



RECIPES
to REMEMBER

**Golden
Anniversary
Recipes**
**Jennie Edmundson
Hospital Auxiliary**

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**SPECIAL
COLLECTIONS**



Golden Anniversary Recipes

Jennie Edmundson
Hospital Auxiliary

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this wonderful cookbook.

COOKBOOK COMMITTEE

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Anna May Stephen

Elaine Olsen, Chairman



1905
Jennie Edmundson Hospital

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FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

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

APPETIZERS, BEVERAGES

CHEESE BALL

3 (8 oz.) pkg. cream cheese
1/2 chopped fine green pepper
1/2 onion, chopped fine
1 (8 oz.) pkg. grated Cheddar
cheese

1 tsp. garlic powder
1 tsp. lemon juice
1 pkg. small English walnuts,
crushed

Let cream cheese get soft. Mix well cream cheese, green pepper, garlic powder, lemon juice, grated cheese, and onion, then roll in crushed English walnuts.

Anne Gabehart

CRAB SWISS BITS

1 (7 oz.) can crab
1 c. Swiss cheese, shredded
1 pkg. refrigerator butter flake rolls
1 Tbsp. green onion, sliced

1/2 c. mayonnaise
1 Tbsp. lemon juice
1/4 tsp. curry powder

Separate each roll into thirds. Combine all other ingredients and spread on top of each portion. Bake at 400° for 10 to 12 minutes. Serve.

Patty Birusingh

INDIVIDUAL CHEESE BALLS

2 c. shredded Cheddar cheese
4 oz. Philadelphia cream cheese
3 Tbsp. mayonnaise

1/4 c. ripe olives, chopped fine
1/2 Tbsp. garlic powder
1 tsp. Worcestershire sauce

Whip with mixer and make into walnut size balls. Roll in chopped nuts and stick in pretzel just before serving.

Barbara Fryzck

THREE CHEESE BALL

1 (8 oz.) pkg. cream cheese
4 oz. shredded Cheddar cheese
4 oz. Blue cheese

1 Tbsp. minced onion
1 Tbsp. Worcestershire sauce
1/2 c. chopped walnuts

Leave cheese at room temperature for approximately 2 hours. Place all ingredients, except nuts, in a mixing bowl. Whip with mixer until all ingredients are thoroughly combined. Shape into a ball and roll in chopped nuts. Refrigerate until completely chilled.

A Volunteer

SALMON CHEESE BALL

- 8 oz. softened cream cheese
- 1 (16 oz.) can salmon, drained and flaked
- 1 Tbsp. lemon juice
- 1 Tbsp. grated onion
- 1/4 tsp. liquid smoke (optional)
- 1/4 tsp. salt (optional)

Mix all ingredients; cover and chill at least 8 hours. Shape into ball and roll in 1/2 cup chopped pecans.

Eileen Carlson

EGGPLANT CAVIAR

- 1 large eggplant
- 1 can diced tomatoes, drained
- 1/2 c. chopped green onions
- 1/2 c. chopped parsley (fresh)
- 2 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 3 cloves garlic, chopped fine
- 1/2 tsp. salt
- 1/2 tsp. oregano (dried)

Bake eggplant 1 hour at 375°. When cool enough to handle, split and remove pulp. Mash with fork until smooth. Add remaining ingredients; chill. Serve with pita bread or crackers.

Mary Sturm

APPETIZER TORTILLA PINWHEELS

Mix for filling:

- 8 oz. sour cream
- 8 oz. cream cheese
- 1 (4 oz.) can chopped green chilies, drained
- 1 (4 oz.) can chopped black olives
- 1 c. grated cheese
- 1/2 c. finely chopped onions
- Garlic powder to taste
- Seasoned salt to taste

Spread evenly over 5 flour tortillas (10 inches). Roll up; cover tightly with plastic wrap. Twist ends. Refrigerate several hours. Unwrap and cut in 1/2 inch slices. Serve with salsa.

Barbara Eilers

TORTILLA ROLL-UPS

- 2 (8 oz.) pkg. cream cheese
- 1 can chopped green chilies
- 1 can chopped black olives
- 1 c. sour cream
- 1 pkg. tortillas
- 1 jar picante sauce

Combine cream cheese, chilies, olives, and sour cream. Spread on tortillas and roll up and slice 3/4 inch and dip in picante sauce.

Anne Gabehart

TORTILLA ROLL UPS

- 1 pkg. tortillas
- 2 (8 oz.) pkg. cream cheese
- 1 can chopped green chilies
- 1 can chopped black olives
- 1 Tbsp. minced onion
- Picante sauce (enough to make spreadable)

Combine cream cheese, chilies, olives, onion, and picante sauce. Spread on tortillas. Roll up the tortillas. Chill, then slice into 1/2 inch slices. Serve with picante sauce to dip in if desired.

Anne Gabehart

ZUCCHINI APPETIZERS

- 3 c. thinly sliced, unpeeled zucchini
- 1 c. Bisquick baking mix
- 1/2 c. chopped onion
- 1/2 c. grated Parmesan cheese
- 2 Tbsp. snipped parsley
- 1/2 tsp. salt
- 1/2 tsp. seasoned salt
- 1/2 tsp. dried oregano leaves
- Dash of pepper
- 1 clove garlic, finely chopped
- 1/2 c. vegetable oil
- 4 eggs, slightly beaten

Heat oven to 350°. Grease 13x9x2 inch pan. Mix all ingredients; spread in pan. Bake until golden brown, approximately 25 minutes. Cut in pieces (2x1 inches). Makes 4 dozen appetizers.

Bonnie Bolte

HOLIDAY PUNCH (RED)

- 3 cans Hawaiian Punch (46 oz.)
- 1 (46 oz.) can pineapple juice
- 2 cans frozen lemonade
- 2 pkg. cherry Kool-Aid
- 2 qt. ginger ale

Use one of the Hawaiian Punches to make an ice ring. Mix the other 2 cans with the next 3 ingredients and chill well. Just before serving, add ginger ale. Makes 2 punch bowls full.

Elaine Olsen

CHILI CHEESE DIP

- 1 can chili without beans
- 1 small jar Cheez Whiz with jalapeno or hot Mexican

Heat together in microwave. Serve with veggies or chips.

Lynn Wiechelman

PARTY DIP

- 1 pt. sour cream with chives
- 1 pkg. spaghetti sauce mix
- 1 tsp. Worcestershire sauce
- 1/2 tsp. paprika
- 1/2 tsp. garlic salt

Mix all ingredients and serve with your favorite chips.

Elaine Olsen

PICANTE DIP

- | | |
|----------------------------------|------------------------------|
| 1 (8 oz.) cream cheese, softened | 1 large onion, chopped |
| 1 can picante sauce | 2 tomatoes, chopped |
| 1 small head lettuce, shredded | 1 c. shredded Cheddar cheese |
| 2 green peppers, chopped | 1 c. shredded Mozzarella |

Mix cream cheese and picante sauce well. Spread on large platter. Top with lettuce, peppers, onion, tomatoes, Cheddar, and Mozzarella cheese in that order. Serve with 1 pound bag Nacho flavored Tostitos.

Carolyn L. Washburn

SHRIMP SPREAD

- | | |
|-----------------------------|--|
| 1 (3 oz.) pkg. cream cheese | 1/2 pkg. "Good Seasons" Italian dressing dry mix |
| 1/2 pt. sour cream | 1 can small shrimp |
| 2 tsp. lemon juice | |

Put all ingredients into food processor, except shrimp, and mix until smooth. Add shrimp, but don't overprocess to keep shrimp somewhat "chunky." Serve with unflavored crackers.

Fran Shaver

SOMBRERO DIP

- | | |
|---|--|
| 3 lb. hamburger | 1/2 c. onion |
| 2 (15 oz.) cans chili beans | 1/2 c. ketchup |
| 1/2 tsp. salt | 2 tsp. ground cumin (spice) |
| 1 lb. Velveeta cheese | 2 pkg. Frito Scoops or Ruffle potato chips (for dipping) |
| 1 jar green olives (stuffed with pimientos) | |

Mix hamburger, onion, cumin, and salt. Brown and drain grease. Add 1/2 cup ketchup and 2 cans chili beans, well mashed, to the meat. Place mixture into 2 quart microwave-safe baking dish. Top with Velveeta cheese to form a ring all around the edge on top of the meat. Pile sliced olives in the center.

When ready to serve, heat in microwave for approximately 2 minutes. Serve with chips.

Kathy Sorrell

TACO DIP

- | | |
|----------------------------|-----------------------------|
| 1 lb. ground beef | 1 (3 oz.) pkg. cream cheese |
| 1 pkg. chili seasoning mix | 1 c. water |
| 1 green pepper, diced | Taco chips |
| 1 (6 oz.) can tomato paste | |

Brown beef and green peppers; add remaining ingredients and stir well. Keep warm in a crock pot and serve with taco chips.

Don Gabehart

BIRTHDAY PUNCH

- | | |
|----------------------------|-----------------------------------|
| 1 pkg. cherry Kool-Aid | 1 (6 oz.) can frozen orange juice |
| 1 pkg. strawberry Kool-Aid | 1 (6 oz.) can frozen lemonade |
| 2 c. sugar | 1 qt. ginger ale |
| 3 qt. water | |

Mix together.

Gwen Bogardus

ORANGE JULIUS

- | | |
|-----------------------------------|--------------------|
| 1 (6 oz.) can frozen orange juice | 1/2 c. sugar |
| 1 c. milk | 1 tsp. vanilla |
| 1 c. water | 10 to 12 ice cubes |

Combine all ingredients in blender and cover. Blend until smooth, about 30 seconds. Serve immediately. Makes 5 to 6 cups.

Gwen Bogardus

FROZEN DAIQUIRI

- | | |
|---|--------------------------|
| 2 cans (6 oz.) frozen limeade or lemonade | 6 cans water |
| 3 to 4 cans light rum | 1 (36 oz.) bottle 7-Up |
| | 6 Tbsp. sugar (optional) |

Mix well. Put in Tupperware container. Freeze. Keeps for weeks.

Gwen Bogardus

HOT CHOCOLATE MIX

- | | |
|-----------------------|----------------------|
| 5 to 6 c. dry milk | 1 1/2 c. Nestle Quik |
| 1/2 c. powdered sugar | 6 oz. coffee creamer |

Put heaping 1/3 cup mix to 1 cup boiling water. Makes approximately 45 mugs.

Gwen Bogardus

EGGNOG (Lowfat)

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|--|---|
| 11 c. skim milk (cold) | Scant artificial sweetener (equivalent to 1/3 c. sugar) |
| 2 tsp. vanilla | 1/2 tsp. nutmeg |
| 2 pkg. (1.5 oz.) sugar free instant French vanilla pudding mix | |



Combine milk and vanilla in large bowl. In another bowl, combine dry pudding mix, artificial sweetener, and nutmeg. Whisk into milk mixture until smooth. Refrigerate until serving. Yields 12 servings.

Margaret DeBar

HOT CRANBERRY WINE CUP

2 pt. cranberry juice
2 c. water
1½ c. sugar
4 sticks cinnamon

12 cloves (whole)
2 fifths California Burgundy
¼ c. lemon juice

Combine sugar and water. Bring to boil, stirring until dissolved. Add spices and lemon juice. Add wine last. This can be stored in refrigerator. Reheat to use.

Carolyn L. Washburn

WONDERFUL JEMH ICE CREAM PUNCH

Use equal parts of each of the following:

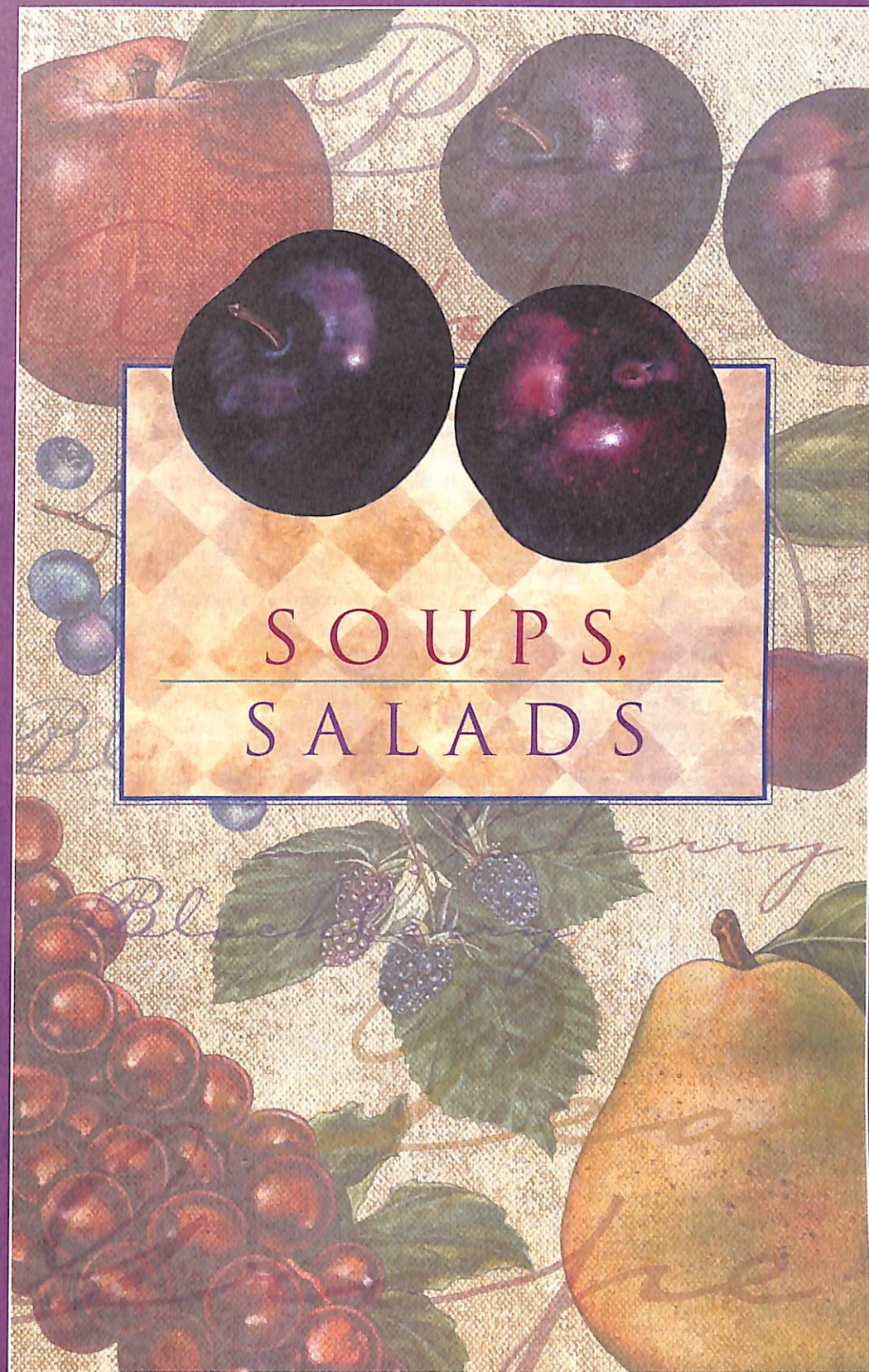
Sherbet
Vanilla ice cream

Pineapple juice
Slice or 7-Up

Chill liquids. Soften, but do not melt ice cream/sherbet. Blend together in punch bowl.

Choose the flavor of sherbet to match your color scheme of party, i.e. lime, raspberry, lemon, etc. The punch becomes a lovely pastel color.

Lynn Wiechelmann



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

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

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

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

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.



SOUPS, SALADS

APPLESAUCE GELATIN SQUARES

4 (.3 oz.) pkg. sugar-free raspberry gelatin or flavor of your choice
2 c. cold water
4 c. boiling water
1 (46 oz.) jar unsweetened applesauce

In a bowl, dissolve the gelatin in boiling water. Stir in cold water and applesauce. Pour into a 13x9x2 inch dish coated with nonstick cooking spray. Refrigerate for 8 hours or overnight. Cut into squares. Can top with Cool Whip. Makes 16 servings.

Leila Le Mont

BROCCOLI SALAD

1 bunch broccoli (stalk and all), chopped into bite-sized pieces
1/2 c. real bacon pieces
1/2 c. red onion, chopped
1/2 c. mayonnaise
1 c. raisins (preferably golden)
3 Tbsp. sugar
1/2 c. sunflower seeds
2 Tbsp. vinegar

Mix broccoli, onion, raisins, sunflower seeds, and bacon together. Combine mayonnaise, sugar, and vinegar. Let stand at least 2 hours or overnight and then combine with broccoli mixture.

Dick Christie

CABBAGE SALAD

1 pkg. coleslaw mix
1 pkg. crushed Ramen noodles
1/2 c. sunflower kernels
1/2 c. sugar
1/2 c. oil
1/2 c. vinegar

Mix coleslaw mix, Ramen noodles, and sunflower kernels together. Mix sugar, oil, and vinegar together. Pour over coleslaw just before you are ready to serve. Serves 4 to 6.

Miriam Miller

CABBAGE LEMON SALAD

6 c. finely shredded cabbage
2 medium carrots, finely shredded
1 small onion, finely grated
1 small green pepper, finely diced
3/4 c. salad oil
1/3 c. vinegar
1/3 c. water
3/4 c. sugar
1/4 tsp. mustard seed
1 tsp. salt
1 tsp. celery seed
1 (3 oz.) pkg. lemon gelatin

Combine vegetables. Pour oil over them. Let stand while heating mixture of vinegar, water, sugar, mustard seed, salt, and celery seed. When mixture boils, add gelatin and stir until dissolved; cool. Pour over vegetables; mix well and let stand overnight in refrigerator. Salad keeps 2 to 3 weeks in tightly covered container. Makes 10 to 12 servings.

Jean Burns

CHERRY FLUFF SALAD

- | | |
|--------------------------------|----------------------------------|
| 3 oz. cream cheese | 1/4 c. chopped nuts |
| 1 can sweetened condensed milk | 1 can pineapple tidbits, drained |
| 1 (8 oz.) tub Cool Whip | (optional) |
| 1 can cherry pie filling | |

With electric mixer, blend cream cheese and sweetened condensed milk. Fold in Cool Whip. Add pie filling and nuts, folding in by hand. Mix well and chill.

Optional: Add can of pineapple tidbits, drained.

Anne Gabehart

HOT CHICKEN SALAD

- | | |
|----------------------------|---------------------------|
| 4 c. cooked chicken, diced | 4 Tbsp. grated onion |
| 4 c. cubed celery | 5 hard cooked eggs, diced |
| 2 c. mayonnaise | 2 c. crushed potato chips |
| 1 c. slivered almonds | 1 c. grated cheese |
| 4 Tbsp. lemon juice | |

Combine well the first 7 ingredients and spread in a greased 9x13 inch pan. Top with the cheese and chips. Bake 20 to 30 minutes in a 450° oven. Serves 8.

Mary Alice McClure

FROZEN CHAMPAGNE SALAD

Beat together:

- | | |
|-----------------------------|--------------|
| 1 (8 oz.) pkg. cream cheese | 3/4 c. sugar |
|-----------------------------|--------------|

Add:

- | | |
|---|--------------------------|
| 1 (10 oz.) pkg. frozen strawberries
with juice | 2 bananas, sliced |
| 1 (20 oz.) can crushed pineapple
(with juice) | 1 (8 oz.) ctn. Cool Whip |
| | 1/2 c. chopped pecans |

Pour into 9x13 inch glass dish; cover and freeze. Remove from freezer 20 minutes before serving.

Gwen Bogardus

FRUITED CHICKEN SALAD

- | | |
|--|---------------------------------|
| 4 c. diced, cooked chicken breasts | 1/2 c. sliced ripe olives |
| 1 (15 oz.) can pineapple tidbits,
drained | 1/2 c. chopped green pepper |
| 1 c. chopped celery | 2 Tbsp. grated onion |
| 1 (11 oz.) can mandarin oranges,
drained | 1 c. mayonnaise |
| | 1 (5 oz.) can chow mein noodles |

Mix all ingredients except noodles. Chill several hours and add noodles just before serving.

Bonnie Bolte

CHICKEN SALAD

- | | |
|--|---|
| 4 c. cooked, cubed chicken | 1/2 c. toasted almonds |
| 2 c. sliced celery | 1 (12 oz.) can drained pineapple
tidbits |
| 1 can sliced water chestnuts,
chopped | 1 small can Chinese noodles |

Dressing:

- | | |
|--------------------------|--------------------------|
| 1 1/2 to 2 c. mayonnaise | 1/2 tsp. ground ginger |
| 1 Tbsp. soy sauce | Salt and pepper to taste |
| 2 Tbsp. lemon juice | |

Mix first five ingredients; add dressing. Just before serving, add and toss Chinese noodles.

Mary Ann Pedersen

LOW CAL CHICKEN SALAD

- | | |
|-------------------------|--|
| 1/4 c. oil | 2 Tbsp. milk |
| 1 egg | 2 Tbsp. water |
| 2 Tbsp. vinegar | 2 1/2 c. cooked chicken chunks |
| 3/4 tsp. salt | 1 (10 oz.) pkg. green beans,
cooked, drained, and chilled |
| 1/2 tsp. dill weed | 1/2 lb. fresh mushrooms, sliced |
| 1 clove garlic | |
| 1/4 to 1/2 tsp. Tabasco | |

Place first 9 ingredients in blender on high speed for 30 seconds; set aside. In large bowl, combine chicken, beans, and mushrooms. Toss with dressing. Cover and chill. Arrange on salad greens with tomato wedges.

Lynn Wiechelman

CHINESE SLAW

- | | |
|---|------------------------------|
| 1 pkg. shredded cole slaw | 1 small bag sunflower seeds |
| 4 to 6 green onions, chopped | 1 small bag slivered almonds |
| 2 pkg. Ramen chicken noodles,
broken | |

Dressing:

- | | |
|----------------|-----------------------------------|
| 1/3 c. vinegar | 1/2 c. oil |
| 1/2 c. sugar | 2 flavor packs from Ramen noodles |

Mix and pour over before serving.

Mary Kahler

FROZEN CRANBERRY SALAD

- | | |
|---|----------------------------|
| 1 (16 oz.) can jellied cranberry
sauce | 1/4 c. mayonnaise |
| 3 Tbsp. lemon juice | 1/4 c. confectioners sugar |
| 1 c. heavy cream, whipped | 1 c. chopped walnuts |
| | Lettuce |

Crush cranberry sauce with fork. Add lemon juice. Pour into mold or refrigerator tray. Combine remaining ingredients and spread over cranberry mixture. Freeze firm. Unmold on crisp lettuce.

Mary Lieurance

DINNER SALAD

3 (3 oz.) boxes lemon or lime jello	2 Tbsp. horseradish
1 (16 oz.) can crushed pineapple, drained	3 c. boiling water
1 c. Eagle Brand condensed milk	1 c. chopped pecans
1 c. mayo or salad dressing	1 c. celery, diced
	2 Tbsp. diced pimiento

Dissolve 3 boxes jello in 3 cups of boiling water. Dissolve and cool well in refrigerator until jello starts to set up. Mix all other ingredients well and add to the jello after it starts to set up. Return to the refrigerator to set up.

Arlene Sheely

FRUIT SALAD

2 cans fruit cocktail, drained	1 small bottle maraschino cherries, cut
1 can mandarin oranges, drained	
2 c. Cool Whip	1 pkg. instant vanilla pudding
1/2 pkg. miniature marshmallows	

Mix pudding according to directions; fold in Cool Whip and other ingredients. Chill and serve.

Alice M. Zimmerman

GERMAN SLAW

10 c. cabbage, shredded	3/4 c. vinegar
1 onion	1 tsp. dry mustard
1 c. sugar	1 Tbsp. salt
3/4 c. salad oil	1 tsp. celery seed

Alternate layers of cabbage and onions in dish that can be tightly sealed.

Bring sugar, oil, vinegar, mustard, salt, and celery seed to a boil. Pour over cabbage. Do not mix. Cover dish tightly. Let stand at least 4 hours. Will keep in refrigerator for a week. Makes a picnic size amount.

Mary Sturm

CHILLED GREEN BEANS

1 can green beans, well drained	1 Tbsp. lemon juice
1/2 c. mayo	1 tsp. Accent
1 Tbsp. minced onion	Dash of salt/pepper

Mix together and refrigerate overnight.

Lynn Wiechelman

GREEN BEAN, RED ONION, ROAST POTATO SALAD WITH ROSEMARY VINAIGRETTE

1 1/2 lb. red boiling potatoes	1 small red onion, halved lengthwise and sliced thin lengthwise
1/3 c. plus 3 Tbsp. olive oil	
1 garlic clove	1 lb. green beans, trimmed and cut into 1 inch pieces
1/4 c. red wine vinegar	12 Kalamata or Nicoise olives, pitted and halved
1 Tbsp. fresh rosemary leaves or 1 tsp. crumbled dry rosemary	
Rosemary sprigs for garnish	

Halve the potatoes (unpeeled) and cut into 1 inch wedges. In a large pan, heat 3 tablespoons of the oil in the middle of a preheated 425° oven for 5 minutes. Add the potatoes, tossing them to coat with the oil; roast them, stirring them every 10 minutes for 30 minutes or until tender. Let the potatoes cool in pan.

Meanwhile, in blender, puree garlic, vinegar, rosemary leaves, and salt to taste. With motor still running, add the remaining 1/3 cup oil in a stream; blend until dressing is emulsified. In a bowl of ice and water, let the onion soak for 5 minutes; drain well and pat dry. In a kettle of boiling, salted water, boil the beans for 5 minutes or until crisp tender; drain. Refresh beans under cold water and pat dry. In a large bowl, combine potatoes, onion, green beans, and olives; add dressing and toss gently. Serve salad garnished with rosemary sprigs at room temperature.

Selma Nelson

HOT GERMAN POTATO SALAD

6 medium potatoes	2/3 c. vinegar
6 to 8 slices bacon	1/2 c. water
1/2 c. chopped onion	1 tsp. celery seed
2 Tbsp. flour	2 Tbsp. chopped parsley
4 Tbsp. sugar	3 hard cooked eggs, sliced
1 to 2 tsp. salt	

Cook potatoes; drain. Slice into casserole dish. Fry bacon to crisp; leave grease in pan. Drain bacon slices on paper towel. Cook onion in bacon grease till transparent. Add flour, sugar, and salt to bacon grease mixture. Whisk in vinegar and water all at once. Cook until thickened. Add celery seed and parsley. Pour over potatoes and bacon pieces. Bake until heated through. Add eggs before serving; will toughen in baking.

Makes casserole serving 4 to 6. Double or triple to serve a crowd. Triple makes 10 to 15 casserole size.

Kathy Whitson

PINK HAWAIIAN SALAD

1 large can crushed pineapple (not drained)	8 oz. cream cheese
6 oz. strawberry jello	1/2 c. milk
16 large marshmallows	1 pkg. Dream Whip, prepared
	1 (9x9 inch) pan

He first 3 ingredients until marshmallows melt. Combine next 3 ingredients after above is cooled to lukewarm. Place in 9x9 inch pan and chill.

Betty Erwin

FRUITED HEAVENLY HASH

- 4 red apples, diced
- 3 c. red grapes, cut in halves
- 1/2 c. mini marshmallows
- 1/2 c. maraschino cherries
- 1/2 c. English walnuts (if desired)
- 8 oz. Cool Whip (lite if desired)

Mix apples, grapes, cherries, and marshmallows together with Cool Whip.

Anne Gabehart

HEALTH SALAD

- 1 cucumber
- 1 can black olives
- 1/2 head cauliflower
- 1 large tomato
- 1 bundle broccoli
- 1 bottle Kraft Zesty Italian salad dressing

Wash all vegetables. Slice cucumber in a large salad bowl. Drain and slice black olives and put in bowl. Break cauliflower up in pieces. Add to bowl. Cut up tomato and broccoli. Add to vegetables. Pour all of the Kraft Zesty Italian salad dressing over the salad. Cover bowl. Put in refrigerator and let set overnight.

Anne Gabehart

LAYERED SLAW

- 1 medium sweet onion
- 1 small shredded cabbage
- 2 tomatoes (wedges)
- 1 cucumber, sliced
- 1 yellow pepper, sliced
- 1 (4 oz.) can ripe olives
- 3/4 c. Feta cheese, crumbled

Dressing:

- 2/3 c. olive oil
- 1/3 c. red wine vinegar
- 2 cloves garlic
- 1 tsp. cumin
- Salt and pepper

Slice onion (separate into 1/2 rings). Layer onion and next 6 ingredients in a large bowl; set aside. Combine olive oil and remaining ingredients in a jar. Cover tightly and shake vigorously. Pour over salad. Cover and refrigerate 8 hours. Toss before serving. Serve with slotted spoon. Serves 8.

Joan Youngs

LIME CREAM SALAD

- 1 pkg. lime jello
- 1 1/2 c. hot water or pineapple juice
- 1 (1 lb. 4 oz.) can crushed pineapple
- 1 large pkg. cream cheese
- 1/2 pt. whipped cream

Dissolve jello in 1 1/2 cups hot water or use the drained pineapple juice. Cool until partially set. Add crushed pineapple. Whip cream cheese or cottage cheese with small amount of milk; add to the jello. Also fold in 1/2 pint of whipped cream or Dream Whip.

Leila Le Mont

LIME HORSERADISH SALAD

- 2 c. water
- 1 (3 oz.) pkg. lemon gelatin
- 1 (3 oz.) pkg. lime gelatin
- 1 can (about 1 lb.) crushed pineapple
- 24 oz. cottage cheese
- 1 can (about 13 oz.) evaporated milk
- 1 c. mayonnaise
- 1 tsp. horseradish
- 1/2 c. chopped nuts (optional)

Boil water and mix with gelatin, stirring to dissolve. Allow to cool. Combine with remaining ingredients and pour into 9x13 inch pan. Refrigerate until firm.

Mary Ann Pedersen

MOSTACCIOLI SALAD

- 1 lb. mostaccioli, cooked, cooled in cold water, and drained
- 2 c. oil
- 2 c. vinegar
- 2 2/3 c. sugar
- 2 tsp. salt
- 3/4 tsp. cracked pepper
- 1 tomato, cut up
- 1 green pepper, chopped
- 6 green onions, chopped
- 2/3 c. celery, chopped
- 1 can pitted black olives, sliced

Cook oil, vinegar, sugar, salt, and pepper until it boils. Cool mixture. Toss noodles and vegetables in large bowl to mix. Add oil mixture; mix and chill. Flavors meld together while chilling. I like to make this a day before serving.

Note: I sometimes add 2 cans of garbanzo beans to the salad.

Mary Sturm

FAMOUS NEW ORLEANS STYLE "MUFFULETTA" SANDWICH LOAF

- 1 1/2 c. stuffed green olives, chopped
- 1 c. black olives, chopped
- 2/3 c. olive oil
- 1/2 c. minced fresh parsley
- 1 (4 oz.) jar pimento, drained and chopped
- 2 Tbsp. capers
- 1 Tbsp. minced garlic
- 1 tsp. dried oregano
- Pepper to taste
- 1 (9 inch) round loaf (Italian or 7-grain)
- 1/4 lb. salami, thinly sliced
- 1/4 lb. Provolone, thinly sliced
- 1/4 lb. ham, thinly sliced (or Mortadella - Italian bologna)

In a bowl, combine chopped olives, pimentos, garlic, olive oil, parsley, oregano, and pepper. Let stand overnight in refrigerator. Drain over sieve, reserving dressing.

Split bread horizontally; remove crumbs from both halves, leaving 1/2 inch thick. Brush inside bread with reserved dressing. Mound 1/2 salad on bottom of loaf. Divide meats and cheese in alternating layers over salad. Mound remaining salad on top of meats; cover with top half of bread. Wrap in foil; chill and weight down for 30 minutes or overnight. Slice in wedges. Serves 6 adults.

Also, olive salad may be used over sliced tomatoes as a separate salad.
Patti Dolezal

VINEGAR PASTA SALAD

12 oz. spiral macaroni (veggie or regular)	Chopped tomato (if desired)
1 onion, diced	Chopped radishes (if desired)
1 or 2 cucumbers	1 green pepper, diced
	2 stalks celery, diced

Dressing:

1 c. vinegar	Salt and pepper to taste
1 1/2 c. sugar	Garlic to taste
1 Tbsp. regular mustard	

Cook and drain pasta. Mix onion, cucumber, green pepper, and celery and add to pasta. Mix vinegar, sugar, mustard, and seasonings. Bake to a boil. Cool. Pour over the pasta/vegetable mixture. Refrigerate. Toss before serving.

Susan Holly

QUICKIE PUDDING SALAD

1 pkg. vanilla pudding mix (not instant)	8 oz. Cool Whip
1 can pineapple tidbits, drained	1/2 c. milk
1 can mandarin oranges, drained	1 (5 oz.) bottle maraschino cherries, drained
1 1/2 c. miniature marshmallows	

Mix pudding mix with milk and add remaining ingredients. Chill well and serve.
Anne Gabehart

RASPBERRY SALAD

1 box raspberry jello	1 small box frozen red raspberries
1/2 c. applesauce	1 Tbsp. lemon juice
1 1/2 c. boiling water	

Dissolve jello in boiling water. Add frozen raspberries. Allow to thicken slightly. Add applesauce and lemon juice. Chill.

Optional Topping: Mix 1/2 carton sour cream with 6 cut up marshmallows. Let stand several hours. Whip with electric mixer until smooth.

Betty Blackburn

RIGATONI SALAD

12 oz. rigatoni, cooked	1/2 red onion, cut in strips
1 medium bell pepper	1 to 2 c. chopped greens
1/2 lb. cherry tomatoes	1/3 to 1/2 c. Italian salad dressing
1 (10 oz.) pkg. snow peas or sugar snap peas, thawed	Parmesan cheese, shredded (optional)
1/3 c. black olives, sliced	

Cut pepper into thin strips. Toss all ingredients except cheese. Garnish with cheese.

Mary Sturm

ROTINI SALAD

1 pkg. rotini, cooked as package directions	1 cucumber (unpeeled), thinly sliced
1 red onion, thinly sliced	1 small jar chopped pimento

Dressing:

1 c. vinegar	1 Tbsp. garlic salt
1 c. white sugar	2 Tbsp. parsley, chopped
1/3 c. vegetable oil	1 Tbsp. prepared mustard
1/2 tsp. salt	

Place all salad ingredients in large bowl and set aside.

For dressing, mix vinegar, white sugar, and oil together. Boil together for 5 minutes. Add salt, seasoned salt, parsley, and mustard. Stir or shake well and pour over the rotini mixture. Store in refrigerator. Stir occasionally during refrigeration.

This salad will retain its excellent condition for several days.

Bonnie Bolte

SCREWY NOODLE SALAD

1 small pkg. noodles (shaped like a screw)	1 diced green pepper
3 grated carrots	Chopped tomatoes (optional)
1 diced cucumber	1/2 c. cooking oil
1 chopped onion	1/2 c. vinegar
	1/2 c. sugar

Cook, drain, and cool noodles. Add vegetables (first four). Combine oil, vinegar, and sugar; add to noodles and vegetables. Set overnight or several hours. Add optional tomatoes when ready to serve.

Mary Ann Pedersen

MOLDED SALMON SALAD

1 pkg. lemon jello
1 c. boiling water
1 c. mayonnaise
1 c. coffee cream (half & half)
1/2 c. cream cheese (small pkg.)
1 can red salmon
1/2 c. peas, drained

1 chopped red pimento
3 hard-boiled eggs, chopped
1 c. diced celery
1/2 green pepper, diced
1/2 tsp. onion salt
1/2 tsp. salt

Dissolve jello in boiling water; cool. Add mayonnaise, cream cheese, and coffee cream. It should look creamy. (A mixer or blender helps; blend it.) Mix the rest of the ingredients. Now, fold into jello mixture. Pour into oiled mold. Refrigerate to set.

Madelyn Parker

SEAFOOD AND VERMICELLI SALAD

12 oz. vermicelli, broken into 3 inch strips
1 medium red onion, chopped (1/2 c.)
1 medium green pepper, chopped
1 Tbsp. snipped fresh parsley
1 tsp. celery seed

1/2 tsp. dried oregano, crushed
1/2 tsp. fresh chives, chopped
1/4 c. Italian salad dressing
1 c. mayonnaise
1 lb. cooked salad shrimp or 1 lb. mock crab or 1/2 lb. each
Milk (if necessary)

Cook vermicelli according to directions on package. Drain and rinse in cold water. Drain off water. Combine first 8 ingredients and toss. Add 1 teaspoon salt and 1/2 teaspoon pepper with remaining ingredients. Toss well. Cover and chill for 2 to 24 hours. If necessary, add milk until pasta mixture is creamy.

Cliff Miller

SHOESTRING SLAW

1 bag cole slaw mix
1 bottle cole slaw dressing

1 (16 oz.) pork and beans
1 can shoestring chips

Mix all together and serve with your favorite cookout recipe.

Karen Ettleman, Night Cor. Gift Shop

MOLDED SPINACH SALAD

1 (3 oz.) pkg. lemon jello
1 c. hot water
1 c. mayonnaise
1 c. chopped red onion

1 c. chopped celery
1 c. small curd cottage cheese
10 oz. frozen chopped spinach

Dissolve jello in hot water; add mayonnaise. Squeeze chopped spinach dry; wrap in paper towel. Add spinach to first mixture and pour into 8x8 inch pan.

Kitty Richardson

LEMON SPINACH MOLD

2 pkg. (3 oz.) lemon jello
2 Tbsp. vinegar
2 c. boiling water
1 c. small curd cottage cheese
3/4 c. diced celery
1 c. mayonnaise or salad dressing

1/2 tsp. salt
1 pkg. frozen chopped spinach, thawed
1/4 c. chopped olives or green or red pepper

Dissolve jello in hot water and cool. Add salad dressing and vinegar. Stir until well blended (a whip helps blend). Add remaining ingredients except spinach. Squeeze spinach (that's thawed) until no juice remains. Add spinach to rest. Pour mixture into a mold or a glass flat pan. Refrigerate. Serves 8 to 10.

Jane Clizbe

VEGETABLE SALAD

1 can white corn (Peghorn)
1 can French style green beans
1 small can peas
1 c. chopped onion
1 c. shredded carrots
1 c. chopped celery

1 c. chopped green pepper
1 c. sugar
3/4 c. oil
3/4 c. vinegar
1 Tbsp. water
Pinch of salt

Drain canned vegetables. Mix vegetables together. Boil sugar, oil, vinegar, water, and salt. Pour over vegetables. Chill and serve.

A Volunteer

BLUE CHEESE SALAD DRESSING

3/4 c. sour cream
1/2 tsp. dry mustard
1/2 tsp. black pepper
Scant 1/2 tsp. salt

Scant 1/3 tsp. garlic powder
1 tsp. Worcestershire sauce
1 1/2 c. mayonnaise
4 oz. Blue cheese

Blend 2 minutes at low speed sour cream, dry mustard, salt, pepper, garlic powder, and Worcestershire sauce. Add mayonnaise and blend 30 seconds at low speed. Increase to medium speed and blend two minutes more. Crumble Blue cheese and add to dressing. Blend at low speed until mixed. Refrigerate 24 hours before serving.

Mary Ann Pedersen

CREAMY BLUE CHEESE DRESSING

1 c. nonfat cottage cheese
2 Tbsp. crumbled Blue cheese

2 Tbsp. skim milk
1 clove garlic, minced

In a blender or food processor, blend the cottage cheese, Blue cheese, milk, and garlic on low speed for 20 seconds (the Blue cheese will still be chunky).

To serve, cover tightly and refrigerate for up to 1 week. Makes 1 cup (8 servings).

Anne Gabehart

FRENCH DRESSING

- 1/2 c. salad oil
- 1/2 c. catsup
- 1 tsp. paprika
- 1 tsp. salt
- 1/3 c. sugar
- 1/4 c. vinegar

Put all ingredients into a shaker or covered fruit jar and shake well before using. Store in refrigerator.

Mary Sturm

MACARONI SALAD DRESSING

- 2 c. mayonnaise
- 1/2 c. sugar
- 1/3 c. vinegar
- 1 small can Eagle Brand milk

Blend all ingredients together. Store in covered container. Will keep 2 weeks in refrigerator.

Eloise Haight

BROCCOLI AND CHEDDAR SOUP

- 4 c. broccoli flowerets (some stems okay)
- 1 large onion, chopped
- 2 (14.5 oz.) cans chicken broth
- 1 (10.75 oz.) can cream of chicken soup
- 1 tsp. dried marjoram
- 1/4 tsp. pepper
- 1 1/2 c. shredded sharp Cheddar cheese

In a large saucepan, combine broccoli, onion, and broth. Bring to a boil; reduce heat and simmer, covered, 15 minutes. Let cool slightly. Place in blender container and puree; return to saucepan. Whisk in cream of chicken soup, marjoram, and pepper; simmer 5 minutes. Stir in cheese and simmer an additional 5 minutes.

Barb Hansen

BRUSSELS SPROUTS SOUP

- 1 medium onion, chopped
- 1 medium potato, peeled and cubed
- 2 Tbsp. butter or margarine
- 1 lb. fresh Brussels sprouts, quartered
- 3 c. chicken broth
- 1/2 to 1 tsp. salt
- 1/4 to 1/2 tsp. curry powder
- 1/8 tsp. pepper
- 1 egg yolk
- 1/4 c. whipping cream
- Sour cream (optional)
- Paprika (optional)

In a large saucepan, saute onion and potato in butter until onion is tender. Add Brussels sprouts, broth, salt, curry powder, and pepper; bring to a boil. Reduce heat; cover and simmer for 10 to 12 minutes or until vegetables are tender. Cool to room temperature. Puree in small batches in a blender or food processor; return all to pan.

Combine egg yolk and cream; stir into soup. Cook and stir for 4 to 5 minutes over medium heat (do not boil). Garnish with sour cream and paprika if desired.

Bonnie Bolte, Volunteer

STUFFED CABBAGE SOUP

- 1 Tbsp. vegetable oil
- 1 lb. beef chunks for stew (1 inch chunks)
- 1 (1 lb.) pkg. classic cole slaw mix
- 1 large onion, chopped
- 1 (28 oz.) can crushed tomatoes and juice
- 2 (14.5 oz.) cans beef broth
- 1 c. water
- 1/2 c. packed brown sugar
- 1 Tbsp. lemon juice
- 1 tsp. salt
- 1/3 c. long grain rice

Heat oil in 6 quart pot over medium heat. Add beef; saute till browned. Add cole slaw mix and onion. Cook, covered, 4 minutes, stirring after 2 minutes. Add tomatoes, beef broth, sugar, lemon juice, and salt. Bring to a boil; add rice. Reduce heat to medium low. Simmer, covered, at least 45 minutes to 1 hour, until beef and rice are tender. Spoon into bowls.

Jane Scherle

CARROT SOUP (With ginger and rosemary)

- 1 Tbsp. butter
- 1 medium thin sliced onion
- 1 inch knob of ginger, peeled and sliced thin
- 1 1/2 lb. carrots, cut to 1/2 pieces
- 3 1/2 c. chicken stock
- 1 stalk rosemary
- 2 Tbsp. sugar
- 8 oz. evaporated milk or half & half cream
- Kosher salt to taste
- White pepper to taste

Saute ginger and onion with cover on pan; heat slowly. Add carrots, chicken broth, rosemary, and sugar. Simmer until carrots are very tender. Remove stem of rosemary; place carrot mixture in blender. Puree until smooth. Return soup to pan; whisk in cream. Season to taste.

Kathryn (Kitty) Richardson

CHEDDAR CHOWDER

- 2 c. water
- 2 c. diced potatoes
- 1/2 c. diced carrots
- White Sauce:
- 1/4 c. butter
- 1/4 c. flour
- 2 c. milk
- 1/2 c. diced onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 c. grated Cheddar cheese
- 1 c. cubed ham

Combine water, veggies, salt, and pepper. Boil 10 to 12 minutes. Meanwhile, in a small saucepan, make sauce by melting butter; add flour and stir until smooth (about 1 minute). Slowly add milk; cook until thickened. Add cheese and ham. Cook until cheese melts. Add sauce to drained, cooked vegetables. Serves 4 to 6.

Kari Zimmerman

CLAM CHOWDER

1 c. shredded carrots
1/2 c. diced celery
4 c. diced potatoes
1 small onion, chopped
4 Tbsp. butter
1 tsp. thyme

Dash of garlic powder
2 cans cream of chicken soup
2 cans baby clams and juice
1 can evaporated milk
1 c. grated Cheddar cheese
Milk (add if desired)

Cook vegetables in water to cover until just tender. Add other ingredients and heat thoroughly. Remove from heat and let stand several hours. Heat thoroughly and serve. Letting it stand enhances flavor. Add salt and pepper to taste.

Jane Scherle

CLAM CHOWDER

1/2 lb. bacon, cut up and browned
till crisp
1/2 chopped onion (add to small
amount bacon grease and
brown)
1 can cream of chicken soup
1 can potato soup

2 c. milk
2 c. minced clams with juice (I use
3 cans for double recipe)
1 Tbsp. lemon juice
1/4 tsp. pepper
1/2 tsp. minced garlic

Put all in crock pot and heat. Stir often. Adding the clams before serving keeps them from being tough; just heat through. A double recipe fills the crock pot full.

Carolyn L. Washburn

CLAM CHOWDER

1 c. shredded carrots
1 1/2 c. diced celery
4 c. diced potatoes
1 small onion, chopped
4 Tbsp. butter
1 tsp. thyme

Salt and pepper
2 cans cream of chicken soup
2 cans clams and juice
1 can evaporated milk
1 c. shredded Cheddar cheese

Boil and cook first 4 ingredients until tender; do not overcook. Add butter, thyme, and pepper. Add soup, clams, and evaporated milk. Add regular milk to desired amount; heat through. Let stand several hours and reheat. Top with cheese.

Jane Scherle

COLE SLAW IN BRINE

Shred together:

1 medium head cabbage
1 medium dry onion

1 green pepper (or red)

Dressing:

3/4 c. sugar
3/4 c. vinegar
1/4 c. salad oil

1/4 c. water
1 tsp. celery seed

You may use a 16 ounce package of shredded cabbage instead of shredding it yourself.

Refrigerate. This slaw will keep at least a month.

Mary Alice McClure

WILD RICE SOUP

6 Tbsp. butter
1 Tbsp. minced onion
1/2 c. flour
3 c. chicken broth
2 c. cooked wild rice

1/2 tsp. salt
1 c. half & half
2 Tbsp. dry sherry
Snipped parsley or chives

Melt butter in saucepan; saute onion until tender. Blend in flour; gradually stir in broth. Cook, stirring constantly, until mixture comes to a boil; stir in cooked wild rice and salt and simmer a few minutes. Blend in half & half and sherry and heat to serving temperature. Garnish with parsley. One third each of ham, shredded carrot, or slivered almonds may be added.

To cook rice: Use 1 cup wild rice, 4 cups water, and 1 teaspoon salt. Rinse rice and drain. Bring rice, water, and salt to boil and simmer for 45 to 55 minutes, until kernels open and are tender. Drain.

Velda Weeks

PEANUT SOUP

1 Tbsp. vegetable oil
1 medium onion, chopped
1 clove garlic, minced
2 medium potatoes, chopped
2 medium carrots, sliced

1 medium stalk celery, chopped
3 1/2 c. chicken broth
1/2 c. smooth peanut butter
1/4 tsp. cayenne pepper
Sour cream (optional)

Heat oil. Saute onion and garlic 1 minute. Stir in potatoes, celery, carrots, and broth. Bring to boil. Simmer until vegetables are tender. Remove from heat.* Stir in peanut butter. Bring back to simmer. Serve with dollop of sour cream.

* Soup can be blended or mashed at this time, then stir in peanut butter.

Mary Sturm

POTATO SOUP

3 c. water
3 c. potatoes, diced

3 tsp. or cubes chicken bouillon
Onion (dried)

Cook until tender.

Make a white sauce:

1 stick oleo, melted
4 to 5 Tbsp. flour

2 c. milk
Salt and pepper

Add one 8 ounce cream cheese. Melt in white sauce. When thickened, add to your potato ingredients. Simmer to get the flavor through.

Bonna Brooks

SPICY VEGETABLE SOUP

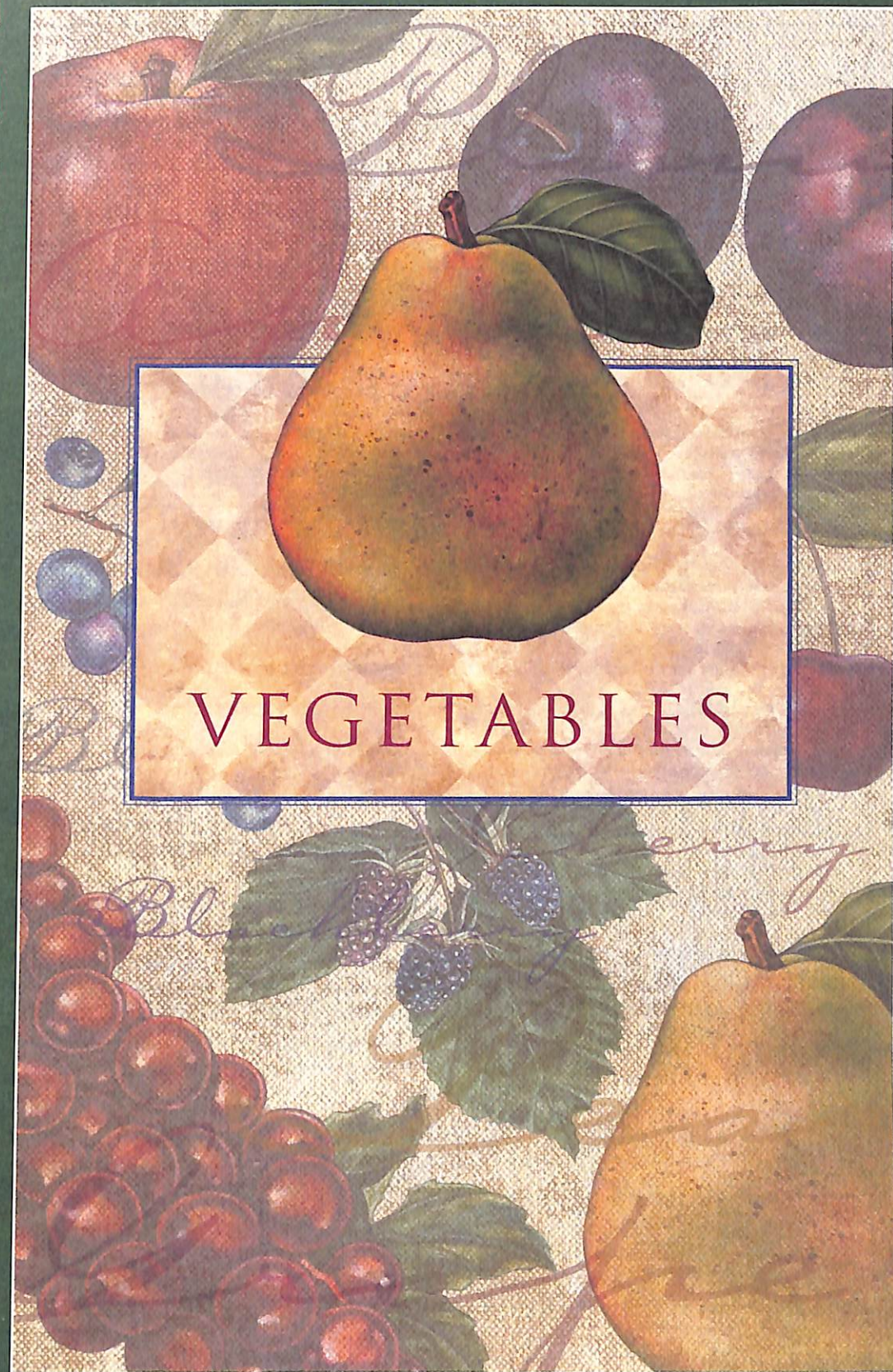
1 lb. ground beef
1 c. chopped onion
2 cloves garlic
1 jar Prego spaghetti sauce (plain original)
1 can (30 cc) beef broth
2 c. water

1 c. sliced celery
1 tsp. sugar
1 tsp. salt
½ tsp. pepper
1 (10 oz.) can tomatoes and chilies (Ro-Tel mild)
16 oz. frozen mixed veggies

Cook ground beef, onion, and garlic. Brown and drain and put back in large pot. Add spaghetti sauce, beef broth, water, celery, sugar, salt, and pepper. Bring to boil and reduce heat. Simmer 20 minutes. Add tomatoes with chilies. Add frozen vegetables. Cover and simmer.

This can be put in the crock pot and simmered all afternoon.

Leslie Andersen



EQUIVALENT CHART

3 tsp..... 1 Tbsp.	1/4 lb. crumbled Bleu cheese..... 1 c.
2 Tbsp..... 1/8 c.	1 lemon..... 3 Tbsp. juice
4 Tbsp..... 1/4 c.	1 orange..... 1/3 c. juice
8 Tbsp..... 1/2 c.	1 lb. unshelled walnuts..... 1 1/2 to 1 3/4 c. shelled
16 Tbsp..... 1 c.	2 c. fat..... 1 lb.
5 Tbsp. + 1 tsp..... 1/3 c.	1 lb. butter..... 2 c. or 4 sticks
12 Tbsp..... 3/4 c.	2 c. granulated sugar..... 1 lb.
4 oz..... 1/2 c.	3 1/2-4 c. unsifted powdered sugar..... 1 lb.
8 oz..... 1 c.	2 1/4 c. packed brown sugar..... 1 lb.
16 oz..... 1 lb.	4 c. sifted flour..... 1 lb.
1 oz..... 2 Tbsp. fat or liquid	4 1/2 c. cake flour..... 1 lb.
2 c..... 1 pt.	3 1/2 c. unsifted whole wheat flour..... 1 lb.
2 pt..... 1 qt.	4 oz. (1 to 1 1/4 c.) uncooked
1 qt..... 4 c.	macaroni..... 2 1/4 c. cooked
5/8 c..... 1/2 c. + 2 Tbsp.	7 oz. spaghetti..... 4 c. cooked
7/8 c..... 3/4 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked
1 jigger..... 1 1/2 fl. oz. (3 Tbsp.)	noodles..... 2 c. cooked
8 to 10 egg whites..... 1 c.	28 saltine crackers..... 1 c. crumbs
12 to 14 egg yolks..... 1 c.	4 slices bread..... 1 c. crumbs
1 c. unwhipped cream..... 2 c. whipped	14 square graham crackers..... 1 c. crumbs
1 lb. shredded American cheese..... 4 c.	22 vanilla wafers..... 1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1 1/2 cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven.....	250° to 300°F.
Slow oven.....	300° to 325°F.
Moderate oven.....	325° to 375°F.
Medium hot oven.....	375° to 400°F.
Hot oven.....	400° to 450°F.
Very hot oven.....	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.....	1 cup
Picnic.....	1 1/4 cups
No. 300.....	1 3/4 cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2 1/2 cups
No. 2 1/2.....	3 1/2 cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

VEGETABLES

BRUSSELS SPROUTS AU GRATIN

- 1 lb. frozen Brussels sprouts
- 1 1/2 c. chopped celery
- 1/2 green pepper, chopped
- 1 Tbsp. butter
- 1/2 c. Cheddar cheese soup
- 1/2 c. milk

- 2 to 3 drops of Tabasco
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- Dash of pepper
- 1/2 c. bread crumbs

Cook sprouts until just tender. Drain and place in greased casserole. Saute celery and green pepper in butter. Blend soup with milk and add seasonings. Bring just to boiling and pour over sprouts. Top with bread crumbs. Bake at 400° for 1/2 hour.

Bonnie Petersen

CORN AND BROCCOLI CASSEROLE

- 1 1/2 c. crackers
- 2 cans creamed corn
- 2 pkg. chopped broccoli

- 2 eggs
- 1/2 c. grated cheese

Partially cook broccoli. Mix corn, broccoli, cracker crumbs, and cheese. Layer half in 9x12 inch pan. Pour eggs over the above. Layer second half. Bake at 350° for 30 minutes.

Mary Lieurance

CORN CASSEROLE

- 1 small onion, diced
- 1/2 small green pepper, diced
- 1/2 c. oleo
- 1 can cream style corn
- 1 can whole kernel corn

- 1 (8 oz.) box corn muffin mix
- 3 eggs
- 1 c. sour cream
- 1 c. grated cheese (mild Cheddar)
- 3/4 c. diced celery

Preheat oven to 350°. Saute onion, green pepper, and celery in oleo. Mix both cans of corn, muffin mix, and eggs. Add sauteed mixture to this and put into a 2 quart casserole. Mix sour cream and grated cheese and put over the casserole. Bake for 45 minutes.

Maxine Mether

CORN-GREEN BEAN CASSEROLE

- 2 cans whole kernel corn, drained
- 1 can French style green beans, drained
- 1 can cream of celery soup
- 8 oz. sour cream

- 1/2 tsp. salt
- 1/4 c. chopped celery
- 1/4 c. chopped onion
- 1/2 c. chopped green pepper

Topping:

- 1 tube (approx. 35) crushed Ritz crackers
1/2 c. melted margarine

Mix all above ingredients together. Place in greased 9x13 inch pan. Mix crushed crackers and melted margarine. Place topping over vegetable mixture. Bake in 350° oven approximately 30 minutes or until bubbly throughout.

Bonnie Bolte

CORN MUFFIN CASSEROLE

- 1 (15 oz.) can cream style corn
1 (15 oz.) can whole kernel corn (do not drain)
1/2 stick margarine, melted
8 oz. sour cream
1 beaten egg
1 small box Jiffy corn muffin mix

Mix together above ingredients. Pour into buttered 9x12 inch pan. Bake 1 hour in 350° oven.

Barb Platt

PENNSYLVANIA DUTCH GREEN BEANS

- 3 slices bacon, diced
1 small onion, diced
2 tsp. cornstarch
1/4 tsp. salt (optional)
1/4 tsp. dry mustard
1 (15 oz.) can green beans
1/2 Tbsp. Sugar Twin brown sugar
1 Tbsp. vinegar
1 hard-boiled egg, chopped

Cook bacon until crisp. Remove from skillet. Remove fat from skillet. Measure 1 tablespoon fat and put back in skillet with chopped onion until onion appears transparent. Blend cornstarch, salt, and mustard in with onions.

Drain green beans, reserving 1/2 cup of liquid. Stir in the 1/2 cup liquid and cook until thickened and translucent. Blend in brown sugar and vinegar. Add green beans. Heat and serve.

Margaret DeBar

GOLDEN PARMESAN POTATOES

- 6 large potatoes
1/4 c. sifted flour
1/4 tsp. salt
Dash of pepper
1/3 c. butter
1 c. Parmesan cheese

Pare potatoes and cut into quarters. Combine flour, cheese, salt, and pepper in a bag. Moisten potatoes with water. Shake in cheese/flour mixture. Place in one layer in a jelly roll pan in which butter has been melted. Bake in 425° oven, turning once, until tender and golden.

Velda Weeks

POTATO CASSEROLE

- 1 (2 lb.) frozen Ore-Ida hash browns
1/2 c. margarine
1 pt. sour cream
1 can condensed cream of chicken soup
1/2 c. chopped onion
2 c. shredded Cheddar cheese
1 tsp. salt
1/2 tsp. pepper
1/2 c. melted margarine
2 c. corn flakes

Combine potatoes and margarine in bowl. Stir in sour cream, soup, onion, cheese, salt, and pepper. Put in 9x13 inch pan. Cover with crushed corn flakes. Cover with foil. Bake at 350° for 20 minutes. Bake, uncovered, for 20 minutes or until potatoes are done.

Mary Lieurance

POTATO CASSEROLE

- 1 (32 oz.) pkg. frozen hash browns
1/2 c. melted butter
1 tsp. salt
1/4 tsp. pepper

Mix together.

Add:

Mix together and then add to above:

- 1/2 c. chopped onion
1 can cream of chicken soup
1 pt. sour cream
8 oz. shredded Cheddar cheese

After mixing all together, put into a greased 9x13 inch pan.

Topping:

- 2 c. crushed corn flakes
1/4 c. melted butter

Bake at 350° for 45 to 55 minutes.

Gwen Bogardus

SCALLOPED CORN

- 1 can cream style corn
2 beaten eggs
1/2 c. milk
1 Tbsp. finely chopped onion
1/2 c. cracker crumbs
2 Tbsp. butter
1/4 c. chopped green pepper
Salt and pepper to taste

Melt butter. Add onion and saute. Add corn, milk, crumbs, eggs, and seasoning. Mix well. Pour into greased casserole. Place in a shallow pan of water. Bake at 350° for 45 to 50 minutes.

Gwen Bogardus

SWEET POTATO DELIGHT

Casserole:

1 c. sugar	1/2 stick butter, melted
3 c. mashed sweet potatoes	2 eggs
1/2 tsp. salt	1/2 c. milk
1 tsp. vanilla	

Topping:

3/4 c. flour	1/2 stick butter
1/3 c. brown sugar	1 c. chopped pecans

Combine sugar, sweet potatoes, salt, vanilla, butter, eggs, and milk. Pour into 9x13 inch baking dish.

Topping: Combine flour, sugar, butter, and pecans. Top casserole with topping. Bake 30 minutes at 350°F.

Eloise Haight

SWEET POTATO CASSEROLE

3 c. cooked and mashed sweet potatoes	1/2 tsp. salt
1/2 c. sugar	1 tsp. vanilla
1/4 c. margarine, melted	2 beaten eggs
	1 Tbsp. orange juice concentrate

Pecan mix:

1/2 c. packed brown sugar	2 Tbsp. margarine, softened
1/4 c. flour	3/4 c. chopped, toasted pecans

For potatoes: Combine sweet potatoes, sugar, margarine, salt, vanilla, eggs, and orange juice; set aside.

For pecan mix: Combine brown sugar and flour. Cut in margarine until mixture resembles coarse crumbs. Stir in pecans.

Combine potatoes and 1/2 cup of pecan mix. Spread in a greased 2 quart square baking dish. Top with the remaining pecan mixture. Bake in a 325° oven for 40 minutes.

Gwen Bogardus

ZUCCHINI ENTREE

3 to 4 c. cubed zucchini	3 Tbsp. margarine
1 small onion, chopped	4 eggs
1/2 tsp. salt	Sliced American cheese
1/4 tsp. garlic salt	

Saute zucchini, onion, salt, and garlic salt in margarine, covered, until zucchini is tender. While this is cooking, beat eggs. When zucchini is tender, pour the eggs

over it and cover the pan with sliced American cheese. Cover skillet and cook until eggs are set and cheese is melted.

Mary Sturm

TABBOULEH

1 c. bulgur	2 garlic cloves, minced
1 c. cold water	Salt and pepper
2 bunches green onions, sliced	1/2 c. freshly squeezed lemon juice
1/2 c. chopped parsley	1/2 c. olive oil
1 cucumber, peeled and chopped	

Mix bulgur and water; soak for 1 hour. Add remaining ingredients and let stand at least two hours before serving.

Selma Nelson

WILD RICE CASSEROLE

1 lb. mushrooms, sliced	2 c. whipping cream
3 Tbsp. chopped green onions	1 c. dried tart red cherries or chopped dried apricots
3 Tbsp. margarine	1 c. chopped pecans, divided
2 pkg. Minute long grain and wild rice	1/2 tsp. salt
2 1/2 c. chicken broth	

Heat oven to 350°. Cook and stir mushrooms and onions in margarine in a large saucepan for 5 minutes or until golden. Stir in rice, seasoning packets, broth, cream, cherries, 3/4 cup pecans, and salt. Mix well.

Spoon into greased 3 quart casserole and cover. Bake 50 minutes or until rice is tender and most of liquid is absorbed. Uncover; sprinkle remaining 1/4 cup pecans over top. Continue baking 10 to 15 minutes or until pecans are toasted. Let stand 10 minutes before serving. Makes 10 to 12 servings.

Gwen Bogardus

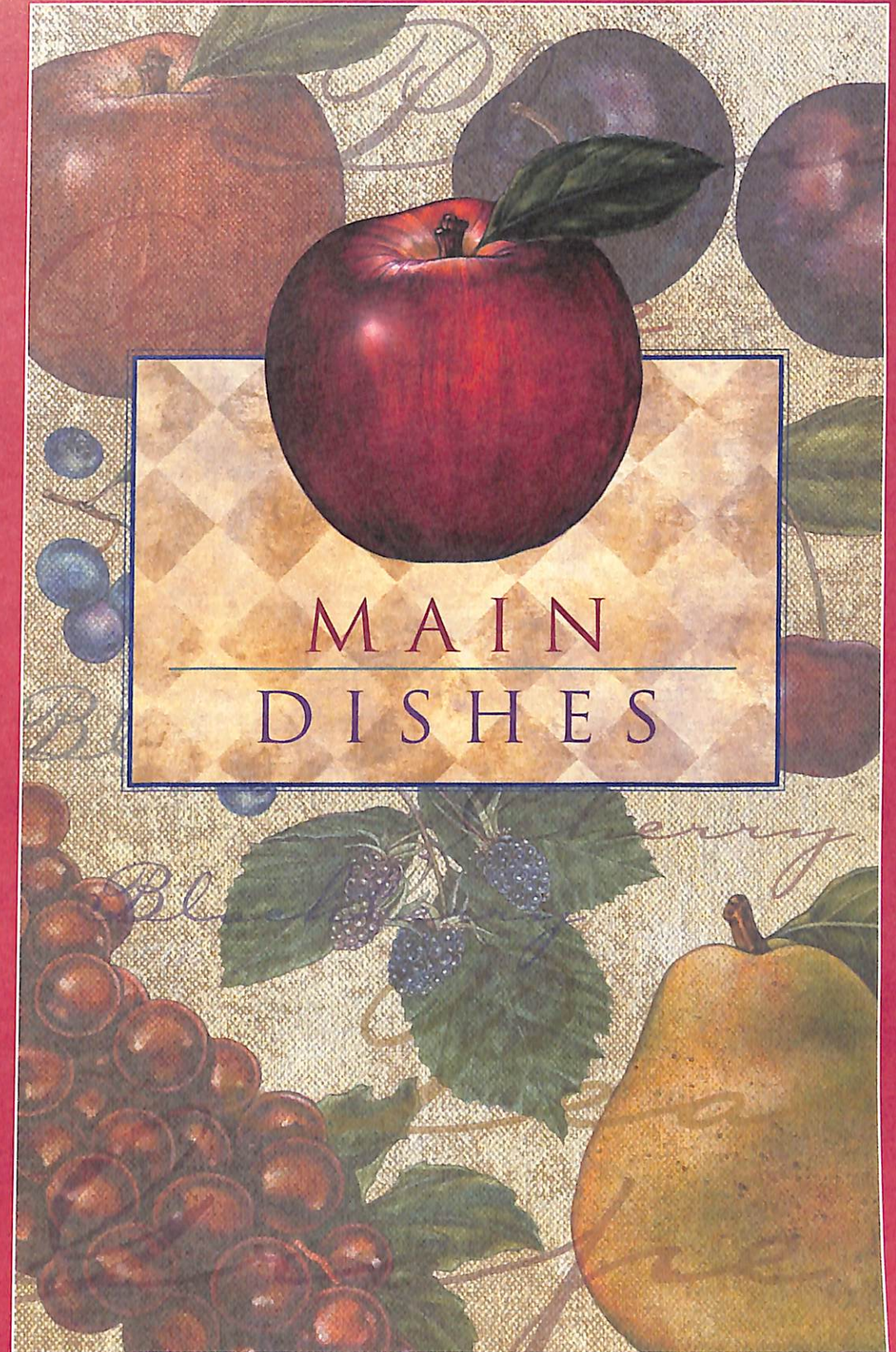
VEGETABLE MEDLEY

1 (10 oz.) pkg. frozen cauliflower	1 tsp. soy sauce
1 (10 oz.) pkg. frozen broccoli	1 can cream of celery soup
1 (10 oz.) pkg. frozen Brussels sprouts	1 can cream of chicken soup
	8 oz. Cheez Whiz

Cook first 3 ingredients together and drain. Heat next 4 ingredients together and then pour over vegetables in a baking dish. Bake 1/2 hour at 350°. Sprinkle 1 can onion rings on top and bake 5 more minutes.

Elaine Olsen

Notes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾	140° (rare)
		2	160° (medium)
		2½	170° (well done)
Rolled ribs	4	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2¼	140° (rare)
		3	160° (medium)
		3¾	170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½	140° (rare)
		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
Leg	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

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

MAIN DISHES

BAKED BEEF STEW

1 (14½ oz.) can diced tomatoes (undrained)
1 c. water
3 Tbsp. quick-cooking tapioca
2 tsp. sugar
1½ tsp. salt
½ tsp. pepper
2 lb. lean beef stew meat, cut into 1 inch chunks

4 medium carrots, cut into 1 inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into ¾ inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

Into a large bowl, combine the tomatoes, water, tapioca, sugar, salt, and pepper. Add remaining ingredients; mix well. Pour into a greased 13x9x2 inch pan or 3 quart baking dish. Cover and bake at 375° for 1¾ to 2 hours or until meat and vegetables are tender. Serve in bowls. Yield: 6 to 8 servings.

Delores Brazeton

BARBECUPS

¾ lb. ground beef
½ c. Kraft barbecue sauce
1 Tbsp. instant minced onion
2 Tbsp. brown sugar

1 (8 oz.) can Pillsbury baking powder biscuits
¾ c. shredded Cheddar cheese

In large skillet, brown ground beef; drain. Add barbeque sauce, onion, and brown sugar. Set aside. Separate biscuit dough into 12 biscuits. Place one biscuit in each of 12 ungreased muffin cups, pressing dough up sides to edge of cup. Spoon meat mixture into cups. Sprinkle each with cheese. Bake at 400° for 10 to 12 minutes.

Eileen Carlson

BEEF AND BEAN ENCHILADAS

1 lb. hamburger
1 can green chilies
1 small onion
1 can refried beans

1 pkg. shredded Cheddar cheese
1 jar picante sauce
1 pkg. tortilla shells

Mix hamburger, green chilies, onion, and refried beans. Spread on tortilla shells and roll up. Put in casserole dish and cover with picante sauce and sprinkle with Cheddar cheese. Bake 20 to 30 minutes to heat through and melt cheese on top.

Anne Gabehart

BEEF AND NOODLE CASSEROLE

- | | |
|--------------------------------|---|
| 1 (8 oz.) pkg. medium noodles | 1 (12 oz.) can tomato paste |
| 1 c. cottage cheese (fat free) | 1 (4 oz.) can sliced mushrooms |
| 1 (8 oz.) fat free sour cream | 1 tsp. garlic powder |
| 1/2 c. onion, chopped | Pepper to taste |
| 1/2 c. green pepper, chopped | 1 c. fat free American cheese, shredded |
| 1 lb. lowfat ground beef | |

Preheat oven to 350°. Cook noodles; drain well. Mix gently with cottage cheese, sour cream, onion, and green pepper. Brown ground beef in skillet, stirring to crumble. Drain. Add tomato paste, mushrooms, garlic powder, and black pepper. Mix well and simmer 5 minutes, stirring occasionally.

Spoon 1/2 noodle mixture into 9x13 inch baking dish sprayed with nonstick cooking spray. Top with 1/2 meat mixture. Repeat noodle layer and meat layer. Sprinkle top with shredded cheese. Bake at 350° for 30 minutes and cheese is melted and casserole is thoroughly heated.

Margaret DeBar

CHILI RELLENOS CASSEROLE

- | | |
|------------------------------------|-----------------------------------|
| 1 lb. ground beef | 1 1/2 c. Cheddar cheese, shredded |
| 1/2 c. onions, chopped | 1 1/2 c. milk |
| 2 (4 oz.) cans green chilis, diced | 1/2 c. flour |
| 4 beaten eggs | Salt and pepper to taste |

Brown meat and onions. Drain off fat. Spread half of chilis in 7x10 inch baking dish. Sprinkle with cheese. Top with meat mixture. Combine milk and flour. Mix well. Add to beaten eggs. Pour over meat and top with remaining chilis. Bake at 350° for 45 to 50 minutes or until knife inserted in middle comes out clean. Serves 8.

Mary Sturm

COUNTRY STEAK IN CROCK POT

- | | |
|-----------------------|---------------------------|
| 1 1/2 lb. round steak | 1 can Cheddar cheese soup |
| 1 sliced onion | 1/2 can water |

Pound flour, salt, and pepper into steak. Cut into serving pieces. Brown in oil. Lay in crock pot. Add sliced onion. Mix water with soup; add to pot over steak. Cook 5 or 6 hours. Stir occasionally.

Irene Kemp

DANISH LIVER LOAF

- | | |
|-----------------------------|-----------------------|
| 1 c. milk | 1 medium onion |
| 3/4 c. bread crumbs | 1/2 tsp. cloves |
| 1/2 c. oatmeal | 1/2 tsp. allspice |
| 1 1/2 lb. beef liver | 1/4 tsp. black pepper |
| 1 lb. lean pork | 2 tsp. salt |
| 1/2 lb. ground pork sausage | 2 eggs |

Soak bread crumbs and oatmeal in milk. Brown liver lightly in small amount of fat. Grind liver, pork, beef, and onion together. To milk and bread crumb mixture, add spices and eggs. Combine ground meats and bread crumb and milk mixture. Bake in well greased loaf pan (4 1/2 x 8 1/2 inches) for 1 hour at 325°. After baking, allow to cool, then chill in refrigerator. Slice for sandwiches.

Eileen Carlson

EASY ROAST BEEF

- | | |
|-----------------------|------------------|
| 3 lb. rump roast | 2 bay leaves |
| 1/4 c. soy sauce | 1/2 tsp. oregano |
| 1 c. black coffee | 2 onions, sliced |
| 1 Tbsp. vegetable oil | |

Braise roast on all sides. Place in baking pan or crock pot. Mix remaining ingredients together and pour over meat. Cover. Roast 2 1/2 to 3 1/2 hours at 300° or cook on LOW in crock pot 6 to 8 hours, on HIGH 4 to 5 hours. Pan liquids may be thickened for a delicious gravy.

Mary Sturm

EGGPLANT PARMESAN

- | | |
|-------------------|---------------------------------|
| 2 medium eggplant | Oil for frying |
| 2 eggs | 1 lb. Mozzarella cheese, sliced |
| 4 Tbsp. water | 1/2 c. Parmesan cheese |
| 1/2 c. flour | |

Meat sauce:

- | | |
|-----------------------------|--------------------------|
| 1 1/2 lb. ground beef | 1 green pepper, chopped |
| 1 1/4 Italian sausage | 2 medium onions, chopped |
| 1/2 lb. mushrooms, sliced | 1 lb. tomatoes |
| 1 (15 oz.) can tomato sauce | 6 oz. tomato paste |

To make meat sauce: Brown ground beef and sausage; add onions, mushrooms, and green pepper, cooking until soft. Add remaining ingredients. Simmer 45 minutes. Skim excess oil off the top; set aside. Slice eggplant into 1/4 inch slices. Combine eggs with water to make an egg wash. Coat eggplant with flour and dip in egg wash. Roll in flour again, then saute in oil. Place eggplant slices in bottom of four-quart baking dish. Top with half of the meat sauce and layer with Mozzarella cheese slices. Repeat the layers: Eggplant, meat sauce, and cheese. Top all with Parmesan and bake, uncovered, at 375° for 40 minutes.

Mary Ann Wege

GROUND BEEF NOODLE CASSEROLE

- | | |
|------------------------|---------------------------------------|
| 1 lb. ground beef | 2 c. canned tomatoes |
| 1 c. chopped onion | 1/4 tsp. soda |
| 1 tsp. salt | 1/2 lb. Cheddar cheese, cut in pieces |
| 1/2 tsp. seasoned salt | 4 c. (8 oz.) noodles |
| 1/4 tsp. pepper | 1 can French fried onions |
| 1/8 tsp. oregano | |

Brown ground beef and onion for about 15 minutes. Add seasoning, tomatoes, and soda. Cook noodles as directed on package; drain. Place in greased 2 quart casserole $\frac{1}{3}$ of noodles, $\frac{1}{2}$ of beef-tomato mixture, and $\frac{1}{3}$ of the cubed cheese. Repeat process, omitting cheese and ending with layer of noodles. Top with remaining cheese. Bake in moderate oven (350°) for 20 minutes. Remove from oven and sprinkle French fried onions over top of noodles. Return to oven and bake for 10 to 15 minutes or until brown. Serves 6.

Mary Ann Pedersen

HAMBURGER CASSEROLE

1½ lb. ground beef	1 c. dairy sour cream
1 c. chopped onion	¼ tsp. salt
1 (12 oz.) whole kernel corn, drained	¼ tsp. pepper
1 can condensed cream of chicken soup	⅓ c. chopped pimento
1 can condensed cream of mushroom soup	3 c. medium sized noodles, cooked and drained

Lightly brown meat and onion. Drain off grease. Add corn, chicken soup, mushroom soup, sour cream, salt, and pepper. Mix well. Fold in pimento. Stir in cooked and drained noodles carefully. Pour into 3 quart casserole or flat glass pan. Sprinkle buttered bread crumbs on top. Bake in 350° oven 30 to 45 minutes, until hot.

Gloria Dettmann

HAMBURGER CASSEROLE

1 lb. hamburger	1 can tomato soup
1 medium onion, chopped	1½ c. Chinese noodles
1 can cream of mushroom soup	

Brown hamburger and onion; drain off juice. Add one can mushroom soup (undiluted) and one can tomato soup (undiluted). Stir together, then stir in about $\frac{1}{2}$ cup Chinese noodles and reserve 1 cup for the top. Bake in 350° oven for 45 minutes. Serves 4 to 6.

Miriam Miller

HUNGARIAN GOULASH

1 qt. canned tomatoes	½ c. Minute tapioca
1 lb. hamburger	Salt and pepper
1 small onion	¼ tsp. celery salt
1 small red or green pepper	

Cook tomatoes, hamburger, onions, red or green pepper, salt, and pepper to taste. Add celery salt to almost done. Add Minute tapioca to thicken. Serve on mashed potatoes. Serves 4.

Anne Gabehart

HUNGARIAN GOULASH WITH GALUSKA

¼ c. salad oil	⅛ tsp. pepper
3 lb. boneless beef chuck, cut in 1 inch cubes	1 (10½ oz.) can condensed beef bouillon (undiluted)
1 lb. onions, peeled and sliced	3 Tbsp. flour
1 Tbsp. paprika	1 c. sour cream
1½ tsp. salt	Galuska

In Dutch oven, heat oil over high heat. Add beef cubes in a single layer at a time. Cook over medium heat until cubes are well browned on all sides. As they brown, remove to a bowl. This will take about 15 to 20 minutes in all. Add onions to drippings; saute until tender and golden brown, about 10 minutes.

Return meat to Dutch oven. Add paprika, salt, and pepper, stirring until well blended with meat. Stir in $\frac{3}{4}$ cup beef bouillon. Bring to boiling; reduce heat and simmer, covered, for 2 hours or until the beef cubes are fork-tender.

In small bowl, combine flour and remaining bouillon, stirring until smooth. Gradually add to beef mixture, stirring constantly. Simmer, uncovered, stirring occasionally, 15 minutes longer.

Just before serving, place sour cream in small bowl. Slowly add $\frac{1}{2}$ cup hot gravy. Slowly add to beef mixture, stirring until well blended. Heat, but do not boil. Serve with Galuska or noodles.

Galuska:

¾ c. sifted all-purpose flour	Salt
3 eggs	2 Tbsp. butter or margarine

In large bowl combine flour, eggs, salt, and 1 cup water. Beat with electric mixer until dough is smooth. In 4 quart kettle, bring 2 quarts water and 2 teaspoons salt to boiling.

To shape Galuska: Spread a thin layer of dough (about 2 teaspoons) on pancake turner. Hold over boiling water with moistened spatula; cut off small pieces, letting them drop into water. Boil gently, uncovered, until Galuska are firm and rise to top. Remove with slotted spoon. Place in colander. Quickly rinse with hot water; drain and place in buttered casserole. Keep warm in 300°F. oven. Repeat until all dough is used. Makes 6 servings.

Patricia S. Minchin

L'I'L CHEDDAR MEAT LOAVES

1 egg	1½ tsp. prepared mustard
1 c. (4 oz.) shredded Cheddar cheese	¾ c. milk
½ c. oats	½ c. chopped onion
1 tsp. salt	1 lb. lean ground beef
⅔ c. ketchup	½ c. packed brown sugar

Mix egg and milk in a bowl; stir in cheese, oats, onion, and salt. Shape into 8 loaves on greased 13x9 inch baking dish. Combine ketchup, brown sugar, and mustard; spoon over loaves. Bake, uncovered, at 350° for 45 minutes.

Anna May Stephen

MOM'S TAMALES

1 c. corn meal
1 c. cold water

2 c. boiling water

Filling:

1½ lb. ground beef
⅓ c. chopped green pepper
⅓ c. chopped onion
2½ c. cooked tomatoes

½ c. chopped ripe olives
1 Tbsp. chili powder
½ tsp. garlic salt

Mix corn meal and cold water. Stir into boiling water and cook 20 minutes; cool. Brown meat, onions, and peppers. Add tomatoes, olives, chili powder, and garlic salt. Simmer 10 minutes.

Line 9x13 inch pan with cooled corn meal mush (bottom and sides). Add filling. Dot any remaining mush on top of filling. Bake 30 to 40 minutes at 350°; sprinkle with cheese last 10 minutes.

Mom sometimes added a cup of whole kernel corn, or 1 cup cut green beans, or sometimes both to the filling.

Mary Sturm

MICRO MACARONI AND BEEF DINNER

1½ lb. ground beef
½ c. diced celery
1½ c. macaroni (uncooked)
15 oz. whole kernel corn
½ tsp. mild chili powder
¼ tsp. pepper
¾ c. water

½ c. green pepper
¼ c. onion
3 c. diced tomatoes
¼ tsp. garlic powder
¾ tsp. salt
¾ c. ketchup

Crumble beef in 2 quart casserole; cook in microwave oven 5 to 6 minutes, until beef is well cooked. Mash beef well so there are no large chunks. Mix water and all other ingredients and add to the beef mixture.

Microwave, covered, for 12 to 15 minutes on HIGH, stirring 2 or 3 times. Should serve 4.

Gay Wernett

OVEN BEEF STEW

2 lb. round steak, cubed
2 c. thickly sliced carrots
1 (4 oz.) can water chestnuts,
drained and sliced
1 c. thickly sliced celery
2 medium onions, sliced in thick
rings
1 (6 oz.) can mushrooms, drained

½ tsp. sweet basil
¼ tsp. black pepper
3 Tbsp. flour
1 Tbsp. sugar
1 Tbsp. salt
1 (1 lb.) can tomatoes
1 c. Burgundy

Put meat and vegetables in heavy casserole or Dutch oven and sprinkle with sweet basil and pepper. Combine flour, sugar, and salt and sprinkle over meat and vegetables. Pour tomatoes and Burgundy over all. Mix lightly. Cover and bake for 4 hours at 325°.

Mary Ann Wege

POT ROAST

3 lb. pot roast
Flour
Veggies
Onion soup mix

Seasoned salt
Garlic powder
Pepper
1 can chicken broth

Poke holes in both sides of meat; slather seasoned salt, garlic powder, and pepper. Let sit 1 hour; turn several times. Flour both sides of meat; sear to seal juices. Cover and bake at 300° for 2 hours. Place veggies around meat; sprinkle with onion soup mix. Add 1 can of chicken broth and bake for 1 to 1½ hours at 350°.

Lee Stephen

PRIME RIB ROAST

2 (1 oz.) packs au jus gravy mix
1 (1 oz.) pack beef marinade
2 tsp. lemon pepper

3 tsp. meat tenderizer
5 lb. rib roast with or without
bones

For a little spicier, you can add two tablespoons of spicy roast rub.

Put ingredients in a bowl and mix up with an amount of water to make a thin paste. Brush generously on the whole roast while penetrating the roast with a skewer to get the flavor and tenderizer inside.

Put the roast in a large turkey bag, then add one cup of water to the bowl with the paste and stir it up. Add the juice to the bag and seal the bag. Place in a roaster or oven in a pan of water so the bag does not stick to the bottom. Turn temperature to 220° or lower. A four to five pound roast will take 3.5 to 4 hours. A larger roast will take more time accordingly.

Turn the bag over every 45 minutes or so to let the whole roast take turns soaking in the juice. When close to being done, you can check the temperature of the roast with a meat thermometer. When done, take out of roaster and slice a corner off the bag and save the juice in a bowl. After slicing the roast, pour the juice

generously over the slices for maximum flavor. Ends will be done more than the center of the roast.

Craig M. Olsen

SPAGHETTI CASSEROLE

2 lb. ground beef	1/2 c. sour cream (maybe a little more)
1 large jar spaghetti sauce	Mozzarella cheese
1 can cream of mushroom soup	
14 oz. spaghetti, cooked	
8 oz. Velveeta cheese, melted with milk	

Brown beef with onion, salt, and pepper; drain. Add spaghetti sauce and soup. Drain cooked spaghetti; melt Velveeta and sour cream. Add to spaghetti. In a greased 9x13 inch casserole pan, layer as follows: Spaghetti mixture, beef mixture, and Mozzarella cheese. Repeat. Bake at 325° for 30 to 40 minutes.

Betty Ervin

SPAGHETTI BAKE

8 oz. spaghetti noodles	1 lb. hamburger
1 egg	1 large jar spaghetti sauce
1/2 c. Parmesan cheese	2 c. Mozzarella cheese
Chopped onion to taste	

Cook pasta; drain. Add egg and Parmesan cheese. Layer in bottom of 9 inch pie pan. Cook hamburger and onion. Add spaghetti sauce; spread on top of pasta mixture. Top with Mozzarella cheese. Bake at 350° for 30 minutes. Serves 4 to 5.

Patti Dolezal

STEAK SAN MARCO

2 lb. chuck steak (1 inch thick)	1 tsp. oregano
1 env. onion soup mix	Salt and pepper to taste
1 (1 lb.) can Italian peeled tomatoes or 1 can stewed tomatoes	2 Tbsp. cooking oil
	2 Tbsp. wine vinegar

Cut steak into serving size pieces. Brown in cooking oil. Cover with other ingredients. Simmer, covered, for 2 hours.

Cliff Miller

STUFFED BEEF TENDERLOIN

1 (3 lb.) beef tenderloin	1/2 c. diced celery
1/2 small onion, chopped	Hot water
1 (4 oz.) can mushrooms	Salt and pepper to taste
1/4 c. butter	4 slices bacon
1/2 c. soft bread crumbs	

Have tenderloin split and flattened at the meat market (or do it yourself). Lightly brown onion and mushrooms in butter. Add bread crumbs, celery, and hot water just to moisten. Season and spread over one side of split meat. Bring second half over and fasten edges together. Season and place bacon slices over top. Roast, uncovered, in moderate oven (350°) for 1 hour. Makes 6 to 8 servings.

Velda Weeks

TACO BUFFET MEAL

Amount determined by number of guests.

Fritos	Sliced black olives
Hot chili	Grated cheese
Chopped tomatoes	Shredded lettuce
Chopped green peppers	Salad dressing (offer several flavors)
Chopped onion	

Put on plate in the order listed.

Lynn Wiechelmann

ZUCCHINI CASSEROLE

1 (8 oz.) pkg. seasoned croutons	1 stick margarine
1 1/2 lb. hamburger	1 c. shredded carrots
1/4 c. chopped onion	2 c. cream of chicken soup
6 to 8 c. shredded zucchini	1 c. sour cream

Brown hamburger and onion; drain. Set aside. Saute zucchini in melted margarine until lightly browned. Add carrots, cream of chicken soup, and sour cream. Layer croutons, hamburger, and zucchini mixture. Bake, uncovered, at 350° for 30 minutes.

Kathryn (Kitty) Richardson

CHICKEN ALMOND CASSEROLE

In a 9x13 inch casserole dish, mix:

2 cooked chickens, boned, or 4 breasts of chicken, cut in small pieces	1 1/2 c. Hellmann's mayonnaise
1 pkg. Uncle Ben's wild rice with herbs, cooked in 2 1/2 c. chicken broth	1 (2 oz.) jar pimento
2 cans French cut green beans, drained	1 chopped onion
	1 can water chestnuts
	1 can celery soup
	1 c. slivered almonds

Combine in 9x13 inch pan. Sprinkle with Parmesan cheese and paprika. Bake, uncovered, at 350° for 30 to 40 minutes. May be prepared ahead and refrigerated overnight.

Kathy Whitson; Elma Lynn's recipe

CHICKEN BAKE SUPREME

- | | |
|-----------------------------|--------------------------------------|
| 1 chopped medium onion | 3/4 tsp. crushed dry tarragon leaves |
| 1 stick butter | 1/4 tsp. pepper |
| 1 can cream of chicken soup | 2 frying chickens, cut up |
| 1 can mushroom soup | Salt to taste |
| 1 2/3 c. evaporated milk | 1/4 c. melted butter |
| 1 1/2 c. uncooked rice | |

Saute onion in 1/2 cup butter. Stir in soups, evaporated milk, and rice, mixing well. Add tarragon and pepper. Heat gently 5 minutes. Pour mixture into 10x14 inch baking pan. Season chicken pieces with seasoned salt and arrange on top of rice mixture. Pour 1/4 cup melted butter over chicken. Cover with foil. Bake at 300° for 4 hours. Remove foil and bake 1/2 hour longer.

Eileen Carlson

CHICKEN CASSEROLE

- | | |
|--|---|
| 2 c. cooked, diced chicken | 2 c. milk or 1 c. milk and 1 c. chicken broth |
| 2 c. uncooked macaroni | |
| 2 cans cream of mushroom soup or 1 can mushroom and 1 can cream of chicken | 1/2 c. onions, diced |
| | 1/4 lb. Velveeta cheese, cubed, or 2 c. shredded cheese |

Mix well. Refrigerate overnight. Bake 1 hour at 350°.

Norma Thallas

CRISPY CHICKEN

- | | |
|---|-----------------|
| 1 3/4 c. corn flakes, crushed (approx. 7 c., uncrushed) | 1/2 tsp. salt |
| 1 egg | 1/4 tsp. pepper |
| 1 c. milk | 3 lb. chicken |
| 1 c. flour | 3 Tbsp. butter |

Beat egg, milk, and flour. Add salt and pepper. Dip chicken pieces into mixture, then into crushed corn flakes. Put in 9x13 inch baking dish. Dot with butter. Bake until tender, at 325° for 1 1/2 hours, uncovered.

Gwen Bogardus

CHICKEN RICE CASSEROLE

- | | |
|-----------------------------|-----------------------------|
| 1 cut up chicken | 1 can cream of chicken soup |
| 1 c. rice (not Minute rice) | 3 cans water |
| 1 pkg. dry onion soup | |

Sprinkle onion soup in bottom of 9x13 inch baking dish. Lay cut up chicken on top of soup. Sprinkle rice over and between chicken pieces. Pour the cream of chicken soup, mixed with the water, over all. Cover and bake at 350° for 1 hour. Remove cover and brown for 15 minutes.

Susan Holly

BAKED CHICKEN SALAD

- | | |
|-----------------------------------|-------------------------------------|
| 4 c. diced, cooked chicken breast | 1/2 c. chopped almonds |
| 1 c. Miracle Whip salad dressing | 1 can mushrooms, sliced and drained |
| 1 can cream of chicken soup | 1/4 c. grated American cheese |
| 1 can sliced water chestnuts | |
| 2 c. diced celery | |

Mix all together and pour into 9x13 inch baking dish. Bake at 350° for 30 minutes. Sprinkle 1 cup grated cheese and 1 cup Rice Krispies over top a few minutes before removing from oven.

Gwen Bogardus

BROCCOLI AND CHEESE STRATA

- | | |
|---|-----------------------------------|
| 12 slices firm white bread | 1/2 tsp. salt |
| 3 c. sharp Cheddar cheese, shredded | 2 Tbsp. minced onion |
| 2 c. diced, cooked chicken or turkey (white meat preferred) | 1/4 c. margarine |
| 6 eggs, slightly beaten | 1 1/2 c. cooked, chopped broccoli |
| | 3 1/2 c. milk |
| | 1/4 tsp. dry mustard |

Spread one side of each slice of bread with margarine. Using a doughnut cutter, cut bread slices into rings. Set aside the rings. Use bread scraps to line the bottom of a 13x9x2 inch baking pan. Sprinkle 2 3/4 cups of the cheese on top of the bread. Add the broccoli, then the chicken; top with the bread rings, buttered side up. Combine next 5 ingredients in a bowl. Mix well. Pour the egg mixture over the chicken in the baking dish. Cover and refrigerate overnight. Bake, uncovered, in 350° oven for 50 minutes or until hot and bubbly. Sprinkle with remaining 1/4 cup cheese and bake 5 minutes longer or until cheese melts. Let stand 10 minutes.

Bonnie Bolte

CASHEW CHICKEN

- | | |
|--|--------------------------|
| 4 split chicken breasts, skinned, deboned, and cut into small strips | 6 Tbsp. soy sauce |
| 1/4 c. corn starch to coat chicken | 6 Tbsp. sugar |
| 3 Tbsp. canola oil | 1 1/2 tsp. ginger |
| 6 Tbsp. wine vinegar | 1 1/4 c. cashew halves |
| | 4 green onions, chopped |
| | 2 cloves garlic, chopped |

Brown coated (with corn starch) chicken pieces in oil until cooked. Add onions and garlic. Lightly brown. Mix vinegar, soy sauce, sugar, and ginger. Add to chicken. Cook 4 to 5 minutes, until thick. Add cashews. Canned chicken broth may be added if sauce becomes too thick. Serve over cooked rice. Serves 6.

Patti Dolezal

CHICKEN FETTUCCINI ALFREDO

- | | |
|---|--------|
| 1 pkg. fettuccini noodles | Nutmeg |
| 1 stick unsalted "real" butter | Salt |
| 1 ctn. heavy whipping cream | Pepper |
| 6 oz. Parmesan cheese | |
| 2 to 3 skinless chicken breasts,
cooked and chopped into small
chunks | |

In a heavy skillet or saucepan, melt butter. Slowly add whipping cream over medium heat (it burns easily if cooked at too high of temperature too quickly). Add Parmesan cheese and cooked chicken. Let cheese melt into sauce; stir well to get rid of lumps. Add nutmeg and salt and pepper to taste. Pour over cooked noodles.

Kari Zimmerman

MANDARIN CHICKEN

- | | |
|-----------------------------|---|
| 1/2 c. barbecue sauce | 1 (13 1/2 oz.) can pineapple chunks,
drained |
| 1/2 c. orange juice | 1/2 c. water chestnuts, sliced |
| 1/4 c. brown sugar, packed | 1 tsp. candied ginger, chopped |
| 2 Tbsp. oil | Cooked rice |
| 2 Tbsp. flour | Macadamia nuts or almonds |
| 1/4 tsp. salt | |
| 4 c. cooked chicken, cut up | |

Combine barbecue sauce, orange juice, brown sugar, oil, flour, and salt; mix well. Cook, stirring, until mixture comes to a boil and thickens slightly. Add chicken, pineapple, water chestnuts, and ginger; cover and simmer 10 minutes. Serve over rice and sprinkle with nuts. Serves 8.

Barb Hansen

SWISS CHICKEN

- | | |
|---------------------------|------------------------------|
| 8 skinned chicken breasts | 2 cans cream of chicken soup |
| Swiss cheese | 1 box Stove Top stuffing |
| Butter | Milk |

In a 9x13 inch baking dish, place chicken breasts. Place a slice of Swiss cheese on top of each breast. Mix 2 cans of soup and 1 can of milk and spread over chicken and cheese. Sprinkle with stuffing mix (not prepared) on top of soup and sprinkle seasoning over that. Drizzle 1/2 cup melted butter on top. Bake 1 hour, covered, and 1 hour, uncovered, in 325° oven.

Gwen Bogardus

WEST COAST CHICKEN

Sauce:

- | | |
|----------------------------------|-----------------------|
| 2 tsp. salt | 1/3 c. butter, melted |
| 1/4 tsp. black pepper | 2 tsp. ground ginger |
| 1 c. frozen orange juice, thawed | 4 tsp. soy sauce |

Grease 2 (11x7 inch) pans with vegetable oil. Place 5 pounds of chicken thighs (skinned) in single layers in pans. Baste well with sauce. Cover; refrigerate overnight. Bake, uncovered, at 350° for about 60 minutes. Baste once during cooking. Serves 8.

Barbara Eilers

WALNUT CHICKEN

Mix 1 tablespoon Crisco oil, 2 teaspoons soy sauce, and 1 teaspoon cornstarch in a small bowl. Coat 2 boneless chicken breasts, cut in 1 inch pieces, with mixture. Cover and refrigerate at least 30 minutes.

Meanwhile, combine 1/2 cup chicken broth, 1/2 teaspoon ground ginger, 3 teaspoons soy sauce, and 2 teaspoons cornstarch; set aside.

Heat 4 tablespoons Crisco oil in large skillet. Stir-fry refrigerated chicken mixture and 1/2 teaspoon dried red pepper over medium heat till chicken is no longer pink. Remove from skillet. Stir-fry 1 medium onion, cut in 1 inch pieces, 1 clove minced garlic, and 1 bell pepper, cut in pieces, until onion is tender. Add 1/2 pound broccoli; stir-fry until tender. Add chicken and broth; cook, stirring constantly, until thickened. Stir in 1/2 cup chopped English walnuts. Serve over steamed rice. Serves 4.

Joan Youngs

CRUSTLESS SPINACH QUICHE

- | | |
|----------------------------------|---|
| 1 c. chopped onion | 5 large eggs |
| 1 c. fresh mushrooms | 3 c. (12 oz.) Monterey Jack cheese,
shredded |
| 1 Tbsp. vegetable oil | 1/8 tsp. pepper |
| 1 (10 oz.) pkg. spinach, drained | |
| 2/3 c. chopped, cooked ham | |

Saute onion and chopped mushrooms in oil; add well drained spinach and ham. Simmer until excess moisture is evaporated. Cool slightly. Beat eggs. Add cheese; mix well. Add spinach mixture. Spread into greased 9 inch pie or quiche pan. Bake at 350° for 40 minutes, until knife comes out clean.

Could be used as appetizer if put into different shape pan.

Kitty Richardson

FRESH TOMATO AND ASPARAGUS FRITTATA

- | | |
|--|--|
| 1/2 lb. fresh asparagus spears,
trimmed | 6 eggs |
| 1/4 c. butter | 8 slices bacon, cooked and
crumbled |
| 4 oz. (1 c.) sliced fresh mushrooms | 1 small tomato, sliced |
| 1 medium onion, chopped | 1 c. shredded Cheddar cheese |

Place asparagus spears in 10 inch nonstick skillet; add enough water to cover. Bring to a full boil; cook until crispy tender (5 to 7 minutes). Drain. Put asparagus in small bowl; set aside. Melt butter in same skillet; add mushrooms and onion. Cook over medium heat 3 to 4 minutes. Beat eggs in medium bowl until frothy; add cooked

bacon. Pour egg mixture into skillet; stir gently over medium heat to cook evenly on bottom. As egg mixture sets, lift edges with spatula and allow uncooked eggs to flow underneath. Cook until eggs are set, 45 minutes. Arrange asparagus and tomatoes on top. Sprinkle with cheese and cut into wedges. Yield: 6 servings.

Jane Scherle

HAM BALLS

1 lb. lean ground beef	1 c. diluted evaporated milk
1 lb. lean ground ham	1 small onion, chopped
1/2 lb. lean ground pork	Salt and pepper to taste
2 c. mashed potatoes	1 can tomato soup
1 c. bread crumbs	1 soup can water

Mix and shape into balls. Bake one hour at 350°. Baste while cooking with one can diluted condensed tomato soup; baste every 15 minutes. This can also be made into a loaf.

Fern M. Brown

HAM AND CHEESE QUICHE

1 (10 inch) pastry lined pie plate or quiche pan	1/2 tsp. onion salt
1 1/2 c. cooked ham, diced	1/2 tsp. salt
1 lb. grated Swiss cheese	2/3 tsp. thyme
4 eggs	1/2 tsp. garlic salt
1/2 c. flour	2/3 tsp. dry mustard
1/4 tsp. cayenne	1 c. whipping cream
1/2 tsp. cumin	1 c. half & half

Place diced ham and cheese in pastry lined pan. Put remaining ingredients in blender and blend until smooth. Pour over ham/cheese. Bake 1 hour 10 minutes at 350°. Can be baked day ahead or even frozen for future use.

Velda Weeks

PORK SAUSAGE PUFF

1 c. biscuit/baking mix	1/2 tsp. dried oregano
2 c. milk	6 eggs, beaten
1 c. (4 oz.) shredded Cheddar cheese	1 lb. bulk pork sausage

In a bowl, combine the biscuit mix, eggs, and milk until well blended. Add the cooked sausage, cheese, and oregano. Transfer to a greased 13x9x2 inch baking dish. Bake, uncovered, at 350° for 50 to 55 minutes or until a knife inserted near the center comes out clean. Yield: 6 large servings.

This recipe can be prepared and refrigerated overnight. Remove from the refrigerator 30 minutes before baking.

Mavis Thies

PORK CHOP HOT DISH

Brown 6 to 8 pork chops; put in cake pan. Sprinkle onion soup mix over chops. Cover with 1 cup mushroom soup, diced green pepper, and jar of pimientos. Drain 1 can green beans and place over soup mixture. Dice 2 to 3 large potatoes on top. Salt and pepper and cover with foil. Bake at 350° for about 2 hours. One-half hour before done, grate Velveeta cheese over and sprinkle with parsley. Add a salad for a delicious meal. Serves 6 to 8.

Jo Youngs

REUBEN CASSEROLE

1 (15 oz.) sauerkraut, washed and drained	1/4 c. Thousand Island dressing
2 1/2 c. diced ham or corned beef (1 can, chopped up)	1/4 c. fresh or canned tomatoes, diced
2 c. grated Swiss or Colby cheese	4 to 5 slices buttered dark bread cubes
1/2 c. mayonnaise	

Layer in casserole in order given and top with bread crumbs. Bake at 350° for 30 minutes or until hot. Freezes well.

Dorothy Volkens

SALMON CASSEROLE WITH BISCUITS

1 (1 lb.) can salmon	1/4 tsp. pepper
1 can peas, drained	Salmon liquid and milk to make 2 c.
4 Tbsp. butter or margarine	3/4 c. cheese, grated
4 Tbsp. flour	
1 tsp. salt	

Melt butter in saucepan. Add flour, salt, and pepper. Blend. Add salmon liquid and milk mixture and cook until thickened. Add peas and salmon. (Remove salmon skin and bones if any.) Add cheese. Mix just until folded in. Pour into greased 1 1/2 quart casserole. Top with biscuits. Use your favorite recipe or purchased ones.

Mary Sturm

SHRIMP AND CRAB STUFFED POTATO

1 (10 oz.) can frozen condensed cream of shrimp soup	1 Tbsp. onion, grated
1/4 c. milk	Dash of pepper
	1/2 c. sharp Cheddar cheese, grated

Mix together soup, milk, onion, and pepper and heat through. Add cheese and stir until dissolved. Scoop out inside of 4 baked potatoes and add soup mixture. Mix and then fold in one 7 ounce can crabmeat. This will be approximately one cup flaked. Spoon back into baked potatoes and bake at 350° for 15 minutes. Sprinkle with paprika before serving.

Beverly Brandt, P.E.O. Chapter IQ

HASTY SHORE DINNER

- 1 c. small shell pasta, cooked in unsalted water
- 1/2 c. mayonnaise
- 1/2 c. milk
- 1 can cream of celery soup
- 1 (8 oz.) pkg. frozen imitation crabmeat, thawed and cut into chunks

- 1 can shrimp, drained
- 1 c. Swiss cheese, shredded
- 1 can French fried onions
- 1/2 tsp. dill weed
- 1/4 tsp. seasoned salt

Preheat oven to 350°. Return hot drained pasta to pan. Stir in mayonnaise, milk, soup, crabmeat, shrimp, 1/2 cup cheese, 1/2 can French fried onions, and seasonings; mix well. Pour into 1 1/2 quart casserole. Bake, covered, at 350° for 35 minutes, until heated through. Top with remaining cheese and onions and bake, uncovered, 5 minutes.

One 6 ounce can crabmeat may be substituted for the imitation crabmeat.
Barb Hansen

TUNA (OR SALMON) BISCUIT LOAF

- 1 c. tuna (6 1/2 oz.) or 1 1/2 c. salmon, flaked
- 1/4 c. chopped onion
- 1 c. well drained peas
- 1/2 to 1 tsp. salt
- 1/4 tsp. pepper
- 1 c. diced American cheese
- 2 Tbsp. chopped pimento

Let stand while making Biscuit Dough.

Biscuit Dough:

- 2 c. sifted flour
- 3 tsp. baking powder
- 1 tsp. salt

Stir together.

Pour following in a cup, but don't stir:

- 1/3 c. Wesson oil
- 2/3 c. milk

Biscuits: Pour liquid all at once into flour mixture. Stir with fork until mixture cleans sides of bowl and rounds up into a ball. Smooth by kneading dough about 10 times without additional flour. Roll out between wax paper into rectangle (10x12 inches).

Place on ungreased cookie sheet. Spread filling down center of dough, covering about 4 inches wide. Bring sides of dough up and cover filling. Now take knife and cut small slits in top of loaf. Bake 25 minutes in 425° oven, until light brown. Serve with your favorite white sauce on each slice serving.

Margaret DeBar

SCALLOPED OYSTERS

- 2 c. cracker crumbs
- 1/2 c. melted butter
- 1 pt. oysters

Drain oysters; save liquid to make 1 cup. Add 1/2 teaspoon salt. Combine cracker crumbs with melted butter. In 8 inch pan, put 1/3 crumb mixture. Layer 1/2 the oysters and pepper. Layer 1/2 crumb mixture. Layer 1/2 the oysters and pepper. Pour liquid over oysters. Top with other 1/3 crumbs. Bake at 350° for 40 minutes.

Phyllis Stemple

VEGETABLE PIZZA

- 2 (8 oz.) tubes refrigerated crescent rolls
- 2 (8 oz.) pkg. cream cheese
- 1 env. dry buttermilk Ranch salad dressing mix
- 1/2 c. mayonnaise
- 1 Tbsp. milk
- 1/2 c. finely chopped broccoli
- 1/2 c. grated carrots
- 1/2 c. chopped radishes
- 1/2 c. chopped celery
- 1/2 c. chopped cauliflower
- 1/2 c. chopped green onions (or to taste)
- 1 c. grated Cheddar cheese

Unroll crescents and arrange on 10x15 inch baking sheet. Form a solid layer by pressing together and bake at 350° for 10 to 12 minutes. Cool.

Combine the cream cheese, salad dressing mix, mayonnaise, and milk. Beat until smooth and spread on top of cooled crust. Sprinkle on veggies, one at a time. Refrigerate.

Susan Holly

VEGETABLE PIZZA

Line 9x13 inch cookie sheet with 2 packages crescent rolls (sealing edges). Bake until golden brown; cool.

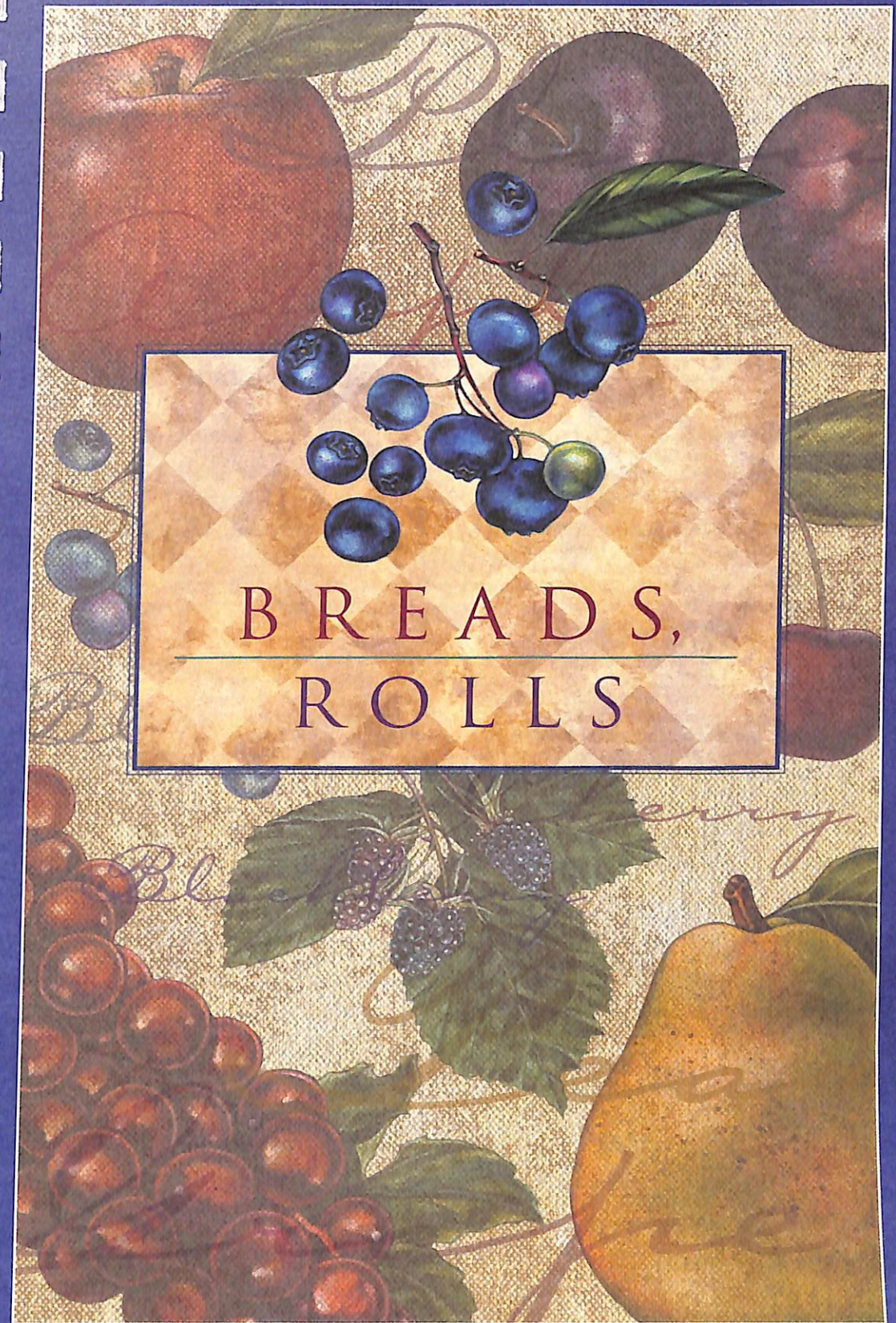
Beat together and spread on crust:

- 2 (8 oz.) cream cheese
- 1 pkg. Hidden Valley Ranch dressing
- 3/4 c. sour cream
- 1/4 c. mayonnaise

Top with assorted chopped (finely chopped) veggies: Broccoli, cauliflower, tomatoes, carrots, green peppers, scallions. Top with finely shredded Cheddar cheese. Broil for a "flash" to hang together.

Barbara Demory

Notes



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ 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 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton 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 overthaw!
7. 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.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. 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 nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS

BLUEBERRY CREAM MUFFINS

- | | |
|--------------------|----------------------|
| 4 eggs | 1 tsp. salt |
| 2 c. sugar | 1 tsp. soda |
| 1 c. vegetable oil | 2 tsp. baking powder |
| 1 tsp. vanilla | 2 c. sour cream |
| 4 c. flour | 2 c. blueberries |

Beat eggs; gradually add sugar. Pour in oil. Add vanilla. Alternately add dry ingredients and sour cream. Fold in blueberries. Spoon into muffin pans. Bake for 20 minutes at 400°.

Gwen Bogardus

COFFEE CAKE

- | | |
|-----------------------|---|
| 1 c. margarine | 3 c. flour |
| 1¾ c. sugar | 1 can pie filling (cherry, blueberry, or apple) |
| 4 eggs | |
| 1½ tsp. baking powder | |

Mix all ingredients except pie filling. Pour ⅔ of batter into greased 9x13 inch pan. Spoon pie filling over batter. Dab remaining batter on top. Bake at 350° for 45 minutes. Frost with powdered sugar icing.

Gwen Bogardus

CORN MUFFINS

- | | |
|------------------------|--------------------|
| 1½ c. yellow corn meal | 2 eggs |
| 1½ c. flour | ½ c. oil (Mazola) |
| 1 Tbsp. sugar | 2 c. buttermilk |
| 1 tsp. soda | 1 c. grated cheese |
| 1 tsp. baking powder | 1 c. chopped ham |
| 2 tsp. salt | |

Measure corn meal, flour, sugar, soda, salt, and baking powder into large bowl. Make a well in center of mixture. Add eggs, buttermilk, and oil. Beat slightly, then stir till mixed. Fold in ham and cheese. Put ¼ cup batter in each muffin cup. Bake at 400° for 18 minutes.

Delores Schnoor

BROCCOLI CORN BREAD

- | | |
|---|------------------------------------|
| 1 (10 oz.) pkg. chopped frozen broccoli, cooked according to package directions, drained well | 6 Tbsp. melted butter or margarine |
| | 3 large eggs, lightly beaten |
| | ½ c. lowfat cottage cheese |
| | 1 (8 oz.) box corn bread mix |

Preheat oven to 350° and grease a 9x9 inch pan. Toss broccoli and margarine to coat. Stir in beaten eggs and cottage cheese. Add corn bread mix; stir enough to

blend. Spoon into pan and bake 25 to 30 minutes, or until toothpick comes out clean. Makes 10 to 12 servings.

Mary Alice McClure

CRANBERRY BREAD

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

1 c. sugar
1 1/2 tsp. baking powder

Sift.

Add the following:

1 beaten egg
2 Tbsp. melted shortening

1/2 c. orange juice
2 Tbsp. hot water

Fold in:

1/2 c. chopped nuts
1 c. cranberries, sliced in pieces

Grated rind of 1 orange

Bake in greased pan at 325° for 1 hour and ten minutes.

A Volunteer

DANISH ROLLS

1 c. milk, scalded
1/3 c. white sugar
1 tsp. salt
1/4 c. shortening
1 pkg. yeast
1/4 c. lukewarm water
2 eggs

1/4 tsp. vanilla
1/2 tsp. lemon
4 c. flour
1/2 lb. oleo
Sugar
Cinnamon

Frosting:

2 c. powdered sugar
2 Tbsp. milk

1 tsp. vanilla

In scalded milk add white sugar, salt, and shortening. In lukewarm water, dissolve yeast; add rest of ingredients. Let raise till double. Soften 1/2 pound oleo. Roll dough 1/4 inch thick; dot with 1/4 pound oleo. Fold over; dot with 1/4 pound oleo. Roll and fold 2 or 3 times. Rest 20 minutes. Roll out 1/3 inch thick. Sprinkle sugar and cinnamon on top. Roll up and cut 3/4 or 1 inch thick. Place on greased cookie sheet; raise till 1/2 again. Bake at 425° for 10 minutes. Spread with frosting while still hot.

Phyllis Stemple

GARLIC BREAD

2 loaves Rhodes frozen bread
Vegetable oil (safflower)

Garlic salt
Pepper

Put the 2 loaves of frozen bread into a 9x13 inch pan. When it gets high, punch holes with your 2 fingers. Pour oil (small amount) into the holes. Sprinkle with garlic salt and pepper. Bake at 350°.

Gwen Bogardus

MY MOM'S ZUCCHINI BREAD

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

1 tsp. soda
1 tsp. baking powder
3 tsp. cinnamon
3 c. flour
1/2 c. nuts
1/2 c. raisins and coconut

Cream first five ingredients. Mix remaining ingredients and blend with the creamed mixture. Pour into 2 loaf pans and bake at 350° for 1 hour.

Mary Sturm

MOM'S CARROT TEA BREAD

3 eggs
1 1/2 c. sugar
3/4 c. vegetable oil
2 3/4 c. sifted all-purpose flour
1 3/4 tsp. baking powder

1 tsp. baking soda
1/4 tsp. salt
1 1/2 tsp. cinnamon
1 1/2 c. finely shredded carrots

Grease 9x5x3 inch loaf pan. Line with waxed paper. Grease. Beat eggs, sugar, and vegetable oil in large mixing bowl with rotary beater until well blended. Sift flour, baking powder, baking soda, salt, and cinnamon into egg mixture while stirring occasionally. Stir in carrots. Turn into pan. Bake in slow oven (325°) for one hour. Cool 10 minutes on wire rack. Peel off waxed paper. After cooling completely, sprinkle top with powdered sugar.

Elaine Olsen

OVERNIGHT BUNS

3 eggs, beaten
3 c. warm water
1 c. sugar
2 tsp. salt

1/2 c. salad oil
11 to 12 c. flour
2 pkg. yeast
1 c. warm water

Mix 2 packages yeast with 1 cup warm water. Add the other ingredients and mix. Set aside and let rise 2 hours. Punch down. Let rise again for 4 hours. Punch down and make into buns. Let rise overnight. Bake in morning at 350° for 12 to 15 minutes.

Kathleen Meier

WHOLE WHEAT QUICK BREAD

2 c. whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 beaten egg

1/2 c. honey
1/4 c. melted butter or margarine
1/2 c. chopped walnuts
1/2 c. raisins
1 3/4 c. buttermilk

In mixing bowl, stir together flour, baking powder, baking soda, and salt. Combine beaten egg, buttermilk, honey, and margarine. Add to dry ingredients; stir until just moistened. Fold in walnuts and raisins. Turn into greased 9x5x3 inch loaf pan. Bake at 350° until done, 55 to 60 minutes. Remove from pan and cool on rack. Makes 1 loaf.

Margaret DeBar

OUTRAGEOUSLY OATMEAL BREAD FOR BREAD MACHINE

Regular loaf:

3/4 c. water
2 c. white bread flour
1 Tbsp. dry milk
1 tsp. salt

1 Tbsp. butter
1 Tbsp. honey
1/4 c. rolled oats
1 1/2 tsp. active dry yeast

Large loaf:

1 1/4 c. water
3 c. white bread flour
1 1/2 Tbsp. dry milk
1 1/2 Tbsp. salt

2 Tbsp. butter
2 Tbsp. honey
1/2 c. rolled oats
3 tsp. active dry yeast

Put in machine according to the order directions for your machine. For added texture, add the oats after the first knead or at the beep for the fruit and nut cycle. For additional crunch, sprinkle a few oats on top of loaf after final rise.

This recipe can be made with the regular rapid or delayed time cycles.

Dick Christie

WHOLE WHEAT PIZZA DOUGH

1 c. warm water
1 pkg. fast rising yeast
1 tsp. salt
2 tsp. sugar

1 tsp. oregano
1/4 c. olive oil
1 c. whole wheat flour
2 c. unbleached flour

Dissolve yeast in water. Add sugar, salt, oregano, and oil. Slowly add flours (1/2 at a time) until easy dough to handle. Let rise one hour. Punch down; divide in half. Roll out on wheat floured board. Makes 2 (14 inch) round pizza crusts. Bake at 350° for only 10 minutes. (Slightly browned with raised crust.) Top with favorite sauce and toppings. Bake 10 to 15 minutes at 400°.

Patti Dolezal

HONEY WHEAT BREAD

2 pkg. yeast
1/4 c. warm water (sprinkle 1 tsp. sugar over)
2 1/2 c. hot water
1/4 c. oleo (I put it in the water and let it melt)

1/4 c. honey
1/4 c. brown sugar
1 Tbsp. salt
3 c. whole wheat flour
3 1/2 to 4 1/2 c. all-purpose flour

Sprinkle yeast over warm water until dissolved (about 5 minutes). Combine hot water, brown sugar, honey, oleo, and salt. Cool. Add yeast mixture. Add whole wheat flour and 1 cup white flour. Beat for 3 minutes at medium speed. By hand stir in white flour as needed. Knead 5 minutes. Let raise until doubled. Poke finger in dough. If indentations stay, punch down and divide for 2 loaves. Let raise again; again use fingers to test. Bake at 350° for 20 to 25 minutes.

Phyllis Robinson

NEVER FAIL POPOVERS

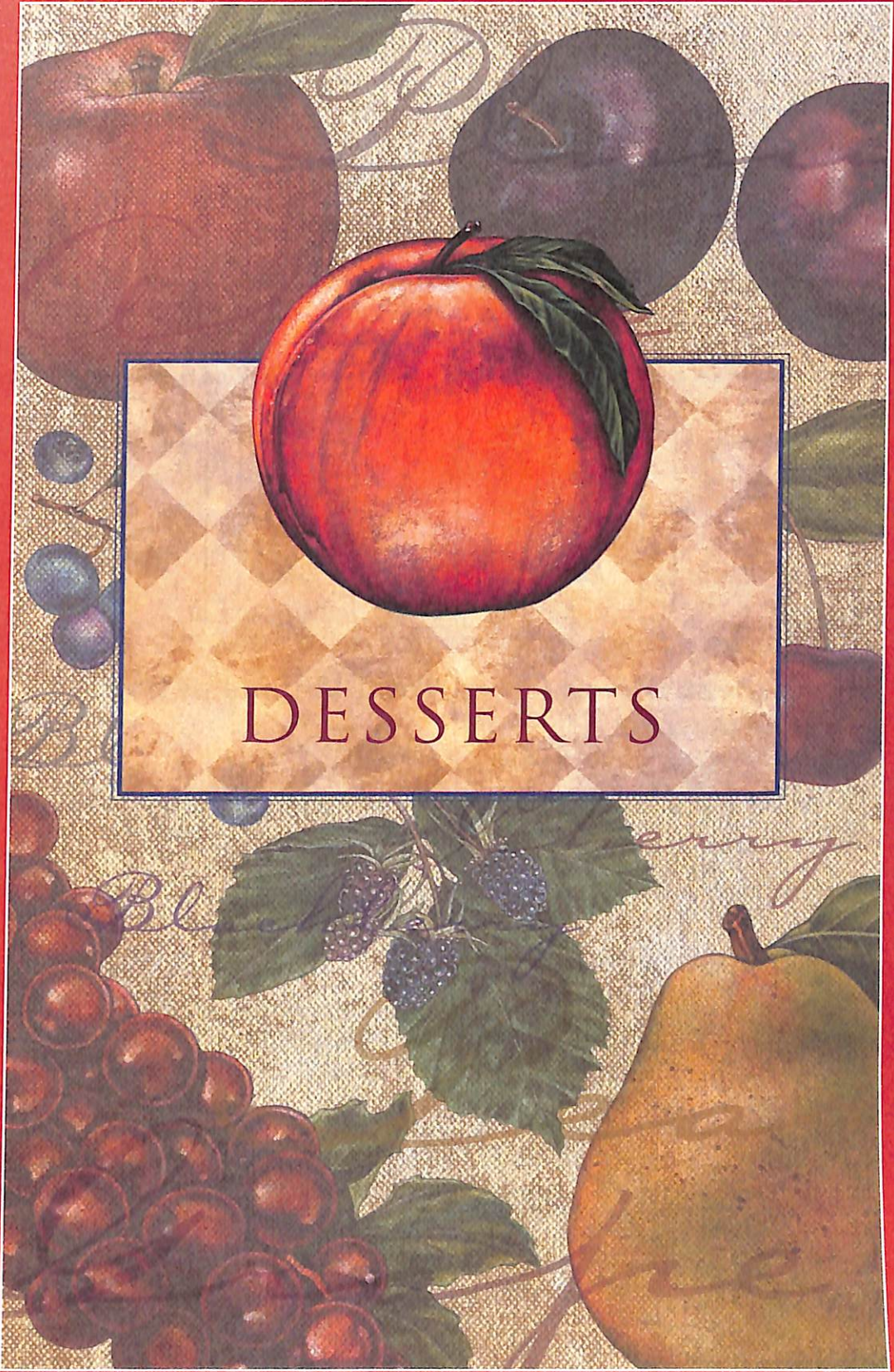
2 whole eggs
1 c. milk

1 c. flour
Pinch of salt

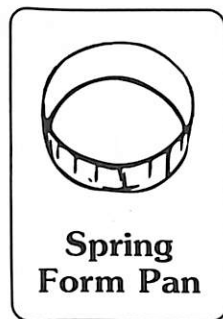
Put all ingredients in bowl and beat till free of lumps. Fill cold ungreased custard cups 1/2 full. Place in cold oven, set at 450°, for 30 minutes; turn down to 350° for 15 minutes. Serve with butter. Makes 6 servings.

Elaine Olsen

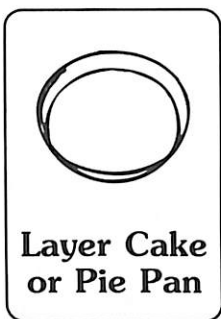
Notes



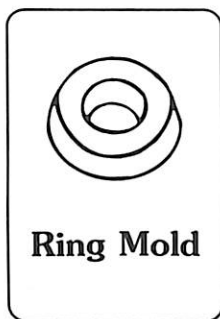
Common Baking Dishes and Pans



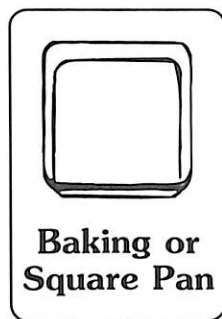
Spring Form Pan



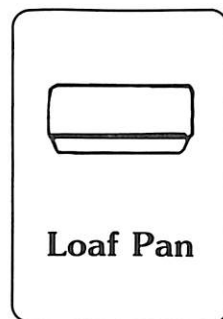
Layer Cake or Pie Pan



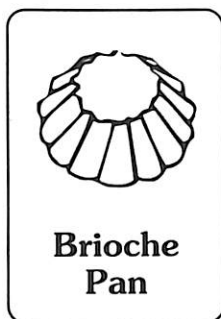
Ring Mold



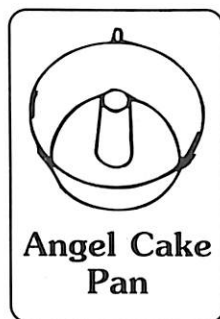
Baking or Square Pan



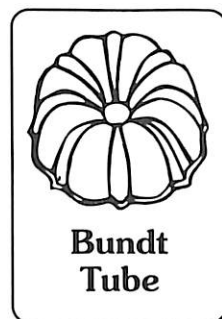
Loaf Pan



Brioche Pan



Angel Cake Pan



Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 1 1/4" layer cake pan
- = 7 3/8" x 3 5/8" x 2 1/4" loaf pan

6-CUP BAKING DISH

- = 8" or 9" x 1 1/2" layer cake pan
- = 10" pie pan
- = 8 1/2" x 3 5/8" x 2 5/8" loaf pan

8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- = 11" x 7" x 1 1/2" baking pan
- = 9" x 5" x 3" loaf pan

10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- = 11 3/4" x 7 1/2" x 1 3/4" baking pan
- = 15" x 10" x 1" flat jelly roll pan

12-CUP BAKING DISH OR MORE

- = 13 1/2" x 8 1/2" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = 14" x 10 1/2" x 2 1/2" roasting pan

Total Volume of Pans

TUBE PANS

7 1/2" x 3" Bundt tube	6 cups
9" x 3 1/2" fancy or Bundt tube	9 cups
9" x 3 1/2" angel cake pan	12 cups
10" x 3 3/4" Bundt tube	12 cups
9" x 3 1/2" fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

RING MOLDS

8 1/2" x 2 1/4" mold	4 1/2 cups
9 1/4" x 2 3/4" mold	8 cups

BRIOCHE PAN

9 1/2" x 3 1/4" pan	8 cups
---------------------	--------

DESSERTS

CHEERIOS BARS

- | | |
|---|------------------------|
| 1 small (3 oz.) pkg. fruit flavored gelatin | 4 c. Cheerios |
| 1/3 c. light corn syrup | 2 Tbsp. butter or oleo |

Butter 9 inch pan. In large saucepan, blend gelatin, syrup, and butter. Heat to boiling over medium heat, stirring constantly. Remove from heat; stir in Cheerios until thoroughly coated. Turn into prepared pan. Butter back of spoon and spread mixture in pan. Refrigerate. When set, about 30 minutes, cut into bars. Store, covered, in refrigerator.

I usually double this recipe and often add M&M's or jelly beans or both.
Jean Burns

CHOCOLATE FUDGIES

- | | |
|----------------------------|----------------------|
| 1/2 c. milk | 1/2 c. peanut butter |
| 1/2 c. cocoa | 1 tsp. vanilla |
| 1/2 c. margarine (1 stick) | 3 c. rolled oats |
| 2 c. sugar | |

Mix together in 4 quart saucepan, milk, cocoa, margarine, and sugar; bring to boil. Cook 3 minutes. Remove from heat; stir in peanut butter, vanilla, and oats. Mix well and put in buttered pan.

Jean Burns

CHOCOLATE CHIP CREAM CHEESE BARS

- | | |
|---|--------------|
| 1 tube chocolate chip refrigerator cookie dough | 1/2 c. sugar |
| 1 (8 oz.) cream cheese | 1 egg |

Press 1/2 cookie dough in bottom of greased pan. Mix other three ingredients and put on top of dough. Crumble rest on top and bake at 350° for 30 to 40 minutes. Double recipe for 9x13 inch pan.

Joan Youngs

CHOCOLATE KRISPIE BARS

- | | |
|----------------------------|----------------------|
| 7 c. Rice Krispies | 1/4 c. margarine |
| 2 c. chocolate chips | 1 c. powdered sugar |
| 1 pkg. peanut butter chips | 3/4 c. peanut butter |
| 2 Tbsp. water | 1/2 tsp. vanilla |

In microwave, melt 2 cups chocolate chips and 3/4 cup peanut butter. Stir well. Stir in Rice Krispies. Spread half into buttered 9x13 inch cake pan. Reserve second half for later. Melt peanut butter chips and 1/4 cup margarine in microwave (or on stove). Add 2 tablespoons water, vanilla, and powdered sugar. Add more water, if

needed, to make spreadable. Spread over mix in pan. Spread remaining chocolate Krispie mix over top. Refrigerate 1 hour before cutting into bars.

Sometimes I omit filling and put first mix in pan and cut into bars.
Delores Schnoor

CAKE BROWNIES

1/2 c. butter, softened
1 c. sugar
4 eggs
1 (16 oz.) can chocolate syrup

1 tsp. vanilla extract
1 c. flour
1/2 tsp. salt

Frosting:

1 c. sugar
1/3 c. butter
1/3 c. milk

2/3 c. chocolate chips (semi-sweet)
2/3 c. mini marshmallows

In a bowl, cream butter and sugar. Add eggs, one at a time; beat well after each one. Beat in chocolate syrup and vanilla. Add flour and salt until blended. Pour into a greased 15x10x1 inch baking pan. Bake at 350° for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes and add frosting. Yield: 3 dozen.

Frosting: In a small saucepan, combine sugar, butter, and milk. Boil till sugar completely dissolves. Remove from heat; stir in chocolate chips and marshmallows. Stir until melted. Spread over cooled brownies.

Kari Zimmerman

CRISPY CHOCOLATE LOG

1 (10 oz.) pkg. large marshmallows
1/4 c. butter or oleo
1/4 c. peanut butter

5 1/2 to 6 c. crisp rice cereal
1 tsp. vanilla

Filling:

1 1/3 c. semi-sweet chocolate chips
3/4 c. butterscotch chips

Melt first three ingredients (can use microwave). Add cereal and stir until blended. Pat into wax paper lined 15x10 inch pan. Combine the chips and microwave until melted. Spread over cereal mixture within 1 inch of edges. Roll jelly roll style. Place, seam side down, on cookie sheet and refrigerate 1 hour. Cut into 1 inch slices.

Dorothy Volkens

ENGLISH TOFFEE BARS

1 c. brown sugar
1 c. butter (or 1/2 use of oleo)
Yolk of 1 egg

Pinch of salt
1 tsp. vanilla
2 c. flour

Cream together sugar and butter or oleo; add remaining ingredients. Spread thinly on a cookie sheet. Bake 20 minutes in a 350° oven. While baking, melt 1 (6

ounce) package of chocolate chips. Spread on baked bar; sprinkle with chopped nuts. Cut in squares while warm. Be sure to leave a space between dough and edge of pan, as it will spread.

Bonna Brooks

GRAHAM BARS

Graham crackers (cinnamon sugared)
Nuts

1 cube butter
1 c. brown sugar

Heat oven to 350°. Line jelly roll pan with foil. Place cinnamon-sugar graham crackers in pan. Sprinkle with nuts of choice. Heat butter and brown sugar in heavy saucepan; boil 2 minutes. Pour over graham crackers and nuts. Bake 12 minutes. Break into uneven pieces.

Norma Thallas

HERSHEY SYRUP BROWNIES

1 stick margarine
1 c. sugar
1 c. flour
4 eggs

1 (16 oz.) can Hershey's chocolate syrup
1 tsp. vanilla

Combine margarine and sugar. Add eggs and syrup. Mix well. Add flour and vanilla. Pour into 9x15x1 inch jelly roll pan. Bake at 350° for 15 minutes. Cool.

Frost with:

6 Tbsp. margarine
6 Tbsp. milk

1 1/3 c. sugar
1 (6 oz.) pkg. chocolate chips

Combine margarine, milk, and sugar in a pan. Boil one minute; add chocolate chips. Beat until thick; spread over brownies.

Alice M. Zimmerman

OATMEAL BARS

1 1/4 c. boiling water
1 c. oatmeal
1/2 c. margarine
1 c. brown sugar
1 c. white sugar
2 eggs

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

Topping:

2 tsp. cinnamon
1/4 c. flour

3 Tbsp. melted margarine
1/2 c. nutmeats

Pour boiling water over oatmeal and set aside to cool. Cream together margarine, brown sugar, white sugar, and eggs. Add cold oatmeal and flour, soda, cinnamon, salt, and vanilla. Stir well. Pour into an 11x15 inch pan and add topping. Bake at 350° for 20 minutes. Drizzle with powdered sugar icing.

Topping: Cream cinnamon, flour, margarine, and nuts. Sprinkle on cake batter. Bake.

A Volunteer

PECAN CREAM CHEESE BARS

- | | |
|--------------------|-----------------------|
| 1 yellow cake mix | 1 stick margarine |
| 4 eggs | 3/4 c. chopped pecans |
| 8 oz. cream cheese | 1 lb. powdered sugar |

Mix cake mix, margarine, 1 egg, and 1/2 cup pecans together by hand in bowl. Spread on bottom of jelly roll pan. Cream together 8 ounces cream cheese, 3 eggs, and 1 pound powdered sugar. Spread over cake mixture and top with remaining pecans. Bake at 350° for 30 to 35 minutes. Can be baked the day before.

Shirley DeHoogh

PECAN BARS

Crust:

- | | |
|----------------------------|----------------|
| 2 c. flour | 1/2 tsp. salt |
| 1 c. brown sugar | 1 egg yolk |
| 1/2 c. shortening | 1 tsp. vanilla |
| 1/2 c. margarine, softened | |

Filling:

- | | |
|--------------------------|---------------------|
| 4 beaten eggs | 1/2 c. flour |
| 1 1/2 c. dark corn syrup | 1 tsp. vanilla |
| 1/2 c. margarine, melted | 2 c. chopped pecans |
| 3/4 c. sugar | |

Crust: In a large bowl, combine all ingredients; blend well. Press dough evenly into bottom of ungreased 15x10 inch jelly roll pan. Bake at 350° for 12 to 15 minutes, until golden brown.

Filling: In a medium bowl, combine all ingredients except pecans. Blend well. Stir in pecans. Pour filling over warm crust. Bake at 350° for 15 to 20 minutes or until middle is set and golden brown. Cool completely. Cut into bars.

Bonnie Bolte

PUMPKIN BARS

- | | |
|----------------------|----------------------|
| 2 c. pumpkin (1 can) | 1 tsp. soda |
| 1 c. oil | 1/2 tsp. salt |
| 4 eggs | 2 tsp. baking powder |
| 2 c. sugar | 2 tsp. cinnamon |
| 2 c. flour | |

Frosting:

- | | |
|--------------------|---------------------|
| 3 oz. cream cheese | 2 tsp. vanilla |
| 1 tsp. milk | 2 c. powdered sugar |
| 1/4 c. margarine | |

Combine first 4 ingredients. Add remaining ingredients. Bake at 350° for 30 minutes.

A variation of frosting: 1 teaspoon Tang may be added.

Kathryn (Kitty) Richardson

PUMPKIN BARS

- | | |
|------------------------|-----------------|
| 2 c. sugar | 4 eggs |
| 2 c. Bisquick | 2 tsp. cinnamon |
| 1/2 c. vegetable oil | 1/2 c. raisins |
| 1 (16 oz.) can pumpkin | |

Frosting:

- | | |
|-----------------------------|---------------------|
| 1 (3 oz.) pkg. cream cheese | 1 tsp. vanilla |
| 1/2 c. butter or oleo | 2 c. powdered sugar |
| 1 Tbsp. milk | |

Bar: Beat sugar, oil, and egg in a large bowl. Stir in Bisquick, cinnamon, and raisins. Pour into 15x10 inch baking pan. Bake at 350° for 25 to 30 minutes. Cool. Frost. Cut into bars.

Frosting: Mix first 4 ingredients together until creaming. Add powdered sugar. Beat until smooth. Frost bars.

Mary Sturm

PUMPKIN BARS

Grease and flour 10x15 inch or 12x18 inch pan.

- | | |
|------------------------|-----------------|
| 4 eggs | 2 tsp. cinnamon |
| 1 c. salad oil | 1/2 tsp. ginger |
| 2 c. white sugar | 1/2 tsp. cloves |
| 1 (15 oz.) can pumpkin | 1/2 tsp. nutmeg |

Mix together, then add:

- | | |
|----------------------|--------------------|
| 2 c. flour | 1 tsp. baking soda |
| 2 tsp. baking powder | 1/2 tsp. salt |

Mix well and pour into pan. Bake at 350° for 25 to 30 minutes.

Topping:

- | | |
|-----------------------------|---------------------|
| 4 Tbsp. margarine | 1 tsp. vanilla |
| 1 (3 oz.) pkg. cream cheese | 2 c. powdered sugar |
| 1 Tbsp. milk | |

Mix all together and spread on bars when cool.

Madge Sanders

RAISIN BARS

2½ c. raisins
1½ c. sugar

1½ c. water
3 heaping Tbsp. flour

Crumb mixture:

1½ c. brown sugar
1 c. margarine
2 c. quick oatmeal

1 tsp. baking soda
1½ c. flour

Boil raisins, sugar, water, and flour until thick. Remove from fire.

Crumb mixture: Mix all together until crumbly. Pat ½ of crumbs into a greased 9x13 inch pan. Spread raisins over this. Put on rest of crumbs and pat down. Bake 30 minutes in 350° oven.

Pauline Welbourne

RAISIN BARS

1 butter pecan cake mix
3 eggs, slightly beaten

1 can raisin pie filling
½ c. chopped nuts (optional)

Mix; bake in jelly roll pan that has ½ inch sides for 25 minutes at 350°. When cool, frost with 1 can cream cheese frosting.

Barbara Eilers

SUGARLESS BARS

1 c. raisins
½ c. dates (cut up)
½ c. pineapple (crushed and in own juice)

1 c. water

Next:

1½ c. flour
2 eggs
1 tsp. vanilla

1 tsp. baking soda
½ c. nuts, chopped
2 packets Equal

Boil for 3 minutes, raisins, dates, and pineapple in water. Add 1 stick oleo; cool. Sift flour and soda together in bowl. Add eggs, vanilla, cooled fruit mixture, and nuts and beat well. Pour into 10x13 inch pan. Bake at 325° to 350° for 25 minutes.

Frosting: Whip 1 (8 ounce) package cream cheese with ¼ cup honey. Makes 30 bars.

Margaret DeBar

THE WORLD'S GREATEST COOKIE

1 c. butter or margarine
1 c. crunchy peanut butter
1 c. sugar
1 c. brown sugar

2 eggs
2 c. flour
1 tsp. soda
1 (6 oz.) chocolate chips (or more)

Cream butter and peanut butter. Gradually add sugars and cream until blended. Add eggs, one at a time, and blend. Sift together flour and soda and add to creamed mixture. Stir in chocolate chips. Drop from a teaspoon onto a greased cookie sheet. Slightly flatten cookie dough with back of spoon. Bake in 325° oven for 15 minutes. Let stand a minute before removing from pan. Makes 6 dozen 2 inch cookies.

Pauline Welbourne

GERMAN APPLE CAKE

1 c. salad oil
2 c. sugar
2 eggs
2 c. flour
1 tsp. soda
2 tsp. cinnamon

½ tsp. salt
1 tsp. vanilla
4 c. diced apples
½ to 1 c. chopped nuts (walnuts or pecans)

Mix all ingredients in a large bowl. Do not use a mixer. Batter will be stiff. Bake in a greased and floured 9x13 inch pan at 350° for 45 to 55 minutes. Serve with whipped topping or frost with cream cheese frosting.

Kathy Whitson

RAW APPLE CAKE

1 c. sugar
1 egg
1 tsp. soda
½ c. cold coffee

½ c. shortening
1½ c. flour
½ tsp. cinnamon
2 c. chopped, peeled apples

Mix all ingredients. Pour into 8x11 inch or 9x9 inch pan. Spread evenly. Add topping below.

Topping:

½ c. brown sugar
½ c. nuts, chopped

1 tsp. cinnamon

Sprinkle onto batter. Bake at 325° for 40 minutes.

Alice M. Zimmerman

FROZEN APPLE COFFEE CAKE

½ c. margarine
1 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour

1 tsp. soda
½ tsp. salt
1 tsp. baking powder
1 c. sour cream
2 c. chopped raw apples

Topping:

2 Tbsp. margarine
1 tsp. cinnamon

½ c. brown sugar
½ c. chopped nuts

Beat first 4 ingredients until smooth. Add 4 dry ingredients. Add sour cream and chopped apples. Put in greased 9x13 inch pan or 2 (8x8 inch) pans. Sprinkle

topping over batter. Freeze at once. Bake frozen at 350° about 40 minutes for 9x13 inch pan, less time for smaller pan.

Bonnie Petersen

BLUEBERRY PUDDING CAKE

2 c. fresh or frozen blueberries	1 tsp. baking powder
1 tsp. ground cinnamon	1/2 c. milk
1 tsp. lemon juice	3 Tbsp. butter or margarine, melted
1 c. all-purpose flour	
3/4 c. sugar	

Topping:

3/4 c. sugar	1 c. boiling water
1 Tbsp. cornstarch	

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

Bonnie Bolte, Volunteer

BREAKFAST CAKE

1 pkg. yellow cake mix	3/4 c. oil*
3/4 c. water	1 tsp. vanilla
4 eggs	1/2 c. nuts, chopped
1 tsp. butter extract	2 tsp. cinnamon
1 (3/4 oz.) pkg. instant vanilla pudding mix	

Mix:

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

Combine cake and pudding mixes. Add oil, water, and eggs and beat. Add extracts and beat 8 minutes on high speed of mixer. Using a Bundt or angel food cake pan, sprinkle half the nuts on the bottom. Layer the batter in 3 layers with a layer of cinnamon sugar mix between each layer. Top with nuts. Bake 45 to 50 minutes at 350° or until done. Cool and glaze with 1 cup powdered sugar, 3 tablespoons milk, and 1/2 teaspoon butter extract.

Note: When sprinkling cinnamon sugar mix on batter, do not sprinkle to the edge of batter. Allow 1/4 inch margin.

* Can substitute 3/4 cup applesauce. Cake will be coarser, but very good.

Mary Sturm

FAVORITE BUNDT CAKE

1 pkg. instant chocolate pudding mix	2 (1 oz.) sq. white baking chocolate
1 pkg. yellow cake mix	1/2 c. sugar
1 c. (8 oz.) sour cream	3/4 c. vegetable oil
3/4 c. water	4 eggs
1 c. (6 oz.) semi-sweet chocolate chips	

In a mixing bowl, combine dry cake and pudding mixes and sugar. Add the sour cream, oil, and water; mix well. Add eggs, one at a time, beating well after each addition. Stir in chocolate chips. Pour into a greased and floured 12-cup fluted tube pan. Bake at 350° for 50 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely. In a microwave or double boiler, melt the white chocolate; drizzle over cake.

Barbara Eilers

CARAMEL CAKE FROSTING

1/2 c. margarine or butter	2 1/2 c. sifted confectioners sugar (powdered)
1 c. brown sugar, packed	
1/4 c. milk	

Melt margarine or butter in saucepan; add brown sugar. Boil over low heat 2 minutes, stirring all the time. Add milk; keep stirring until mixture boils again. Remove from heat. Cool. Add confectioners sugar, beating well after each addition, until thick enough to spread.

Mary Ann Pedersen

KIM'S CARROT CAKE

2 c. flour	1 c. chopped nuts
2 c. grated carrots	2 c. sugar
1 c. coconut	1 1/2 salad oil
1 tsp. salt	3 eggs
2 tsp. cinnamon	2 tsp. soda
1 3/4 c. crushed pineapple, drained	1 tsp. vanilla

Put all ingredients in bowl and mix. Bake at 350° for 45 minutes to 1 hour in a greased and floured 9x13 inch pan.

Frosting:

3 oz. cream cheese	1/4 c. butter, softened
1/2 lb. powdered sugar	1/2 tsp. vanilla

Beat together and frost cooled cake.

Kimberly McFarlin

CHIFFON LAYER CAKE

2 c. flour
1 1/3 c. sugar
1 tsp. salt
3 tsp. baking powder
1/3 c. oil
1 c. milk
1 1/2 tsp. vanilla
2 eggs, separated

For chocolate cake, decrease flour to 1 1/2 cups. Omit baking powder. Add 3/4 teaspoon baking soda. Use buttermilk instead of sweet milk. Add 6 tablespoons cocoa to flour mixture; bake as usual.

In large mixing bowl, combine 2 cups flour, 1 cup sugar, salt, and baking powder. Add 1/3 cup oil and 1/2 cup milk, beating 1 minute at medium speed. Add 2 egg yolks and another 1/2 cup milk and 1 1/2 teaspoons vanilla.

In small bowl, beat 2 egg whites frothy, adding 1/3 cup sugar gradually until it stands in stiff peaks. Fold egg whites into flour mixture by hand. Pour into wax paper lined pans (2 lined layer pans or 9x13 inch pan). Do not grease. Bake at 350° for 30 to 35 minutes. Cool in pans for 10 minutes and remove to finish cooling. Frost.

Bonnie Harris

MOIST CHOCOLATE CAKE

1 c. butter or margarine, softened
1 c. quick cooking oatmeal
1/2 c. baking cocoa
2 c. boiling water
2 tsp. vanilla
3 c. packed brown sugar
4 eggs
2 c. flour
2 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
1 (16 oz.) can chocolate frosting

Place the butter, oats, and cocoa in bowl. Add boiling water and stir until butter is melted. Add brown sugar and vanilla; mix well. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder, soda, and salt. Add to oat mixture just until combined. Bake in greased 9x13x2 inch pan at 375° for 30 or 35 minutes or until toothpick inserted in center comes out clean. Cool completely. Frost with one can chocolate fudge frosting.

Barbara Eilers

CRANBERRY-NUT COFFEE CAKE

1/4 c. brown sugar, packed
1/2 c. chopped walnuts
1/4 tsp. cinnamon
2 c. "Bisquick" baking mix
2 Tbsp. granulated sugar
1 egg
2/3 c. milk
2/3 c. whole cranberry sauce

Confectioners Sugar Icing - Blend:

1 c. confectioners sugar
1/2 tsp. vanilla
Approx. 1 Tbsp. milk

Heat oven to 400°F. Mix brown sugar, walnuts, and cinnamon; set aside. Combine "Bisquick", granulated sugar, egg, and milk; beat vigorously 1/2 minute.

Spread batter in greased 9x9x2 inch pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Swirl knife through. Bake 20 to 25 minutes. While warm, spread with Confectioners Sugar Icing.

Patricia S. Minchin

DATE CAKE

1/2 pkg. dates, cut in pieces

Add 1 teaspoon soda. Cover with 1 cup boiling water; set aside to cool.

1 Tbsp. butter
1/2 c. sugar
1 beaten egg
1 1/2 c. flour
1 tsp. baking powder
1/2 c. nuts

Add all ingredients in order given. Bake 35 to 40 minutes.

Topping:

1/2 c. sugar
1/2 pkg. dates
3/4 c. boiling water
1/2 c. chopped nuts

Cook together until sugar dissolves. Pour over cake when baked.

A Volunteer

DIRT CAKE

1 stick butter or margarine
8 oz. cream cheese
1 c. powdered sugar
2 (3 1/2 oz.) pkg. vanilla instant pudding
3 1/2 c. milk
12 oz. Cool Whip
1 (20 oz.) pkg. Oreo cookies
1 new large clay pot
Aluminum foil
1 pkg. gummi worms (optional)

Mix first 3 ingredients; set aside. Mix next 2 ingredients in separate bowl. Fold in Cool Whip, then combine the two bowls of creamy filling. Crumble Oreos and fill foil-lined flower pot with alternating layers of cookie crumbs and creamy filling (add gummi worms between layers). Serve with a new clean garden trowel!

Mary Alice McClure

DAVE'S ITALIAN CREAM CAKE

1 stick margarine
1/2 c. shortening
2 c. sugar
5 egg yolks
2 c. flour
1 tsp. vanilla
1 c. buttermilk
1 tsp. soda
5 egg whites, beaten stiff
1 c. pecans, chopped

Icing:

2 (8 oz.) pkg. cream cheese
1 stick margarine
2 tsp. vanilla
2 c. pecans
1 (32 oz.) box powdered sugar

Cream margarine, shortening, and sugar; add egg yolks, 1 at a time. Sift flour and soda; add alternately with buttermilk. Add vanilla and nuts; fold in whites. Use 3 (9 inch) pans. Bake 20 to 25 minutes at 350°.

Icing: Cream margarine, cream cheese, and powdered sugar. Beat until smooth. Add vanilla and pecans. (Makes extra icing.)

Susan Holly

LAZY DAISY CAKE

1/2 c. milk	1 c. flour
1 Tbsp. butter	1 tsp. baking powder
2 eggs	1/4 tsp. salt
1 c. sugar	1/2 tsp. vanilla

Frosting:

2/3 c. brown sugar	2 Tbsp. whipping cream
1/3 c. melted butter	1/2 c. coconut

Heat milk and butter. Beat eggs lightly. Add sugar and beat well. Sift together dry ingredients and stir into egg mixture. Add vanilla. Add hot milk, stirring carefully as added. Pour into greased 8x8x2 inch pan and bake 25 to 30 minutes at 350°.

Frosting: Spread on cake while warm; return to hot oven and leave until frosting caramelizes (but not enough to dry out).

Mary Ann Pedersen

LEMON JELLO CAKE

1 box yellow cake mix	4 eggs, beaten until foamy
1 (3 oz.) box lemon jello	2 c. powdered sugar
3/4 c. water	1/2 c. lemon juice
3/4 c. cooking oil	

Combine first five ingredients. Pour into greased and lightly floured 9x13 inch pan. Bake at 375° for 30 minutes or until cake tests done. Cool 20 minutes. Jab top of cake with fork. Mix the powdered sugar and lemon juice. Pour over cake. Top with whipped cream when ready to serve.

Mary Ann Pedersen

MANDARIN ORANGE CAKE

1 box yellow cake mix	1/3 c. oil
1 (11 oz.) can mandarin oranges	3 eggs

Beat 2 minutes with electric mixer. Bake in 9x13 inch pan at 350° for 30 to 35 minutes.

Frosting:

1 (8 oz.) Cool Whip	1 pkg. instant vanilla pudding
1 small can crushed pineapple (juice and all)	

Mix pudding into crushed pineapple, then fold in Cool Whip. Frost cake and refrigerate. Better if made day before.

Grace King

NEW YORK CHEESECAKE

2 c. crushed graham crackers	1 scant c. sugar
1/2 c. sugar	3 eggs
1 tsp. cinnamon	1 tsp. salt
1/2 c. melted butter	1 tsp. vanilla
1 1/2 lb. cream cheese	1 c. sour cream

Mix crushed graham crackers, 1/2 cup sugar, 1 teaspoon cinnamon, and 1/2 cup melted butter together. Press into a 9 inch springform pan. Beat together cream cheese, 1 scant cup sugar, eggs, salt, and vanilla. Beat in sour cream. Pour into crust and bake in 350° oven 40 minutes. Turn off oven; open door slightly and leave cake in oven one hour. Refrigerate when cool.

Velda Weeks

OLD-FASHIONED SPONGE CAKE

3/4 c. sugar	2 tsp. baking powder
1/2 c. milk (about)	1 c. sifted flour
2 eggs	1 tsp. lemon flavoring
1/4 tsp. salt	1/2 tsp. vanilla

Break eggs into cup and finish filling cup with milk; pour into mixing bowl. Sift dry ingredients; add to eggs and milk. Add flavoring; beat 3 minutes. Bake in ungreased 9x9 inch square pan at 375° about 20 to 25 minutes or until cake tester comes out clean.

Jean Burns

PEACH COFFEE CAKE

1 (12 oz.) jar peach preserves	1/3 c. margarine, melted
1/4 c. chopped pecans	2 (12 oz.) cans refrigerated biscuits
2/3 c. packed brown sugar	

Heat oven to 350°. Grease Bundt pan well. Spoon 1/2 cup preserves evenly on bottom of pan. Sprinkle with pecans. In a small bowl, combine the rest of the preserves, brown sugar, and butter. Mix well. Separate dough into biscuits. Quarter each. Layer half in pan. Spread with half of the brown sugar mixture. Repeat biscuits, then rest of brown sugar mixture. Bake 35 to 45 minutes. Cool upright in pan, then invert on plate.

Other flavored preserves may be used.

Gwen Bogardus

PINEAPPLE ANGEL FOOD CAKE

1 box 1 step angel food cake mix
1 (20 oz.) can crushed pineapple
and juice

Mix cake mix and pineapple by hand just until moist. Pour in 9x13 inch dry pan. Bake 40 to 50 minutes at 350°. Serve with Cool Whip.

Norma Thallas

POPPY SEED CAKE

Cake:

3/4 c. poppy seed	2 c. flour
3/4 c. milk	2 tsp. baking powder
3/4 c. shortening	2 tsp. vanilla
1 1/2 c. sugar	4 egg whites

Soak poppy seeds in milk overnight. Cream shortening. Add sugar gradually. Sift flour, baking powder, and salt. Add alternately with poppy seed and milk mixture. Add vanilla. Fold in stiffly beaten egg whites. Bake in 3 layer cake pans about 20 minutes in 375° oven.

Filling:

4 egg yolks	4 Tbsp. cornstarch
2 c. milk	1 c. nutmeats
1 c. sugar	Pinch of salt

Mix dry ingredients. Add beaten egg yolks. Stir in scalded milk and cook in double boiler until thick, stirring constantly; cool. Add nutmeats. Spread between layers.

Frosting:

1/4 c. butter	1 1/2 c. powdered sugar
1 tsp. vanilla	2 Tbsp. cocoa

Cream butter. Add sugar and cocoa. Add vanilla. Moisten with hot coffee to a spreading consistency.

Rosalie B. Neligh

PUMPKIN CAKE

1 (29 oz.) can pumpkin	2 tsp. cinnamon
1 c. sugar	1 yellow cake mix (dry)
1 c. evaporated milk	1 stick oleo, cut in thin slices
2 eggs, beaten	1 c. chopped nuts
1 tsp. ginger	Whipped topping (optional)
1 tsp. nutmeg	

Mix together the first 7 ingredients and pour into a 9x13 inch greased pan. Mix the last 3 ingredients and sprinkle over top of mixture in the pan. Bake at 350° for 1 hour; cool. May be topped with whipped topping.

Mary Alice McClure

PUMPKIN LOG

Cake:

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

Filling:

2 Tbsp. oleo	3/4 tsp. vanilla
1 (8 oz.) pkg. cream cheese	1 c. powdered sugar

Cake: Beat well with mixer. Spray 10x15 inch pan. Line with waxed paper. Spray waxed paper. Pour cake on waxed paper. Bake until golden brown, about 15 minutes, at 375°. Turn onto sugared towel or cloth. Peel off waxed paper and roll as for jelly roll. Let cool.

Filling: Beat all together until creamy. Spread cream cheese mixture and roll as you would a jelly roll. Refrigerate or can be frozen. (Crushed nuts may be added to sugared towel.)

Phyllis Robinson

RASPBERRY CAKE

1 pkg. white cake	1 c. oil
3 Tbsp. flour	4 eggs
1 pkg. regular raspberry jello	1/2 c. water
1/2 pkg. frozen raspberries	

Glaze:

1/2 pkg. raspberries	1/2 stick butter
2 c. powdered sugar	

Mix ingredients together. Bake in tube cake pan (greased and floured) 35 to 40 minutes at 350°. Cool. Turn out on serving plate. Glaze with raspberry glaze. Garnish with fresh raspberries.

Anne Nelson

SOUR CREAM PUDDING POUND CAKE

1 pkg. yellow cake mix (2 layer size)	1 c. (1/2 pt.) sour cream
1 pkg. lemon flavor instant pudding mix	1/3 c. oil
	4 eggs

Combine all ingredients in large mixer bowl. Blend at low speed just to moisten, then beat 4 minutes on medium speed. Will become very thick. Pour into 2 loaf

pans, which have been lined on bottoms with waxed paper. Bake at 350° for 45 to 50 minutes or until cakes spring back. Cool in pans 15 minutes, then remove from pans; cool on racks.

Grace King

WHITE CHOCOLATE NOUGAT

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|--|---|
| 1 (12 oz.) pkg. white chocolate chips | 1/3 c. sweetened dried cranberries (such as craisins) |
| 1 (7 1/2 oz.) jar Marshmallow Fluff or creme | 1/8 tsp. almond extract |
| | 1/3 c. whole natural almonds |

In medium microwave-safe bowl, melt chips on HIGH in 30 second intervals, stirring, until melted. Cool 5 minutes. Stir in Fluff, cranberries, almonds, and extract (mixture may look oily). Divide mixture in half. On separate wax paper sheets, form into two 16 inch long logs, with 1 1/4 inches diameter. Refrigerate until firm, about 2 hours. Cut into 1 inch pieces. Makes 35 candies.

Mary Ann Wege

MAUREEN'S FAMOUS FUDGE

In microwavable container, place:

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| 1 can sweetened condensed milk | 3 c. semi-sweet chocolate chips |
| 1 stick (1/4 lb.) butter (not margarine) | |

Microwave 3 minutes. Butter will be softened, but not melted; chips may not look melted, but are. Stir until ingredients are well blended and mixture turns glossy. Microwave 2 more minutes. Stir again, adding nuts if desired.

Pour into greased (I use no-stick cooking spray) pan or dish. Refrigerate. Slice. Freezes well or keeps in a refrigerator as long as butter will keep.

Variations I have used:

Substitute milk chocolate chips. Add one entire package of toffee bits instead of nuts.

Substitute raspberry-flavored chips for 2 of the 3 cups.

Substitute peanut butter chips for 2 of the 3 cups or use packaged mixed peanut butter and milk chocolate chips. (Otherwise it gets too soft.) Very creamy.

Use white chocolate chips. Add pecans (or other nuts).

Use 1 cup cherry flavored chips and 2 of milk chocolate for chocolate cherry fudge. Very creamy.

Use cherry-flavored chips and add walnuts.

Substitute mint chocolate chips; add slivered almonds.

Add mini M&M's baking bits instead of nuts or coffee.

Maureen Olsen

BON-BON COOKIES

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|-------------------------------|---------------------------------------|
| 1 c. chopped nuts | 6 Tbsp. melted margarine |
| 1 lb. chopped dates | 6 oz. chocolate or butterscotch chips |
| 1 1/2 c. chunky peanut butter | 1/4 stick paraffin |
| 2 c. powdered sugar | |

Form into balls; place in freezer for 15 to 20 minutes. Melt chocolate chips; add paraffin over hot water. Dip balls in mixture; if too thick, add 1/2 teaspoon hot water. Keeps well in freezer.

Betty Blackburn

BROWN SUGAR BUTTONS

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|-------------------------------------|------------------------|
| 1 c. unsalted butter, cut in pieces | 2 c. all-purpose flour |
| 2/3 c. light brown sugar, packed | |

Combine butter and sugar till creamy. Add flour and blend. Pat dough into flat disk. Break off walnut sized pieces of dough and place on baking sheets, sprayed with nonstick vegetable spray. Flatten dough with bottom of a flat bottomed glass sprayed with nonstick vegetable spray to make round cookies.

Using chopsticks, make holes so cookie looks like a button. Bake 7 to 9 minutes or till brown at 350° on middle rack. Cool 5 minutes on baking sheet. Transfer to cooling rack. Yield: 2 to 3 dozen.

Leslie Andersen

COCONUT OATMEAL CRISPIES

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|--|---------------------|
| 1 c. shortening (part butter or margarine) | 1 tsp. vanilla |
| 1 c. sugar | 2 1/2 c. flour |
| 1 c. brown sugar | 1 tsp. salt |
| 2 eggs | 1 c. oatmeal |
| | 1 c. flaked coconut |

Cream shortening, sugars, eggs, and vanilla together till fluffy. Sift flour, soda, and salt. Add to creamed mixture. Stir in oatmeal and coconut. Shape into balls the size of walnuts and place on cookie sheet. Flatten with glass dipped occasionally in sugar (to keep from sticking) to 1/4 inch thick. (Or form into roll, refrigerate, and slice.) Bake 10 minutes at 375°, until lightly browned.

Kathy Whitson

GINGERBREAD COOKIES

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|----------------------|----------------------|
| 6 c. flour | 1 c. shortening |
| 1 Tbsp. baking soda | 1 c. sugar |
| 2 tsp. baking powder | 1 egg, beaten |
| 1 tsp. salt | 1/2 tsp. vanilla |
| 3/4 tsp. ginger | 1 c. dark molasses |
| 1 tsp. cinnamon | 1/2 c. strong coffee |

Sift dry ingredients except sugar. Cream sugar and shortening; add beaten egg. Add sifted dry ingredients alternately. Add vanilla, molasses, and coffee. Mix

well. Batter will be stiff. Refrigerate. Roll out dough, using plenty of flour on cutting board. Roll to desired thickness. Bake cookies on greased baking sheet at 375° for 6 to 8 minutes or when top of cookie springs back when lightly touched.

Sometimes I bake 1/2 this recipe and freeze the rest of the dough. Unthaw in refrigerator and bake as usual.

Jean Burns

MACADAMIA NUT COOKIES

1/2 c. butter or margarine	1 c. + 2 Tbsp. all-purpose flour
2/3 c. sugar	1 (3 1/2 oz.) jar macadamia nuts, chopped
1 egg	1 c. vanilla baking chips
1 tsp. vanilla extract	

Beat butter and sugar until smooth and creamy. Beat in eggs and vanilla. In another bowl, mix flour and baking powder; gradually add to the butter-sugar mixture. Stir in macadamia nuts and vanilla baking chips. Drop by heaping teaspoonfuls two inches apart on ungreased baking sheets. Bake at 350° for 10 to 12 minutes or until golden brown. Cool one minute on baking sheets; remove cookies to wire racks. Store tightly covered.

Mary Ann Pedersen

OATMEAL CHOCOLATE CHIP COOKIES

1 c. oleo or 1 stick Crisco butter flavor shortening	1 c. flour
1 c. sugar	1 tsp. salt
1 c. packed brown sugar	1 tsp. soda
1 tsp. vanilla	3 c. quick cooking oatmeal
2 eggs	1 (12 oz.) pkg. chocolate chips
	3/4 c. chopped walnuts

Cream shortening, sugar, brown sugar, vanilla, and eggs. Stir in flour, salt, and soda. Gradually add 3 cups oatmeal. Add chocolate chips and nuts. Spoon onto lightly greased cookie sheet. Press each cookie lightly with spoon. Bake at 375° for 10 to 12 minutes or until brown. Yield: 5 dozen cookies.

Miriam Miller

OATMEAL DROP COOKIES

1 c. margarine	2 c. quick oatmeal
1 c. brown sugar	1 tsp. soda
1 c. sugar	1/2 c. baking powder
2 eggs	1/2 tsp. salt
3 Tbsp. vanilla	2 c. flour
1 c. raisins (or chocolate chips)	

Cream margarine and sugar. Add eggs and vanilla; mix well. Add oatmeal, flour, soda, baking powder, and salt. Add raisins; mix well. Drop onto ungreased cookie sheet. Bake at 350° for 8 to 10 minutes.

Alice M. Zimmerman

OREO BON BON COOKIES

1 (1 lb. 4 oz.) pkg. Oreos	1 pkg. chocolate almond bark
1 (8 oz.) cream cheese	

Press Oreos into fine crumbs with blender, food processor, etc. Mix crumbs with room temperature cream cheese and combine well. Form into balls and chill at least 30 minutes. Melt almond bark carefully (we use glass Pyrex measuring cup and microwave; we chop about 1/2 or 3/4 package almond before melting). Check and stir almond bark often while melting (6 to 8 ounces would take about 90 seconds to melt). Dip chilled balls into almond bark. Let excess drip off and place onto wax paper. They set up fairly quick. Chill. Serve. Makes about 30 cookies.

Jimmy and Marianna Hilz

PUDDIN' HEAD GINGERBREAD BOYS

1/2 c. oleo or butter	1 1/2 c. flour
1/2 c. brown sugar, packed	1/2 tsp. baking soda
1 (3 1/2 oz.) pkg. regular butterscotch pudding mix	1 1/2 tsp. ginger
1 egg	1/2 tsp. cinnamon

Cream butter, sugar, pudding, and egg. Mix in the combined flour, soda, ginger, and cinnamon. Chill. Roll out 1/8 inch thick and cut out cookies. Bake at 350° for 6 to 8 minutes. Makes 2 1/2 dozen.

Frosting: Mix 2 cups powdered sugar, 2 tablespoons frozen lemonade concentrate (thawed), and water to make desired consistency. Decorate.

Mary Sturm

QUAKER OATS CHOCOLATE CHIP COOKIES

3/4 c. shortening	3 c. oats (uncooked)
1/2 c. brown sugar, firmly packed	1 (7 oz.) pkg. chocolate chips
1/2 c. white sugar	2 eggs
1 c. and 2 Tbsp. all-purpose flour	1 tsp. baking powder
1/4 tsp. salt	1/3 c. milk
1 tsp. vanilla	1/2 c. chopped nuts

Cream shortening and sugar thoroughly. Beat in eggs, one at a time. Sift flour once before measuring; add baking powder and salt and sift together. Add milk; stir in vanilla. Add nuts, then oatmeal, and lastly semi-sweet chocolate bits. Drop from teaspoon on greased cookie sheet. Bake at 375° for 12 minutes. Makes 5 dozen cookies.

Anna May Stephen

SUGAR COOKIES

1 c. butter	1 tsp. baking powder
1 1/4 c. sugar	2 c. flour
2 egg yolks	1 tsp. vanilla or lemon extract
1/2 tsp. salt	

Cream butter and sugar; add yolks and flavoring. Add dry ingredients. Chill dough. Roll and cut out. Add more flour if necessary. May also be made in a ball and flattened with glass dipped in butter and then sugar. Bake at 350° approximately 10 minutes or when edges turn slightly brown.

Mary Ann Pedersen

SUGARLESS COOKIES

1 c. flour	1 c. quick oats
1½ tsp. cinnamon	1 c. raisins
1 tsp. soda	1 c. unsweetened applesauce
½ tsp. salt	½ c. oil
¼ tsp. nutmeg	2 eggs
1 tsp. cloves	1 tsp. vanilla
1 tsp. allspice	½ c. nuts

Mix dry ingredients and add remaining ingredients to moisten. Drop by teaspoon onto ungreased cookie sheet. Dough will be thin. Bake 12 minutes at 375°.

Anne Gabehart

APPLE CRISP

4 c. sliced, peeled apples	½ to 1 tsp. nutmeg
1 c. sifted flour	1 egg
1 c. sugar	Pecans
1 tsp. salt	⅓ c. melted margarine
1 tsp. cinnamon	

Line buttered 8x8 inch pan with apple slices. Sift dry ingredients together and work in egg with pastry blender until consistency of corn meal. Sprinkle over apples, then sprinkle with nuts. Drizzle margarine over the top. Bake at 375° for 45 minutes, until brown.

Delores Brazeton

BAVARIAN APPLE TORTE

½ c. butter	1 egg
⅓ c. sugar	½ tsp. vanilla
¼ tsp. vanilla	⅓ c. sugar
1 c. flour	½ tsp. cinnamon
1 (8 oz.) pkg. cream cheese	4 c. apples
¼ c. sugar	¼ c. sliced almonds

Mix butter, sugar, vanilla, and flour and spread in spring form pan. Mix cream cheese, sugar, egg, and vanilla and pour over crust. Arrange peeled and sliced apples on cream cheese layer and sprinkle sugar, cinnamon, and almonds over the top. Bake at 450° for 10 minutes. Reduce temperature to 400° and bake 20 to 25 minutes longer.

Karen Stein

CINNAMON APPLE ROLLED DUMPLINGS

Syrup:

2 c. sugar	¼ tsp. cinnamon
2 c. water	¼ tsp. nutmeg
¼ c. butter	

Reduce ingredients by boiling for 5 minutes (equals 2 cups liquid reduced).

Pastry:

2 c. flour	¾ c. shortening
2 tsp. baking powder	⅔ c. milk
½ tsp. salt	

Combine pastry ingredients; cut in shortening. Make a well in center of pastry; add milk. Stir until moist. Knead 10 to 12 times on a floured board. Roll out to a 10x12 inch rectangle.

Filling:

3 c. shredded apples (Braeburn or Winesap)	Raisins (optional)
Nuts (optional)	¼ c. sugar
	½ tsp. cinnamon

Spread apples over pastry dough. Sprinkle with sugar and cinnamon mixture. Roll as a cinnamon roll. Cut into 1 inch circle/rolls. Makes about 12 rolls. Place in a 9x13 inch pan. Pour prepared syrup over apple/rolls. It appear to be too much, but reduces a lot.

Bake at 350° for 50 to 60 minutes, until golden. Serve warm or cold. Top with Cool Whip or ice cream. Serves 10 to 12.

Patti Dolezal

APRICOT ICE CREAM DESSERT

1 c. crushed graham crackers	½ gal. vanilla ice cream
3 Tbsp. melted butter	Apricot preserves
1 tsp. almond flavoring	
⅓ c. roasted almonds (save ⅓ for topping)	

Mix first four ingredients together. Press in 8x8 inch pan. Press in a layer of ice cream. Add layer of apricot preserves. Add another layer of ice cream. Add another layer of apricot preserves. Top with remaining roasted almonds. Freeze.

Mavis Thies

BUTTERSCOTCH TORTE

Torte Base:

6 eggs, separated
1½ c. sugar
1 tsp. vanilla
1 tsp. almond

1 tsp. baking powder
1 c. chopped nuts
2 c. graham cracker crumbs

Torte Sauce:

1 c. brown sugar
1 Tbsp. flour
¼ c. water
¼ c. orange juice

1 egg, well beaten
3 tsp. vanilla
¼ c. butter
Pinch of salt

Grease a 10x14 inch pan.

Torte Base: Beat yolks; add sugar, extract, and baking powder. Beat egg whites until stiff. Fold in and add nuts and crumbs. Bake at 325° for 30 to 35 minutes.

Torte Sauce: Whip 1 pint whipping cream with 4 tablespoons powdered sugar. Spread over cooled torte and refrigerate. Combine the ingredients of the Torte Sauce. Mix together and cook until thick. Cool and spread over torte.

Madge Sanders

CHERRY JELLO TRIFLE

1 (3 oz.) pkg. sugar free jello
1 c. boiling water
1 (10 inch) angel food cake

1 can cherry pie filling (lite)
1 ctn. dairy whip (nonfat)

Prepare jello with boiling water. Stir to dissolve. Refrigerate. Tear cake into pieces. Place half in the bottom of a trifle bowl. Spoon over half of the jello, then half of the cherry pie filling. Repeat. Top with dairy whip. Refrigerate for 1 hour. Serve.

Mary Sturm

EASY CHEESECAKE DESSERT

28 oz. Philadelphia cream cheese
¾ c. sugar
1 tsp. vanilla

Pinch of cinnamon
2 eggs

Place a vanilla wafer in each cup in small muffin tin. Blend all the ingredients together. Fill ½ full of mixture. Bake at 350° for 10 minutes. Finish with cherries on top and grated lemon if desired. They will freeze.

Catherine Wenstrand

PUDDING CHEESECAKE IN 15 MINUTES

1 (8 oz.) pkg. cream cheese
2 c. milk
1 (3½ oz.) pkg. lemon instant pudding

1 graham cracker crust

Beat cream cheese until soft. Gradually blend in ½ cup milk until mixture is very smooth. Add remaining milk and pudding mix. Beat slowly 1 minute. Pour at once into cool crust. Sprinkle graham cracker crumbs on top to make it extra crunchy. Chill until set.

Cliff Miller

CHOCOLATE CINNAMON PUDDING - LOW CALORIES

⅓ c. unsweetened cocoa powder
½ c. sugar
2 Tbsp. plus 2 tsp. cornstarch

½ tsp. ground cinnamon
2 c. skim or 1% milk
1 tsp. vanilla

Combine cocoa, sugar, cornstarch, and cinnamon in a 3 quart saucepan; stir until evenly blended. Gradually stir in milk. Cook, stirring constantly, until the mixture is thick, smooth, and boiling. Cool 5 minutes. Stir in vanilla. Put into 4 (½ cup) pudding cups or dessert dishes. Serve immediately or refrigerate.

Leila LeMont

CHOCOLATE RASPBERRY TORTE

1 chocolate cake mix
¾ c. 1% cold milk
1 (3.4 oz.) pkg. fat free instant vanilla pudding mix
3 oz. softened fat free (or light) cream cheese

8 oz. thawed light whipping cream
2 c. fresh raspberries
Powdered sugar
Fresh mint for garnish
Extra raspberries for garnish

Prepare cake as directed for lowfat cake, using 3 (9 inch) round cake pans. Cool 10 minutes in pans, then completely on wire racks. Combine milk and pudding mix; add cream cheese. Mix well. Fold in raspberries and whipped topping. Place first layer on cake plate. Spread ½ of filling on cake. Top with second cake layer and repeat. Top with third layer; dust with powdered sugar. Garnish. Refrigerate until serving. Serves 8 to 10.

Patti Dolezal

COCONUT DELIGHT

1 c. flour
½ c. oleo or butter
½ c. chopped pecans
8 oz. cream cheese
1 c. powdered sugar

2 (3¾ oz.) pkg. instant coconut cream pudding
2 c. milk
1 (8 oz.) ctn. whipped cream
½ c. coconut (toasted)

Combine flour, oleo, and nuts. Pat into 9x13 inch pan. 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 and mix well. Fold in 6 ounces of whipped cream. Pour over crust. Spread remaining whipped cream and sprinkle with toasted coconut. Chill.

Cliff Miller

FRUIT COMPOTE

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|---|---|
| 1 can apricot pie filling | 1 or 2 unpeeled, diced apples |
| 1 (20 oz.) chunk pineapple (with juice) | 1 (10 oz.) jar maraschino cherries, drained |
| 1 (15.25 oz.) can fruit cocktail (with juice) | 2 bananas, sliced |
| 1 or 2 diced oranges | 1/4 c. sugar (optional) |

Mix it all together. Serves 8 to 10.

Miriam Miller

BAKED PINEAPPLE DESSERT

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|------------------------|-----------------------|
| 1 can pineapple chunks | 3 Tbsp. flour |
| 1/4 c. brown sugar | 4 slices bread, cubed |
| 1/4 c. white sugar | 1 stick margarine |

Melt margarine in pan. Put cubed bread in margarine until bread has soaked it up. I brown it a bit. Drain pineapple; save juice. Cook juice, sugars, and flour until thick. Add chunks. Pour in casserole; add bread on top. Bake until it bubbles at 325°.

Grace King

FROZEN SPRING DESSERT

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| 2 stacks crackers (such as Ritz or Town House) | 1/4 c. sugar |
| | 1 stick margarine, melted |

Topping:

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| 1 qt. lime sherbet | 1/2 gal. vanilla ice cream |
|--------------------|----------------------------|

Second Topping:

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|--------------------------|-----------------------------|
| 1 c. sugar | 4 Tbsp. lemon juice (fresh) |
| 3 Tbsp. melted margarine | 2 eggs, beaten |

Crush crackers; mix with sugar and margarine. Pat into 9x13 inch pan. Mix together softened sherbet and ice cream. Spread over crust.

Topping: Mix sugar, margarine, lemon juice, and eggs in a double boiler; cook till thick. Cool. Spread over ice cream. Freeze.

Gwen Bogardus

STRAWBERRY DESSERT

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|-------------------------|----------------------------|
| 1 pkg. strawberry jello | 1 pt. vanilla ice cream |
| 1 1/4 c. hot water | 1 pkg. frozen strawberries |

Dissolve jello in hot water; cut ice cream into small pieces. Add jello and stir until melted. Drain strawberries and add. Line pan with graham cracker crust. Pour in strawberry mixture and allow to set 24 hours in refrigerator. Garnish with whole strawberries.

Madge Sanders

STRAWBERRY DESSERT

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|---------------------------------|----------------------------------|
| 1 (6 oz.) pkg. strawberry jello | 1 large pkg. frozen strawberries |
| 2 c. boiling water | 3 large mashed bananas |
| 1 c. cold water | 1 c. sour cream |

Topping:

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|---------------------------------|----------------------------------|
| 1 slightly beaten egg | 1 Tbsp. orange rind (fresh only) |
| 3/4 c. sugar | 2 Tbsp. lemon juice |
| 1 Tbsp. lemon rind (fresh only) | 1 c. whipping cream |

Dissolve jello in the 2 cups of boiling water; add 1 cup cold water. Add frozen strawberries, stirring until thawed. Add mashed bananas. Pour half of mixture into a 9x12 inch pan and refrigerate until set. (Keep the other half from setting up.) Gently spread sour cream over set layer of jello mixture, then carefully pour partially set remaining half of jello mixture over the set jello mixture in pan. Refrigerate.

Topping: In double boiler, combine ingredients in order given except for the whipping cream. Cook until thick and cool mixture. Fold into cream, which has been whipped. Spread onto jello mixture before serving. Whipping topping can be substituted for the whipping cream.

Fern M. Brown

APPLE PRALINE PIE

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|-------------------|--------------------------------|
| 6 c. apple slices | 1 Tbsp. lemon juice |
| 1/2 c. sugar | 2 Tbsp. butter |
| 5 Tbsp. flour | 2/3 c. brown sugar, packed |
| 1/2 tsp. cinnamon | 2/3 c. chopped pecans |
| 1/2 tsp. ginger | 1/3 c. butter, melted |
| 1/4 tsp. salt | 1 (9 inch) pie crust (unbaked) |

Prick sides and bottom of pastry shell. Bake at 400°F. for 5 minutes. Set aside. Combine apples, sugar, flour, spices, and lemon juice. Spoon into pastry shell; dot with 2 tablespoons butter. Bake at 400°F. for 45 minutes.

Melt 1/3 cup butter in a small saucepan; stir in brown sugar. Bring to a boil, stirring constantly. Add pecans; pour over pie. Bake at 400°F. for 5 minutes or until topping bubbles.

Patricia S. Minchin

CHERRY-BLUEBERRY PIE

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| 1 (15 oz.) pkg. Pillsbury refrigerated pie crusts |
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Filling:

1/2 c. sugar
2 Tbsp. cornstarch
1/4 tsp. almond flavoring

1 (21 oz.) can cherry pie filling
1 1/2 c. fresh or frozen blueberries

Heat oven to 425°. Prepare pie crust as directed on package in 9 inch pie pan. Combine sugar, cornstarch, and almond extract. Mix well. Add pie filling and blueberries; mix gently, but well. Fill pie shell. Top with crust; seal and flute. Cut several slits in top crust.

Combine 1 egg white, 1 teaspoon water, and 2 teaspoons sugar and brush over top crust. Cover edges with foil. Bake at 425° for 45 to 55 minutes or until crust is golden brown. Cool 2 hours before serving. Makes 8 servings.

Fran Shaver

CHOCOLATE CHIP PIE

30 large marshmallows 3/4 c. milk

Melt marshmallows and milk; let cool. Add 2 squares chocolate (grated) and 1 (8 ounce) tub whipped topping. Put in graham cracker crust and sprinkle crumbs on top. Refrigerate.

Double receipt makes 9x13 inch dessert.

Eloise Haight

GLAMOUR LEMON MERINGUE PIE

1 Tbsp. grated lemon rind (zest) 2 egg whites
6 Tbsp. lemon juice (2 lemons) 1/8 tsp. or 2 drops of white vinegar
1/2 c. butter 1/4 c. sugar
1 c. sugar 1/2 c. coconut flakes
2 whole eggs plus 2 egg yolks Baked single pastry shell
(reserve whites)

Bake and cool pastry shell. In a pan, melt butter; add sugar. Dissolve. Beat eggs thoroughly; add small amount of butter mixture to eggs in bowl, then pour remaining eggs and mix back into pan. Add lemon rind and juice. Mix thoroughly. Cook until thick. Watch carefully; stir often. Cool 5 minutes. Spread to all sides of pie shell.

Make meringue: Beat whites with added 2 drops of vinegar until stiff. Add sugar; continue beating until shiny. Spread over filling. Top with coconut. Brown in 400° oven for 8 to 9 minutes, until golden.

Patti Dolezal

PEANUT BUTTER PIE

1 (8 oz.) cream cheese, softened 1 Tbsp. butter
1 c. peanut butter 1 tsp. vanilla
1 c. sugar 1 (8 oz.) ctn. Cool Whip

Cream these ingredients until mixed well. Fold in 1 (8 ounce) carton Cool Whip. Spread into a Hershey's chocolate crumb pie crust. Shave a chocolate bar on top. Refrigerate 6 hours or more. To serve sooner, put in freezer for a few hours, then refrigerate.

Carolyn L. Washburn

PUMPKIN PIE

4 c. pumpkin (cooked or canned) 2 c. milk
1 c. sugar 2 Tbsp. cinnamon
1 Tbsp. vanilla 1 Tbsp. salt
4 eggs, beaten

Mix in order above. Makes enough for 2 (10 inch) pies. Pour into unbaked pie shell. Bake 1 hour in 350° oven.

Alice Zimmerman

MY MOM'S RHUBARB PIE

2 c. rhubarb 1 c. sugar

Combine and let sit while assembling remaining ingredients.

2 Tbsp. flour
3 egg yolks (use whites for meringue)

Mix flour with egg yolks; add to rhubarb and sugar. Add to unbaked pie shell. Bake at 400° for 15 to 20 minutes, then 300° for 30 minutes or until set. When cool, put on meringue.

Lynn Wiechelman

STRAWBERRY OR FRESH PEACH PIE

1 qt. fresh strawberries or fresh peaches 1 c. or less sugar
1 c. water 3 Tbsp. strawberry jello (use peach jello for peach)
2 Tbsp. cornstarch

Mix sugar and cornstarch; add water. Cook until clear; add jello. Cool until starts to thicken. Spread little in baked pie shell. That keeps fruit from making the pie shell soft. Pour part into strawberries or peaches. Put fruit into pie shell; pour rest over fruit.

Irene Kemp

OUT OF THIS WORLD PIE

1 can cherry pie filling 1 Tbsp. cornstarch
3/4 c. sugar 1 (3 oz.) box raspberry jello
1 large can crushed pineapple and juice 6 bananas, sliced
1 c. pecans

Combine cherry filling, sugar, pineapple and juice, and cornstarch. Cook until thick. Remove from fire and add gelatin. Allow to cool. Add bananas and nuts. Pour into baked pie shells and top with whipped cream and chill. This makes two pies.

Pauline Welbourne

PIE CRUST

3 c. flour	1 tsp. salt
1 1/3 c. shortening (preferably half lard and half butter or margarine)	1 egg
	6 Tbsp. cold water (iced)
	2 Tbsp. vinegar

Sift flour and salt into bowl. Cut in with pastry blender until pieces are the size of small peas. In another bowl, mix egg, vinegar, and ice water. Add to the flour and salt mixture and toss with a fork until all the flour is barely dampened. (Sometimes you will have to use a spoon to mix it, but it is better to leave it as tender as possible.) Put half of this mixture out on a floured pastry cloth and roll out to desired size. After placing in pie plate, be sure to puncture a few times with a fork to keep it from getting air bubbles.

Place filling in pie shell if making a two crust pie and place other half (after it has been rolled out and a design cut into it) over the filling. Be sure to crimp the edges tightly so they are sure to be sealed. Trim off the edges and brush with a pastry brush dipped repeatedly in water. Sprinkle sugar over this for a glaze.

For fruit pies, such as apple, bake at 450° for 10 minutes and then 350° for at least 40 minutes. Check to see if done with cake tester. Will make two pie shells baked ahead of time and used for cream pies. Bake in a 400° oven 10 minutes, then add filling and bake according to directions or finish browning and add pudding.

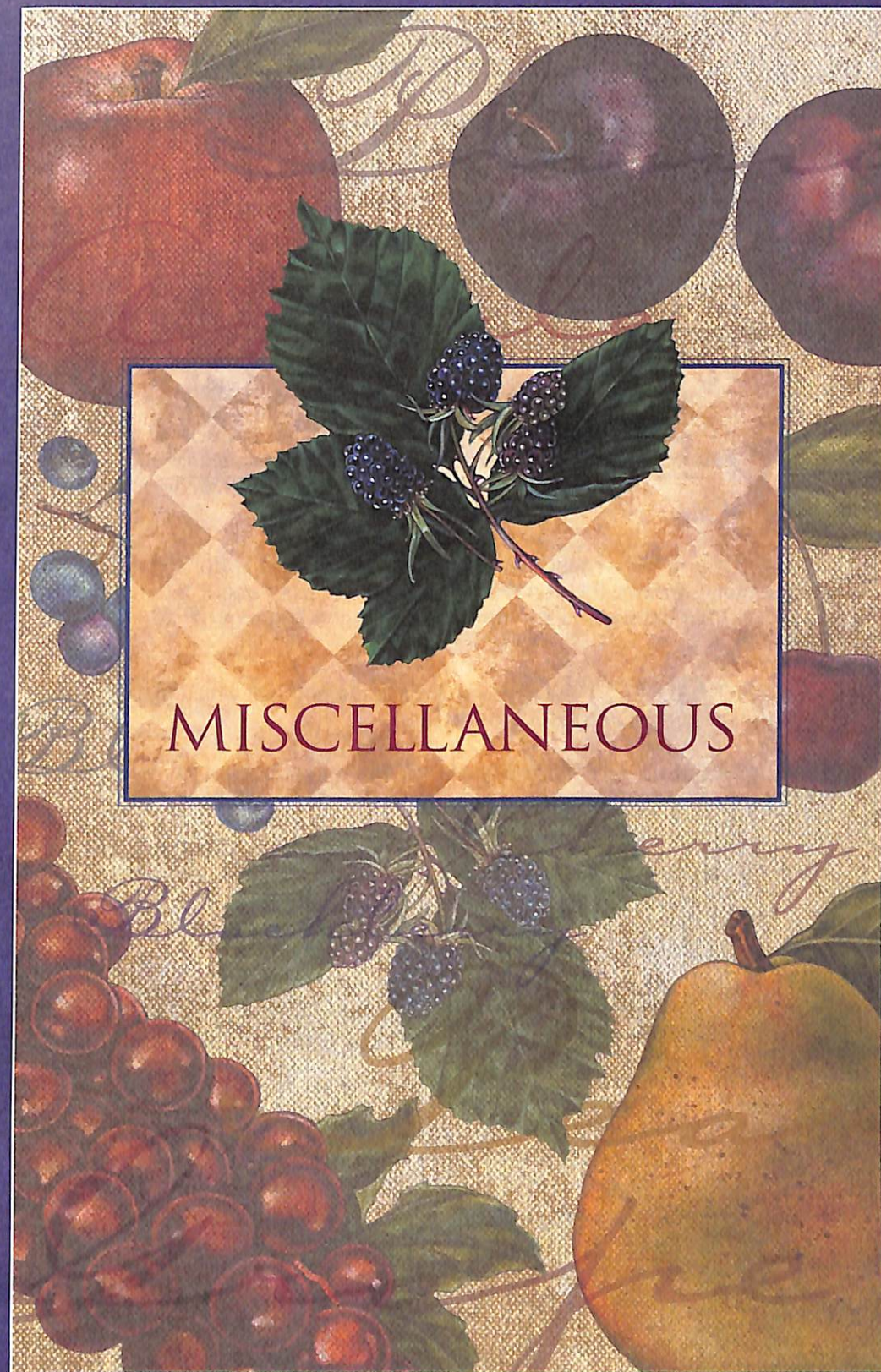
Elaine Olsen

YUMMY BARS

1 box yellow cake mix	1/2 c. chopped nuts
1 stick butter (1/2 c.)	2 eggs
1 tsp. vanilla	1 lb. powdered sugar
1 egg	1 (8 oz.) pkg. cream cheese (room temperature)
1 pkg. chocolate chips	

Beat cake mix, butter, vanilla, and 1 egg well. Press into bottom of greased 9x13 inch pan. Sprinkle with chocolate chips and nuts. Combine 2 eggs, powdered sugar, and cream cheese. Beat well. Spread over top. Bake at 350° for 40 to 45 minutes. Cool completely before cutting.

Gwen Bogardus



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS

RECIPE FOR A VOLUNTEER

Loving kindness
Generosity
Respect for others
Sharing
Dedication
Devotion
Thoughtfulness

Fun-loving
Flexible
Willingness to do that which will help
Capacity to enjoy new friends
Open to making friends and serving others

Combine the above in equal amounts in an individual and this person will be giving of themselves to others graciously and being of service to mankind.

Spice with the affection and gratitude of the employees and staff to make a Jennie Volunteer.

Hazel Gammon

HAPPINESS

1 c. kindness
Pinch of grace
1 Tbsp. forgiveness
½ c. humor

Dash of generosity
Season with smiles
Top with kisses, hugs (optional)

Bake with love. Serves everyone.

Anne Gabehart

3-CHEESE VENISON TORTELLINI

2 venison steaks
1 c. cheese filled tortellini pasta
(Santa Maria or other brand)
¼ c. Parmesan cheese

½ c. Mozzarella cheese
⅛ tsp. garlic salt
⅛ tsp. pepper
½ to ¾ c. red wine

Chop 2 deer steaks into very small square pieces (best if chopped while partially frozen). Simmer in red wine until cooked to medium or medium rare (don't overcook). Cook slowly on medium heat. Cook 1 cup tortellini as directed. Drain. While pasta is still hot, add Parmesan and Mozzarella cheese.

Spoon the browned venison onto the bed of pasta and sprinkle garlic salt and pepper on top (to taste). Serves 2.

Kari Sliva

CHOCOLATE RASPBERRY TORTE

1½ c. all-purpose flour
1 c. oat (or wheat) flour
1½ c. sugar
½ c. unsweetened cocoa
2 tsp. baking soda
1 c. black coffee, cooled (room temperature)

1½ c. fat-free milk
2 tsp. vanilla extract
¾ c. reduced-sugar raspberry jam
1 c. fat-free whipped topping
2 oz. (about ¼ c.) raspberry yogurt (lowfat yogurt)
¾ c. raspberries

Preheat oven to 350°. Coat four 8 inch round pans with cooking spray. In large bowl combine flours, sugar, cocoa, and baking soda. Add coffee, milk, and vanilla; mix with wire whisk until batter is smooth. Divide among 4 pans evenly and bake until tops spring back when lightly touched with wooden toothpick (about 20 minutes). Cool to room temperature in pans. Invert one cake onto serving platter; spread with ¼ cup jam. Add 2 more layers, spreading each with ¼ cup jam; final layer should be cake.

Place whipped topping in a small bowl and fold in yogurt. Spread mixture over top of cake; top with fresh raspberries. Chill 2 hours. Serves 16.

Kari Sliva, Director of Convention and Visitors Bureau of CB

TABBULI

¾ c. burghul No. 3 (finely cracked wheat)
2 large bunches parsley (approx. 1 qt. when washed and finely chopped)
½ c. finely chopped fresh mint or 1 Tbsp. dried mint (optional)

½ bunch green onions or 1 small onion, finely chopped
½ c. fresh lemon juice
1 large tomato, finely chopped
¾ c. olive oil
Salt and pepper to taste

Rinse burghul; drain, then squeeze excess water out. Place in large mixing bowl. First, finely chop parsley, then mint, then onions, then the tomato. Add seasoning, lemon juice, and olive oil and toss. Mix 15 minutes before serving.

Note: Tabbuli may be prepared 1 to 2 hours ahead of time by omitting tomatoes and oil. Cover with plastic wrap and refrigerate. Add tomatoes and oil just before serving.

Brad Hansen, Iowa State Representative

BEER NUT CLUSTERS

½ lb. almond bark
1 c. beer nuts or cashews

1 c. Cheerios cereal
1 c. pretzels (in small pieces)

Melt almond bark in microwave; add ingredients. Drop by spoon on wax paper. Makes 3 to 4 dozen.

Jo Youngs

CARAMEL APPLE DIP

1 (8 oz.) pkg. cream cheese
1 c. brown sugar

1 tsp. vanilla

Cream cheese should be at room temperature. Mix all ingredients. Dip with sliced apples.

Gwen Bogardus

CRACKLE CORN

2 c. sugar
1½ c. water
½ tsp. salt
½ c. light corn syrup

1 tsp. vinegar
1 tsp. vanilla
5 qt. popped popcorn

Boil sugar, water, salt, and corn syrup to hard boil stage (250°). Add 1 teaspoon vinegar and 1 teaspoon vanilla. Boil to light crackle stage (290°). Stir into popped popcorn (carefully).

A Volunteer

CARAMEL CRISPIX

17 oz. Crispix
12 oz. pecans (halves)
1 c. oleo

2½ c. brown sugar
½ c. corn syrup
1 Tbsp. vanilla

Cook oleo, brown sugar, corn syrup, vanilla, and pinch of salt. Boil for 5 minutes. Put Crispix and nuts in large bowl; pour mixture over and toss evenly. Put on cookie sheet and bake at 200° for 1 hour. (Stir once.)

Barbara Demory

CRAZY CRUNCH

2 or 3 poppers of popcorn
1 c. brown sugar
½ c. butter

½ c. honey
1 tsp. baking soda

Mix brown sugar, butter, and honey in saucepan. Boil 1 to 2 minutes. Remove from heat and add soda. Pour over popped corn. Stir.

Mary Sturm

CONFETTI POPCORN

2 qt. popped corn
2 c. sugar
2 Tbsp. butter

½ c. water
Fruit coloring
1 tsp. vanilla

Boil sugar, butter, water, and coloring until it "threads". Add flavoring and pour over corn, stirring to coat all corn.

Eileen Carlson

GRAPE JELLY

6½ c. sugar
2½ c. water
1 bottle pectin (liquid)

3 (6 oz.) cans (2¼ c.) frozen
concentrated grape juice

Stir sugar into water. Place on high heat and stir constantly, bringing it to a full rolling boil. Boil hard for 1 minute. Remove from heat; stir in pectin. Add thawed juice and mix well. Pour immediately into hot sterilized containers. Seal with melted paraffin. Yield: 10 eight ounce jelly glasses.

Elaine Olsen

DILL PICKLES

25 to 30 (3 to 4 inch size)
cucumbers
2 tsp. Durkee dill seed

1 lump alum (size of pea) or ¼ tsp.
powdered alum
1 tsp. mustard seed

Pack cucumbers in hot sterilized jars. To each quart jar, add spices and alum as shown above. For each quart jar of packed cukes, allow 1½ cups water, 1 cup vinegar, and 1 tablespoon coarse canning salt, mixed, and bring to a full boil. Pour over packed cukes and seal. (If you like garlic, add ½ of garlic clove to each jar before sealing.)

You may eat pickles after 7 days.

Margaret DeBar

MOM OLSEN'S DILL PICKLES

Cucumbers (small enough to fit
whole into your canning jars)
1 c. canning salt
Fresh dill heads

13 c. water
3 c. white vinegar
Fresh garlic cloves, split

Wash cucumbers. Sterilize all jars and lids in boiling water for 10 to 15 minutes. Bring to boil the water, vinegar, and salt. Pack jars with cucumbers, along with 1 head fresh dill and 1 clove garlic (split) per quart of pickles. Fill with canning liquid. Cover tightly and store at room temperature for 6 weeks. No processing needed.

This recipe will make 12 to 14 quart of pickles.

Elaine Olsen

GRITS

6 c. hot water
1½ c. grits (quick style, boil 5
minutes)
1 lb. sharp shredded Cheddar
cheese

3 beaten eggs
1 stick margarine
1 tsp. salt
6 drops of Tabasco sauce

Bake at 350° for 1½ hours, uncovered, in 13x9 inch pan.

A Volunteer

RANCH SNACK MIX

1 (12 oz.) pkg. pretzels (miniature)
2 pkg. (6 oz.) Bugles
1 (10 oz.) can cashews

1 pkg. bite-size cheese fish crackers
1 env. Ranch salad dressing mix
¾ c. vegetable oil

Mix in large bowl or pan and bake at 250° for 45 minutes; stir every 15 minutes.

Bonna Brooks

SUMMER SAUSAGE

1 c. water
2 Tbsp. Morton's Tender Quick salt
1 tsp. garlic salt
1 tsp. pepper
1 tsp. chopped onion

2 tsp. liquid smoke
2 lb. ground meat (elk, deer, or
beef)
Peppercorns (optional)
Red pepper, crushed (optional)

Mix well and divide into 2 portions. Roll into log; roll into foil, shiny side out, and refrigerate for 24 hours. Poke holes in bottom of foil and place on broiler pan. Bake 1½ hours at 350°. Cool and refrigerate and slice as needed for luncheon meat or for crackers.

Don Gabehart

JERKY "BEEF OR VENISON"

2 to 3 lb. lean cut meat
¼ c. Worcestershire sauce
¼ c. soy sauce
1 Tbsp. liquid smoke
1 tsp. Accent seasoning
1 tsp. garlic powder
1½ tsp. onion powder
Salt and pepper

⅓ c. barbecue sauce
¼ tsp. red pepper
1 tsp. white pepper
½ tsp. meat tenderizer
1 tsp. Kitchen Bouquet
⅓ c. water
1 tsp. celery salt

Cut meat into thin strips, about ¼ inch long and ½ inch wide. Mix ingredients in a large container that can be covered. Marinate meat for 24 hours, stirring at least once for the first 8 hours. Place meat on rack in oven or smoker and dry at 125° to 150°.

Normally takes 6 to 8 hours, whenever dry to break into.

Don Gabehart

HORSERADISH SPREAD

1 lb. oleo
1 lb. cream cheese
½ c. horseradish
1½ Tbsp. dry mustard

½ Tbsp. Worcestershire sauce
½ Tbsp. paprika
¼ Tbsp. black pepper

Mix all ingredients with mixer until smooth. Can be frozen.

Mary Sturm

ELEPHANT STEW

1 medium size tender elephant
2 swamp rabbit
2 bushels well grated onion

Clean elephant and rabbits. Cut into bite-sized pieces and make enough gravy to cover. Cook over kerosene fire at 465° for 4 weeks. At end of second week, add onions and salt and pepper to taste. Serves 38,000. If more than 38,000 are expected, add 2 more rabbits, but do only if necessary, because most people do not like to find hare in their stew.

Don Gabehart

PICCALILLI

24 large green tomatoes
4 green peppers
2 red peppers
8 medium onions
4 tsp. mustard seed
2 tsp. celery seed
4 tsp. salt
5 c. sugar
3 c. vinegar
1 c. water

Chop tomatoes, peppers, and onions in food chopper. Mix together and let drain for 2 hours. Add remaining ingredients and cook for 30 minutes or until desired consistency. Ladle into hot sterilized jars and seal. I use pint jars.

Mary Sturm

CAKE FOR BIRDS

1 c. cornmeal
1 c. uncooked oatmeal
1 c. flour
3 tsp. powdered milk
1/2 c. bacon grease
1/2 tsp. soda
1/2 c. dried bread crumbs
Water

Add enough water to make a thick batter. Bake in 350° oven for 1 hour. Allow to cool before removing from pan. Put in a small mesh bag and hang from a branch or porch. Bake 1 hour at 350°.

Anne Gabehart

CRYSTALIZED PINEAPPLE

2 cans pineapple chunks
(unsweetened)
6 c. sugar
3 1/2 c. water

Drain pineapple. Put in non-metal bowl. Heat sugar and water. Boil to 216°F. Pour over pineapple. Let set for 2 days. Drain; add 1/4 cup water. Boil to 218°F. Repeat 3 more days, cooking to 220° - 222° - 224°. Equal amounts of water and sugar may be added if needed.

Finished product may be used for making fruitcake, plum pudding, or anywhere dates, raisins, or figs are called for.

Helen Thomsen

DOG BISCUIT RECIPE

2 1/2 c. whole wheat flour
1/2 c. nonfat dry milk (powdered)
1 tsp. sugar
1 tsp. salt
6 Tbsp. margarine
1 egg

Mix ingredients with about 1/2 cup cold water; knead for 3 minutes. Dough should form a ball. Roll to 1/2 inch thick and cut into dog bones. Bake on a lightly greased cookie sheet for 30 minutes at 350°.

Variations: Add 3 tablespoons liver powder or chicken or beef bouillon or dried soup greens or dried soup mix. Can use canned chicken or beef broth instead of water for liquid. If using any variation, omit salt and sugar.

Carolyn L. Washburn

ROSEMARY WALNUTS

2 1/2 Tbsp. unsalted butter
2 tsp. dried rosemary, crumbled
1 tsp. salt
1/2 tsp. cayenne
2 c. walnuts

Melt the butter with the rosemary, salt, and cayenne. Pour mixture over walnuts and toss them to coat. Bake the nuts on a cookie sheet in preheated 350° oven for ten minutes.

You may use fresh rosemary if available.

Selma Nelson

ELEPHANT STEW

1 elephant
20 lb. paprika
200 rabbits (optional)
1 vat of gray groovy gravy

Cut up one elephant into bite-sized pieces. (Takes about 2 months.) Hide the hide, but pack the trunk. Put in 15,000 quart cauldron. Cover with gray groovy gravy. Cook over kerosene fire for 5 weeks at 575°. Add paprika; it goes well with the gravy. Serves 4,000. If more guests arrive, add the rabbits, if you don't mind hare in your stew.

Suggested by several volunteers

Notes

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Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by $\frac{1}{3}$ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

“Heart Healthy” Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✓ ✓	✓ ✓	✓ ✓
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✓ ✓	✓ ✓	✓ ✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✓ ✓	✓ ✓	✓ ✓
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✓ ✓	✓ ✓
1 c. shortening	• 7 oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✓		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery <i>or</i> ½ c. sliced mushrooms Heat to a boil; stir frequently. Per “can”: 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✓	✓	✓

KEY:
TF = total fat
SF = saturated fat
C = cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, *without*, and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, *few*, and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

- ◆ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ◆ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ◆ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓								✓	✓				✓	✓		
Pork				✓					✓					✓		✓	
Veal			✓			✓			✓				✓				✓
Ground Meat	✓	✓		✓					✓	✓							
Poultry			✓			✓			✓				✓			✓	
Fish					✓	✓	✓									✓	
Eggs				✓		✓						✓	✓				
Soups/Stews	✓	✓	✓	✓	✓		✓				✓						✓
Sauces		✓											✓		✓		
Pasta				✓													
Rice		✓				✓					✓						
Popcorn								✓									
Asparagus				✓													
Beets			✓														
Broccoli										✓		✓					
Cabbage				✓			✓										
Carrots			✓	✓													
Cauliflower						✓										✓	
Green Beans							✓			✓							
Lima Beans					✓	✓								✓			
Potatoes									✓					✓			✓
Tomatoes		✓				✓		✓				✓					
Salads			✓	✓							✓						

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
 1 tsp. garlic powder
 1½ Tbsp. onion powder
 ½ Tbsp. ground pepper
 ½ Tbsp. thyme, crushed

1 tsp. sage
 ½ tsp. marjoram, crushed
 1 Tbsp. paprika
 ½ tsp. basil, crushed
 ½ tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ◆ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ◆ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ◆ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ◆ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Understanding the Nutrition Facts Food Label

The **Nutrition Facts** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
 mg: milligrams - 1,000mg = 1g
 ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source*. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The **Ingredients List** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the
 following page
 for an example of the
 Nutritional Facts Food Label.

The Nutrition Facts Food Label

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Protein 5g

Vitamin A 4% • Vitamin C 2%
 Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

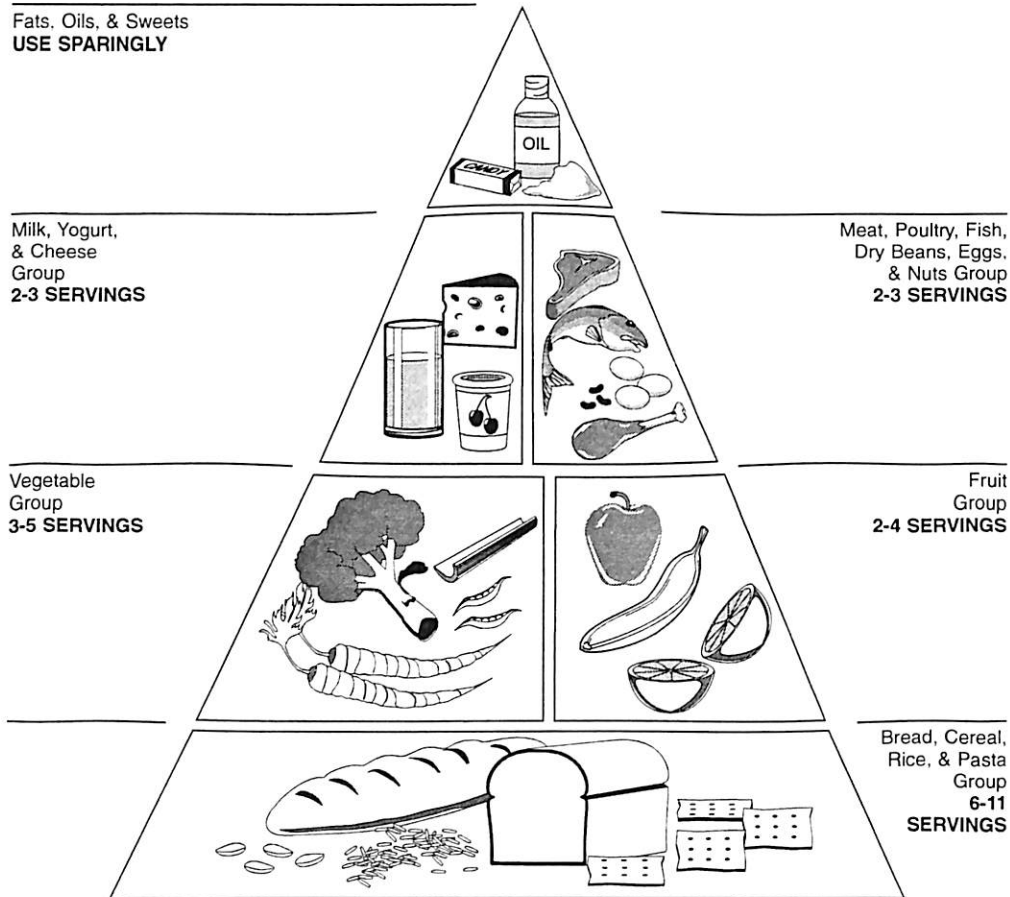
	Calories:	2,000	2,500
Total Fat	Less than	65g	60g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The Food Guide Pyramid

A Guide to Daily Food Choices



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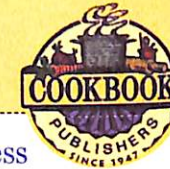
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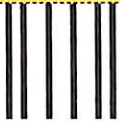
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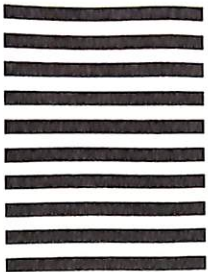
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