 c. butter
2 c. flour
4 T. sugar
6 egg yolks
5 c. rhubarb, cut up

2 c. sugar
7 T. flour
1/4 tsp. salt
1 c. cream

TOPPING

6 egg whites
3/4 c. sugar

1/4 tsp. ream of tartar

Mix butter, 2 c. flour and 4 T. sugar until crumbly. Pat into 9 x 13 inch pan and bake 10 minutes at 350°. Mix eggs, 2 c. sugar, salt, cream, 7 T. flour and rhubarb and pour over crust. Bake at 350° for another 45 minutes. Beat 6 egg whites and add 3/4 c. sugar and cream of tartar. Top pie and bake another 15 minutes.

STRAWBERRY PIE

Cheryl Anderson

1 c. sugar
2 T. cornstarch

1 c. water
3 T. strawberry Jell-o

Fill a baked pie shell with strawberries. Boil till clear sugar, cornstarch, and water. Add strawberry jell-o and cool. Pour over strawberries; chill. Add Cool Whip.





STREUSEL CARAMEL APPLE PIE

Linda Clark

1 - 9 inch unbaked pie shell
4 lg. tart cooking apples,
peeled & thinly sliced (about
6 c.)

¼ c. + 3 T. sifted flour
1-½ tsp. cinnamon

1 - 14 oz. can sweetened
condensed milk
18 caramels, unwrapped
2 T. firmly packed brown sugar
2 T. cold margarine or butter
½ c. chopped nuts

Preheat oven to 375°. Place rack in lowest position. In large bowl, toss apples with 3 T. flour and 1 tsp. cinnamon. In heavy saucepan, combine milk and caramels. Cook over medium heat stirring until caramels melt and mixture is smooth. Immediately toss caramel mixture with apples. Spoon into pastry shell. In small bowl, combine remaining ¼ c. flour, sugar and remaining ½ tsp. cinnamon. Cut in margarine until crumbly. Stir in nuts. Sprinkle over pie. Bake 35 minutes; cover loosely with aluminum foil to prevent over browning and bake another 10 minutes. Serve warm. Refrigerate left overs.

TOOTS CHERRY PIE

Cheryl Anderson

1-3 oz. pkg. Philadelphia cream
cheese

¾ c. powdered sugar
1 c. whipped cream

Cream well cream cheese and sugar. Fold in whipped cream; pour into graham cracker crust. Chill. Then spoon the cherry pie filling on top. Sprinkle some crumbs on top. Chill six hours or over night.





WHITE CHRISTMAS CHIFFON PIE

Cheryl Anderson

1 envelope plain gelatin
 1/4 c. cold water
 4 T. flour
 1 c. sugar
 1/2 tsp. salt
 1-1/2 c. milk
 1 tsp. vanilla

1/4 tsp. almond extract
 1/2 c. whipping, beaten stiff
 3 eggs whites
 1/4 tsp. cream tartar
 1 c. moist coconut, shredded
 1 baked pie shell

Soften gelatin in cold water. Mix flour, 1/2 cup sugar and salt in saucepan; stir in milk gradually. Cook over low heat, stirring constantly to boiling. Boil for 1 minute, remove from heat; stir in gelatin. Cool until partially set. Beat smooth. Blend in vanilla and almond extract; fold in whipped cream. Beat eggs whites, remaining sugar and cream of tartar together until stiff and glossy. Fold meringue into cream mixture; fold in coconut. Pour into crust; sprinkle additional coconut over top. Refrigerate to set. Yield: 8 servings

Pastry

APPLE PIE SQUARES

Marjorie Bigley

5 c. sifted flour
 5 tsp. sugar
 1/2 tsp. salt
 1/2 tsp. baking powder
 1 c. Crisco
 1/2 c. butter
 2 eggs, separated

Some milk
 1-1/2 c. crushed corn flakes
 6 to 8 apples, peeled and sliced
 2 tsp. apple pie spice
 1 tsp. cinnamon
 1 c. sugar

Mix flour, sugar, salt and baking powder. Cut in Crisco and butter. In a cup, combine egg yolks and enough milk to make a "scant" cup. Add flour so it holds together and forms a ball. Cut in half and roll out 1/2 to fit 15 x 10 inch jelly roll pan. Place corn flakes on pastry. Add apples. Combine spices and sugar and sprinkle over apples. Roll out remaining pastry to fit over apples. Cut slits, tuck under edge of bottom pastry. Beat egg whites until foamy and brush over crust. Bake at 350° one hour. When cool, top with icing of powdered sugar and milk. Cut into squares.





BANANA BARS

Cheryl Jensen

1/2 c. margarine
1-1/2 c. sugar
2 eggs
3/4 c. sour cream
3 bananas, mashed

1 tsp. vanilla
2 c. flour
1/4 tsp. salt
1 tsp. soda

FROSTING

4 oz. cream cheese
3/4 c. stick margarine
1-3/4 c. powdered sugar

1 T. milk
1 tsp. vanilla

Cream together the margarine and sugar. Stir in the eggs, one at a time, the sour cream, bananas, vanilla, flour, salt and soda until well mixed. Bake for 25 to 30 minutes at 350°. **FROSTING:** Blend the cream cheese, margarine, powdered sugar, milk and vanilla until smooth and frost bars when cool.

CARAMEL CHOCOLATE LAYER SQUARES

Carol Miller

1 pkg. caramels (approx. 50)
1/4 c. evaporated milk
1 pkg. German chocolate cake mix

3/4 c. melted margarine
1/4 c. chopped nuts
1/3 c. evaporated milk
1 c. chocolate chips

In heavy sauce pan combine caramels and 1/4 c. evaporated milk. Cook over low heat stirring constantly until melted. Set aside. You can microwave for 3 minutes and stir until melted. Grease and flour 9 x 13 inch pan. In large bowl, combine dry cake mix, margarine, 1/3 c. evaporated milk and nuts. Stir by hand until dough holds together. Press 1/2 of dough into pan and bake 6 minutes at 350°. Remove from oven, sprinkle chocolate chips over baked layer. Pour caramel mixture over chips. Use other half of dough on top of caramel layer. Bake for 20 minutes at 350°.





CHOCOLATE CARAMEL BROWNIES

Cheryl Jensen

1 German chocolate cake mix **1 c. pecans or walnuts**
¾ c. margarine, melted **1 tsp. vanilla**
⅔ c. evaporated milk **1 - 14 oz. pkg. caramels, melted**

Mix cake mix, margarine, ⅓ cup of evaporated milk, nuts and vanilla. Pour one half of this batter on greased 9 x 13 inch pan and bake at 350° for 10 minutes. Mix the other ⅓ cup evaporated milk and melted caramels together and pour over baked batter. Sprinkle 6 oz. pkg. chocolate chips over caramel mix. Drop remaining batter over all and bake another 20 minutes. Allow to cool before serving.

CHOCOLATE SYRUP BROWNIES

Cheryl Anderson

½ c. butter or margarine **1-¼ c. all-purpose flour**
1 c. sugar **¼ tsp. baking soda**
1 tsp. vanilla **¾ c. Hershey's chocolate syrup**
2 eggs **¾ c. chopped nuts**

Cream butter or margarine and sugar until light and fluffy; add vanilla. Add eggs, one at a time, beating well after each addition. Combine flour and baking soda; add alternately with chocolate syrup to creamed mixture. Stir in nuts. Pour into a greased 9 x 9 x 2 inch pan. Bake at 350° for 40 to 45 minutes or until done.





CRANBERRY CHEESE BARS

Carol Cox

2 c. unsifted flour
1- $\frac{1}{2}$ c. oats
 $\frac{3}{4}$ c. plus 1 T. brown sugar
firmly packed
1 c. butter or margarine
softened
1 - 8 oz. pkg. cream cheese
softened

1 - 14 oz. can Sweetened
Condensed milk
 $\frac{1}{4}$ c. lemon juice
2 T. cornstarch
1 - 16 oz. can whole berry
cranberry sauce

Preheat oven to 350°. In large mixer bowl combine flour, oats, $\frac{3}{4}$ c. brown sugar and butter, mixing until crumbly. Reserving 1- $\frac{1}{2}$ c. crumb mixture, press remainder firmly on bottom of greased pan. Bake 15 minutes. Meanwhile, in small mixer bowl beat cheese until fluffy. Beat in sweetened milk until smooth; stir in lemon juice. Spread evenly over prepared crust. In small bowl combine remaining 1 T. brown sugar and cornstarch; stir in cranberry sauce. Spoon evenly over cheese layer. Top with reserved crumb mixture and bake for 40 minutes or until golden. Chill. Store covered in refrigerator. Makes 24 to 36 bars.

CREAM PUFFS

Jo Hogsett

$\frac{1}{2}$ c. butter
1 c. boiling water
1 c. flour

$\frac{1}{4}$ tsp. salt
4 eggs

Melt butter in water. Add flour and salt all at once and stir in vigorously; cook, stirring constantly until mixture forms a ball that doesn't separate. Remove from heat and cool slightly. Add eggs one at a time, beating vigorously after each addition until mixture is smooth. Drop from tablespoon 2 inches apart onto greased baking sheet. Bake in oven at 450° for 15 minutes. Remove with spatula and cool on rack. When thoroughly cool, cut side of each puff and fill with whipped cream or vanilla pudding. Makes 1 dozen.





CRUNCH BAR (MICROWAVE)

Cheryl Anderson

12 oz. pkg. almond bark 7 c. rice krispies
12 oz. pkg. butterscotch almond
bark

Melt the almond bark in microwave and then stir in the rice krispies. Spread on buttered pan. Cut in squares.

GRAHAM CRACKER BARS

Nina Pulatie

Graham crackers 1 c. chopped nuts
1 c. brown sugar 1 - 12 oz. pkg. chocolate chips.
1 c. margarine

Line one buttered jelly roll pan with graham crackers. Combine brown sugar and margarine and boil 2 minutes, stirring constantly. Add the chopped nuts and pour over crackers. Bake at 350° for 7 minutes. Remove from oven, sprinkle with chocolate chips, let melt and spread. Cut into bars while still warm. Cool and enjoy.

HERSHEY SYRUP BROWNIES

Nina Pulatie

1 c. sugar 1 can Hershey syrup
1 stick margarine 1 c. plus 2 T. flour
4 eggs

FROSTING

1-½ c. sugar 6 T. milk
6 T. margarine

Cream together sugar, margarine and eggs. Add Hershey's syrup and flour and stir until just mixed. Pour into cookie sheet and bake at 350° for 25 minutes. Mix frosting ingredients and boil 30 seconds, add 1 c. chocolate chips. Beat until chips melt, spread over brownies. Let cool and cut.





LEMON BARS

Phyllis Herren

- | | |
|---------------------|----------------------|
| 1 c. butter | 4 T. flour |
| ½ c. powdered sugar | 4 eggs |
| 2 c. flour | 2 c. sugar |
| 4 T. lemon juice | 1 tsp. baking powder |

Mix butter, powdered sugar and the 2 c. flour. Put in a 9 x 13 inch pan and pat down. Bake 15 minutes @ 350°. Mix lemon juice, 4 T. flour, eggs, sugar and baking powder. Pour over crust. Bake 25 minutes @ 350°. Sprinkle additional powdered sugar on top when cool.

LEMON BARS DELUXE

Cheryl Jensen

- | | |
|---------------------|----------------------|
| 2 c. flour | 2 c. sugar |
| ½ c. powdered sugar | ⅓ c. lemon juice |
| 1 c. margarine | ¼ c. flour |
| 4 eggs, beaten | ½ tsp. baking powder |

Stir together flour and powdered sugar. Cut in the margarine. Press into 9 x 12 inch baking dish and bake at 350° for 20 to 25 minutes. Beat together eggs, sugar and lemon juice. Combine the other ¼ c. flour and baking powder and stir into egg mixture. Pour over baked crust and bake an additional 25 minutes. Dust top with powdered sugar and cut when cool.

MARBLE BARS

Nina Pulatie

- | | |
|-----------------------------|---|
| 1 egg | 1 box yellow cake mix (no pudding included) |
| 1 stick butter or margarine | |
| 1 tsp. vanilla | |

Beat together the egg, butter and vanilla and pour this mixture into the yellow cake mix. Mix together by hand. Put all but ½ c. dough into a greased 9 x 13 inch pan. Combine one 12 oz. pkg. chocolate chips and one can Eagle Brand condensed milk. Melt in microwave on high for one minute. Stir until chips are melted. Pour over cake dough. Crumb the ½ c. cake dough over chocolate. Sprinkle with chopped nuts. Bake at 325-350° for 20 minutes. Don't overbake or will be dry. Cut when cold.





PEANUT BUTTER BARS

Nina Pulatie

1- $\frac{1}{2}$ c. smooth peanut butter
1- $\frac{1}{2}$ c. graham crackers
1 stick margarine, melted

1- $\frac{3}{4}$ c. powdered sugar
1 - 6 oz. pkg. chocolate chips

Mix peanut butter, graham crackers, margarine and powdered sugar together and spread in 9 x 13 inch pan. Top with the chocolate chips. Bake at 30° for 6 minutes. Spread melted chips to cover top and let cool. Cut.

RHUBARB DREAM SQUARES

Dorothy Anderson

1 c. flour
5 T. powdered sugar

$\frac{1}{2}$ c. margarine

FILLING

1- $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. flour
 $\frac{3}{4}$ tsp. salt

2 eggs
1 tsp. vanilla
4 c. rhubarb

Combine 1 c. flour, the powdered sugar and margarine and put into 7 x 11 inch pan. Bake at 350° for 12 minutes. Mix sugar, $\frac{1}{4}$ c. flour, salt, eggs, vanilla and rhubarb and pour over crust. Bake for 35 minutes more.





Desserts

APPLE CRISP

Cheryl Anderson

Apple Mixture

4 c. thinly sliced apples
2 T. flour
1/2 c. Sugar

1/2 c. water
1 tsp. cinnamon

topping

3/4 c. quick oats
3/4 c. brown sugar

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

Mix apples, flour, sugar, cinnamon, and water and put in a greased baking dish. Then mix oats, brown sugar, flour and butter together til crumbly. Spread over top of apple mixture. Bake in a slow oven until apples are tender. About 1 hour at 350°.

BUTTERSCOTCH DESSERT

Cheryl Anderson

1ST. LAYER

1 c. margarine (2 sticks)
softened

1 c. flour
1/2 c. pecans, chopped

2ND. LAYER

1 c. powdered sugar
1 c. Cool Whip

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

3RD. LAYER

2 pkg. instant butterscotch
pudding mix

3 c. milk

Toss margarine, flour and nuts together until crumbly and press into 9 x 13 inch pan and bake 20 minutes at 350°. Cool. Mix powdered sugar, Cool Whip and cream cheese together and put in crust. Beat the pudding mix and milk together until quite thick and pour atop cream cheese mix. Top with additional Cool Whip.





CHERRY BREAD PUDDING

Linda Clark

- | | |
|--|---------------------------|
| 1 - 21 oz. can cherry pie filling | 3 eggs |
| 6 slices white bread, crusts removed & cubed | 1/3 c. sugar |
| 1/4 c. butter or margarine, melted | 1/2 tsp. almond extract |
| 1 T. lemon juice | 1 c. heavy cream, whipped |
| 1 c. milk | 2 T. sugar |
| | 1/2 tsp. cinnamon |

Mix whipped cream, 2 T. sugar and 1/2 tsp. cinnamon and use for topping. Spoon cherry pie filling evenly on bottom of shallow 1-1/2 qt. casserole. Arrange bread cubes on top. Drizzle melted butter or margarine over bread and sprinkle with lemon juice. In small bowl combine milk, eggs, sugar and almond extract. Beat until well mixed and pour over bread cubes. Press bread cubes down with milk mixture to coat thoroughly. Sprinkle with cinnamon. Microwave at 50% for 18 to 20 minutes rotating 4 times until bread custard is lightly set in center. Remove and let set 5 minutes and serve with whipped topping.

CHERRY DELIGHT

Sandy Forristall

- | | |
|--------------------------|------------------|
| 1 can fruit cocktail | 1 ctn. Cool Whip |
| 1 can cherry pie filling | |

Mix together and refrigerate.

CHERRY DESSERT

Ruth Wasson

- | | |
|----------------------------------|---------------------|
| 1 can cherry pie filling | 2 sticks margarine |
| 1 - 20 oz. can crushed pineapple | 1 c. flake coconut |
| 1 pkg. yellow cake mix | 1/2 c. chopped nuts |

Pour pie filling into 9 x 13 inch pan or dish. Pour crushed pineapple with juice over the pie filling. Sprinkle yellow cake mix over fruit. Melt margarine and drizzle over cake mix. Sprinkle nuts and coconut over the top. Bake at 325° for 1 hour.





CHOCOLATE CHIP DESSERT

Cheryl Anderson

24 marshmallows
1/4 c. milk
1 container Cool Whip

1 tsp. vanilla
1 pkg. chocolate chips

Heat marshmallows in milk till melted and allow to cool. Add vanilla and chocolate chips (cut into pieces) into Cool Whip. Fold in marshmallows mixture. Pour into graham cracker crust.

COCONUT DELIGHT

Lucille Meadows

1 c. flour
1/2 c. margarine
1/2 c. chopped pecans
2 pkgs. instant coconut pudding
(3-1/4 oz.)

1/3 c. coconut
8 oz. pkg. cream cheese
1 c. powdered sugar
2 c. milk
8 oz. ctn. whipped topping

Combine flour, butter and pecans. Put into buttered 9 x 13 inch pan and bake 15 minutes at 350°. Cool. Combine cream cheese and powdered sugar. Beat until smooth. Combine pudding and milk and beat 2 minutes at low speed. Add to cheese mixture. Add the whipped topping. Pour over crust and sprinkle with coconut. Chill.

CRUSHED ICE TORTE

Cheryl Anderson

3 pkgs. jello (1 lime, 1 red, 1
lemon or orange)
1 T. plain gelatin
1/4 c. cold water

1 c. pineapple juice
2 c. whipping cream
1/2 c. sugar
flavoring

Dissolve each pkg. jello separately in 1-1/2 c. hot water and pour each into flat pans to set. Dissolve the plain gelatin in the cold water and put into the 1 cup of HOT pineapple juice. Cool. Whip the whipping cream, add sugar and flavoring. Fold in plain gelatin mixture and pineapple. Cut jello into cubes and fold in the whipped cream mixture. Chill.





EASY PEACH COBLER

Cheri Andersen

5 to 6 peaches, peeled and sliced
1- $\frac{1}{2}$ c. sugar
2 T. flour

1 egg
1 stick margarine or butter, soft
5 slices white bread

Preheat oven to 350°. Place fruit in buttered 8 x 8 inch baking dish. Cut crust from bread and cut into 3 slices. Place bread over fruit. In a bowl, mix sugar, flour, egg and butter. Spread over fruit and bread. Bake for 35 to 45 minutes until golden. If you double this for 9 x 13 pan, use only 2- $\frac{1}{4}$ c. sugar.

ECLAIR TORTE

Cheri Andersen

1 c. water
 $\frac{1}{2}$ c. butter
 $\frac{1}{4}$ tsp. salt
1 c. all-purpose flour
4 eggs
1 pkg. (8 oz.) cream cheese, softened

2 pkgs. (3.4 oz. each) instant vanilla pudding
3 c. cold milk
12 oz. frozen whipped topping, thawed
chocolate syrup

In a saucepan over medium heat, bring water, butter and salt to a boil. Add flour all at once; stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well with a wooden spoon after each addition. Beat until smooth. Spread into a greased 13 x 9 x 2 inch baking pan. Bake at 400° for 30 to 35 minutes or until puffed and golden brown. Cool completely on wire rack. If desired, remove puff from pan and place on a serving platter or leave in pan. In a mixing bowl, beat cream cheese, pudding mix and milk until smooth. Spread over puff; refrigerate for 20 minutes. Spread with whipped topping; refrigerate. Drizzle with chocolate syrup just before serving. Refrigerate any leftovers. Yields 12 servings.





FROZEN PUMPKIN DESSERT

Betty Smallen

- | | |
|-----------------------------------|---------------------------------|
| 25 Gingersnaps, crushed | 1/2 tsp. salt |
| 4 T. margarine melted | 1/2 tsp. nutmeg |
| 1 qt. vanilla ice cream, softened | 1/2 tsp. cinnamon |
| 1 can pumpkin | 1/2 pt. whipping cream (May use |
| 3/4 c. sugar | Cool Whip) |

Combine gingersnap crumbs and margarine. Spread in 9 x 13 inch pan. Freeze 1 hour. Spread softened ice cream over crumb crust. Return to freezer at least one hour. Combine pumpkin, sugar, salt and spices. Mix well. Whip cream, fold into pumpkin mixture. Spread over ice cream. Top with more crumbs. Return to freezer until firm. Serves 15.

FRUIT AND CREAM COOKIE TART

Susan Enewold

Crust

- 1 pkg. Golden sugar cookie mix.

Filling

- | | |
|--------------------------------------|------------------|
| 1 (8 oz.) pkg. softened cream cheese | 1/3 c. sugar |
| | 1/2 tsp. vanilla |

Topping

- | | |
|--------------|--|
| Kiwi fruit | Peaches |
| Strawberries | 1/2/ c. apricot jam, heated and strained |
| Blueberries | |
| Bananas | |

Preheat oven to 350°. Prepare the cookie mix according to package directions. Spread evenly on 12-inch pizza pan. Bake for 14 to minutes or until edges are light brown. Cool completely. Combine cream cheese, sugar, and vanilla in small bowl. Beat at low speed until smooth. Spread on cooked crust and chill. Prepare fruits for topping by drying them thoroughly. Arrange fruit in circles on chilled crust working from outside edge toward center. Brush fruit with apricot jam to glaze. Cool until ready to serve.





HOME MADE ICE CREAM

Roy Murphy

For 1 gallon freezer
6 eggs, well beaten
1 pt. whipping cream, whipped
1 qt. half and half

2 cups sugar
Vitamin D milk filling container
to proper level
Vanilla to taste

Add the sugar to the well beaten eggs and mix well with mixer. Then add whipped cream, half and half and enough milk to fill container to 1 inch from top. Add vanilla to taste (at least two T.) Freeze in a turning freezer the old fashioned way and enjoy.

HOMEMADE CHOCOLATE

Jan Williamson

1/2 c. sugar
1-1/2 to 2 T. cornstarch
1 egg
1 tsp. salt

2 c. milk
2 T. cocoa
1 tsp. vanilla
1 T. butter

Beat sugar, cornstarch, egg, salt, milk, cocoa, butter together, cook over low heat, till thick add vanilla, chill and serve. (omit cocoa for vanilla pudding)

KICK THE CAN ICE CREAM

Betty Smallen

1 pt. half & half
1 egg
1/2 c. sugar
1 tsp. vanilla
2 T. chocolate syrup OR

1/4 c. strawberries
1 - 1 lb. coffee can with lid
1 - 3 lb. coffee can with lid
crushed ice and rock salt

Add half & half, egg, sugar and chocolate to the 1 lb. coffee can. Put the lid on can and secure with duct tape. Place the 1 lb. coffee can inside the 3 lb. coffee can. Surround with crushed ice and rock salt and place the lid on the 3 lb. coffee can. Now the fun. Have the kids sit on ground 3 to 4 feet apart, and roll the can back and forth. Roll for 8 to 10 minutes. Check to see if ice cream is hard; if not replace the lid, add more ice and rock salt. Roll for another 8 minutes. Remove the lid to the 1 lb. can and serve in bowls. Serves 4 people.





NANCY'S CHEESE CAKE

Evelyn Sherbondy

- | | |
|---------------------------------------|---|
| 1-1/4 c. graham cracker crumbs | 1 sm. pkg. instant vanilla pudding |
| 1/4 c. melted butter | |
| 3 T. sugar | 1 - 12 oz. carton Cool Whip |
| 1/2 c. cold milk | 1 c. sour cream |

Make crust out of graham cracker crumbs, butter and sugar and pat down in spring form pan. Refrigerate. Mix milk, pudding, Cool Whip and sour cream putting one half of mixture in the graham cracker crust. Top with 3 sliced bananas. Add the remaining mixture. Top with finely chopped pecans and cover with halved fresh strawberries. Refrigerate several hours. Release from spring form pan and serve.

NUT CARAMEL PUDDING

Kate Murphy

- | | |
|--------------------------|--------------------------|
| 2 c. brown sugar | 1 c. chopped nuts |
| 1/3 c. cornstarch | 2 c. water |

Bring brown sugar and water to a boil. Mix cornstarch with 1/2 c. water and add to boiling mixture. Cook until thick. Add vanilla and chopped nuts. If using for pie filling, add 1/2 c. corn starch instead of 1/3 c. and bake in favorite pie shell.

PEACH COBBLER

Carol Cox

- | | |
|-----------------------------|---|
| 1 bag frozen peaches | 1 stick margarine, chilled & cubed |
| 1 c. flour | |
| 1 c. sugar | 1/2 tsp. nutmeg |
| 1/2 c. oatmeal | 1/2 tsp. cinnamon |

Spray 9 x 9 inch pan with Pam. Place peaches in pan. Combine the rest of the ingredients in food processor and blend. Sprinkle on top of peaches. Bake @ 350° for 45 minutes. Serve warm with ice cream.





PINEAPPLE BREAD PUDDING

Ruth Wasson

- | | |
|-----------------------------------|--------------------------------------|
| 1/2 c. butter or margarine | 4 eggs, well beaten |
| 1 c. sugar | 5 slices of white bread cubed |
| 1 #2 can crushed pineapple | |

Cream together butter and sugar. Add and mix in pineapple and eggs. Fold in cubed bread. Pour into a greased casserole dish and bake at 350° for 1 hour. Delicious served with vanilla ice cream.

QUICK COBBLER FOR TWO --MICROWAVE

Cheryl Anderson

- | | |
|------------------------------------|--------------------------------|
| 1-16 oz. can sliced peaches | 1 c. biscuit mix |
| 3 T. sugar | 1/4 tsp. almond extract |
| 1/3 c. milk | 1 T. butter |
| 1/8 tsp. cinnamon | |

Place peached with juice in 8-inch round glass baking dish, set aside. Combine biscuit mix, 2 T. sugar, extract and milk. Spoon over peaches. Cut butter into small pieces; scatter over batter. Combine 1 T. sugar and cinnamon; sprinkle over top. Cook in microwave 5-1/2 minutes, serve warm with a dash of whipped cream or ice cream.

RHUBARB COBBLER

Sheryl Walgenbach

- | | |
|-----------------------------|---------------------------------|
| 1 c. sugar | 1 egg, beaten |
| 1/2 tsp. baking soda | 1-1/2 c. flour |
| 1 c. sour cream | 2 c. small dried rhubarb |

Combine in order the sugar, baking soda, sour cream, egg, flour and rhubarb. Place in 8 x 8 inch greased pan. Sprinkle with a bit of cinnamon-sugar and bake at 350° for 40 to 45 minutes. Do not overbake.





RHUBARB DESSERT

Chris Anderson

5-7 c. rhubarb-chopped
1-½ c. sugar
6 T. margarine-softened
2 c. flour

2 tsp. baking powder
½ tsp. salt
1 c. milk

Topping

2 c. sugar
½ tsp. salt

2 T. cornstarch

Cream together 1½ c. sugar, and 6 T. softened margarine. Sift together flour, salt, and baking powder; add flour to sugar mixture alternately with milk. Place rhubarb chopped in a 9 x 13 pan . Pour flour and sugar mixture over rhubarb. Mix topping of sugar, salt, and corn starch; sprinkle over flour mixture now pour ¾ cup of boiling water over all. Bake at 350° for 45 minutes.

RHUBARB OATMEAL CRUMBLE

Cheryl Anderson

Filling

3 c. diced rhubarb
¼ tsp. cinnamon
¼ c. water

⅓ c. sugar
1 T. butter

topping

⅔ c. sifted flour
⅔ c. oatmeal
⅓ c. sugar

⅛ tsp. salt
¼ tsp. soda
14 c. melted butter

Arrange rhubarb in a shallow baking dish. Sprinkle with sugar and cinnamon. Dot with butter and add water. Topping: Sift flour, salt and soda together. Mix oatmeal and sugar with flour mixture. Blend butter into dry ingredients until crumbly. Spread evenly over rhubarb. Bake 40 minutes at 350° oven.





RHUBARB OR APPLE CRISP

Mary Vander Woude

- | | |
|-------------------------------|------------------------|
| 1 c. flour | 1 c. sugar |
| ¾ c. uncooked oatmeal | 2 T. cornstarch |
| 1 c. brown sugar | 1 c. water |
| 1 tsp. cinnamon | 1 tsp. vanilla |
| 4 c. rhubarb or apples | |

Melt butter and add flour, oatmeal, brown sugar and ½ tsp. cinnamon. Mix well until crumbly. Press one half of this mixture into 9 x 9 inch pan. Cover with rhubarb or apples. Cook in bowl in microwave the white sugar, cornstarch, water, vanilla and rest of cinnamon. Cook until thick. Pour over fruit. Top with rest of crumbs and bake at 350° for 1 hour. Can be doubled for 9 x 13 inch pan.

SOFT MOLASSES DROPS

Faye Hackfort

- | | |
|---------------------------|---------------------------|
| ¾ c. margarine | 2 T. molasses |
| 1-½ c. brown sugar | 1 tsp. baking soda |
| 3 eggs | 3 c. sifted flour |
| 1 tsp. vanilla | 1 c. raisins |

Cream margarine and sugar until light and fluffy. Add eggs and vanilla and beat well. Combine molasses and baking soda and add to creamed mixture. Gradually stir in flour and add raisins. Drop by teaspoon onto greased baking sheet and bake @ 350° for 8 minutes or until brown. Makes 6 dozen.





STRAWBERRY PRETZEL DESSERT

Carol Cox

2- $\frac{1}{2}$ c. broken pretzels
 $\frac{1}{2}$ c. margarine, melted

2 T. powdered sugar

PRETZEL COATING

1 - 8 oz. pkg. cream cheese
1 egg white

1 c. powdered sugar
1 - 9 oz. carton Cool Whip

FINAL PRETZEL COVERING

2 c. hot water
2 - 3 oz. pkgs. strawberry jello

1 - 10 oz. pkg. frozen
strawberries

Combine pretzels, margarine and 2 T. powdered sugar. Put in 9 x 12 pan and bake at 350° for 10 minutes. Beat together cream cheese and egg white. Add 1 c. powdered sugar and fold in Cool Whip. Spread over cooled pretzel mixture. Combine hot water, jello and strawberries. When thickened, spread over all.

STRAWBERRY SPRING DELIGHT

Helen Townsend

1 c. sugar
1-8 oz. cream cheese
1-16 oz. whipped topping
1 Angle Food Cake

2 containers (13 oz.) strawberry
glaze
1 $\frac{1}{2}$ pints fresh strawberry
(sliced)

Cream sugar and cream cheese. Add whipped topping; mix well. Break cake into small pieces and add to whipped topping mixture. Mix well. Put into a 13 by 9 inch dish. Mix strawberries and glaze, spread over cake mixture. Refrigerate several hours before serving





YUMMY DESSERT

Nina Pulatie

**One graham cracker crust in
baking dish
2 c. Dream whip
1 - 8 oz. pkg. softened cream
cheese**

**1-½ c. powdered sugar
1 can cherry or blueberry pie
filling**

Beat dream whip, cream cheese and powdered sugar until smooth. Place in the graham cracker pie crust. Top with cherry or blueberry pie filling and refrigerate at least one hour. Cooling overnight is best.

Recipe Favorites



CAKES, COOKIES & CANDY

MINE!



Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- Marshmallows can be used for candle holders on cakes.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and you can squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface. The slight melting of the frosting will give it that lustrous appearance.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.



Cakes, Cookies & Candy

Cakes

"DEVINE" CHOCOLATE CAKE

Jami Devine

- | | |
|--------------------|--------------------|
| 2 c. sugar | pinch of salt |
| 1/3 c. shortening | 2 c. flour |
| 3 T. cocoa | 1/2 c. buttermilk |
| 1 c. boiling water | 1 tsp. baking soda |
| 2 eggs | 1 tsp. vanilla |

Mix together sugar, shortening, cocoa then add boiling water. Add to the mixture everything else. Bake at 350° for 25 to 30 minutes. Your choice of frosting - cream cheese - burnt butter - powdered sugar sprinkled over top; or serve with milk or ice cream over top. Be Creative!

APPLESAUCE CAKE

Lucille Meadows

- | | |
|--|----------------------------------|
| 1 c. sugar | 1 tsp. cinnamon |
| 1/2 c. butter | 1 tsp. nutmeg |
| 1 egg | 1 tsp. cloves |
| 1-1/2 c. applesauce (slightly sweetened when warm) | 2 c. flour |
| 1 c. raisins | 2 tsp. soda (level) dissolved in |
| 1/2 c. nuts optional | 2 tsp. hot water |

Mix in order given and bake in 9 x 13 inch greased and floured pan. Bake at 350° for 35 to 45 minutes.





BEST YET CAKE

Irene Vogt

2 c. flour
2 c. sugar
2 tsp. soda

1 T. cinnamon
1 T. vanilla
1 - 20 oz. can crushed pineapple

FROSTING

1 - 8 oz. pkg. cream cheese
1- $\frac{1}{3}$ c. powdered sugar
 $\frac{1}{2}$ stick margarine

1 tsp. vanilla
1 c. chopped pecans for top

CAKE: Mix all ingredients by hand. Pour into grease 9 x 13 inch cake pan and bake for 35 minutes @ 350°. Frost cake while hot. FROSTING: Mix first four ingredients thoroughly and spread over cake. Cover with chopped pecans.

BLUEBERRY PUDDING CAKE

Helen Townsend

2 c. fresh or frozen blueberries
1 tsp. ground cinnamon
1 tsp. lemon juice
1 c. flour

$\frac{3}{4}$ c. sugar
1 tsp. baking powder
 $\frac{1}{2}$ c. milk
3 T. butter or margarine, melted

TOPPING

$\frac{3}{4}$ c. sugar
1 T. cornstarch

1 c. boiling water

Toss the blueberries with cinnamon and lemon juice; place in a greased 8 x 8 inch baking dish. In a bowl, combine flour, sugar and baking powder, stir in milk and butter. Spoon over berries. Combine the topping ingredients, sugar, cornstarch and sprinkle over batter of cake. Slowly pour boiling water over all. Bake at 350° for 45 to 50 minutes or until cake tests done. Makes 9 servings.





CHERRY COFFEE CAKE

Carol Cox

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

Cream margarine, sugar and eggs. Add vanilla, flour baking powder and salt. Spread 2/3 of batter in 9 by 13 pan that has been sprayed with Pam. Spread with pie filling. Drop remaining batter on top by spoonfuls and swirl with knife. Bake for 30 minutes at 350°. Sprinkle with powdered sugar.

CHOCOLATE LUSH

Kate Murphy

1 c. sifted flour
2 T. cocoa
3/4 c. sugar
1/2 c. milk
1/2 c. chopped nuts
1 tsp. baking powder
1/2 tsp. salt
2 T. butter or margarine
1 tsp. vanilla

TOPPING

1/2 c. brown sugar
3 T. cocoa
1/2 c. white sugar
1-1/2 c. boiling water

Combine flour, baking powder, cocoa, salt and sugar and sift together. Combine melted butter, milk and vanilla. Add liquid ingredients to dry ingredients and mix well. Stir in walnuts. Spread in greased pan. Combine brown and white sugar and cocoa and spread on top of batter. Pour boiling water over all. Bake in preheated oven (350 to 375°) for 45 to 50 minutes. Cool pan before cutting into square.





CHOCOLATE SHEET CAKE

Sharon Elkin

2 sticks butter
4 T. cocoa - heaping
1 c. cold water
1 tsp. soda
1 tsp. vanilla

2 c. flour
2 c. sugar
 $\frac{3}{4}$ c. buttermilk
2 eggs, beaten

CHOCOLATE FROSTING

3 T. cocoa
5 T. milk
1 box powdered sugar

1 tsp. vanilla
 $\frac{1}{2}$ c. butter

In a saucepan mix 2 sticks butter, the cocoa, and cold water and bring to a boil. Remove from heat and add sugar, buttermilk, eggs, flour, soda and vanilla. Bake in a greased sheet cake pan at 350° for 20 minutes. FROSTING: Mix cocoa, milk and butter and bring to a boil. Then add the powdered sugar and vanilla. Stir until consistency is good.

CHOCOLATE ZUCCHINI CAKE

Janice Sebeniecher

$\frac{1}{2}$ c. butter
 $\frac{1}{2}$ c. oil
1 tsp. vanilla
 $1\text{-}\frac{3}{4}$ c. water
3 T. cocoa
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. cinnamon

2 eggs
 $\frac{1}{2}$ c. milk
 $2\text{-}\frac{1}{4}$ c. flour
1 tsp. baking soda
 $\frac{1}{2}$ tsp. cloves
2 c. grated zucchini

Cream butter and vanilla. Add remaining ingredients. Sprinkle $\frac{1}{4}$ to $\frac{1}{2}$ c. chocolate chips on top after cake has been in oven for 10 minutes. Bake at 325° for 40 to 45 minutes in 9 x 13 inch pan.





COCA COLA CAKES

Betty Smallen

2 c. flour unsifted
 2 c. sugar
 2 sticks butter
 3 T. cocoa
 1 c. Coca Cola

1/2 c. buttermilk
 2 eggs, beaten
 1 tsp. soda
 1 tsp. vanilla
 1-1/2 c. mini marshmallows

CAKE ICING

1 c. chopped pecans
 1/2 c. butter
 3 T. cocoa

6 T. Coca cola
 1 box powdered sugar

Combine flour, sugar. Heat butter, cocoa, and coke until boiling. Pour over sugar and flour mixture. Mix well. Add buttermilk, eggs, soda, vanilla, marshmallows and beat well. Pour into greased floured pan. Bake at 350° for 30 to 40 minutes. ICING: Combine butter, cocoa and coke Bring to boil. Pour over sugar and beat well. Add nuts. Spread on hot cake.

DAUGHTER'S RICH N' EASY BUNDT CAKE

Audrey Bones

1 box yellow cake mix
 1 sm. box instant vanilla
 pudding
 1/2 c. oil
 1/2 c. water

4 eggs
 8 oz. sour cream
 12 oz. chocolate chips
 1 c. pecans
 1 c. coconut

Mix together the cake mix, pudding, oil and water. Then add the 4 eggs and sour cream and beat. Add chocolate chips, pecans and coconut. Pour into greased or sprayed bundt cake pan. Bake at 350° for 50 to 55 minutes. We usually serve with a little whipped topping.





FROSTED CREMES

Kate Murphy

- | | |
|-----------------------|---------------------------|
| 1 c. butter | 2 tsp. soda |
| 1 c. sugar | 1 tsp. vinegar |
| 1 c. molasses | dash cloves |
| 2 eggs, beaten | 1 c. boiling water |
| 2-½ c. flour | dash allspice |

Combine flour, soda and spices and set aside. Cream butter and sugar. Add molasses and eggs. Add flour mixture alternately with water. Pour into 9 x 13 inch baking dish (lightly greased) and bake at 350° until done, approximately 40 minutes. Frost with icing.

FRUIT COCKTAIL CAKE

Kate Murphy

- | | |
|----------------------------------|---------------------|
| 2 c. flour | 2 eggs |
| ½ tsp. salt | ¼ c. coconut |
| 1 No 2 can fruit cocktail | 1 c. sugar |
| 1 c. corn oil | |

TOPPING GLAZE

- | | |
|--------------------------|-------------------|
| 1 stick margarine | ¾ c. sugar |
| ½ c. canned milk | ½ c. nuts |
| 1 tsp. vanilla | |

FOR CAKE: Mix sugar, eggs and oil. Sift flour, soda and salt and add to the sugar mixture with the cocktail juice. Stir in the fruit. Pour into a greased and floured 10 x 12 inch cake pan. Sprinkle coconut on batter. Bake 45 minutes at 350°. **FOR TOPPING:** Mix butter, sugar and milk in pan; boil for 1 minute. Add vanilla and nuts. Pour over hot cake.





FRUITED DREAM CAKE

Jeanette Humphrey

- | | |
|-----------------------------|-----------------------------|
| 1 c. flour | 1 egg |
| 1 c. sugar | 1 tsp. vanilla |
| 1 tsp. baking powder | 1 can fruit cocktail |
| 1 tsp. baking soda | ¼ c. brown sugar |

Mix well the flour, sugar, baking powder, soda, egg, and vanilla, then add fruit cocktail, juice and all. Mix well and place in greased cake pan. Sprinkle brown sugar over top of cake, then bake at 350° for 30 minutes. Serve with whipped topping.

FUDGE MARBLE CHEESECAKE

Cheryl Jensen

- | | |
|-------------------------------------|----------------------------|
| 1 pkg. fudge marble cake mix | 1 c. ricotta cheese |
| ⅓ c. oil | ½ c. sugar |
| 3 eggs | ½ c. sour cream |
| 2 - 8 oz. pkgs. cream cheese | ½ c. whipping cream |

Reserve 1 c. dry cake mix & marble pouch. Mix remaining cake mix, oil, and 1 egg until soft dough forms. Press into a 9 x 13 inch cake pan or spring form pan. Bake at 350° for 10 minutes. Mix reserved cake mix, 2 eggs, cream cheese, ricotta cheese, sugar, sour cream and whipping cream. Beat 3 minutes until smooth. Reserve 1-½ c. cheese mixture and mix with marble pouch ingredients. Spoon regular cheese mix on crust and marbleize with chocolate dough. Bake 30 to 40 minutes until top springs back. After cooled, run knife along edge and then refrigerate. Can use yellow cake mix for regular cheesecake - top with any pie filling. For chocolate I use Mrs. Richardson's hot fudge sauce warmed.





LEMON ZUCCHINI CAKE

Cheryl Anderson

Cake

- | | |
|--|-------------------------------|
| 1 box lemon cake mix | 3/4 c. oil |
| 1 sm. instant lemon pudding mix | 1/2 c. chopped pecans |
| 4 eggs, beaten | 2 c. shredded zucchini |

Cream Cheese Frosting

- | | |
|----------------------------|---------------------------|
| 4 oz. cream cheese | 1 tsp. vanilla |
| 1/4 stick oleo. | coconut (optional) |
| 2 c. powdered sugar | |

Mix cake mix,pudding mix,eggs and oil together; beat 3 or 4 minutes. Fold in nuts and zucchini. Bake at 325° for 35 to 40 minutes. Frosting: Cream together cheese,oleo,powdered sugar and vanilla. Frost cake and top with coconut.

MANDARIN CAKE

Joyce Madison

- | | |
|----------------------------------|--|
| 1 lg. box yellow cake mix | 1/2 c. applesauce |
| 4 eggs | 1 - 11 oz. can mandarin oranges |
| 1/2 c. vegetable oil | |

FROSTING

- | | |
|--|--|
| 1 - 9 oz. Cool Whip | 2 - 3-1/2 oz. instant vanilla pudding |
| 1 - 20 oz.can crushed pineapple | |

Place cake mix, eggs, oil, applesauce and oranges with juice in bowl and beat 3 minutes with electric mixer. Place in oiled pan and bake according to directions on cake mix box. FROSTING: Mix Cool Whip, crushed pineapple and instant pudding well and put over cooled cake. Keep refrigerated.





MOM'S PUMPKIN CAKE

Susan Holly

6 eggs, beaten
1/2 tsp. salt
2 tsp. cinnamon
1/4 tsp. ginger

1 c. sugar
3 c. pumpkin
1/4 tsp. cloves
2 c. evaporated milk

TOPPING

1 pkg. butter pecan cake mix 1 stick margarine

Mix eggs, salt, cinnamon, ginger, sugar, pumpkin, cloves and evaporated milk and pour into a greased 9 x 13 inch pan. Mix the cake mix and margarine and crumble on top of the pumpkin cake mixture. Bake at 350° for 40 to 60 minutes.

OLD KENTUCKY NUT CAKE

Carol Miller

2/3 c. shortening
1-2/3 c. sugar
3 eggs
2-2/3 c. flour
2 T. baking powder

1 T. salt
1 c. milk
1 T. vanilla
1-1/3 c. nuts

Cream shortening, sugar, and eggs. Mix flour, baking powder, and salt. Add to creamy mixture and add milk when needed. Add vanilla and nuts; pour into a greased and floured cake pan or two (2) for a layer cake. Bake layer 25 to 30 minutes at 350°. If using a oblong 35 to 40 minutes.

PUFF CAKE

Betty Smullen

1 c. sugar
1/2 c. butter
2 egg yolks
1/2 c. milk

1-1/2 c. flour, sifted
2 egg whites
1 tsp. baking powder

Cream the sugar and butter. Then add in the following order the egg yolks, milk, flour, 2 egg whites and baking powder. Bake in a loaf pan.





RAW APPLE CAKE

Virginia Hardiman

Batter

1 c. sugar
 1/2 c. shortening
 1 egg
 1 tsp. cinnamon
 1/4 tsp. cloves
 1/2 c. cold coffee

1 tsp. soda
 1 tsp. baking powder
 1-1/2 c. flour
 1 c. raw diced apples
 1/2 c. nut meats
 1/2 tsp. salt

Frosting

1 apple (peeled and grated)
 1 c. sugar
 1 egg white

juice of 1/2 lemon
 1/2 tsp. vanilla

Cream shortening and sugar. Then add egg, cinnamon, cloves and coffee. Add soda, baking powder and salt to flour; blend into sugar mixture and mix well. Add raw apple and nuts last. Bake at 350° til tooth pick come out clean. Frosting: Beat altogether until thick and smooth apple, sugar, egg white, lemon juice, and vanilla. Make sure frosting has lost all appearance of graininess. Frost cake when it is cool.

RHUBARB CAKE

Cheryl Anderson

1-1/2 c. brown sugar
 1/2 c. oleo
 1 egg, beaten
 1 c. buttermilk
 2 c. flour

1 tsp. soda
 1 tsp. vanilla
 1 tsp. salt
 1-1/2 c. rhubarb, cut fine

Topping

1/2 c. sugar
 1/2 tsp. cinnamon

1/2 c. nuts

Cream brown sugar and oleo. Add beaten egg, vanilla and salt. Dissolve soda in the buttermilk and add alternately with the flour to the first mixture. Add the chopped rhubarb. Pour into a well-greased 9 x 13 inch cake pan. Topping: combine sugar, cinnamon, and nuts; sprinkle on top of cake. Bake in 350° oven 40 to 45 minutes.





SCOTCH NUT OATMEAL CAKE

Emily Cox, age 11

- | | |
|--|-----------------------------------|
| 2 T. margarine | 1/2 c. sugar |
| 1/4 c. brown sugar | 1/2 c. brown sugar, packed |
| 1/4 c. butterscotch chips | 1 egg |
| 1/4 c. walnuts or pecans,
chopped | 3/4 c. flour |
| 3/4 c. water | 1/2 tsp. baking soda |
| 1/2 c. quick cooking oatmeal | 1/2 tsp. salt |
| 1/4 c. margarine, cut up | 1/2 tsp. cinnamon |
| | 1/2 tsp. nutmeg |

Instructions for microwave: In 8 inch round glass baking dish melt 2 T. margarine on high 45 seconds. Mix together 1/4 c. brown sugar, butterscotch chips and nuts. Spread evenly in bottom of dish. Place small glass in center, open end up and set aside. Heat water in glass bowl on high 2 minutes or until boiling. Stir in oats, add the 1/4 c. margarine pieces and let stand until margarine is softened. Beat in the 1/2 c. sugar and 1/2 c. brown sugar and egg. Stir in remaining ingredients just until blended. Pour over nut mixture in baking dish. Cook on high 6-1/2 to 7-1/2 minutes or until cake springs back when lightly touched near center. Rotate dish during cooking if cake seems to be rising unevenly. Let stand 5 minutes to cool. Invert on serving plate and serve warm. Serves 8.

SOUR CREAM, CREME DE MINT, CHOCOLATE CAKE

Audrey Bones

- | | |
|--|------------------------------------|
| 1 box sour cream white cake mix | 1 lg. Hershey candy bar |
| 3 T. Creme de mint flavoring | 1 jar Hershey fudge topping |
| | 1 lg. bowl of Cool Whip |

Prepare cake mix as directed on package. Add to batter 2 T. creme de mint and shave 1/2 of lg. Hershey candy bar. Bake 25 to 30 minutes as pkg. directs. Let cool. Spread with Hershey fudge topping 1 to 1-1/2 jars as desired. Spread bowl of Cool Whip with 1 T. creme de mint and rest of Hershey candy bar shaved.





SUPER CHEESE CAKE*

Jaimie Schmader and Dad Frank

4-8 oz. or 2 lb. cream cheese
3/4 c. sugar

6 eggs
3 tsp. vanilla

Beat soften cream cheese,sugar and vanilla with mixer till nice and creamy. Add eggs and beat well. Pour into 2 graham cracker crust. Bake at 350° for about 35 to 40 minutes.Garnish with your favored fruit or pie filling.

SUPER MOIST CHOCOLATE CAKE

Arlita Hunt

1-1/2 c. boiling water
3/4 c. margarine
2 c. sugar
2 c. flour
2 tsp. soda

1/4 tsp. salt
1/2 c. cocoa
2 eggs
1 tsp. vanilla

FUDGE FROSTING

1 c. sugar
2 T. cocoa
1/4 c. margarine

1/3 c. milk
Drop or 2 of vanilla

Pour hot water over margarine, add sugar. Let sit while sifting dry ingredients together. Pour sifted ingredients into the margarine sugar mixture, add well beaten eggs and vanilla. Pour into greased 9 x 13 inch pan. Bake 30 to 40 minutes at 350°. Batter will be thin. Mix all frosting ingredients together and cook until it forms a soft ball in cold water.





WHITE SHEET CAKE

Nina Pulatie

4 c. cake flour
2 T. baking powder
1 c. margarine
2 c. sugar

1- $\frac{2}{3}$ c. milk
 $\frac{3}{4}$ tsp. vanilla
 $\frac{1}{2}$ tsp. almond flavoring
6 egg whites

Sift flour, measure and sift 3 times with baking powder. Cream margarine and gradually add sugar until light and fluffy. Alternately add flour mix with milk and flavorings, beginning and ending with flour. Fold in stiffly beaten egg whites. Pour into greased and floured sheet cake pan. Bake at 350° for approximately 30 minutes.

ZUCCHINI CAKE

Cheri Andersen

3 c. grated zucchini, not peeled
3 c. sugar
1- $\frac{1}{2}$ c. oil
4 eggs
3 c. flour

2 tsp. baking powder
1 tsp. soda
1- $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. salt

FROSTING

3 ox. cream cheese, softened
1 lb. powdered sugar

1 stick margarine, softened
1 tsp. vanilla

Mix together zucchini, sugar, oil and eggs. Mix together and add to creamed mixture the flour, baking powder, soda, cinnamon and salt. Bake in bundt pan at 350° for 1- $\frac{1}{2}$ hours. FROSTING: Cream cheese and margarine. Slowly add powdered sugar and vanilla. Add milk if desire for proper consistency.





ZUCCHINI CHOCOLATE CAKE

Faye Hackfort

1/2 c. margarine
 1/2 c. oil
 1-3/4 c. sugar
 2 eggs
 1 tsp. vanilla
 1/2 c. sour cream
 2 c. grated zucchini

2-1/2 c. flour
 4 T. cocoa
 1/2 tsp. cinnamon
 1/2 tsp. nutmeg
 1 tsp. soda
 1 tsp. baking powder

FROSTING

1/2 stick margarine
 1 T. cocoa
 3 T. milk

1/2 box powdered sugar
 1/4 tsp. vanilla
 1/2 c. nuts

Add and stir ingredients in order listed. Bake @325° for 45 minutes. Suggest using Pam in baking pan. FROSTING: Put milk, cocoa and margarine in pan and bring to boil. Remove from heat and add the powdered sugar, vanilla and nuts. Spread on cooled cake.

Cookies

BASIC BUTTER CREAM COOKIE FROSTING

Carol Cox

6 to 7 c. powdered sugar,
 unsifted
 3/4 c. solid vegetable shortening
 1/2 c. water

1-1/2 tsp. vanilla extract
 1/2 tsp. almond extract
 Food color, optional

In large mixing bowl at low speed, beat 5 c. powdered sugar, shortening, water, vanilla and almond until well blended. Beat in enough of remaining sugar until piping consistency. Tint with food color if desired. Use for piping flowers, leaves, etc. Frosting does not harden so do not stack cookies. Makes 4 cups.





BUTTERSCOTCH BARS

Cheryl Anderson

- | | |
|--------------------------------|-----------------------------|
| 1 stick butter or oleo | ¼ tsp. baking powder |
| 2 c. brown sugar packed | 1 tsp. vanilla |
| 2 eggs | 1 c. coconut |
| 2 c. flour | |

Melt the butter; stir in the brown sugar. Slowly heat until bubbly, stirring occasionally. Cool. Add eggs one at time, beating well after each addition. Sift dry ingredients together and add along with the vanilla and coconut. Mix well. Spread into a greased 9 x 13 inch pan; bake 25 to 30 minutes in a 350° oven. Cool and cut in bars.

CHOCOLATE CHIP COOKIES

Elinor Rowland

- | | |
|-------------------------------|--------------------------------------|
| 1 c. margarine | 3 eggs |
| 1 c. Crisco | 1½ tsp. baking soda |
| 1½ c. brown sugar | 1½ tsp. salt |
| 1½ c. granulated sugar | 5 c. flour |
| 3 tsp. vanilla | 1-12 oz. pkg. chocolate chips |

Mix margarine, crisco, and both sugars in a large bowl. Add vanilla and eggs. Then add soda, salt and flour. Last add chocolate chips. Spoon rounded tsp. about 2 inches apart on ungreased baking sheet. Bake at 375° for 8-10 minutes or until lightly browned but still soft.





CHOCOLATE CHIP COOKIES

Carol Cox

- | | |
|-------------------------------------|------------------------------------|
| 1 c. vegetable shortening | 2 tsp. baking soda |
| 2 sticks margarine, softened | 5-1/2 c. flour |
| 1-1/2 c. sugar | 2 c. oatmeal |
| 1-1/2 c. brown sugar, packed | 1 pkg. chocolate chips |
| 2 T. vanilla (real) | 1/2 pkg. butterscotch chips |
| 1/2 tsp. salt | 1 c. chopped pecans |
| 4 eggs | |

Preheat oven to 350°. Mix together the shortening and margarine in a large bowl with electric mixer. Then mix in the sugar, brown sugar, vanilla and salt. Add and mix in well the 4 eggs. Add the baking soda and one cup at a time the flour mixing well. By hand stir into the batter the chocolate chips, butterscotch chips and chopped pecans. (Store brand margarine works best, not tub or light. Name brands don't work quite as well). Drop by large tablespoon on a large cookie sheet about 1 inch apart. Bake for 13 to 15 minutes, turning once at half time. Remove from oven and let cool for five minutes. Then remove cookies to cooling racks. Makes 60 cookies.

CHOCOLATE CRINKLES

Betsy Henry

- | | |
|--|-----------------------------|
| 2 c. sugar | 4 eggs |
| 1/2 c. oil | 2 c. flour |
| 2 tsp. vanilla | 2 tsp. baking powder |
| 4 oz. unsweetened chocolate squares | 1/2 tsp. salt |
| | 1 c. powdered sugar |

Mix sugar, oil, vanilla and chocolate. Blend in eggs one at a time. Then stir in flour, baking powder and salt. Refrigerate at least 3 hours. Preheat oven to 350°. Roll in balls, drop in the powdered sugar coating well. Place on greased baking sheet and bake 10 to 12 minutes. Makes 6 dozen.





CHOCOLATE PEAKS

Doris N. Hunt

- | | |
|--------------------------------|-----------------------------|
| 1/2 c. shortening | 2 c. sifted flour |
| 1 c. brown sugar | 2 tsp. baking powder |
| 1 tsp. vanilla | 1/2 tsp. salt |
| 2 eggs, beaten | 1/2 c. milk |
| 3 sq. chocolate, melted | 3/4 c. nuts |

Cream shortening, sugar and vanilla until light and fluffy. Stir in eggs and melted chocolate. Sift dry ingredients and add alternately with milk. Add chopped nuts. Drop by teaspoonful on greased cookie sheet. Bake 10 to 15 minutes in moderate oven 350°. Frost if desired.

CHOCOLATE REVEL BARS

Carol Miller

Oak Mixture

- | | |
|-------------------------|------------------------|
| 2 c. brown sugar | 1 tsp. salt |
| 1 c. oleo. | 1 tsp.> soda |
| 2 eggs | 2-1/2 c. flour |
| 2 T. vanilla | 3 c. quick oats |

TOPPING

- | | |
|--|--------------------------|
| 1-15 oz. can sweetened condensed milk | 2 T. oleo |
| 1-12 oz. semi sweet chocolate chips | 1/2 Tsp. salt |
| | 2 tsp. vanilla |
| | 1 c. chopped nuts |

Mix well sugar, oleo, eggs, and vanilla; add mixture of salt, soda, flour and oats to the creamy mixture; set aside. Over low heat melt milk, chips,oleo, vanilla, and salt. Add chopped nuts. Pour 2/3 oat mixture in a 9 x 13 pan. Spread chocolate mixture over oats. Sprinkle remainder of oats mixture on top, Bake at 350° for 25 to 30 minutes.





CINNAMON CRISP COOKIES

Jacqueline Johnson

- | | |
|--|--|
| 2³/₄ c. flour | 1 c. shortening |
| 2 tsp. cream of tartar | 1¹/₂ c. sugar |
| 1 tsp. soda | 2 eggs |
| 1/2 tsp. salt | |

Sift together flour, cream of tartar, soda and salt. Cream together shortening, sugar and eggs. Combine both mixtures. Roll into balls the size of walnuts. Roll each ball in mixture of 2 T. sugar and 2 T. cinnamon. Place about 2 inches apart on ungreased baking sheet. Bake 8-10 minutes at 400°.

COOKIE GLAZE

Carol Cox

- | | |
|------------------------------------|--------------------------------|
| 2 c. powdered sugar, sifted | 4 to 6 tsp. milk |
| 4 tsp. light corn syrup | Food coloring, optional |

In small bowl mix powdered sugar, corn syrup and 4 tsp. milk. Add remaining milk 1 tsp. at a time until of spreading consistency. Tint with food color if desired. Spread thinly on cookies as a base for decorating. This glaze dries in a shiny, firm finish and forms a crust, so keep covered at all times. Makes ²/₃ of a cup.

COWBOY COOKIES

Barbara King

- | | |
|-------------------------------------|-----------------------------|
| 2 c. flour | 1 c. brown sugar |
| 1 tsp. soda | 2 eggs |
| 1/2 tsp. salt | 2 c. oatmeal |
| 1/2 tsp. baking powder | 1 tsp. vanilla |
| 1 c. shortening or margarine | 1 c. chocolate chips |
| 1 c. sugar | |

Mix flour, soda, salt, baking powder, shortening, sugar, brown sugar, eggs, oatmeal, vanilla and chocolate chips until well blended. Bake at 350° for 12 to 15 minutes. Raisins can be substituted for chocolate chips.





EASTER STORY COOKIES

Betty Smallen

1 c. pecans
1 tsp. vinegar
pinch salt

1 tsp. vanilla
3 egg whites
1 c. sugar

Will also need:

zipper baggie
tape

wooden spoon
Bible

Preheat oven to 300°. Place pecans in baggie and beat them with wooden spoon to break into small pieces. (After Jesus was arrested, He was beaten by the Roman soldiers. John 19:1-3). Put 1 tsp. vinegar into mixing bowl. (When Jesus was thirsty on the cross he was given vinegar to drink. John 19:28-30). Add egg whites to vinegar. (Eggs represent life. Jesus gave His life to give us life. John 10:10-11). Sprinkle a little salt into the bowl. (This represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Luke 23:27). Add 1 c. sugar. (The sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to him. Psalm 34:8, John 3:16). Beat with a mixer on high speed for 12 to 15 minutes until puff peaks are formed. (The color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus). Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. (Each mound represents the rocky tomb where Jesus' body was laid. Matthew 27:57-60). Put the cookie sheet in oven. Close door and turn oven OFF. (Jesus tomb was sealed. Matthew 27:65-66). Go to bed! (Jesus' followers were in despair when the tomb was sealed. John 16:20-22). On Easter morning, open oven and enjoy a cookie. Notice the cracked surface and take a bite. The cookies are hollow. (On Easter Jesus followers were amazed to find the tomb open and empty. Matthew





MACAROON BARS

Cheri Andersen

3- $\frac{1}{4}$ c. flaked coconut, divided
1 c. (14 oz.) sweetened condensed milk

1 tsp. almond extract
1 tube (8 oz.) refrigerated crescent rolls

Sprinkle 1- $\frac{1}{2}$ c. coconut into a well greased 13 x 9 x 2 inch baking pan. Combine milk and extract; drizzle half over the coconut. Unroll crescent dough; arrange in a single layer over coconut. Drizzle with remaining milk mixture; sprinkle with remaining coconut. Bake at 350° for 30 to 35 minutes or until golden brown. Cool completely before cutting. Store in refrigerator. Yields 3 dozen.

MAGIC COOKIE BARS

Irene Vogt

$\frac{1}{2}$ c. butter or margarine
1- $\frac{1}{2}$ c. graham cracker crumbs
1 can sweetened condensed milk (14 oz.)

2 c. semi-sweet chocolate chips
1- $\frac{1}{3}$ c. flaked coconut
1 c. chopped nuts

Preheat oven to 350°. Sprinkle crushed graham crackers on bottom of 9 x 13 inch pan. Pour melted butter and compact firmly. Top with remaining toppings and compact firmly. Bake 25 minutes. Topping suggestions: raisins, dried cranberries, mini marshmallows or butter-scotch chips.





MINI-MAC COOKIES

Carol Klein

- 1 box vanilla wafers**
- 1 box Keebler Grasshopper cookies**
- 1 tube each of green, red and yellow frostings**
- sesame seeds**
- white syrup**

On half of the vanilla wafers (round side down, flat side up) dab on green frosting (lettuce). Place one Grasshopper cookie (meat) on each wafer. Add a dab of red frosting (ketchup) and a dab of yellow frosting (mustard) on each cookie. Place vanilla wafer (round side up, flat side down) on each. Squeeze each assembled cookie slightly to expose the frostings (condiments). Spread small amount of syrup on each cookie top and sprinkle on sesame seeds.

OATMEAL COOKIES

Doris N. Hunt

- 1 c. raisins (boiled)**
- 2 eggs**
- 1 c. shortening**
- 2 c. flour**
- 1 c. sugar**
- 2 c. quick oatmeal**
- 1 tsp. vanilla**
- 1 tsp. cinnamon**
- 1 tsp. salt**
- 1/2 tsp. cloves**
- 1 tsp. soda (dissolved in 5 T. water from cooked raisins)**

Cream shortening and sugar. Add remaining ingredients as listed. Drop by teaspoon on ungreased cookie sheet and bake about 12 minutes at 375°.





OATMEAL CRANBERRY COOKIES

Betsy Henry

1- $\frac{1}{2}$ c. margarine (or $\frac{3}{4}$ c. marg. & $\frac{3}{4}$ c. shortening)	1- $\frac{1}{2}$ c. flour
$\frac{2}{3}$ c. brown sugar	1 tsp. soda
$\frac{2}{3}$ c. sugar	2 c. grapes
1 egg	2 c. oatmeal
1 tsp. vanilla	1 c. dried cranberries

Cream margarine (shortening) with sugars. Add egg and vanilla. Stir in flour and soda. Stir in by hand grapes, oatmeal and cranberries. Bake at 375° for 8 minutes or until lightly browned. Cool 1 minute before taking off cookie sheet. Cool on wire rack. Makes 5 dozen.

PEANUT BLOSSOM COOKIES

Mary Vander Woude

1- $\frac{3}{4}$ c. flour	$\frac{1}{2}$ c. peanut butter
1 tsp. soda	1 egg
$\frac{1}{2}$ tsp. salt	2 T. milk
$\frac{1}{2}$ c. sugar	1 tsp. vanilla
$\frac{1}{2}$ c. brown sugar	Chocolate candy kisses
$\frac{1}{2}$ c. shortening	

Combine flour, soda, salt, sugar and brown sugar, shortening, peanut butter, egg, milk and vanilla. Mix on lowest speed of mixer until dough forms. Shape dough into balls using round teaspoon for each. Roll balls in sugar, place on ungreased cookie sheet. Bake at 375° for 10 to 12 minutes. Top each cookie immediately with a candy kiss. Press down firmly so cookie cracks on edges.





PUMPKIN (SQUASH) BARS

Susan Enewold

3-¹/₄ c. flour
2 tsp. baking soda
1/2 tsp. baking powder
3 eggs
1-¹/₂ c. sugar
1/2 c. water
1/2 c. condensed milk
3/4 c. quick-cooking oats

1-¹/₂ tsp. pumpkin pie spice
1/2 tsp. salt
**1-³/₄ c. (16-oz. can) pumpkin or
cooked squash**
1-¹/₂ c. brown sugar, packed
1/2 oil
1 c. chopped nuts

Combine four, oats, baking soda, pumpkin pie spice, baking powder, and salt in a large bowl. Beat eggs; add pumpkin (squash), sugars, water, oil and evaporated milk in another large mixer bowl. Beat flour mixture into pumpkin mix. Stir in nuts and spoon into 2 greased loaf pans. Preheat oven to 350° and bake 65 to 70 minutes.

PUMPKIN BARS

Carol Miller

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

2 c. sugar
4 eggs
2 c. pumpkin (No. 303 can)
1 c. oil
chopped nuts (optional)

Cream Cheese Frosting

3 oz. cream cheese
3/4 stick margarine
1 tsp. milk

1 tsp. vanilla
1-³/₄ lb. powdered sugar

Sift dry ingredients, including sugar into mixing bowl. Add slightly beaten eggs, pumpkin, and oil. Mix. Blend in nuts. Bake in 2 (9 x 13 inch) greased pans, for 25 minutes at 350°. Makes 64 bars. Frosting: blend cheese, margarine, milk, vanilla and powdered sugar. Frost bars.





QUICK COOKIES

Barb Platt

Any Cake Mix
2 eggs

1/2 c. cooking oil

Mix cake mix, eggs and cooking oil. Drop by teaspoonful two inches apart onto greased cookie sheet. Bake at 350° for 8 to 10 minutes.

SOFT RAISIN COOKIES

Carol Cox

1 c. raisins
1-1/2 c. water
1 c. sugar
1/2 c. oil
2 tsp. baking powder

1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
3 c. flour

In small saucepan, cook raisins in water until one cup of water is left. Cool. In mixing bowl, combine sugar and oil. Mix in water from raisins and the cooked raisins. Mix in dry ingredients. Bake for 15 minutes at 350°. Store covered. Very soft cake like cookies.

SOUR CREAM CUT OUT COOKIES

Betty Smallen

1/2 c. butter
1/3 c. shortening
1 c. sugar
1/3 c. sour cream
1 egg
1 tsp. vanilla

3/4 tsp. baking powder
1/2 tsp. ground mace (apple pie
spice)
1/4 tsp. baking soda
dash of salt
3 c. flour

Mix butter and shortening with mixer 30 seconds. Add sugar, sour cream, egg, vanilla, baking powder, mace, baking soda, and salt. Beat. Add flour and chill. Roll dough thin and cut with cutters. Bake at 375° for 7 to 8 minutes.





SOUR CREAM SUGAR COOKIES

Betsy Henry

- | | |
|--------------------------|--------------------------------|
| 1 c. sugar | 1/2 tsp. vanilla |
| 1/2 c. margarine | 1/2 tsp. lemon extract |
| 1/2 c. shortening | 1/2 tsp. almond extract |
| 1/2 c. sour cream | 1 tsp. soda, dissolved |
| 2 egg yolks | 1 T. hot water |
| 3-1/2 c. flour | 1 tsp. baking powder |

Cream sugar and margarine and shortening. Add sour cream and eggs then flour and rest of ingredients. Chill overnight. Roll out and cut. Bake at 350° until light brown and decorate if preferred or just sprinkle with sugar.

SPECIAL K SQUARES

Cheryl Anderson

- | | |
|-------------------------------|---------------------------------------|
| 1 c. white syrup | 6 c. Special K |
| 1 c. sugar | 1 - 6 oz. pkg. caramel chips |
| 1-1/3 c. peanut butter | 1 - 6 oz. pkg. chocolate chips |

Bring syrup and sugar to a rolling boil and remove from heat. Add the peanut butter and special K. Spread the hot mixture in a greased cookie sheet and add melted caramel and chocolate chips on top. Cut in squares after cooling.

SUGAR (CUT-OUT) COOKIES

Carol Cox

- | | |
|------------------------------------|-------------------------------|
| 1 c. margarine (two sticks) | 1 tsp. soda |
| 1-1/2 c. powdered sugar | 1/2 tsp. salt |
| 1 egg | 1 tsp. cream of tartar |
| 1 tsp. almond extract | 2-1/2 c. flour |

Combine margarine & powdered sugar creaming together. Add egg and almond extract. Add dry ingredients, mix well and chill. Roll out on floured surface. Cut with cookie cutter. Bake at 350° for 8 to 10 minutes or until golden. Cool. Decorate with frosting or glaze.





SUGAR COOKIES

Carol Cox

1 c. margarine, softened
1/2 c. vegetable shortening
1 c. sugar
1 egg
1 tsp. vanilla (real)

2-1/2 c. flour
1/4 tsp. salt
1/2 tsp. baking soda
1/2 tsp. cream of tartar

Cream together the margarine, shortening and sugar. Add the egg and vanilla, mix well. Add the dry ingredients and mix. Roll into balls (at least walnut size). Roll in sugar or cinnamon-sugar. Flatten on Air Bake cookie sheets with the bottom of a glass or fork. Bake at 350° for 10 minutes. Let cool. Makes about 3 dozen. I use store brand margarine, not light or tub.

SUGAR DROP COOKIES

Betty Smullen

3-3/4 c. flour
2 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
1 c. Crisco
1-1/2 c. sugar

2 eggs
1 tsp. flavoring
1 c. milk
May add chocolate chips,
raisins, nuts etc.

Combine Crisco, sugar, eggs. Combine flour, baking powder, soda, salt. Add flavoring to milk. Combine the eggs, flavoring and milk and alternately add the flour and crisco mixtures. Drop by teaspoonful on ungreased cookie sheet. Bake at 375° for 10 to 12 minutes.





WHITE CHOCOLATE NUT COOKIES

Doris Polson

- | | |
|-----------------------------------|----------------------------------|
| 1 c. butter flavored crisco | 1 tsp. baking soda |
| 2 T. milk | 1/2 tsp. salt |
| 3/4 c. brown sugar, firmly packed | 6 oz. white baking bar, cut into |
| 1/2 c. sugar | 1/2 inch pieces |
| 1 egg | 1 c. macadamia nuts, coarsely |
| 1-1/2 tsp. vanilla | chopped |
| 1-3/4 c. flour | |

Preheat oven to 375°. Cream crisco and milk in large bowl at medium speed until well blended. Add brown and granulated sugars, beat in egg and vanilla. Combine flour, baking soda and salt and add to creamed mixture. Mix well. Stir in white chocolate and nuts. Drop level measuring tablespoons of dough 2 inches apart onto ungreased baking sheet. Bake at 375° for 8 minutes. Cool on baking sheet for 1 minute and remove to cooling rack. Makes 5 dozen.

ZUCCHINI BROWNIES

Evelyn Sherbondy

Batter

- | | |
|-----------------------------|------------------------|
| 2 c. sugar | 1/4 tsp. salt |
| 1 c. vegetable oil | 1/2 c. milk |
| 3 eggs beaten | 2 c. shredded zucchini |
| 2-1/2 c. flour 1/4 c. cocoa | 1 t. vanilla |
| 1 tsp. soda | 1/2 c. chopped nuts |
| 1/4 tsp. baking powder | |

Frosting

- | | |
|-----------------------|---------------------|
| 1/2c. butter or oleo. | 4 c. powdered sugar |
| 1/4 cocoa | 1 T. vanilla |
| 6 T. evaporated milk | |

Beat eggs add sugar, vanilla, and oil. Mix well. Mix all dry ingredients together add to creamy mixture adding milk when needed. Fold in zucchini and nuts. Do not beat. Bake in a 15 x 10 x i pan at 375° for 25 minutes. Cool. Frosting: Mix butter, cocoa, milk, sugar, and vanilla until real creamy. Frost brownies, cut into squares and serve.





ZUCCHINI COCONUT BARS

Carol Cox

3/4 c. margarine, softened
1/2 c. brown sugar
1/2 c. sugar
2 eggs
1 tsp. vanilla

1-3/4 c. flour
1-1/2 tsp. baking powder
2 c. zucchini, shredded
1 c. coconut
3/4 c. nuts

FROSTING

3 c. powdered sugar
1 T. milk
2 T. margarine, softened

1 tsp. cinnamon
1 tsp. vanilla
3 T. cream cheese

Beat margarine and sugars with mixer. Add eggs and vanilla, beat. Add flour and baking powder, mix. Add nuts and zucchini. Bake in 9 x 13 pan at 350° for 30 minutes. Mix frosting ingredients and spread over cooled bars.

Candy

DATE NUT ROLL

Kate Murphy

1-1/2 c. sugar
1/8 tsp. cream of tartar
3/4 c. chopped dates

1/2 c. canned milk
1 T. butter
1/3 c. chopped walnuts

Cook sugar, cream of tartar, canned milk and butter to soft ball. Add the chopped dates and walnuts. Beat until fluffy. Pour out onto waxed paper and roll into 1-1/2 to 2 inch roll when cool enough to handle. Do not overcook the top four ingredients.





FUDGE - EASY

Sharon Elkin

3 c. sugar
1 c. evaporated milk
270 grams of milk chocolate
Hershey bar

1-1/2 c. nuts
17 lg. marshmallows
1-1/2 sticks butter

Mix sugar, milk, butter and marshmallows in a large pan on medium high. Let marshmallows and butter melt while stirring constantly. Boil 6 minutes after all marshmallows are melted. Reduce heat to medium, continuing to boil for 6 more minutes. Remove from heat. While warm - not hot - mix in chocolate bar and hand beat a few seconds. Next mix in nuts. Pour into lightly buttered dish. Let cool 3 to 4 hours before cutting.

MICROWAVE FUDGE

Cara Jacobsen

2 lb. powdered sugar
1 c. Hershey Cocoa
1 c. nuts chopped

1/2 c. milk
2 sticks Ole.
2 tsp. vanilla

Mix dry ingredients together in large mixing bowl. Make a well in center and put two sticks of ole and milk. **DO NOT MIX TOGETHER.** Microwave on high for 4 minutes. Then stir all together. Add vanilla; pour into a greased 9 x 13 pan. Cool 1/2 hour and cut in squares.

PEANUT BRITTLE

Doris N. Hunt

2 c. sugar
1 c. white syrup
2 c. raw peanuts

2 T. butter
2 tsp. baking soda
1 tsp. vanilla

Bring 1/2 c. water to a boil. Add 2 c. sugar and 1 c. white syrup. Stir until dissolved and boil until it will spin a thread. Now add 2 c. raw peanuts and cook slowly over a low fire until it turns a golden brown. Take from fire and add 2 T. butter, 2 tsp. baking soda and 1 tsp. vanilla. Stir quickly. Spread on 2 large cookie sheets that have been well buttered. Place in cool spot to harden.





PEANUT BRITTLE

Phyllis Herren

2 c. sugar

1 c. white corn syrup

½ c. water

1 tsp. salt

1 T. margarine

2 c. unsalted peanuts

2 tsp. soda

Mix sugar, corn syrup and water and cook over high heat until golden. Use a heavy skillet or large pan. **DO NOT STIR.** Mix salt, margarine and peanuts. Add to hot mixture and cook 1 minute. **DO NOT STIR.** Turn off burner and add soda. Stir and quickly pour into greased cookie sheet. When cool, break into pieces

PEANUT CLUSTERS--MICROWAVE

Cheryl Anderson

**12 oz. pkg. chocolate almond
bark**

11-½oz. pkg. salted peanuts

**12 oz. pkg. butterscotch almond
bark**

Microwave both almond barks 5 to 7 minutes. When melted stir and add salted peanuts. Drop by spoonful onto wax paper.

PEPPERMINT ALMOND BARK

Kate Murphy

**1 pkg. vanilla-flavored almond
bark**

½ tsp. peppermint extract

**crushed peppermint bark to
taste**

Melt almond bark in microwave according to package instructions. Add candy and extract, stirring until blended. Spread on cookie sheet and refrigerate. When cool, break into pieces and serve.





SALTED NUT ROLL

Carol Miller

1 stick margarine **2 c. mini marshmallows**
12 oz. pkg. peanut butter chips **1 jar dry roasted peanuts**
1 can sweetened condensed
milk

Melt margarine, chips, marshmallows and milk in double boiler; cool. Put 1/2 jar of nuts in bottom of 9 x 13 inch pan. Pour mixed ingredients over peanuts. Press rest of the nuts into mixture. Cool and cut into small pieces.

Recipe Favorites

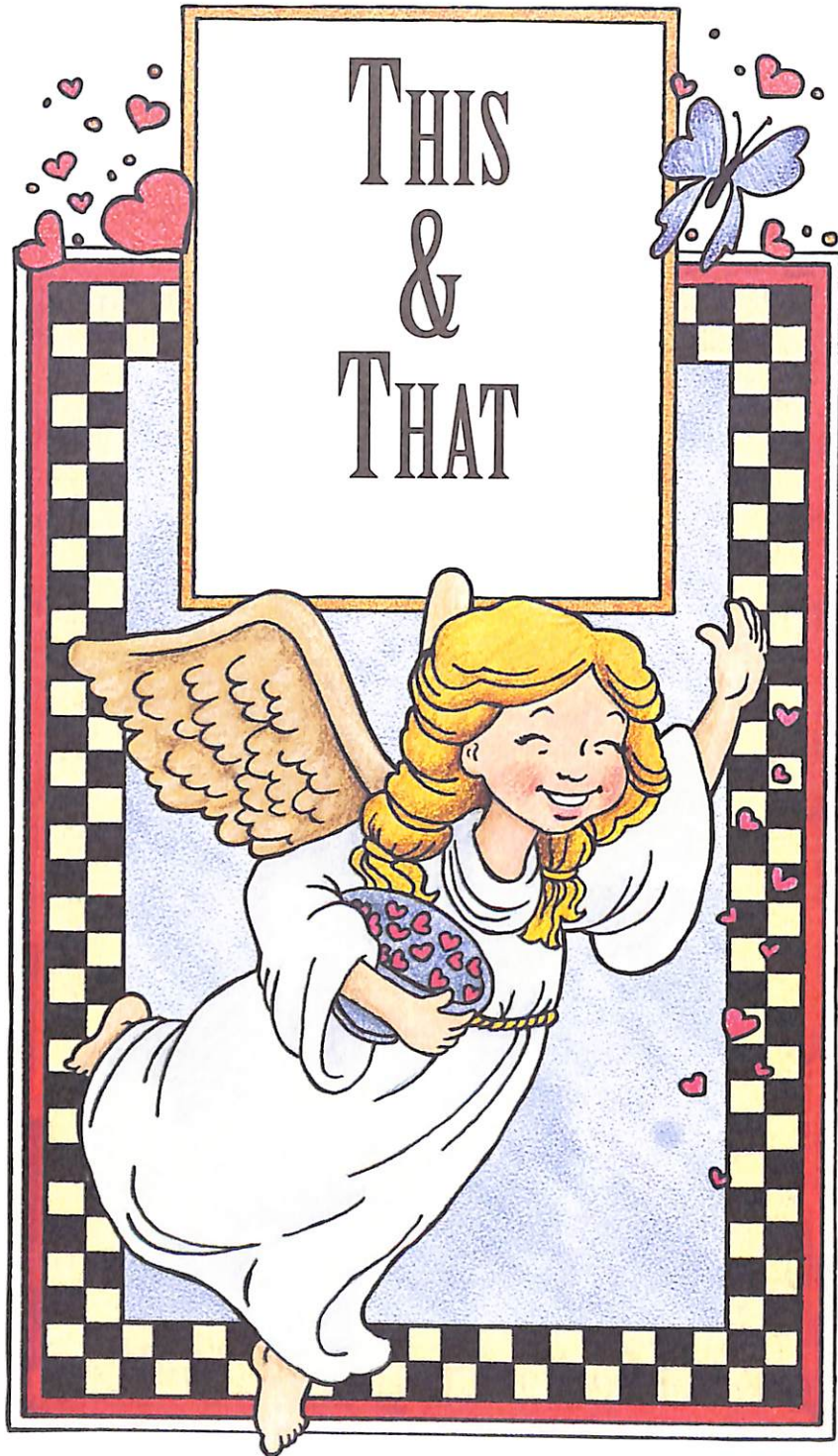




Recipe Favorites



THIS
&
THAT



Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.



This & That

APPLE BUTTER

Phyllis Herren

4 qt. sliced peeled apples
3 c. sugar

3 tsp. cinnamon
1/2 tsp. cloves

Put 1/2 of apples in large pan. Pour half of sugar, cinnamon and cloves over apples. Put rest of apples on top of sugar. Pour rest of sugar, cinnamon and cloves on top of apples. Let set all night. The next day cook slow for 3 to 4 hours (covered). No lid the last 1/2 hour. Stir once in a while. Add red food coloring and mix in blender. Keeps in refrigerator up to 1 year.

APRICOT PINEAPPLE JAM

Evelyn Sherbondy

2-1/2 c. apricot halves
1 sm. can crushed pineapple

2-1/2 c. sugar
1 sm. pkg. orange jello

Mix and simmer the apricots, pineapple and sugar for 10 minutes. Add the orange jello, cook and put into small glass jars. Refrigerate when cool.

BARBECUE SAUCE

Cheryl Anderson

1 c. catsup
1 c. water
2 tsp. salt

2 T. Worcestershire
1/2 c. vinegar
1/4 c. brown sugar

Mix together catsup, water, salt, vinegar, brown sugar and Worcestershire. Pour over ribs, chicken ect. Bake with meat covered. Uncover last 15 minutes to coat meat.





BARBECUE SAUCE

Pattianne Kay

- | | |
|--|---------------------------|
| 3-12oz. cans Contadina tomato paste | 1-2 lg.onions sliced |
| 4 oz. diced jalapeño peppers (Schilling seasoning) | 1-12 oz. can of water |
| 2 oz. liquid smoke | 2 oz. Worcestershire |
| 1 can beer | 2 oz. dark Karo syrup |
| | 2 oz. Louisiana hot sauce |
| | 2 oz. brown sugar |

Brown onions in a large sauce pan; add can of beer to onions, simmer for a few minutes. Add all other ingredients; mix well. Simmer on very low temp. for a couple hours. Sugar can be adjusted to your preference for consistency and sweetness. My family prefers sweet and spicy sauce, if so in your family add more brown sugar to taste.

BLUEBERRY SAUCE (Topping for waffles or pancakes)

Sheryl Walgenbach

- | | |
|--|-------------------|
| 1/2 c. sugar | 1 T. lemon juice |
| 2 c. blueberries (if frozen, thaw first) | 1 T. cornstarch |
| | 1/4 c. cold water |

In medium sauce pan, combine sugar, blueberries and lemon juice. Stir over medium heat until sugar dissolves. Combine cornstarch and water, add to blueberry mixture and cook until thickened. Chill before serving if desired. Makes 1-1/2 to 2 cups.

BRANDY CRANBERRIES

Kate Murphy

- | | |
|----------------------------|----------------------|
| 4 c. raw fresh cranberries | 2 c. sugar |
| 1/2 c. water | 1/4 to 1/2 c. brandy |

Mix cranberries,sugar, and water. Place in 9 x 13 inch pan. Bake at 300° for 45 minutes to 1 hour until tender, stirring once or twice. Stir in brandy to taste, and serve warm.





CARAMEL FROSTING

Carol Miller

- | | |
|------------------------------------|-----------------------------------|
| 1 stick margarine, softened | 3/4 tsp. baking powder |
| 1 c. sugar | 1/4 tsp. salt |
| 2 eggs | 1/2 can cherry pie filling |
| 1/2 tsp. vanilla | powdered sugar |
| 1 1/2 c. flour | |

Cream margarine, sugar and eggs. Add vanilla, flour baking powder and salt. Spread 2/3 of batter in 9 by 13 pan that has been sprayed with Pam. Spread with pie filling. Drop remaining batter on top by spoonfuls and swirl with knife. Bake for 30 minutes at 350°. Sprinkle with powdered sugar.

CARAMEL SAUCE

Phyllis Herren

- | | |
|-------------------------|-----------------------|
| 1 c. Brown sugar | 1 c. margarine |
| 1 c. white sugar | 2 T. flour |
| 1 c. cream | 2 tsp. vanilla |

Mix all ingredients. Bring to boil and cool 1 minute. Serve over warm cake or ice cream.

FRIENDSHIP

Katie Cook

- | | |
|---------------------------|--------------------------------|
| 2 pkgs. of caring | 3/4 c. of understanding |
| 3 T. of love | 1/2 doz. fun-times |
| 1 lb. of sharing | 2 c. of trust |
| 1 pt. of believing | |

Combine the 2 pkgs. of caring and the 3/4 c. of understanding in a small bowl. Next combine the 3 T. of Love and 1/2 doz. Fun-times in a medium bowl. Combine the 2 bowls. Then combine the 1 lb. of Sharing and the 2 c. of Trust and the 1 pt. of Believing in a large bowl. Combine the 2 bowls. Last, bake in a glass pan on 350° for 15 minutes. Now you have the basics of a good friendship.





FUDGE SAUCE

Carol Miller

1 lg. can evaporated milk
2 c. sugar

3 sq. chocolate
1 tsp. vanilla

Bring to a boil and stir constantly for 5 minutes. Remove from heat and add vanilla. Beat for one minute.

HOT AND SPICY CINNAMON SAUCE

Cara Jacobsen

1/3 c. sugar
2 tsp. cornstarch
dash salt

1/4 tsp. cinnamon
2/3 c. water
2 T. Red Hot (Optional)

Mix sugar, cornstarch, salt, cinnamon and water in saucepan and bring to boil over medium heat. Stir frequently. Makes about 2 to 3 cups.

POPPY SEED DRESSING

Carol Miller

1-1/2 c. sugar
2/3 c. tarragon vinegar
2 c. oil
2 tsp. salt

2 tsp. dry mustard
3 T. onion juice
4 T. poppy seeds

Blend at high speed the sugar, vinegar, oil, salt, mustard and onion juice until sugar is dissolved and it has thickened. Stir in poppy seeds. Makes 1 quart. Very good with salads made of combination of lettuces, spinach, mandarin oranges, fresh sliced mushrooms and toasted sliced almonds.

REMOVE BABY DROOZLE -OTHER STAINS

Carol Klein

1/2 c. liquid bleach
1/2 c. automatic dish soap

1 gal. water as hot as fabric will allow

Mix bleach, soap, and water; soak items for 1/2 hour, rinse and launder as usual. Really stubborn stains may require additional soaking.





SAVORY HOLLANDAISE SAUCE

Kate Murphy

1/2 lb. Velveeta cheese, cubed **1/4 cup milk**
1/4 tsp. paprika **1 egg, beaten**
2 tsp. lemon juice

Combine processes cheese, milk and paprika in saucepan; stir over low heat until cheese is melted. Stir small amount of hot mixture into beaten egg; return to hot mixture. Cook, stirring constantly, over low heat until thickened. Stir in juice. Serve over cooked vegetables or fish (1-1/4 cups). You may substitute 1/4 tsp. dill weed for paprika or substitute 1/4 tsp. dried crushed marjoram leaves for paprika.

STRAWBERRY FROSTING

Hans Klein

1 qt. strawberries
1 tub cream cheese flavored frosting

Remove tops of berries, rinse and quarter. Place in mixing bowl. Mash berries slightly with pastry blender. Soften frosting in microwave 15 seconds on high. Blend frosting into strawberries. Spread frosting onto cooled cake and keep refrigerated. Frosting is particularly nice on angel food cake.

TACO SAUCE

Sandy Forristall

2 (12-oz.) cans tomato paste **5 c. water**
1 c. cider vinegar **1/2 c. corn syrup**
2 T. chilli powder **1 T. salt**
1 tsp. cayenne pepper **1/2 tsp. hot pepper sauce**

Prepare home canning jars and lids according to manufacturer's instructions. Combine all ingredients in a large sauce pot. Bring to a boil, reduce heat and simmer about 1 hour or until thick. Stir frequently to prevent sticking as mixture thickens. Carefully pour hot sauce into hot jars, leaving 1/4 inch head space. Adjust caps. Process 30 minutes in a boiling water bath canner. Makes 6 (8-ounce) jars.





TASTIER SPAGHETTI SAUCE

Bill Dahlbeck

Store bought sauce
1 lb. hamburger
Onion, optional

Green pepper, optional
Garlic, optional

Thoroughly brown hamburger. Add any optional items while meat is browning. Add jar of sauce and simmer for 10 minutes. Enjoy.

TOMATO SAUCE

Cheryl Anderson

5 qt. tomatoes
6 medium onions

2 peppers
1 extra large bunch celery

Run thru blender. Cook till boils; skimming all foam away. Add 1/2 c. honey, 1/4 c. salt. Cook: 5 more minutes. Add; 1/2 lb. butter, and 1 c. flour. Cook; 5 minutes. Put in jars to seal and process.

Recipe Favorites





Recipe Favorites



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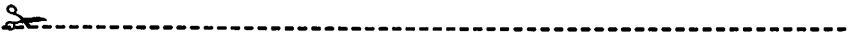
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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, $\frac{1}{4}$ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuitsto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popoversto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
wafflesto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

Proportions of Liquid to Flour

drop batterto 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batterto 1 cup liquid use 1 cup flour
soft doughto 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff doughto 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits12 - 15400° - 450°
cornbread25 - 30400° - 425°
gingerbread40 - 50350° - 370°
loaf50 - 60350° - 400°
nut bread50 - 75350°
popovers30 - 40425° - 450°
rolls20 - 30400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

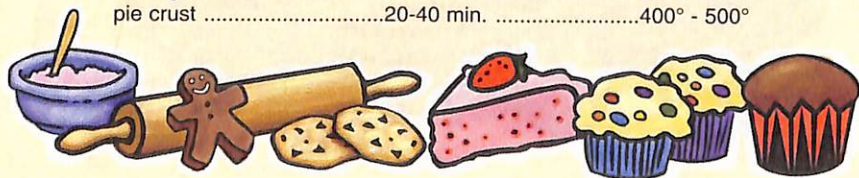
1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
corn on the cob	steamed	15 min.
	baked	20 min.
	boiled	8-10 min.
eggplant, whole	steamed	15 min.
	boiled	30 min.
	steamed	40 min.
parsnips	baked	45 min.
	boiled	25-40 min.
	steamed	60 min.
peas, green	baked	60-75 min.
	boiled or steamed	5-15 min.
	boiled	20-40 min.
potatoes	steamed	60 min.
	baked	45-60 min.
	boiled	20-40 min.
pumpkin or squash	steamed	45 min.
	baked	60 min.
	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



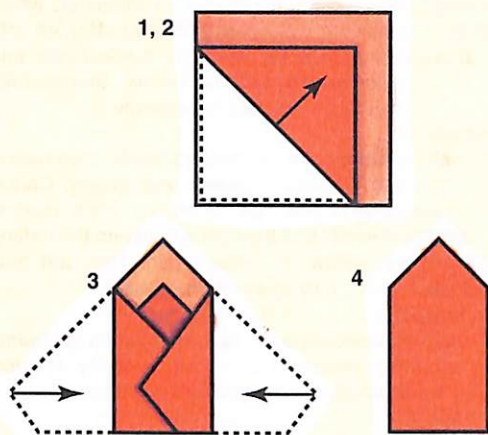
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.



Instructions:

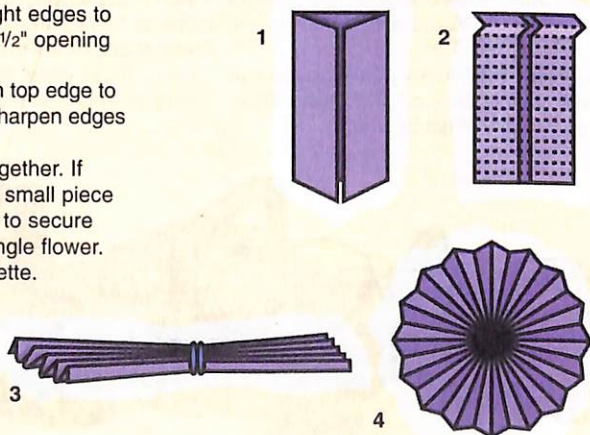
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

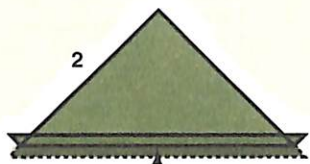
1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



Napkin Folding

Candle

Easy to do; can be decorated.



Instructions:

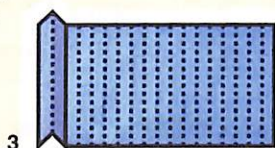
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

Pretty in napkin ring or on plate.

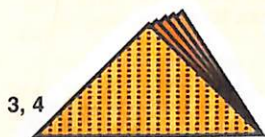
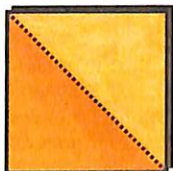
Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



Lily

Effective and pretty on table.



Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	$\frac{1}{8}$ teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
8 tablespoons	$\frac{1}{2}$ cup
12 tablespoons	$\frac{3}{4}$ cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	$\frac{1}{4}$ tsp. baking soda plus $\frac{1}{2}$ tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus $\frac{1}{2}$ c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	$\frac{3}{4}$ cup	1 c. bread crumbs
dates	1 lb.	1 $\frac{1}{2}$ c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, $\frac{1}{2}$ tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	$\frac{1}{2}$ c. evaporated milk plus $\frac{1}{2}$ c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	$\frac{1}{2}$ cup	2 T. molasses in $\frac{1}{2}$ c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	$\frac{1}{2}$ c. tomato sauce plus $\frac{1}{2}$ c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

Food Quantities

For Large Servings

25 Servings 50 Servings 100 Servings

Beverages:

coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:

layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:

brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:

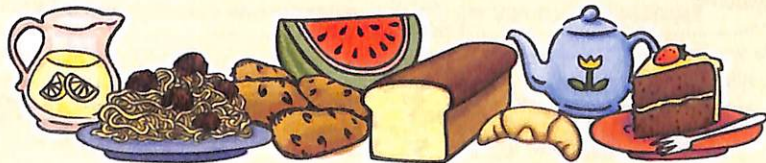
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:

baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:

bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz.	90
coffee (black)	0
cola type, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

Breads

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

Cereals

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

Crackers

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

Dairy Products

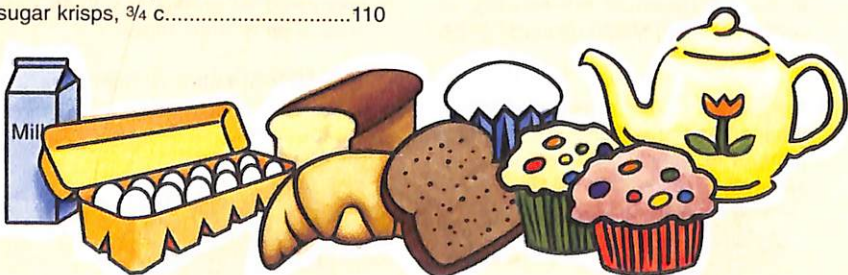
butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

Fish and Seafood

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



Calorie Counter

Fruits

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

Pasta

macaroni or spaghetti, cooked, 3/4 c.	115
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Salad Dressings

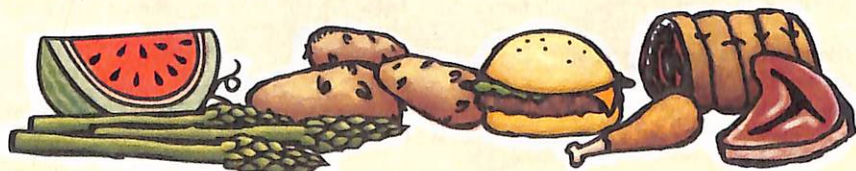
blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

Soups

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

Vegetables

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.


Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



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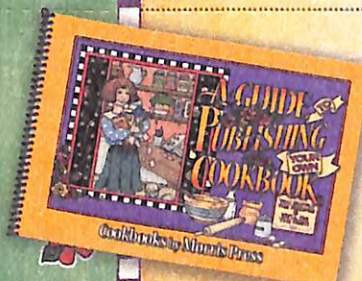
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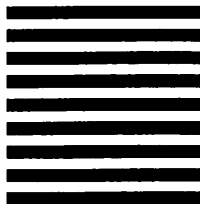
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