Entertaining
Altrusa Style

SOUTH
DAKOTA

Wild Game and
Other Favorite Recipes
Altrusa, an organization of professional, executive and business persons, brings together members from a wide variety of career fields and occupations, who work together to assist human needs and improve the quality of life through service projects and programs.

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DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of these recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

We also dedicate this book to all the wild game enthusiasts whose donations of different types of wild game generated a lot of creativity.

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

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.
Expression of Appreciation

Thanks to all Altrusa members who contributed to this cookbook. We hope you will enjoy these recipes.

The recipes in this book may not have been tested in laboratories, but their success has been guaranteed by friends, relatives, by church socials, Altrusa Club, and the most critical group of all ... hunters and families!!!

Proceeds from this cookbook will fund Altrusa service projects in the Brookings community.

Anne Withrow
and the
Cookbook Committee
Wild Game and Other Favorite Recipes

Sponsored by

ALTRUSA INTERNATIONAL, INC.
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WILD GAME

WILD DUCK DETROIT CLUB-STYLE  
(Serves 6)

3 wild ducks, dressed and cleaned  
6 ribs celery, washed  
salt and pepper  
about 1 ½ qt. well-seasoned bread stuffing  
1 c. water  
½ c. dry red wine  
¼ c. orange marmalade  
¼ c. currant jelly  
1 thin-skinned juice orange diced, rind and all  
½ lemon, diced rind and all  
1 Tbsp. bottle browning and seasoning salt  
dash of tarragon  
well-seasoned chicken broth (about 2 qt.)

Preheat oven to 450°. Run cold water quickly through inside of duck to clean it. Sprinkle with salt and pepper and place 2 ribs of celery in each cavity. Roast, uncovered, breast-side up about 30 minutes, until golden brown. Remove from oven. Reduce oven temperature to 400°. Pull out celery. Let blood and juices drain out. Discard any drippings. Let ducks cool slightly. Stuff. Place breast-side down in roasting pan. Place water, wine, marmalade, jelly, orange, lemon, browning and seasoning salt and tarragon in pan. Add enough chicken broth to just about cover ducks. Cover pan loosely with aluminum foil. Bake in a 400° oven until tender (leg will move easily), about 3 hours. Remove ducks from pan; keep warm.

Skim fat off gravy. Reduce gravy by boiling. Thicken with flour dissolved in water, if desired. Strain. Serve over ducks.

Barbara Adelaine
**WILD GAME**

**WILD DUCK WITH ORANGE SAUCE**

1 bunch celery, chopped  
2 medium onions, chopped  
2 apples, chopped  
2 oranges, chopped  
6 wild mallard ducks  
salt and pepper to taste  
1 tsp. poultry seasoning  
4 bay leaves  
4 c. fresh orange juice  
4 c. chicken stock  
4 c. white wine  
Grand Marnier to taste

Chop celery, onions, apples and oranges. Clean, wash and dry ducks. Pack tightly in roasting pan and cover with water. Bake 2 ½ hours at 350°. Discard fatty water. Wash and dry ducks again. Stuff each with celery, onions, apples and oranges. Pack tightly into a clean roasting pan, breast side down. Add spices and cover with juice, stock and wine.

Cover and bake 5 hours at 350°. Ducks will stay tender as long as they are submerged in liquid. When pulled from the pan, the breast meat will fall off the bones. Strain the liquid from the roasting pan into a saucepan until it is full. Freeze remaining liquid from the roasting pan for your next duck dinner. Reduce liquid until thickened. (You may also thicken with cornstarch.) Add Grand Marnier to taste and serve over ducks and wild rice. Serves 8 (one whole duck per man, ½ per woman).

_Anne Withrow_
ROAST GOOSE AND STEWED APPLES

1 goose
salt
4 c. water
6 peppercorns

1/4 lb. butter
1/2 onion, sliced
2 Tbsp. flour
stewed apples

Remove wings, neck and feet. Cover with cold water and soak for 15 minutes. Drain and pat dry. Rub with salt inside and out. Put the bird in a roaster, add water, onion and peppercorns. Roast in moderate oven (325°). After the water has boiled down, baste the bird with the butter that has been browned. Allow about 25 minutes per pound. If the goose appears to be an old one, allow an extra 20 minutes to insure complete cooking.

Place the goose on a warmed platter. Put roaster on burner on top of stove; stir in flour. Add 2 cups of water and boil for three minutes, until smooth and slightly thickened.

Serve the goose and gravy together with the stewed apples.

Stewed Apples:

2 lb. apples, peeled and quartered
2 Tbsp. butter
1/2 c. sugar

1 Tbsp. lemon juice
1/2 c. water
1/4 c. white wine
1 small piece lemon peel

Stew together until apples are tender and almost transparent, serve hot.

Barbara Adelaine

HUNTERS PATÉ

1 lb. venison liver
1/4 c. chopped onion
2 hard-cooked eggs
3/4 c. butter, softened
1 Tbsp. lemon juice

2 tsp. Worcestershire sauce
1 tsp. salt
1/2 tsp. pepper
1/2 c. sour cream

In a small saucepan, place liver in enough water to cover. Heat to boiling. Reduce heat; cover and simmer to tender. Cool. Grind cooked liver with onion and eggs. Combine mixture with remaining ingredients. Shape into a ball or log. Refrigerate to blend flavors. Serve with crackers.

Anne Withrow
BARBECUED PHEASANT APPETIZER

filleted pheasant breasts  
(number may vary, 4 to 6)  
1 pkg. bacon  
barbecue sauce (your favorite brand)

Cut pheasant breasts into strips. Roll up strips and then roll a bacon strip around each strip of pheasant. (May need to cut bacon strip to size of pheasant strip.) Secure with toothpick. Brush with barbecue sauce. Grill for 10 to 12 minutes or until bacon is crisp and pheasant brown. Serve immediately.

From Greg Schmieding’s Wild Game Collection

EASY PHEASANT CASSEROLE

3 c. cooked, diced pheasant  
1 (16 oz.) box wild and herb rice, cooked  
2 (10 ¾ oz.) cans cream of celery soup  
1 (2 oz.) jar chopped pimento  
1 ½ c. mayonnaise  
1 (8 oz.) can sliced water chestnuts, drained  
1 (14 oz.) can artichoke hearts, drained and quartered  
½ pkg. dry stuffing  
2 Tbsp. soy sauce  
salt and pepper to taste

Combine all ingredients except stuffing. Pour into a buttered 3-quart casserole or 9 x 13 pan. Put stuffing on top. Bake at 350° uncovered for 40 minutes. Serves 8 to 10. Easy!

Deb Dominiack

MARV’S PHEASANT

2 pheasants, cut up  
1 (8 oz.) carton sour cream  
1 (10 oz.) can cream of mushroom soup  
1 stick butter  
1 pkg. onion soup mix

Melt ½ stick butter in an ovenproof casserole. Flour pheasant pieces and saute until browned. Add more butter as needed. Combine sour cream and soups; pour mixture over pheasant. Cover and bake 2 ½ hours. Add half and half during cooking if gravy looks dry.

Anne Withrow
**WILD GAME**

**PEASANT AND SAUERKRAUT**

2 pheasants  
dash of pepper  
2 slices bacon  
½ c. white wine  
1 Tbsp. flour

1 ½ tsp. salt  
2 Tbsp. butter  
1 ½ lb. sauerkraut  
1 c. diced pineapple

Rinse birds, season lightly inside and out with salt and pepper. Place bacon slice on each breast; saute birds in butter for 15 minutes or until brown. Place in casserole. Drain sauerkraut; mix with wine and pineapple and surround the birds. Cover and cook slowly for one hour. When birds are done remove from sauerkraut; remove bacon and place the pheasants on a warm serving dish. Stir flour into kraut and cook a few minutes. Serve the kraut with the birds. Makes three or four servings.

*Barbara Adelaine*

**PEASANT PAPRIKA**

2 pheasant breasts  
½ c. flour  
1 tsp. salt  
1 tsp. paprika  
¼ tsp. pepper  
¼ c. shortening

2 medium onions, finely chopped  
(about 1 c.)  
1 (10 ½ oz.) can tomato puree  
1 Tbsp. paprika  
2 tsp. salt  
¼ tsp. pepper  
½ c. sour cream

Wash, cut up and pat dry pheasant. Mix flour, 1 teaspoon salt, 1 teaspoon paprika and ¼ teaspoon pepper. Melt shortening in large skillet. Coat pheasant with flour mixture. Cook in shortening over medium heat 15 to 20 minutes or until light brown. Remove pheasant; set aside.

Add onions to skillet; cook and stir until onion is tender. Stir in puree, 1 tablespoon paprika, 2 teaspoons salt and ¼ teaspoon pepper. Add pheasant. Cover tightly, simmer 30 to 40 minutes or until tender. Stir sour cream into mixture; heat until warmed. Serve over buttered noodles.

*Anne Withrow*
PHEASANT PIE

1 pheasant
1 bay leaf
1 stalk celery
6 peppercorns
1 Tbsp. salt
1/2 c. butter
1/2 c. flour
1 c. half and half

1/4 tsp. salt
1 (1 lb.) can pearl onions
1 (4 oz.) can sliced mushrooms
1 (10 oz.) pkg. frozen peas
1 small container chopped pimientos
pie crust dough

Cook pheasant with bay leaf, celery, peppercorns and salt. Remove meat from bones. Strain broth. Melt butter; add flour and stir until well blended. Gradually add 2 cups strained broth; add half and half and pepper (additional salt to taste). Cook until thickened. Arrange meat, onions, mushrooms, peas and pimientos in 2-quart casserole. Cover with sauce, leaving at least 1-inch space at top of casserole. Roll out pastry and place on top, securing to edge of casserole. Bake at 450° for 15 minutes or until lightly browned. Can be made ahead and baked for an after concert or theater party. Serves 4 to 6.

Anne Withrow

PHEASANT IN PUFF PASTRY SHELLS

16 oz. sliced mushrooms
1/2 c. diced green pepper
1/2 c. butter
1/2 c. all-purpose flour
1 tsp. salt
2 c. light cream

1 3/4 c. chicken broth
2 c. cubed, cooked pheasant
1 (4 oz.) jar pimiento
pastry shells
1/4 c. white wine

In a large skillet, cook and stir mushrooms and green pepper in butter 5 minutes. Blend in flour, salt and pepper. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Stir in cream, broth and 1/4 cup of white wine. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in pheasant and pimiento; heat through. Serve hot in shells.

Anne Withrow
WILD GAME

PHEASANT RUMAKI
(Appetizer)

4 pheasant breasts
2 cans sliced water chestnuts

Glaze:
1 c. brown sugar
1 c. catsup
3 Tbsp. vinegar
pineapple juice to thin

Cut pheasant breasts into 1 ½-inch chunks. Wrap a piece of pineapple, sliced chestnut and pheasant with a bacon slice. Skewer with toothpick. Place in a 9 x 13 pan. Bake 15 minutes at 350°. Remove. Pour off bacon drippings. Mix glaze ingredients together and pour over Rumaki. Return to oven and bake 20 to 30 minutes at 350°.

Deb Dominiack

PHEASANT WITH OLIVES

4 pheasant breasts
olive oil
1 medium onion, diced
3 or 4 garlic cloves, crushed
1 c. Cabernet or other red, dry wine

2 (14 oz.) cans diced tomatoes or 5 very ripe fresh tomatoes
¼ c. fresh diced parsley
1 tsp. basil
1 tsp. oregano
1 ½ c. pimento stuffed green olives, rinsed

Cut pheasant breasts into 1-inch pieces. Saute onion and garlic in olive oil until transparent. Add pheasant pieces; saute until brown. Deglaze pan with red wine. Add tomatoes and all remaining ingredients. Cover. Simmer about an hour, until pheasant is tender. Great served with rice.

Doris Schumacher
SMOTHERED PHEASANT

1 pheasant, cut in serving pieces
1/2 c. flour
1 tsp. salt
dash of paprika

1/2 c. liquid (water, light cream or cream of mushroom soup diluted with milk)

Put the flour, salt and paprika in paper or plastic bag. Shake several pieces of pheasant in the bag to coat well. Brown well in shortening. Drain excess shortening. Reduce heat to simmer. Add 1/2 cup of one of the above liquids to the frying pan; cover and continue on low setting for 1 hour. Add more of the preferred liquid as needed.

Trudy Schmieding

SOUTH DAKOTA PHEASANT

1 to 3 whole pheasants, cut in pieces
1 c. chopped celery
1 c. chopped onion
1 c. sour cream

2 cans cream of mushroom soup
8 oz. jar sliced mushrooms
butter, paprika, thyme, salt and pepper to season

Place cut up pheasant pieces on baking pan. Brush each piece with melted butter. Sprinkle paprika, thyme, salt and pepper on buttered pheasant. (For 3 pheasants, use 1 teaspoon of each, except pepper use 1/2 teaspoon). Place chopped onions and celery among pheasant pieces and oven brown at 350° for 45 minutes to 1 hour, uncovered.

Mix the 2 cans of cream of mushroom soup with 1 cup sour cream and mushrooms. Transfer birds to roasting pan while layering with mushroom sauce. Cover and bake at 300° for no less than 1 hour. Test with fork for doneness. Mushroom sauce is excellent topping for rice pilaf.

Melody Nelson
STIR-FRY PHEASANT

pheasant breast, cut in strips

Sauce:

- 3 Tbsp. brown sugar
- ¼ c. cornstarch
- 2 tsp. fresh minced ginger
- 4 garlic cloves, crushed
- ½ c. naturally brewed soy sauce
- ½ c. dry sherry
- ¼ tsp. red pepper sauce
- 3 Tbsp. red wine vinegar
- 2 ½ c. chicken broth

Combine all ingredients except broth in blender; process until smooth. Put in larger container; add broth and mix well.

To use, simply stir-fry pheasant and then add the sauce and cook until thickened. One cup of sauce is about right for 4 servings. Serve with rice.

Anne Withrow

HASSENPFEEFFER

2 to 3 rabbits, cleaned and dressed
1 ½ c. water
1 ½ c. vinegar or 1 c. red wine and ½ c. vinegar
1 tsp. allspice

3 bay leaves
1 tsp. whole cloves
2 Tbsp. salt
¼ tsp. pepper
medium onions, sliced
2 Tbsp. sugar

Combine all ingredients except rabbits. Cut rabbits into 5 pieces each and marinate for 48 hours. Remove rabbit and reserve marinade. Dip rabbit pieces in ½ cup flour and brown in butter. Cover rabbit with marinade and simmer for 1 ½ hours, minimum.

Using the remaining flour, create a roux and mix in the thickened marinade to make a gravy.

Betsy Draper
WILD GAME

OLD RABBIT, OLD DUCK, OLD DEER OR OLD ANYTHING

3 to 5 lb. meat  6 potatoes, cubed
1 pt. white wine  6 tomatoes, cubed
½ pt. red wine  2 bay leaves
1 tsp. salt  marjoram
6 onions, diced fine  peppercorns
1 clove garlic, diced fine  parsley

Put in a pot 1 pint white wine, ½ pint red wine and 1 teaspoon salt. Cut meat into cubes 1 to 2-inches. Roll in flour and fry in vegetable oil until brown. Put browned meat into pot with wine, vegetables and spices (tie spices in a cheesecloth bag); simmer 3 to 3½ hours. Remove spice bag and serve over rice, preferably brown rice or wild rice.

Barbara Adelaine

CURRY STUFFING FOR WILD GAME

2 Tbsp. minced onions  3 Tbsp. butter or shortening
1 tsp. salt  1 Tbsp. vinegar
2 tsp. curry powder  1/2 c. cooked, cut up prunes
¼ tsp. pepper  1 qt. soft white bread crumbs
½ tsp. thyme leaves

Cook the onions, salt, curry powder, pepper and thyme leaves in the butter or shortening for 5 minutes, stirring frequently. Then add all remaining ingredients and blend well. Cool before using.

This is an excellent stuffing for wild duck or goose. Roast stuffed wild duck or goose as your own recipe directs.

From Evelyn Scholten’s recipe collection.

Trudy Schmieding

SALMON SPREAD

1 lb. salmon (poached or canned red salmon)  1 tsp. grated onion
8 oz. cream cheese  ⅛ tsp. horseradish
2 Tbsp. lemon juice  3 tsp. chopped parsley

In a bowl, mix the first 6 ingredients together. Pour in small crystal bowl; garnish with chopped parsley. Serve with crackers or cup of vegetables of your choice.

Anne Withrow
BARBECUED GROUND VENISON

1 lb. ground venison
1/2 medium onion, chopped
6 oz. chill sauce
6 oz. catsup
1 tsp. Worcestershire sauce
1/4 c. juice from hamburger pickle jar
salt and pepper to taste
1/4 tsp. celery salt
1/4 tsp. garlic powder
dash of cayenne pepper


Madeleine Rose

BARBECUED VENISON ROAST

venison roast
1 c. vinegar
2 c. water
4 strips bacon
salt and pepper to taste
fresh garlic cloves to taste
Barbecue Sauce (recipe below)

Place roast in large pot and cover with water and vinegar. Marinate for at least 3 hours. Turn occasionally. Remove meat and wash with cold water. Cut slits in meat and insert garlic slices. Top with bacon, salt and pepper. Cook 4 hours over low charcoal fire, basting with Barbecue Sauce.

Barbecue Sauce:

1 bottle catsup
1/2 bottle Worcestershire sauce
1/2 c. butter
4 Tbsp. brown sugar
1 onion, minced
1 Tbsp. Tabasco sauce
1 tsp. liquid smoke

Combine ingredients in saucepan and simmer 10 minutes.

JoAnn Ullery
**DEER SALAMI**

1/2 tsp. mustard seed  
2 tsp. dry mustard  
3 tsp. cracked pepper  
2 tsp. garlic salt  
1 tsp. onion salt  
3 tsp. liquid smoke  
3 tsp. Tender Quick salt  
1 tsp. MSG  
2 lb. deer burger

Combine all the seasonings in 1/2 cup water in a bowl. Add deer burger; mix well. Refrigerate for 3 days, stirring every 24 hours. Shape into two 2-inch rolls. Place in shallow baking dish. Bake at 175° for 8 hours, turning after 4 hours. Freezes well.  

*Anne Withrow*

**SWEDISH MEAT BALLS (VENISON)**

2 lb. ground venison  
1 lb. hamburger  
1 pkg. dry onion soup  
1 pkg. frozen spinach, thawed and squeezed dry  
1 (8 oz.) pkg. grated Cheddar cheese

Mix together and form into walnut size balls. Place on cookie sheet. Bake at 375° for about 10 minutes or until done. Freezes well. When ready to serve, combine cream of mushroom soup and sour cream for sauce.  

Regular meat balls are fixed the same except leave out spinach and cheese. Serve these with barbecue sauce.  

*Betty Arendsee*

**VENISON JERKY**

venison (any cut works well)  
soy sauce

Slice venison moderately thin. Mix manually with enough soy sauce to cover. Refrigerate several hours or overnight.  

Line cookie sheets with aluminum foil. Arrange marinated venison on foil in single layer. Dry in oven at 200° to 250°. Turn occasionally. Store in refrigerator or freezer.  

*Joye Ann Billow*
VENISON POT ROAST

- venison roast (frozen)
- 1 qt. water
- 1 pkg. Lipton dried onion soup mix
- 4 to 6 small potatoes, cut in half

Place frozen venison roast in roasting pan. Add water. Sprinkle dried onion soup mix over meat. Cover and bake at 325° for 2 hours. Add potatoes, carrots, onions and celery chunks. Adjust fluid level if needed. Bake 45 to 60 minutes more. Take out vegetables and meat. Thicken gravy with cornstarch or flour mixture.

Joye Ann Billow

VENISON ROAST

- 1 (5 lb.) venison roast
- salt and pepper to taste
- 2 tsp. seasoned salt
- 3 stalks celery
- 1 large onion, quartered
- 1 apple, quartered

You will need 1 oven cooking bag. Wipe and dry venison. Season venison with salt and pepper. Place in oven cooking bag. Add remaining ingredients except lettuce with 1 cup water. Marinate for 6 hours. Cover top of roast with lettuce. Seal and slit bag according to manufacturer's instructions. Bake at 250° for 2 ½ to 3 hours. This venison will not taste gamey!

Anne Withrow

VENISON ROAST WITH MADAGASCAR SAUCE

- sirloin tip roast of venison
- 1 box Knorr peppercorn sauce

Place the roast on a rack. Bake at 325° to an internal temperature of 150° (about medium-rare, if beef). Remove from oven; cover with aluminum foil and let rest at least 10 minutes. Prepare peppercorn sauce mix according to package directions and keep warm.

After resting, slice venison thinly and arrange on serving platter. Spoon Madagascar Sauce (peppercorn sauce) over venison and serve. (If serving dish is shallow, provide additional sauce in a gravy boat.)

Joye Ann Billow
WILD GAME

VENISON SALAMI

5 lb. ground venison 2 tsp. pepper
5 rounded tsp. Morton Tender 2 ½ tsp. garlic salt
Quick salt 1 tsp. hickory smoke salt
2 ½ tsp. mustard seed

Refrigerate mixture for three days, taking it out to remix it at least once a day. On the fourth day, shape the mixture into small loaves, about 2 ½-inches round or square by 6-inches long. Put on a cookie sheet and bake overnight, 10 hours, at 150°.

Barbara Adelaine

VENISON SALAMI BREAD

1 loaf frozen bread 1 egg
about 3 to 4 oz. venison salami, ½ to 1 tsp. oregano
sliced thin pinch of onion salt
8 oz. Cheddar cheese, grated

Beat together egg, oregano and onion salt. Roll dough into a rectangle form; spread half of egg mixture over dough. Spread salami slices over dough. Cover with cheese. Roll up jelly-roll fashion and form bread on greased cookie sheet. Spread with remaining egg mixture.

Let rise approximately 30 minutes. Bake at 350° for 30 to 40 minutes, until crust is light brown. Cool. Slice and enjoy.

Anne Withrow

VENISON STEW

1 onion, coarsely chopped 4 medium potatoes, cubed
2 Tbsp. shortening 5 medium carrots, sliced
salt and pepper to taste 4 stalks celery, chopped
all-purpose flour for coating ½ tsp. good beef bouillon
1 lb. venison, cut in bite size cubes

In a large stew pot, saute onions in shortening. Salt, pepper and flour meat; brown with onions until well seared. Add bouillon. Pour in enough water to cover plus two inches. Simmer approximately 1 ½ hours. Add potatoes, carrots and celery. Continue cooking until all vegetables are tender, approximately another hour. Total simmering time, 2 ½ hours.

Anne Withrow
VENISON VEGETABLE SOUP

1 lb. ground venison  
3 medium onions, chopped  
4 medium carrots, sliced  
3 to 4 stalks celery, chopped  
1 (16 oz.) can stewed tomatoes  
1/2 c. quick cooking barley  
1/2 c. rice  
1 tsp. beef bouillon  
1 tsp. salt  
pepper to taste

Saute ground venison in skillet until red is gone from meat; drain. Add vegetables and 1/4 cup water. Cook until tender. Add remaining ingredients with seven cups of water; mix well. Simmer 2 to 2 1/2 hours. A good winter hearty soup.

Anne Withrow

WALLEYE IN PARCHMENT

6 fish fillets  
3 medium carrots, cut in matchsticks  
3 green onions, very thinly sliced  
3 tsp. butter, melted  
salt to taste  
freshly ground black pepper

You will need 6 sheets of parchment paper, about 8-inches square.

Lay the fish in the middle of parchment. Brush each fillet with a teaspoon of butter. Salt and pepper to taste. Cover fillet with carrots, onion and celery. Wrap in parchment. Don’t wrap tightly around fish, but seal parchment tightly. Place in a 350° oven for 30 minutes. Serve in parchment; accompany with fresh lemon and tartar sauce. This produces a tender, flavorful steamed fish. Excellent.

Anne Withrow
WITHROW'S PICKLED FISH
(Perch or Northern)

vinegar
2 1/4 c. sugar
2 to 3 large onions, sliced thin

1 pkg. pickling spice
1 c. pickling salt

Make a brine of 1 cup pickling salt and 4 cups water. Be sure salt is well dissolved. Put in cut up fish so they are covered. Place in refrigerator 48 hours. Then rinse in cold water.

Cover fish with white vinegar and let stand for 24 hours.

Combine 1 quart vinegar, sugar, onion and pickling spice; bring to boil and cool slightly. Pour over fish; let it stand for 10 days. The longer it sets, the better it gets!

We eat about 2 to 3 gallons of these fish at our “Wild Game Dinner.”

Anne Withrow
Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.
ARTICHOKE SQUARES

(Appetizer)

3 (6 oz.) jars marinated artichoke hearts (in oil)
1 clove garlic, crushed
½ c. chopped onion
4 eggs
½ c. seasoned bread crumbs
½ lb. sharp Cheddar cheese, grated
2 Tbsp. minced fresh parsley
¼ tsp. salt
½ tsp. dried oregano
½ tsp. pepper
½ tsp. Tabasco sauce

Drain the oil from one jar of the artichokes into a skillet and gently heat the oil. Sauté the garlic and onion in the oil for 5 minutes and set aside. Drain the remaining artichoke hearts, discarding the oil. Chop hearts finely and set aside. Beat eggs in bowl until foamy and blend in the bread crumbs, cheese, parsley, oregano, salt, pepper and Tabasco. Add the chopped artichoke hearts to the egg mixture and stir to blend. Add the onions and garlic. Mix well and spoon into a greased 9 x 9-inch pan. Bake in 350° oven for 30 minutes. Cool and cut into squares.

Lynn Darnall

ASPARAGUS APPETIZER

1 lb. asparagus
2 Tbsp. olive oil
1 Tbsp. lemon juice
½ tsp. Dijon mustard
½ tsp. honey
salt
pepper
pimiento (optional)
fresh grated Parmesan or Romano cheese (optional)

Cut asparagus tips or trim to short spears. Blanch no more than 3 minutes. Chill in cold water and drain. Combine remaining ingredients for marinade. Whip with fork until creamy. Drizzle over blanched asparagus and let stand at least ½ hour. Arrange on serving dish. May garnish with pimiento and/or fresh grated Parmesan or Romano cheese.

Joye Ann Billow
APPETIZERS, RELISHES & PICKLES

BACON-WATER CHESTNUTS

1 lb. bacon  
2 cans whole water chestnuts  
½ c. catsup

The night before serving, wrap ½ piece of bacon around each nut. Use toothpicks to hold bacon on. Leave them. Bake at 350° for 25 minutes.

Combine catsup, sugar and lemon juice. Pour mixture over the baked chestnuts and let set overnight. (Drain the chestnuts and bacon before putting the sauce over them.) Forty five minutes before serving, bake at 350° for 45 minutes.

Rachel Paula

BACON WRAPPED WIENIES

pkg. Little Smokies (cocktail wieners)  
1 pkg. bacon (uncooked)  
brown sugar

You will need toothpicks.

Wrap each cocktail wiener in bacon and skewer with toothpick. (Should get 3 wieneres per strip of bacon, wrapped once.) After wieneres are wrapped, place all of them into a frypan. Cover completely with brown sugar (use lots!). Turn frypan to 375° and get the brown sugar to boil, then turn down and simmer for 1 hour, covered. Brown sugar will melt and form a thick sauce. Turn off and serve hot!

Cami Hogie

BEEF BALLS
(Hors d’Oeuvre)

1 (12 oz.) bottle chili sauce  
1 (18 oz.) jar grape jelly  
½ c. water  
1 ½ lb. ground chuck  
2 Tbsp. chopped parsley

½ tsp. salt  
¼ tsp. pepper  
1 tsp. prepared mustard  
2 tsp. chili powder  
1 clove garlic, finely chopped

Combine chili sauce, grape jelly and water in a saucepan. Heat, stirring until well blended. Set aside. Combine remaining ingredients in a small bowl. Mix well and shape into 1-inch balls. Place meat balls in jelly sauce and simmer until well done. Serve from a chafing dish or heated serving container. Makes 3 dozen.

Gail Dobbs Tidemann
APPETIZERS, RELISHES & PICKLES

CHILI APPETIZERS

2 (4 oz.) cans green chili peppers
3 c. shredded Monterey Jack cheese
1 1/2 c. shredded sharp Cheddar cheese
2 eggs
2 Tbsp. milk
1 Tbsp. flour

Cut peppers in strips. Lightly grease 9-inch square pan. Make layers of peppers, then cheese, starting and ending with cheese. Beat eggs, milk and flour together and pour over peppers and cheese. Bake at 375° for 1 hour or until firm. Cut into squares. Serve hot or cold. Better hot.

Barbara Adelaine

CRAB ARTICHOKE BAKE

13 1/2 oz. artichoke hearts
3 cloves garlic, minced
1 1/2 c. mayonnaise
1 1/2 tsp. Worcestershire sauce
1 c. Parmesan cheese, shredded
1/2 tsp. pepper
8 oz. crab meat (frozen)

Defrost and chop crab meat. Drain and chop artichoke hearts. Mix all ingredients. Place in baking pan. Bake at 350° for 25 minutes. Different spices can be added to give different flavors. Place mixture in prepared pastry shells or on crackers.

Madeleine Rose

CRAB BREAD APPETIZER

2 cartons Hy Vee imitation crab
10 oz. cream cheese
1 c. mayonnaise
garlic powder to taste
French loaf of bread
Cheez Whiz
paprika

Cut French loaf into slices 1/2-inch thick. Spread Cheez Whiz on slices. Mix crab, cream cheese, mayonnaise and garlic powder. Place crab mixture on top of bread. Sprinkle with paprika. Bake at 400° for 20 minutes.

Kristi Tietjen
CRAB DIP

1 pkg. imitation crab
8 oz. cream cheese
1 tsp. onion salt
2 c. Cheddar cheese

Chop crab and combine ingredients into shallow baking dish. Bake for 20 minutes at 350°. Serve with crackers.

Cami Hogle

CRAB-IN-A-TRENCH
(Bread Appetizer)

1 loaf French bread
8 oz. cheese spread
6 oz. crabmeat
mayonnaise to moisten
3 Tbsp. parsley

Preheat oven to 350°. Cut the loaf of French bread in half lengthwise. Remove some of the bread to make a shallow trench in each half. Cover each side with cheese spread. Add the mayonnaise to the crabmeat to moisten and spread over the cheese. Bake for 20 minutes or until bubbly. Sprinkle with chopped parsley. Cut into serving pieces and serve.

Lynn Darnall

CRAB TOASTIES

1/2 c. butter
1 jar Old English cheese
1 1/2 tsp. mayonnaise
1/2 tsp. seasoned salt
1 (7 oz.) can drained crab
5 English muffins

Cream butter. Add cheese, mayonnaise, salt and crab. Mix and spread on 5 split English muffins. Cut into fourths and freeze. Broil 10 to 12 minutes at 400° or bake 10 to 15 minutes at 350°.

Lisa Bender
APPETIZERS, RELISHES & PICKLES

CHEESE/BACON POTATO SKINS

8 large potatoes, baked
1 stick margarine or butter
1 ½ tsp. garlic salt or garlic powder
10 pieces bacon, fried
shredded Cheddar cheese
sour cream and chives topping

Half the baked potatoes the long way and scoop out the potato somewhat. Cut them one more time so there are 4 pieces. Melt the stick of butter or margarine and add the garlic salt or powder. Set aside. Cool the fried bacon and crumble. Brush the potato skins with the melted butter. Sprinkle with shredded Cheddar. Add the crumbled bacon. Bake skins at 450° for 20 minutes. Serve with sour cream and chives topping.

Doreen Gerwing

CHEESE BALLS

1 stick (Kraft) garlic cheese
1 stick (Kraft) smoked Cheddar (if can find, if not available, use more Cheddar)
4 oz. Blue cheese
1 (6 oz.) and 1 (3 oz.) cream cheese
1/2 lb. Cheddar cheese, grated
1/2 c. grated onion
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
1 c. ground nuts (walnuts)
1/4 c. chopped parsley

Have cheeses at room temperature. Mix together in mixer. Put 1/4 cup ground nuts in cheese. Leave in bowl (in fridge) overnight or for several hours. Form into balls and roll in nuts and parsley mixture (1/4 cup nuts and 1/2 cup chopped parsley).

Freezes good. Thaws at room temperature in 2 hours; in fridge in 8 hours. Makes several cheese balls, depending on size.

Jo Anne Reeves
CHEESE PUFS

2 large eggs
1 (3 oz.) pkg. cream cheese, softened
1/4 c. cottage cheese

4 oz. Feta cheese
1 (16 oz.) pkg. frozen phyllo pastry, thawed
unsalted butter, melted

Beat eggs at medium speed with an electric mixer 1 minute; beat in cheeses. Unfold phyllo and cover with a lightly damp towel to prevent pastry from drying out.

Place 1 phyllo sheet on a flat surface covered with wax paper; cut lengthwise into 3 (12 x 6-inch) strips. Brush 1 long side of each strip with butter; fold each strip in half lengthwise and brush with butter.

Place 1 teaspoon cheese mixture at base of each strip; fold right bottom corner over to form a triangle. Continue folding back and forth into a triangle, gently pressing corners together.

Place triangles, seam side down, on ungreased baking sheets and brush with butter. Repeat procedure with remaining phyllo sheets, cheese mixture and butter. Bake at 375° for 15 minutes or until golden. Yield: 5 1/4 dozen.

Note: Freeze unbaked pastries on baking sheets, if desired. Remove to airtight containers and freeze up to 2 weeks. Bake as directed without thawing.

Sherry DeBoer

GRILLED HORSERADISH MUSHROOMS

10 extra-large fresh mushrooms
1/2 c. fresh grated horseradish
1/2 tsp. finely grated lime peel
1/2 c. lime juice

1/2 c. olive oil
1/2 tsp. dried parsley flakes
1/4 tsp. salt
1/4 tsp. pepper

Cut stems off mushrooms. Discard stems. Wash and pat mushroom caps dry. Place in a plastic bag set in a deep bowl. In another bowl, combine the horseradish with remaining ingredients. Pour over mushrooms. Seal bag. Marinate for 20 minutes, turning bag once. Drain mushrooms, reserving marinade. Grill mushrooms directly over medium hot coals for about 10 minutes, turning and basting with marinade once. Makes 4 to 5 servings.

Sherry DeBoer
APPETIZERS, RELISHES & PICKLES

HOT MUSHROOM TURNOVERS

1 (8 oz.) pkg. cream cheese, softened
all-purpose flour
butter or margarine, softened
1/2 lb. mushrooms, minced
1 large onion, minced
1/4 c. sour cream
1 tsp. salt
1/4 tsp. thyme leaves
1 egg, beaten

About 2 hours before serving: In large bowl with mixer at medium speed, beat cream cheese, 1 1/2 cups flour and 1/2 cup butter or margarine until smooth; shape into ball. Wrap and refrigerate 1 hour.

Meanwhile, in 10-inch skillet over medium heat, in 3 tablespoons hot butter or margarine, cook mushrooms and onion until tender, stirring occasionally. Stir in sour cream, salt, thyme and 2 tablespoons flour; set aside. On floured surface with floured rolling pin, roll half of dough 1/8-inch thick. With floured 2 3/4-inch round cookie cutter, cut out as many circles as possible. Repeat. Preheat oven to 450°. Onto one half of each dough circle, place a teaspoon of mushroom mixture. Brush edges of circles with some egg; fold dough over filling. With fork, firmly press edges together to seal; prick tops. Place turnovers on ungreased cookie sheet; brush with remaining egg. Bake 12 to 14 minutes, until golden. Makes about 3 1/2 dozen.

Doreen Gerwing

RHUBARB APRICOT CHUTNEY

2 c. brown sugar
1/4 c. white vinegar
1/4 c. balsamic vinegar
5 c. rhubarb, chopped
peel of 1 lemon, chopped
1 tsp. cinnamon
2 Tbsp. fresh ginger, minced
1 Tbsp. rum
1 c. dried apricots, chopped
1/4 tsp. salt
1 c. pecans, chopped
1 large onion, chopped
1 Tbsp. butter
1/4 tsp. salt
1/2 tsp. sugar

Cook brown sugar, white vinegar and balsamic vinegar for 2 minutes in stainless steel pan. Add rhubarb, lemon peel, cinnamon and ginger; simmer about 30 minutes, until thickened. Add rum, apricots, 1/4 teaspoon salt and pecans and cook for 2 minutes more.

Caramelize onion in butter, 1/4 teaspoon salt and sugar until brown. Add to hot sauce.

Keeps well in the refrigerator. Serve warm or chilled.

Marilyn Swanson
APPETIZERS, RELISHES & PICKLES

GREEN CHILI SALSA

4 chopped green onions  
3 chopped tomatoes  
2 cans diced green chilies  
2 cans diced black olives

2 Tbsp. red wine vinegar  
1 Tbsp. salad oil  
salt and pepper to taste

Mix all ingredients and refrigerate overnight. Serve with your choice of plain nacho chips. Very refreshing salsa!

Mary McKinney

SAUSAGE AND BEEF APPETIZER

1 lb. mild sausage, browned and drained  
1 lb. ground beef, browned and drained  
1 lb. Velveeta, softened on low heat

½ tsp. salt  
½ tsp. onion powder  
½ tsp. garlic salt  
½ tsp. oregano

Combine all ingredients. Spread on party rye bread. If you want to freeze, put on cookie sheet and freeze. Then put in bags. To serve, heat under broiler 10 to 15 minutes.

Lynne Grabowska

SAUSAGE BALLS

1 lb. bulk breakfast sausage  
1 lb. Cheddar cheese, grated

3 c. Bisquick

Do not precook sausage. Mix all ingredients in large bowl. Best done by squeezing and kneading with hands. Roll 1-inch balls using palms of hands. Place balls on cookie sheets. Helps to use cooking spray on cookie sheets. Also helps to chill balls ½ hour. Bake at 375° (preheated) for 15 minutes or until getting brown.

Terrell Spence
APPETIZERS, RELISHES & PICKLES

SEAFOOD DIP

1 can crabmeat
1 can tiny shrimp
2 cans clams
12 oz. bottle catsup
1 c. chopped green onion
1 c. chopped celery
1 c. chopped green olives
12 oz. bottle cocktail sauce

Drain all seafood thoroughly. Mix seafood and vegetables thoroughly. Add catsup and cocktail sauce; mix thoroughly. Makes about 2 quarts. Serve with crackers or ripple potato chips. Refrigerate 5 hours before serving. May be frozen. Keeps well frozen.

Carol J. Peterson

SEAFOOD SUPER SPREAD

7 oz. can water-packed albacore tuna, shrimp or crabmeat, drained
1/2 c. sour cream
1/2 c. Pace picante sauce (medium)
7 oz. envelope Italian salad dressing mix
2 tsp. lemon juice
1 hard-cooked egg, finely chopped
1/4 c. ripe olives, sliced

Place seafood in a mixing bowl. Break up with a fork. Add remaining ingredients except olives; mix well and chill. Garnish with olives and additional picante sauce, if desired. Serve with crackers, chips or raw vegetables. Makes about 2 1/2 cups of dip.

Carolyn Cotton

SMOKED SALMON CHEESE BALL

1 (8 oz.) pkg. cream cheese (at room temperature)
1/2 c. grated Cheddar cheese
1/2 tsp. horseradish
1 tsp. Worcestershire sauce
1 tsp. lemon juice
5 oz. smoked salmon
1/2 c. ground pecans
additional chopped pecans

Mix cream cheese, Cheddar cheese, horseradish, Worcestershire sauce and lemon juice together. Flake smoked salmon; add salmon and ground pecans to mixture. Mix thoroughly. Place mixture on plastic wrap. Shape into a ball or place in a small round bowl. Refrigerate until ready to use. Remove plastic wrap; roll in chopped pecans. Serve with toasted bagel chips or hard rye bread. Serves 4 to 6 people as an hors d’oeuvre.

Cathene Voelzke
BROTHER DICK’S SMOKED SALMON

salmon fillet  
salt  
sugar  
dill  
liquid smoke  
brandy

Place salmon skin down on plastic wrap. Sprinkle top with dill. Coat evenly with liquid smoke. Coat ¼-inch deep with salt and sugar mixture (even parts). Dribble brandy over the top of the mixture. Wrap tightly with plastic wrap, then wrap with aluminum foil to seal tightly. Place in refrigerator for 2 days with weight on top. Remove and eat.

A good sauce to serve with the salmon is cream cheese, horseradish and enough milk to liquify.

Serve with capers, toast points and sauce and, of course, a good white wine. Bon appetit!

Anne Withrow

SPINACH DIP

1 (8 oz.) carton sour cream  
1 c. mayo  
1 c. chopped water chestnuts  
2 Tbsp. diced onion  
1 pkg. Knorr vegetable soup mix  
1 pkg. frozen spinach, chopped

Thaw spinach and squeeze out water. Mix all ingredients and chill. Serve in bread bowl with raw veggies.

Laurie Nichols
TACO DIP

8 oz. cream cheese  
1 pkg. taco seasoning

Toppings:
½ to 1 whole head lettuce, shredded  
8 oz. shredded Cheddar cheese
black olives, sliced

1 bottle Ortega taco sauce  
1 to 2 tomatoes, diced
½ chopped onion (optional)
jalapeño peppers (optional)

Combine softened cream cheese, taco seasoning and taco sauce; blend very well. Let sit in refrigerator overnight to blend flavors.

Spread mixture approximately ½-inch thick on 9 x 13 jelly roll pan or similar size platter. Top with shredded lettuce, followed by the rest of the toppings. Scoop up with your favorite nacho chip to eat.

Sharon Larson

TACO PLATE APPETIZER

1 can refried beans  
1 pkg. taco seasoning
1 c. sour cream  
1 green pepper, chopped
1 can chopped green chilies

1 bunch green onions, chopped  
½ c. ripe olives, sliced
2 tomatoes, diced  
2 c. shredded Cheddar cheese

Stir together refried beans and dry taco seasoning. Spread on plate. Cover with sour cream. Layer with remaining ingredients in order as listed above. Chill. Serve with your choice of taco chips.

Lynn Darnall
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### APPETIZERS, RELISHES & PICKLES

**--YOUR FAVORITE RECIPES--**

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Soups, Salads & Sauces
Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family’s well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as radicchio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes
- Sliced Hard-Cooked Eggs - remove yolks which are high in cholesterol
- Pimento
- Radishes
- Green Pepper
- Chicken
- Carrots
- Celery
- Tomatoes
- Cooked Beets
- Cauliflower
- Broccoli

Tips For Tossed Salads
- Wash greens, drain and dry well prior to storing.
- Tear greens instead of cutting to avoid bruising with a knife.
- Remove the waxy outer skin of cucumbers before slicing.
- Marinate tomato wedges separately in a vinaigrette; then add to salad.
- To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain no cholesterol!
CREAM OF ASPARAGUS SOUP

1/4 c. butter (1/2 stick) 2 garlic cloves, minced
2 1/2 lb. asparagus, trimmed and 1/3 c. chopped fresh parsley
coarsely chopped 3 c. chicken stock
1 large white potato (about 7 oz.), 1/2 c. whipping cream
peeled and cut into 1/2-inch
pieces

Melt butter in large saucepan over medium heat. Add asparagus, potato and garlic and sauté until vegetables begin to soften, about 8 minutes. Stir in parsley. Add stock and bring to boil. Reduce heat and simmer until vegetables are tender, about 30 minutes.

Working in batches, puree soup in blender until smooth; return to saucepan. Add cream; bring to simmer. Season to taste with salt and pepper.

Can be made 1 day ahead. Cover and refrigerate. Rewarm over low heat, stirring occasionally, before serving. Serves 4 to 6.

Anne Withrow

BEAN SOUP

2 c. navy beans or Northern beans
1 c. stewed tomatoes
1 large onion, cubed
4 carrots, diced
1 c. diced celery
1 tsp. salt, pepper,
Worcestershire sauce, dry mustard, bay leaf, parsley and basil
1 ham bone

Wash and pick over 2 cups navy or Northern beans. Soak overnight in water covering beans. Pour beans and water into large kettle. Add as much of the following as you like: onions, celery, carrots and stewed tomatoes. Season with salt, pepper, Worcestershire sauce, dry mustard, bay leaf, parsley and basil. Add ham bone. Bring to boil and then turn to simmer until beans and vegetables are cooked.

Melody Nelson
CHEESY CHOWDER

1 c. chopped potato  
½ c. chopped carrot  
½ c. chopped celery  
½ c. diced onion  
4 Tbsp. butter  
½ c. chopped green pepper  
1 Tbsp. snipped parsley  
3 c. chicken broth  
dash of white pepper  
2 c. milk  
½ c. flour  
3 c. American cheese (Velveeta works best)

In Dutch oven, cook potatoes, carrots, celery, onion and green peppers in butter until tender, but not brown. Add chicken broth and pepper. Cover and simmer 30 minutes. Blend together milk and flour; add cheese and parsley. Stir into chowder; cook and stir until thickened and bubbly. Makes 7 or 8 servings. If chowder becomes too thick, add milk to thin. If making for children, may add ½ to 1 package of sliced hot dogs.

Nelda Campbell Briggs

KARL RATZACH'S POTATO SOUP

4 Tbsp. bacon drippings  
1 onion, chopped  
1 bay leaf  
1 small leek, chopped  
3 Tbsp. flour  
2 qt. chicken stock  
2 large raw potatoes, diced  
2 dashes Worcestershire sauce  
1 dash Tabasco sauce  
salt and pepper to taste  
chives, chopped (optional)  
ham, diced (optional)

Saute onions and bay leaf in bacon drippings until the onion is transparent. Add leek and saute for another 2 minutes. Add flour and form a roux. Bring stock to boil, add to onion-leek mixture slowly while stirring. Cook until a smooth consistency is achieved. Add potatoes and cook until done. Just before soup is removed from heat, add Worcestershire and Tabasco sauces. Add salt and pepper to taste. Garnish with chopped chives and diced ham, if desired. Serves 6 to 8.

Dee Johnson
POTATO CHEESE SOUP

2 lb. potatoes
1 c. chopped celery
¼ c. chopped parsnips
1 c. chopped onions
1 c. chopped carrots
1 qt. chicken stock

¼ tsp. marjoram
½ tsp. seasoned salt
freshly ground pepper
½ lb. Cheddar cheese, cut into ¼-inch cubes

Cut the vegetables in 1 ½-inch pieces; place in saucepan. Cover with chicken stock. Add the marjoram, salt and pepper to taste and simmer until vegetables are cooked. Put all ingredients through blender or food processor. Return to saucepan and adjust seasonings. Bring to boil and add cheese cubes. Heat just until the cheese is melted, but not thoroughly mixed into the soup. Serves 4.

Cathrene Voelzke

TACO SOUP

1 lb. ground beef
½ onion
¼ tsp. salt
¼ tsp. pepper
3 c. water

2 (16 oz.) cans stewed tomatoes
2 (16 oz.) cans kidney beans
2 (8 oz.) cans tomato sauce
1 envelope taco seasoning

Toppings:
Fritos
shredded cheese
sour cream

Brown ground beef with chopped onion, salt and pepper. Add water, stewed tomatoes, kidney beans, tomato sauce and taco seasoning. Simmer 30 minutes, covered. You may also put in crock-pot and simmer for 3 to 4 hours. Top with Fritos, shredded cheese and sour cream.

Kristi Tietjen
SOUPS, SALADS & SAUCES

TURKEY SOUP

1 turkey carcass
4 to 5 stalks chopped celery
parsley flakes
1 can cream of celery soup

3 cans cream of chicken soup
1 pkg. frozen noodles (can use more noodles, if desired)

Cover turkey carcass with water (can use pan turkey was cooked in). Simmer 2 to 3 hours. Debone the turkey. Add soups to broth and meat from the turkey carcass. Add celery stalks. Simmer 3 to 4 hours. About 1 hour before serving, add noodles; simmer.

Jo Anne Reeves

WILD RICE SOUP

1/4 c. chopped onions
1 Tbsp. butter
2 to 3 Tbsp. flour
4 c. chicken stock

1 c. cooked wild rice
1/2 tsp. pepper
1 c. whipping cream
1/2 c. sherry

In a large saucepan, saute onion in butter until tender. Make roux by stirring in flour; cook and stir 2 to 3 minutes. Add stock; whisk in flour mixture until smooth. Heat to boiling; reduce heat and simmer 20 minutes. Add wild rice, pepper and cream; simmer. Add sherry and heat. Makes 6 cups.

An excellent soup for a cold, snowy night!

Anne Withrow

WILD RICE SOUP

1 c. wild rice
4 c. water
1 tsp. salt
1 (12 oz.) pkg. Jimmy Dean sausage
3 Tbsp. chopped onion

1 (10 oz.) can cream of potato soup
1 (14 oz.) can chicken broth
1 qt. half and half cream
12 oz. beer
1 c. shredded Cheddar cheese


Wonderful on a cold winter day. I often add 2 cups diced, cooked pheasant for a heartier meal.

Deb Dominiack
WILD RICE SOUP

9 strips bacon, fried and crumbled
1 medium onion
1 ½ c. cooked wild rice (½ c. uncooked)
1 pt. half and half
1 ⅔ c. milk
2 cans cream of potato soup
2 c. cubed Velveeta cheese


Brenda Bestland

FESTIVE APPLE SALAD
(Great With Holiday Dinners)

5 chopped, unpeeled red apples
1 can pineapple chunks, drained
1 c. sliced celery
1 c. raisins
¼ c. honey
½ c. nonfat salad dressing or mayonnaise
½ c. marshmallows

Combine apples, pineapple, celery, raisins, honey, salad dressing and marshmallows. Chill before serving.

Barbara Adelaine

BROCCOLI SALAD

1 head broccoli, cut up
½ lb. crisp bacon, chopped
½ c. white (golden) raisins
½ c. salted sunflower seeds (can replace with unsalted dry roasted peanuts)
½ c. red onion, chopped

Mix salad ingredients.

Dressing:
1 c. mayonnaise (lite works fine)
½ c. sugar
2 Tbsp. vinegar

Mix dressing and pour over salad when ready to serve.

Carol J. Peterson
SOUPS, SALADS & SAUCES

CAULIFLOWER SALAD

1 head cauliflower
1 bunch broccoli
1 lb. bacon
1 small onion
2 c. mayonnaise

¼ c. sugar
2 Tbsp. vinegar
¼ c. Parmesan cheese
8 oz. pkg. Mozzarella cheese, shredded

Break or cut the cauliflower and broccoli in bite-size pieces. Rinse or wash if fresh. Fry bacon and break into small pieces. Mince onion and mix with bacon pieces, cauliflower and broccoli. Combine the mayonnaise, sugar, vinegar, Parmesan cheese and Mozzarella cheese; then add to vegetable mixture shortly before serving.

JoAnn Ullery

CHICKEN PASTA SALAD

1 ½ c. uncooked farfelle (bow tie pasta)
¼ c. sun-dried tomatoes
¼ c. hot water
1 tsp. dried basil
¼ tsp. salt
¼ tsp. garlic powder
3 Tbsp. white wine vinegar

2 tsp. olive oil
½ tsp. hot sauce
vegetable cooking spray
1 ½ lb. chicken breast, cut into pieces
¾ c. coarsely chopped green pepper
1 Tbsp. grated Parmesan cheese

Cook pasta according to package directions; set aside. Combine tomato bits and water in a bowl; cover and let stand 10 minutes. Drain. Add basil and next 5 ingredients; stir well and set aside. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chicken; saute 5 minutes or until lightly browned. Add bell pepper; saute another 5 minutes or until chicken is done. Combine chicken mixture, pasta and tomato mixture in a large bowl; toss gently. Serve warm. Yield: 6 servings (about 234 calories per serving).

Note: To make Chicken-Pesto Pasta, omit basil, garlic powder and oil and add 1 to 2 tablespoons of pesto to taste.

Joanie Holm
CRANBERRY SALAD

1 lb. cranberries
2 c. sugar
1 lb. small marshmallows
1 medium can crushed pineapple
1 pt. whipped cream

Clean cranberries and put through food grinder. Add sugar, marshmallows and pineapple. Let set for 3 to 4 hours at room temperature. Fold in 1 pint whipped cream. Freeze in shallow serving dish.

Connie Burdick

FROG EYE SALAD

1 c. sugar
2 Tbsp. flour
2 ½ tsp. salt
1 ¾ c. pineapple juice
2 eggs, beaten
1 Tbsp. lemon juice
3 qt. water
1 Tbsp. cooking oil
1 (16 oz.) pkg. acini de pepe pasta
3 (11 oz.) cans mandarin oranges, drained
2 (20 oz.) cans pineapple chunks, drained
1 (20 oz.) can crushed pineapple, drained
1 (8 oz.) carton nondairy whipped topping
1 c. miniature marshmallows (optional)
1 c. coconut (optional)
1 c. chopped walnuts or pecans (optional)
1 can lemon pie filling (optional)

Combine sugar, flour and ½ teaspoon salt. Gradually stir in pineapple juice and eggs. Cook over moderate heat, stirring until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, remaining two teaspoons salt and oil to boil. Add acini de pepe pasta. Cook at rolling boil until pasta is done. Drain; rinse with water. Drain again and cool to room temperature. Combine egg mixture and pasta. Mix lightly, but thoroughly. Add remaining ingredients and mix. Refrigerate until chilled in airtight container. Salad may be refrigerated for as long as a week in airtight container. It also may be frozen, though freezing somewhat alters the texture. Makes 25 servings.

Carol J. Peterson
SOUPS, SALADS & SAUCES

FROZEN FRUIT MEDLEY SALAD

1 (3 oz.) pkg. strawberry Jell-O
1 c. boiling water
1 (8 ¾ oz.) can pineapple tidbits
¼ c. lemon juice
1 small container whipped topping

½ c. mayonnaise
1 medium banana, diced
½ c. seedless grapes
¼ c. maraschino cherries
½ c. chopped nuts (optional)

Note: Can use a can of fruit cocktail rather than the grapes, cherries and pineapple.

Dissolve Jell-O in boiling water. Drain fruit using ½ cup juice. Mix with lemon juice. Chill until slightly thickened. Mix whipped topping with mayonnaise, fruit and nuts; blend with slightly thickened gelatin. Freeze. Set out until it can be sliced. Serve cut in slices.

Jo Anne Reeves

GRAPE MELLO SALAD

2 eggs, beaten
½ c. sugar
2 Tbsp. lemon juice
1 c. heavy whipping cream, whipped

1 c. pineapple tidbits, drained
1 c. seeded Tokay grapes
2 c. bite-sized marshmallows
¼ c. nuts, chopped

Mix eggs, sugar and lemon juice. Cook in a double boiler until thick. Cool. Gently fold in whipped cream. Add remainder of ingredients. Chill 6 hours or overnight.

Carolyn Cotton

GREEN PEA SALAD

1 pkg. frozen peas
2 c. celery, chopped
1 Tbsp. onion, minced

6 slices bacon, fried crisp and crumbled
1 c. sour cream
2 ½ to 3 oz. cashews, chopped

Mix all ingredients together. Peas thaw in salad as mixed. Serves 8.

To serve 14 to 16, use 2 packages peas and 1 ½ cups sour cream. Put cashews in salad about ½ hour before serving. Put in glass or crystal bowl and decorate with parsley sprigs.

Trudy Schmieding
ITALIAN ZESTY LINGUINE SALAD

1 pkg. linguine noodles
1 pkg. pepperoni, sliced
1 small can sliced black olives
1 small bottle Zesty Italian dressing
2 c. finely shredded Cheddar cheese
1/2 c. Ranch dressing
1 green or 1 red pepper, chopped
or 1/2 of each
1/2 pkg. pepperoni, sliced
1 small bottle Zesty Italian dressing

Cook linguine noodles until just about done. Rinse with cold water and drain well. Add olives, peppers, cheese and meat. Mix about 1 whole small bottle of Zesty Italian dressing with 1/2 cup of Ranch dressing. Add to noodle mixture. Mix together good, works best to use your hands to mix. Refrigerate before serving.

May need to add a little more Italian dressing at serving time.

Melody Nelson

JO ANN’S SPECIAL SALAD

1/2 c. granulated sugar
1 c. vegetable oil
2 tsp. celery seed
1 c. halved grapes
1 tsp. dry mustard
4 c. torn lettuce
1 tsp. salt
1 chopped apple
3 Tbsp. minced onion
1/2 c. chopped celery
1/3 c. vinegar
1/2 c. chopped walnuts
1/2 c. cretonns
1/2 c. crumbled Bleu cheese

Combine sugar, celery seed, dry mustard, salt, onion, vinegar and oil. Combine rest of ingredients in a separate bowl. Toss with dressing and top with croutons before serving.

JoAnn Ullery

LINDA TEMPEL’S POTATO SALAD

6 c. cooked potatoes (about 8 medium cut)
1 Tbsp. mustard
3 c. hard-boiled eggs (about 8 eggs)
1 Tbsp. onion flakes
2 1/2 to 3 c. Miracle Whip or mayonnaise
1 tsp. salt
3 Tbsp. pickles, cut finely
1/2 tsp. pepper

Mix dressing together in a large bowl. Add chopped eggs and potatoes. Chill.

JoAnn Ullery
MAGGIE MEHRENBERG’S REAL GERMAN POTATO SALAD*

5 lb. red potatoes
12 to 16 oz. bacon (with plenty of fat)
2 large onions, chopped
1 c. celery, chopped
1 c. vinegar
1 c. water

2 c. white sugar
4 beaten eggs
1 to 2 Tbsp. salt (I prefer the light side here)
2 tsp. dry mustard (I prefer Colman’s)
pepper to taste

Toss the spuds (not peeled) in boiling water. After the spuds are cooked, drain and set out to cool. I pull off the skin and cut the spuds as I am working on the sauce. Slice the bacon, then fry it up. Add chopped onions and celery. Sauté with bacon until onions are translucent. (I like to add celery last so it stays a little crunchy.) Don’t drain any of the bacon fat off.

Add sugar, vinegar, water, salt and mustard. I add a little pepper now (freshly ground only). Cook on medium heat until the sugar dissolves. It’s okay if it boils. Beat the eggs in a pint-sized bowl. While whisking, slowly add a cup of the hot mixture. Then, while whisking the sauce, slowly add the egg mixture. Basically, the object here is to NOT curdle the eggs as you add it to the sauce. Pour sauce over the spuds and stir gently.

I like to serve it right away! Some people garnish with sliced, boiled eggs (but they aren’t German!). I sometimes garnish with sprigs of fresh parsley.

*This recipe is from my maternal grandmother, Margaret Mehrenberg (she was NEVER called Maggie!). She passed this recipe to my mother. I added the approximate measures by standing around with cups and spoons as my mother was making the stuff. Neither of them would approve. Real German cooks just toss in the ingredients until it’s right.

Betsy Berkstresser Draper
MEXICAN SALAD

1 layer kidney beans
1 layer green or red onion, finely sliced and ringed
4 c. shredded lettuce

Dressing:
2 layer avocado, mashed
½ c. sour cream
2 Tbsp. minced onions

2 large tomatoes, diced
2 Tbsp. chopped jalapeños
½ c. sliced olive

¾ tsp. salt
juice of ½ medium lemon

Make salad in the a.m. Cover and refrigerate 5 to 6 hours. Pour dressing over top. Sit 10 minutes. Sprinkle ½ cup Cheddar cheese around edge and ½ cup crushed Doritos on edge.

NAPA CABBAGE SALAD

1 head nappa cabbage, chopped
1 bunch green onions, chopped
2 oz. toasted almonds

1 oz. sesame seeds
1 pkg. uncooked Ramen noodles, broken up (chicken flavor)

Toss together salad ingredients.

Dressing:
¾ c. oil
6 Tbsp. rice vinegar

½ tsp. black pepper
3 to 4 Tbsp. sugar

Mix dressing ingredients. Pour over salad just before serving.

POPCORN SALAD

1 c. chopped celery
1 c. chopped onions
1 c. shredded Cheddar cheese
⅓ lb. cooked and crumbled bacon

1 (8 oz.) can sliced water chestnuts
1 ½ c. mayo (not Miracle Whip)
⅓ c. sugar
6 to 8 c. popcorn

Mix all together except bacon and popcorn. Refrigerate overnight. Just before serving, stir in 6 to 8 cups of popcorn. Top with bacon.

Lynn Verschoor
Carolyn Cotton
Lisa Bender
RASPBERRY-LEMONADE SALAD

1 (6 oz.) pkg. raspberry jello
1 c. boiling water
1 (10 oz.) pkg. frozen raspberries
1 (6 oz.) can frozen lemonade
(undiluted)
1 c. whipped cream or Cool Whip
(Cool Whip works well)


Trudy Schmieding

SARAH WESE’S MANDARIN SALAD

Dressing:

1/4 c. vegetable oil
2 Tbsp. raspberry or red wine vinegar

Salad:

1/4 c. soy nuts
1 Tbsp. sugar
1 bag prepared salad
1 can mandarin oranges


Madeleine Rose

7-LAYER SALAD

1 head lettuce, torn in bite size pieces
1/2 c. diced green pepper
1/2 c. diced celery
1 onion, diced
1 (10 oz.) pkg. frozen peas, thawed

1 1/2 c. mayonnaise
2 Tbsp. sugar
1 c. shredded Cheddar cheese
6 to 8 slices bacon, fried crisp and crumbled

In a large bowl, layer ingredients in order given. Do not mix. Cover bowl tightly with plastic wrap or lid. Refrigerate overnight. Toss just before serving, mixing ingredients well.

Janet Meyer
SOUPS, SALADS & SAUCES

SPRING SALAD

21 oz. shell macaroni
2 carrots, shredded
radishes
onion
diced green peppers
diced celery
sliced cucumber

Dressing:
1 can sweetened condensed milk
1 c. sugar
1 c. white vinegar
2 c. Kraft mayonnaise

Cook shell macaroni according to directions. Cool. Prepare vegetables (suit quantity to taste, i.e., 1 cup radish, 1 large cucumber, 1 large pepper, 2 cups celery and 3/4 cup diced onion).

Mix dressing ingredients. Combine macaroni, vegetables and dressing. Best if prepared day before serving. Keep refrigerated. Keeps several days.

Doris Schumacher

STRAWBERRY SPINACH SALAD

2 bunches spinach, washed and torn
1 pt. strawberries, washed, hulled and halved
1 c. fresh bean sprouts
1 c. seedless grapes, halved

Dressing:
1/2 c. honey
2 Tbsp. sesame seeds
1 Tbsp. poppy seed
1 Tbsp. Worcestershire
1/4 tsp. paprika
1/4 c. vegetable oil
1/4 c. cider vinegar

In a blender, mix honey, sesame seeds, poppy seeds, onion, Worcestershire and paprika until well blended. Add oil and vinegar and blend well. Pour dressing over spinach and strawberries. Serves 8.

A very pretty salad!

Deb Dominiack
SOUPS, SALADS & SAUCES

SWEET AND SOUR SALAD

1 head iceberg lettuce
1 large or 2 small avocados, diced
1 apple, cored, peeled and diced
lemon juice
1 small purple onion, finely diced
14 oz. can artichokes, drained and quartered
6 oz. can pitted black olives, drained and halved
15 oz. can pineapple chunks in natural juice, drained (reserve juice)
16 oz. can mandarin oranges in light syrup, drained (reserve juice)
8 oz. pkg. burnt peanuts

Tear lettuce into bite-sized pieces. Sprinkle avocado and apple with a little lemon juice. In a large salad bowl, combine lettuce, onion, artichokes, olives, avocado, apple, pineapple chunks, oranges and peanuts.

Dressing:

16 oz. can whole berry cranberry sauce
1 bottle sweet-sour salad dressing (about 8 oz.)

Combine dressing ingredients. Break up cranberry sauce to mix well. Just before serving, toss salad with dressing. Avoid using too much dressing so salad is not too moist. Serves 8 to 10.

Carol J. Peterson

TABBOULEH

1 c. cracked wheat (bulghur)
1/2 c. olive oil
1/2 c. lemon juice
1 c. finely chopped green onion
1 c. chopped celery
1 c. chopped parsley
1 c. fresh mint or 2 Tbsp. dried mint
3 tomatoes, chopped
2 cucumbers, peeled, seeded and chopped
2 tsp. salt
2 tsp. grindings pepper

Soak the bulghur in warm water for 5 minutes and drain. Place the bulghur in a 2-quart bowl. Beat the oil and lemon juice in a cup and pour over the bulghur. Layer each vegetable, in the order listed above, over the bulghur. Sprinkle with salt and pepper. Cover and refrigerate 4 to 24 hours. Toss the salad just before serving.

Phyllis Swiden
TACO SALAD

1 (8 oz.) pkg. spiral macaroni
1 lb. lean ground beef
2 (15 oz.) cans dark red kidney beans
3 tomatoes
1 (1 qt.) bottle Western dressing
1 (1 lb.) bottle medium taco sauce
1 (4 c.) bag shredded Cheddar cheese
1 (9 oz.) bag Doritos (Cooler Ranch flavor)

Brown the ground beef and drain. Cook the spiral macaroni according to package directions; drain and rinse in cool water. Drain the kidney beans. Cut up the tomatoes. Combine the ground beef, macaroni, tomatoes, cheese, ½ bottle of Western dressing and ½ of the taco sauce. The above ingredients can be combined and refrigerated overnight for added flavor.

Just before serving, crush the chips, add to the above mixture along with the rest of the Western dressing and taco sauce.

A cut up head of lettuce can be substituted for the macaroni. However, do not add the lettuce until just before serving, when you add the chips.

Georgianna Persa

GREEK TOMATOES
(Salad)

2 ½ lb. tomatoes, thinly sliced
dried oregano leaves
1 red onion, sliced
½ c. olive oil
2 ¼ oz. can pitted and sliced ripe olives, drained
2 Tbsp. cider vinegar
¼ to ½ lb. Feta cheese, crumbled
¼ c. red wine vinegar

In a 9 x 13 glass dish, layer tomatoes, onion and olives. Sprinkle with cheese and oregano. In a small bowl, combine oil and vinegars; pour over tomato mixture. Cover; refrigerate several hours to blend flavors.

A good way when you have lots of garden tomatoes to use.

Anne Withrow
VEGETABLE SALAD

1 head broccoli (pieces)    2 c. Miracle Whip
1 head cauliflower (pieces)    2 Tbsp. vinegar
¼ onion    ¼ c. sugar
8 oz. Mozzarella cheese    ¼ c. grated Parmesan cheese
1 lb. bacon, fried and broken into pieces    ¼ tsp. salt

Mix ingredients and chill.

Cami Hogle

WARM SALAD OF PORK AND BLACK-EYED PEAS

1 (10 oz.) pkg. frozen or 1 (15 oz.) can black-eyed peas, drained
½ c. Italian salad dressing
¼ c. sliced green onions
¼ c. sliced fresh mushrooms
¼ c. sliced celery
2 Tbsp. chopped pimiento
2 Tbsp. sliced, pitted ripe olives
2 cloves garlic, minced
½ lb. pork tenderloin, cut into thin strips
spinach leaves (optional)

If using frozen peas, cook according to package directions; drain. In a medium mixing bowl, combine the drained peas, salad dressing, green onions, mushrooms, celery, pimiento and olives; set aside. Spray large skillet with cooking spray coating. Heat over medium-high heat, then stir-fry garlic for 30 seconds. Add pork; stir-fry for 2 to 3 minutes or until no pink remains. Remove from heat. Add vegetable mixture to pork in skillet; mix well. Serve immediately on spinach lined plates. Makes 3 main dish servings.

Nutrition Information Per Serving: 244 cal, 25 g pro., 26 g carbo., 5 g fat, 53 mg chol., 538 mg sodium, 873 mg potassium and 13 g dietary fiber.

Alternative: Salad is great without the pork, too.

Joanie Holm
HONEY-CELER Y SEED SAL AD DRESSING

3/4 c. salad oil
2 Tbsp. cider vinegar
2 Tbsp. lemon juice
1 tsp. salt
1/2 tsp. paprika
1/2 c. honey
3/4 tsp. celery seed
1/2 tsp. grated lemon rind
(optional)

Combine all ingredients in blender or jar. Blend or shake until thoroughly mixed. Chill. Shake before using.

For best flavor, make dressing at least one day before using.

Terrell Spence
## SOUPS, SALADS & SAUCES

---YOUR FAVORITE RECIPES---

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<th>Page Number</th>
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<th>Recipe</th>
<th>Page Number</th>
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SOUPS, SALADS & SAUCES

---YOUR FAVORITE RECIPES---
Meats & Main Dishes
## Meat Cooking Chart

<table>
<thead>
<tr>
<th>Roasting</th>
<th>Weight</th>
<th>Minutes Per lb.</th>
<th>Oven Temp.</th>
<th>Internal Temp.</th>
</tr>
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<tbody>
<tr>
<td><strong>FRESH PORK</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Rib and loin</td>
<td>3-7 lb.</td>
<td>30-40</td>
<td>325 F</td>
<td>175 F</td>
</tr>
<tr>
<td>Leg</td>
<td>5 lb.</td>
<td>25-30</td>
<td>325 F</td>
<td>170 F</td>
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<tr>
<td>Picnic shoulder</td>
<td>5-10 lb.</td>
<td>40</td>
<td>325 F</td>
<td>175 F</td>
</tr>
<tr>
<td>Shoulder, butt</td>
<td>3-10 lb.</td>
<td>40-50</td>
<td>325 F</td>
<td>170 F</td>
</tr>
<tr>
<td>Boned and rolled</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder</td>
<td>3-6 lb.</td>
<td>60</td>
<td>325 F</td>
<td>170 F</td>
</tr>
<tr>
<td><strong>BEEF</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Standing ribs</td>
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<td></td>
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<tr>
<td>- rare</td>
<td>3-7 lb.</td>
<td>25</td>
<td>325 F</td>
<td>135 F</td>
</tr>
<tr>
<td>- medium</td>
<td>3-7 lb.</td>
<td>30</td>
<td>325 F</td>
<td>165 F</td>
</tr>
<tr>
<td>- well done</td>
<td>3-7 lb.</td>
<td>35</td>
<td>325 F</td>
<td>170 F</td>
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<tr>
<td><strong>LAMB</strong></td>
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<td>190 F</td>
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<tr>
<td>Shoulder - boned and rolled</td>
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<td>40</td>
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<td>182 F</td>
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<tr>
<td>Leg- medium</td>
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<td>175 F</td>
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<tr>
<td>Leg - well done</td>
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<td>40-50</td>
<td>325 F</td>
<td>182 F</td>
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<td>Crown- well done</td>
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<td>40-50</td>
<td>325 F</td>
<td>182 F</td>
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<td><strong>SMOKED PORK</strong></td>
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<tr>
<td>Shoulder and picnic hams</td>
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<td>30-40</td>
<td>325 F</td>
<td>170 F</td>
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<tr>
<td>Boneless butt</td>
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<td></td>
<td></td>
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<tr>
<td>2 lb.</td>
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<td>325 F</td>
<td>180 F</td>
<td></td>
</tr>
<tr>
<td>4 lb.</td>
<td>25</td>
<td>325 F</td>
<td>170 F</td>
<td></td>
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<tr>
<td>Ham</td>
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<td>16-18</td>
<td>325 F</td>
<td>170 F</td>
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<tr>
<td>Under 10 lb.</td>
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<tr>
<td>Half Hams</td>
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<td>325 F</td>
<td>170 F</td>
<td></td>
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<tr>
<td><strong>VEAL</strong></td>
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<tr>
<td>Loin</td>
<td>4-6 lb.</td>
<td>35</td>
<td>325 F</td>
<td>175 F</td>
</tr>
<tr>
<td>Leg</td>
<td>5-10 lb.</td>
<td>35</td>
<td>325 F</td>
<td>175 F</td>
</tr>
<tr>
<td>Boneless shoulder</td>
<td>4-10 lb.</td>
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<td>325 F</td>
<td>175 F</td>
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<tr>
<td><strong>POULTRY</strong></td>
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<td>325 F</td>
<td>170 F</td>
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<tr>
<td>Stuffed</td>
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<td>30</td>
<td>325 F</td>
<td>170 F</td>
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<tr>
<td>Turkey</td>
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<td>325 F</td>
<td>175 F</td>
</tr>
<tr>
<td></td>
<td>18-20 lb.</td>
<td>14</td>
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<td>175 F</td>
</tr>
<tr>
<td>Duck</td>
<td>5-10 lb.</td>
<td>30</td>
<td>325 F</td>
<td>175 F</td>
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</tbody>
</table>

For rolled and boned roasts, increase cooking time 5 to 12 minutes.
MEATS & MAIN DISHES

ARTICHOKE PIZZA

Crust:
2 pkg. crescent rolls

Topping:
1 can artichokes ½ c. Parmesan cheese, shredded
½ c. Valley Ranch dressing 1 c. Mozzarella cheese, shredded

Crust: Pat crescent dough into jelly roll pan. Bake at 375° for 10 to 15 minutes, until brown.
Topping: Mix artichokes, dressing, Parmesan cheese and Mozzarella cheese. Spread over crust and bake until bubbly.

Sherry DeBoer

BEEF ROAST

rump roast 1 pkg. Good Seasons no oil
1 can beef broth Italian salad dressing mix
1 pkg. au jus mix

Put in slow cooker all day or overnight on low. Then slice and put back in cooker (3 hours before serving). Add beef broth, au jus mix and salad dressing mix. Finish cooking for 3 hours.

Lisa Bender

CAVATINI

1 lb. hamburger, browned and 32 oz. spaghetti sauce
drained (add salt, pepper and 1 ½ c. curly noodles
onion salt) 1 ½ c. rigatoni noodles
½ lb. pepperoni 2 (8 oz.) Mozzarella cheese
4 oz. mushrooms, drained

Add pepperoni, mushrooms and spaghetti sauce to hamburger. Cook noodles. Drain noodles and add to hamburger mixture. Add 8 ounces Mozzarella cheese. Put in a 9 x 13 pan. Bake 35 to 40 minutes at 375° (covered). Take out and add 8 ounces Mozzarella on top. Bake 15 minutes, uncovered.

Cami Hogle
MEATS & MAIN DISHES

GRANDMA'S CASSEROLE  
(Beef)

8 oz. uncooked noodles  
½ lb. hamburger  
1 (32 oz.) jar spaghetti sauce  
2 c. water  
1 Tbsp. sugar  
1 finely chopped onion

Spread the uncooked noodles in bottom of a 9 x 13-inch greased pan. Brown the hamburger and spread over noodles. Mix the remaining ingredients in 1 ½ to 2-quart saucepan and simmer 5 minutes; pour over hamburger and noodles. Cover this with 8 ounces shredded Mozzarella cheese. Cover pan tightly with aluminum foil and bake approximately 1 hour at 350°.

Sherry DeBoer

HAMBURGER CASSEROLE

3 lb. ground beef  
1 large onion  
1 large pkg. cream cheese  
¼ c. ketchup  
½ c. milk  
½ c. chopped stuffed olives, rinsed  
1 can biscuits  
1 can mushroom soup

Brown and drain the ground beef and onion. In a large bowl, mix ground beef/onion and all remaining ingredients. Pour into casserole dish and bake at 350° for 30 minutes. Top with 1 can of biscuits and bake 15 minutes more at 375°.

Note: Pre-baking biscuits until slightly firm, not brown, before putting on top helps maintain firmness of biscuits.

Terrell Spence
MOLE DE OLLA
(Bean)

2 lb. beef stew meat, cut in
1-inch pieces
2 Tbsp. cooking oil
3 c. water
¼ c. snipped parsley
2 tsp. salt
½ tsp. pepper
2 dried ancho chilies
2 dried pasilla chilies
1 (16 oz.) can tomatoes
1 medium onion, cut up
½ c. water
2 Tbsp. sesame seed
2 cloves garlic
1 tsp. instant beef bouillon
granules
½ tsp. ground cumin
2 medium zucchini or summer
squash, cut up
3 small potatoes, peeled and
quartered
2 ears corn, cut in 1-inch pieces

In Dutch oven, brown meat in hot oil. Add 3 cups water, parsley,
salt and pepper. Cover; simmer 1 ½ hours. Cut ancho and pasilla
chilies open. Discard stems and seeds. Cut chilies into small pieces
with knife. Place in a bowl; cover with boiling water and let stand 45
to 60 minutes. Drain.

In blender container, place undrained tomatoes, drained chilies
or crushed red pepper, onion, the ½ cup water, sesame seed, garlic,
bouillon granules and cumin; blend until nearly smooth. Add to beef
mixture along with squash, potatoes and corn. Cover and simmer 25
to 30 minutes or until meat is tender and veggies are done. Makes 8
to 10 servings.

Lynn Verschoor
MEATS & MAIN DISHES

SWEDISH FILLED CABBAGE ROLLS
(Kaldorlmor)

2 large heads cabbage

Cut the cores out of the cabbage heads. Cook in boiling water (salted) for 5 minutes. Drain and separate leaves. These will cook just enough so leaves can come away loosely. Separate leaves using largest ones. You will need 30 leaves.

Filling:

1/4 c. rice 1 egg, slightly beaten
1 c. water 1/2 c. cream or canned milk
1 c. milk 2 tsp. salt
1/2 lb. hamburger 1/4 tsp. white or black pepper
1/4 lb. pork sausage (mild)

Boil 1 cup water and add rice immediately. Simmer until the water disappears. Add 1 cup milk and simmer 1/2 hour, stirring occasionally. Cool and mix with meat, egg and seasonings. Put 1 to 2 tablespoons in center of each leaf. Fold over into a bundle (sides overlap, then ends); you may fasten with a toothpick.

To Fry:

2 Tbsp. margarine 2 c. hot beef bouillon
1 Tbsp. brown sugar

Brown rolls in margarine on all sides. Place in Dutch oven, large stove type pans or electric skillet on low. Sprinkle with brown sugar and pour heated bouillon over rolls. Simmer 1 1/4 hours in single layer.

Gravy:

1 1/2 Tbsp. flour salt and pepper to taste
1/2 c. cream or canned milk

To pan juices, add mixture of flour and cream. Simmer 10 minutes.

Janet Meyer
MEATS & MAIN DISHES

BARBECUED CHICKEN

2 lb. chicken parts
2 Tbsp. oil or shortening
1 c. tomato soup
1/2 c. each chopped onion and celery
1 small clove garlic, minced
2 Tbsp. lemon juice
2 to 4 drops Tabasco sauce
2 Tbsp. brown sugar
2 Tbsp. Worcestershire sauce
2 tsp. prepared mustard

In skillet, brown chicken in oil or shortening. Stir in remaining ingredients. Cover; simmer 45 minutes or until chicken is tender, stirring now and then.

Jo Anne Reeves

CASHEW CHICKEN

1 chicken breast, boned and cut into 1-inch slices

Marinade:
1/4 tsp. salt
1/4 tsp. Accent
sprinkle of pepper
1 Tbsp. sherry cooking wine
2 tsp. cornstarch
1 Tbsp. sesame oil
3 stalks green onions, chopped
1/2 c. cashews

Heat skillet with 4 tablespoons oil. Stir-fry green onion first, then chicken until white; remove. Use same skillet, stir-fry cashews with 1 tablespoon oil for 2 to 3 minutes; remove. Use same skillet with 2 tablespoons oil to stir-fry green peas; season with salt and pepper. If skillet is too sticky, pour in 2 to 3 tablespoons water or broth and cook until peas are done. Put back chicken and cashews to skillet and mix for 2 minutes; remove to serve.

Laurie Nichols
MEATS & MAIN DISHES

CHICKEN WITH PARSLEY BUTTER

3 garlic cloves, minced
1 small bunch parsley, minced
6 chicken legs or breasts
2 Tbsp. olive oil
2 tsp. fresh thyme leaves

6 tomatoes
12 oz. yellow corn
¾ c. butter
salt and pepper

Preheat oven to 475°. Mix garlic with half of the parsley; reserve. Place chicken in a baking dish; drizzle 1 tablespoon olive oil over it and sprinkle with thyme. Bake 15 minutes; turn and continue baking 15 more minutes or until tender. Cover and reserve. Half and seed tomatoes. Heat remaining oil in a skillet over low heat. Add tomatoes, cut side down; cook for 5 minutes. Turn and fill the halves with the garlic mixture; cook until tender. Warm the corn over low heat with ¼ cup butter. Whisk remaining parsley into ½ cup of melted butter. Season with salt and pepper. Remove chicken to plates and surround with greens, corn and tomatoes. Spoon some parsley butter over chicken and serve immediately. (Serves approximately 6.)

Lisa Rupp

CHICKEN SOUFFLÉ

½ lb. mushrooms
¼ c. butter
8 to 9 slices white bread, crust removed
4 c. cooked chicken
1 can water chestnuts, sliced and drained
½ c. mayonnaise

8 oz. Cheddar cheese, shredded
4 eggs, beaten
2 c. milk
1 tsp. salt
1 can celery soup
1 can chicken soup
1 can mushroom soup
1 small jar pimientos

Saute mushrooms in ¼ cup butter. Line a 9 x 13 casserole with buttered bread. Layer mushrooms, chicken, chestnuts and cheese. Dot with mayonnaise. Combine beaten eggs, milk and 1 teaspoon salt; pour over all. Mix celery soup, cream of chicken and mushroom soups. Add pimientos. Cover and refrigerate overnight. Bake at 350° for 1 ½ hours. The last 15 minutes, sprinkle with buttered bread crumbs.

A good party dish.

Anne Withrow
ANN'S CREAMY BAKED CHICKEN

4 whole chicken breasts, split, skinned and boned
8 (4 x 4) sliced Swiss cheese
1 (10 oz.) can cream of chicken soup
¼ c. dry white wine
1 c. herb seasoned stuffing mix, crushed
1 c. melted margarine

Arrange chicken in a lightly greased 13 x 9 x 2 baking dish. Top with cheese. Combine soup and wine, stirring well. Spoon sauce over chicken and sprinkle with stuffing mix. Drizzle with butter. Bake at 340° for 45 to 55 minutes.

Barbara Adelaine

CHICKEN-BROCCOLI CASSEROLE

2 (10 oz.) pkg. frozen broccoli
2 c. sliced, cooked chicken
1 can cream of chicken soup
1 can cheese soup
1 c. sour cream
1 tsp. lemon juice
½ c. shredded sharp cheese (Cheddar)
2 c. cooked rice

Cook broccoli until tender (not done) and arrange in buttered baking large dish.
Place chicken on top of broccoli. Combine soups, sour cream and lemon juice. Stir in the cooked rice and then pour over the chicken. Add the grated cheese. Bake ½ hour at 350°.

Melody Nelson

CHICKEN HOT DISH

2 (10 oz.) pkg. frozen broccoli or asparagus (I prefer to use fresh and partially cook it)
2 c. chicken, cooked and boned
2 c. cream of chicken soup
1 c. mayonnaise
1 tsp. margarine
½ c. shredded sharp cheese
½ tsp. curry powder
1 tsp. lemon juice
bread crumbs

Arrange cooked broccoli or asparagus in greased 9 x 12 pan. Place chicken, cut in pieces, on top. Combine soup, mayonnaise, lemon juice and curry powder; pour over chicken. Sprinkle on cheese. Combine bread crumbs and butter; sprinkle over all. Bake at 350° for 30 minutes. Serves 12.

Maxine Darnall
EASY SUNDAY CHICKEN

3 to 4 lb. frying chicken, cut into pieces
1 can cream of mushroom soup
½ c. apple cider
4 tsp. Worcestershire sauce
¾ tsp. salt


Dee Johnson

HEAVENLY CHICKEN

4 to 6 boneless, skinless chicken breast filets
1 can cream of mushroom soup
1 pt. sour cream
1 small can mushroom stems and pieces
8 to 12 bacon slices, partially cooked
1 jar dried beef rounds
onion powder to taste
garlic powder to taste

In baking dish, lay out 4 to 6 sections of dried beef rounds. Wrap chicken with bacon and place on dried beef. Mix soup, sour cream and mushrooms (with juice). May add onion or garlic powder to taste. Pour mixture over chicken. Bake at 325° approximately 1 hour.

Note: Chicken may appear slightly pink from contact with dried beef.

Jaye Billow
### HERB ROASTED CHICKEN

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasting chicken 1</td>
<td>(3 to 3 1/2)</td>
<td></td>
</tr>
<tr>
<td>Thyme 1/2 tsp.</td>
<td>dried</td>
<td></td>
</tr>
<tr>
<td>Basil 1/2 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt 1/2 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepper 1/2 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bay leaf 1 large</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic 2 cloves</td>
<td></td>
<td>peeled and halved</td>
</tr>
<tr>
<td>Lemon 1 medium</td>
<td></td>
<td>cut up</td>
</tr>
<tr>
<td>Onions 2 medium</td>
<td></td>
<td>peeled and halved</td>
</tr>
<tr>
<td>Margarine 2 Tbsp.</td>
<td></td>
<td>dry white wine</td>
</tr>
<tr>
<td>Wine 1/2 c.</td>
<td></td>
<td>dry white wine</td>
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</tbody>
</table>

Remove giblets and neck from chicken. Rinse chicken and pat dry.

In small bowl, combine thyme, basil, salt and pepper. Rub all over chicken inside and out. Stuff chicken with bay leaf, garlic, onions and lemon. Truss. Cover and refrigerate 5 to 6 hours.

Preheat oven to 425°. Place chicken in roasting pan. Pour melted margarine and wine over chicken. Turn chicken to ensure even browning; roast about 60 minutes. Test for doneness. Pierce fork between thigh and leg to see if juices run clear.

*Lucy Kephart*

### SPINACH AND CHEESE STUFFED CHICKEN

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken 1 (3 to 3 1/2 lb.)</td>
<td></td>
<td>whole</td>
</tr>
<tr>
<td>Frozen spinach 1 lb.</td>
<td></td>
<td>frozen</td>
</tr>
<tr>
<td>Butter 1/2 c.</td>
<td></td>
<td>softened</td>
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<tr>
<td>Ricotta cheese 1/3 c.</td>
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<td></td>
</tr>
<tr>
<td>Parmesan 1/3 c.</td>
<td></td>
<td>freshly grated</td>
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<tr>
<td>Egg 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutmeg 1/8 to 1/4 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive oil 2 Tbsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paprika 1/4 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oregano 1/4 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyme 1/4 tsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marjoram 1/4 tsp.</td>
<td></td>
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</tr>
</tbody>
</table>

Rinse and pat dry chicken. Cook spinach and squeeze out excess moisture. Combine with butter, cheeses and egg; mix well. Add nutmeg and salt and pepper to taste.

Starting at top of chicken breast, loosen and lift skin with fingers to create a pocket reaching almost to other end of chicken. Be very careful not to tear skin. Stuff pocket with spinach mixture. Place piece of aluminum foil around opening, tucking securely to prevent skin from drying and curling.

Oil baking dish or roasting pan. Preheat oven to 350°. Combine oil with enough paprika to give a rosy color. Combine oregano, thyme and marjoram. Coat chicken with oil, then sprinkle with herb mixture. Bake about 1 hour or until chicken is golden brown, basting frequently.

*Joanie Holm*
MEATS & MAIN DISHES

CHILI CON CARNE

1 lb. ground beef
1 c. chopped onion
¾ c. chopped green pepper
1 clove garlic, minced
1 medium can stewed tomatoes
1 (16 oz.) can dark red kidney beans
1 (8 oz.) can tomato sauce
2 tsp. chili powder
½ tsp. dried basil, crushed
½ tsp. salt
¼ tsp. pepper

Cook ground beef, onion, green pepper and garlic until meat is browned. Drain off fat. Stir in undrained tomatoes, kidney beans, tomato sauce, chili powder, basil, salt and pepper. Bring to boiling; reduce heat. Cover and simmer about 20 minutes. Makes 4 to 6 servings.

Connie Burdick

(White) CHILI

1 lb. dry white Northern beans
7 c. chicken broth
2 cloves garlic, minced
1 large white onion, chopped
1 Tbsp. ground white pepper
1 tsp. salt
1 Tbsp. oregano
1 Tbsp. ground cumin
½ tsp. ground cloves
7 oz. can diced green chilies
5 c. diced, cooked chicken breasts
1 Tbsp. diced jalapeno (optional)

Soak beans 24 hours in water, rinsing several times. Drain beans. Simmer beans, 5 ¼ cups broth, garlic, onion, pepper, salt, oregano, cumin and cloves for 5 hours; stir occasionally.

Add green chilies, chicken breast and remaining broth (jalapeno optional); simmer for 1 hour.

Top with Monterey Jack cheese, black olives, salsa and sour cream.

Mary McKinney
KAPP'S CHILI

4 large Spanish onions  
3 large cloves garlic, minced  
½ c. butter  
2 lb. round steak, diced  
2 lb. ground chuck  
1 lb. ground beef  
1 lb. ground pork  
3 celery stalks  
2 banana peppers  
1 c. juice from peppers  
46 oz. can tomato juice  
3 (15 oz.) cans stewed tomatoes  
2 tsp. chopped fresh parsley  
½ c. chopped watercress  
½ c. chili sauce  
1 Tbsp. instant beef bouillon  
1 tsp. black pepper  
½ tsp. dry mustard  
2 ¾ blocks Godiva chocolate for baking  
1 tsp. salad herbs  
3 Tbsp. Worcestershire sauce  
2 Tbsp. meat tenderizer  
3 to 4 dashes Louisiana sauce  
4 dashes Mexican sauce or hot pepper sauce  
½ tsp. dried basil leaves  
½ tsp. ground hot peppers  
2 small green bell peppers, diced  
1 envelope dry onion soup mix  
1 bay leaf  
3 Tbsp. chili powder  
5 tsp. cumin  
1 c. tequila

In skillet, saute onions and garlic in butter. In Dutch oven or large stockpot, brown meats together. Add onions and garlic and remaining ingredients except tequila. Simmer 2 hours; add tequila and simmer 1 hour longer. Makes 2 gallons.

Lynn Verschoor

CREAMED EGGS

1 can cream of mushroom soup  
½ to ½ c. milk  
½ c. shredded cheese  
4 hard-boiled eggs, sliced

Mix above and heat in crock-pot. Serve over toasted English muffins. Ham, sausage or bacon may be added. Salt and pepper to taste.

This recipe works well for making large quantities.

Lisa Bender
MEATS & MAIN DISHES

CHEESE ARTICHOKE OVEN OMELET

3/4 c. picante sauce (hot or mild)  1 c. (4 oz.) sharp Cheddar cheese, shredded
1 c. artichoke hearts, chopped  6 large eggs
1/4 c. (1 oz.) Parmesan cheese, grated  1 c. (8 oz.) sour cream
tomato wedges and parsley sprigs (optional)
1 c. (4 oz.) Monterey Jack cheese, shredded
6 large eggs
1 c. (4 oz.) sharp Cheddar cheese, shredded
6 large eggs
1 c. (8 oz.) sour cream
tomato wedges and parsley sprigs (optional)

Preheat oven to 350°. Butter a 10-inch quiche dish. Spread the picante sauce on the bottom. Distribute the chopped artichokes evenly over the picante sauce. Sprinkle Parmesan cheese over the artichokes. Sprinkle with Monterey Jack and Cheddar cheese. Blend the eggs in a blender until smooth. Add the sour cream to the eggs and blend until mixed. Pour the egg mixture over the cheeses. Bake, uncovered, for 30 to 40 minutes or until set. Cut into wedges and serve garnished with tomato wedges and parsley.

Cathrene Voelzke

FOOLPROOF QUICHE

1/2 c. butter, melted  1 c. shredded cheese
3 eggs, beaten  1/2 c. cooked meat or your preference of vegetables or mushrooms
1/2 c. Bisquick
1 1/2 c. milk

Blend butter, eggs, Bisquick and milk. Pour into greased quiche pan. Add shredded cheese and meat or your preference of toppings. Bake at 350° for 40 minutes. Can be prepared the night before and refrigerated. Makes its own crust. Let stand 10 minutes before cutting. Serves 6.

Shirley Heitland
QUICHE LORRAINE

1 (9-inch) pastry shell  
1/2 lb. bacon  
1 c. shredded sharp Cheddar cheese  
1/3 c. finely chopped onion  
1 c. light cream  
6 eggs  
3/4 tsp. salt  
1/4 tsp. sugar  
1/8 tsp. cayenne pepper

Prepare bacon in microwave. Crumble into unbaked pie shell with cheese and onions. Beat eggs and seasoning. Add cream. Heat cream and egg mixture in microwave slightly and pour over bacon and cheese. Bake 10 minutes at 425°, then 35 minutes at 350°.

Maxine Darnall

BAKED FISH IN MAYONNAISE AND MUSTARD

1 lb. fresh haddock or cod  
3 Tbsp. mayonnaise  
1 tsp. dry mustard  
1 medium onion (about 1/2 c.)  
dash of cayenne pepper  
1/8 tsp. dill weed

Rinse fish in cold water; pat dry. Spray baking pan with cooking spray. Put fish in pan and spread with mixture of remaining ingredients. Bake at 400° for 20 minutes. Serves 3 to 4.

Nelda Campbell Briggs

HAM/ASPARAGUS CASSEROLE

2 c. cooked macaroni shells  
1 pkg. frozen asparagus  
2 c. cubed ham  
2 Tbsp. chopped onion  
1/4 c. grated cheese  
4 hard-boiled eggs, sliced  
1 can mushroom soup  
1 can milk  
2 Tbsp. Minute tapioca

Combine above ingredients and bake at 375° for 35 minutes.

Shirley Heitland
MEATS & MAIN DISHES

DARTH VADER’S FAVORITE LASAGNE

1 (16 oz.) pkg. lasagne noodles 2 lb. grated Mozzarella cheese
2 Tbsp. cooking oil 24 oz. cottage cheese
4 to 5 cloves garlic ½ lb. ground beef (more or less if you like)
1 (2 lb.) jar spaghetti sauce

Boil noodles as directed on package. Add oil to boiling water to keep noodles from sticking. Let cool about 10 minutes, until easy to handle. Thinly chop garlic into jar of spaghetti sauce and mix.

Spray large roasting pan with vegetable cooking oil. Lay out 1 layer of noodles on bottom of pan and sprinkle in cheese, bits of hamburger and spoonfuls of cottage cheese. Add enough sauce to cover most parts lightly.

Repeat layers until out of ingredients. Top layers should end with sauce, meat and cheese over noodles. Cover pan and bake in a 350° oven for 1 hour. Serves 8 very hungry people!

Sandie Mathiason

EASY LASAGNE

1 lb. ground beef 9 tsp. pepper
2 cloves minced garlic ½ tsp. oregano
6 oz. tomato paste 8 oz. lasagne noodles
1 medium can stewed tomatoes 8 oz. shredded Swiss cheese
1 tsp. salt 12 oz. cottage cheese

Brown ground beef and garlic in small amount of oil. Add tomato paste, tomatoes, salt, pepper and oregano. Cover and simmer 20 minutes. Cook noodles as directed on package. Alternate layers of meat sauce, noodles and cheeses in baking dish, beginning and ending with meat sauce. Bake at 350° for 20 to 30 minutes. Sprinkle with grated Parmesan cheese when serving.

Connie Burdick
SPECIALTY VEGETABLE LASAGNA

9 lasagna noodles, cooked
1 lb. ground beef, browned and drained
2 (15 ½ oz.) cans Hunt’s Choice Cut garlic and tomatoes
16 oz. Ricotta cheese
1 egg
½ tsp. basil
2 Tbsp. Feta cheese, chopped
salt and pepper to taste
1 Tbsp. olive oil
½ lb. fresh mushrooms
½ pkg. fresh spinach (6 to 8 oz.)
½ red pepper, chopped
½ green pepper, chopped
8 oz. sliced Mozzarella cheese

Combine Ricotta cheese, egg, basil, Feta cheese, salt and pepper. Saute mushrooms and peppers in olive oil until tender. Add spinach and cook until wilted. Drain excess liquid.

Using 9 x 13-inch pan, start with first layer: ⅓ of the tomato and ground beef, 3 noodles, ⅓ Ricotta mixture and 3 slices Mozzarella cheese. Continue with second and third layers. Cover with foil. Bake for 45 minutes at 325°. Bake, uncovered, for 10 minutes.

Marilyn Swanson

HOMEMADE FRESH TOMATO SAUCE WITH LINGUINE
(This Is A Great Sauce In August, September and October)

3 to 4 large garlic cloves
1 large sweet onion
2 Tbsp. olive oil
2 small cans tomato paste
8 to 10 large fresh tomatoes, peeled
1 bunch fresh basil
oregano (fresh or dried; 2 to 3 stems or 1 tsp.)
⅓ c. green olives
1 tsp. brown sugar
fresh ground pepper and salt to taste

Saute garlic and onion in oil until onion turns clear. Chop peeled fresh tomatoes and place in large saucepan with garlic and onion. Simmer on low. Add entire bunch of fresh basil (torn or chopped fairly large pieces). Add oregano. Simmer until tomatoes cook down. Add tomato paste (1 or 2 cans, depending on preferred thickness). Add salt, pepper and brown sugar. Simmer all day, if possible. The longer it cooks, the better. Add olives; cook ½ hour more. Serve over cooked hot linguine with garlic bread and salad.

Barbara Adelaine
MEATS & MAIN DISHES

LUBEE

1 lb. lamb
1 onion, minced
½ tsp. minced, dried garlic
1 Tbsp. salt
½ tsp. pepper
1 tsp. cinnamon
2 lb. stewed tomatoes
1 lb. tomato sauce
3 lb. green beans

Chop lamb into small chunks and sauté in butter. Add onion and brown. Add spices, tomatoes, sauce and green beans (drained). Simmer for 2 hours.

Phyllis Swiden

AUNT BERNY'S MEAT LOAF

2 lb. ground beef
1 onion, diced
¼ tsp. pepper
½ tsp. sage
½ tsp. poultry seasoning
½ tsp. celery salt
1 Tbsp. Worcestershire
1 Tbsp. prepared mustard
½ c. milk
2 eggs
4 slices dried bread

Topping:
1 c. ketchup
2 Tbsp. brown sugar
1 Tbsp. prepared mustard

Combine ingredients; pat into loaf pan and spoon topping over mixture. Bake at 350° for 1 hour.

Laurie Nichols

GRANDMA DEE'S SWEDISH MEATBALLS

1 lb. hamburger
1 egg
1 Tbsp. milk
2 slices bread (crumbs)
1 pkg. dry onion soup mix
1 can cream of mushroom soup

Mix hamburger and egg together; add milk and bread crumbs. Add onion soup mix. Form into balls. Half bake meatballs at 350° for 20 to 30 minutes. Finish baking at 350° with mushroom soup over top. After baking for the first 20 to 30 minutes, put meatballs in freezer and pull out when needed. Great over noodles.

Christy Osborne
MEATS & MAIN DISHES

SPICY MEATBALLS - GRAVY

Meatballs:
1 lb. hamburger
small onion or 1 Tbsp. dried onion, diced
pepper and salt

1/2 c. bread, cracker or oatmeal crumbs
1 egg
1/2 c. shredded Cheddar cheese
1 tsp. sage

Blend together and form into meatballs. Roll each ball in flour.

Gravy:
2 c. tomato juice*
1 c. water*
1 small onion, diced
1/2 tsp. pepper

1 Tbsp. brown sugar
dash of chili pepper
1 tsp. salt

*May use 1 can tomato soup and 1 can water.

Bring to boil and drop meatballs in. Simmer for 45 minutes.

Laurie Stenberg Nichols

MEXICAN HOT DISH

2 cans crescent rolls
1 lb. lean hamburger
1 c. onions, chopped
2 (15 1/2 oz.) cans chili beans

1 c. Victoria hot sauce
2 c. Mozzarella cheese, shredded
2 tomatoes, cut in wedges
sour cream

Press crescent roll dough into 2 (10 3/4 x 7-inch) pans. Bake until light brown. (Use package temperature.)

Saute hamburger and onions. Add chili beans and hot sauce. Simmer about 5 minutes. Spread onto crusts and top with Mozzarella cheese.

Bake at 350° for about 10 minutes or until bubbly. Top with tomato wedges. Bake another 5 minutes. Cool 5 minutes. Cut in squares and top with sour cream.

Carolyn Cotton
MEATS & MAIN DISHES

PASTITSIO
(Greek)

16 oz. large elbow macaroni, cooked  
3 Tbsp. butter or margarine  
6 oz. Parmesan cheese  
1 1/2 to 2 lb. ground round  
1 medium onion, diced  
2 garlic cloves, minced  
2 (8 oz.) cans tomato sauce  
1 1/2 tsp. salt  
1/2 tsp. cinnamon  
1/4 tsp. pepper  
1/2 c. butter or margarine  
1/2 c. all-purpose flour  
3 c. milk  
2 large eggs

Toss pasta with 3 tablespoons butter and 1/2 cup Parmesan cheese.

Cook ground round, onion and garlic in a large skillet over medium heat, stirring until beef crumbles and is no longer pink; drain. Stir in tomato sauce, 1 1/4 teaspoons salt, cinnamon and pepper.

Melt 1/2 cup butter in heavy saucepan over low heat. Whisk in flour. Cook, whisking constantly, 1 minute. Whisk in milk; cook over medium heat, whisking constantly, until thickened and bubbly. Add remaining salt. Remove from heat.

Whisk eggs until thick and pale. Whisk about one-fourth flour mixture into eggs; add to remaining flour mixture, whisking constantly.

Spoon pasta mixture into a greased deep 9 x 13-inch baking dish. Spoon beef mixture over pasta; sprinkle with remaining Parmesan cheese. Top with cream sauce. Bake at 350° for 1 hour or until golden. Yields 10 to 12 servings.


Anne Withrow
HUNGARIAN STUFFED PEPPERS

1 lb. pork or ½ pork and ½ turkey
6 green peppers
½ c. chopped onion
1 egg
1 c. rice, rinsed (not Minute rice)
1 tsp. salt
pepper to taste
10 ½ oz. can condensed tomato soup
soup can full of boiling water
1 Tbsp. flour
1 c. sour cream

Combine pork and turkey with onions, egg, rice, salt and pepper. Wash peppers; cut out stem ends and remove seeds and fibers. Place, mouth up, in a deep baking dish. Fill each with the meat and rice mixture. Mix soup and hot water; pour around peppers. Bake in a moderate oven, 350°, for 1 hour. Remove peppers to a hot platter. Blend a little of the liquid in the pan with the flour to make a smooth paste. Stir into the sour cream and spoon over peppers.

STUFFED PEPPERS

3 large green peppers
2 tsp. salt
boiling water
1 lb. ground beef
1 ½ c. cooked rice
2 Tbsp. finely chopped celery
2 Tbsp. finely chopped onion
1/4 c. chili sauce
2 tsp. salt
1/4 tsp. pepper
1 egg
1/4 c. grated Cheddar cheese

Cut peppers in half lengthwise; remove center and seeds. Add peppers to salted boiling water. Boil for 5 minutes; drain. Combine remaining ingredients, except cheese; mix well. Fill pepper halves with the mixture. Place in a baking pan and add 1/2 cup hot water. Cover with foil. Bake at 350° for 45 to 55 minutes. Remove foil; sprinkle with cheese and bake 5 minutes longer or until cheese melts. Serves 4 to 6.

Barbara Adelaine

Gail Dobbs Tidemann
MEATS & MAIN DISHES

SAUCY PORK CHOPS

4 lean loin pork chops
½ chopped onion
½ chopped green pepper
½ c. red wine vinegar

½ c. apple cider vinegar
1 Tbsp. soy sauce
½ c. brown sugar
½ c. white sugar

Brown flour-dredged pork chops in Crisco. In saucepan, bring onion, green pepper, vinegars, soy sauce and sugars to a boil. Pour sauce over chops in skillet. Cover. Cook 1 hour and 15 minutes.

Joyce Lampson

PORK ROAST PRESIDENTIAL
(Recipe From The White House)

1 pork roast (4 to 5 lb.)
2 cloves garlic, sliced thin
6 Tbsp. butter or margarine, softened
2 Tbsp. paprika
1 tsp. black pepper
½ tsp. thyme

½ tsp. dry mustard
¼ tsp. hot pepper sauce (Tabasco)
1 c. beef broth
1 c. pork roast drippings
½ c. white wine
2 Tbsp. flour

Insert garlic under skin of roast. Combine butter, paprika, pepper, thyme, dry mustard and hot pepper sauce to make a paste. Rub ½ of paste mixture on roast. Place pork in covered roaster with half cup of water and cook 2 hours at 350° or until roast reaches 170° in center. To make sauce, heat remainder of paste on medium heat. Stir in flour; cook another minute or 2. Slowly add beef broth, roast drippings and wine. Cook and stir until sauce begins to boil, remove from heat and serve over sliced pork. Serves 6 to 8.

Barbara Adelaine
SOUTH DAKOTA RUZAS

1 lb. ground meat, browned
2 c. chopped onion
4 c. chopped cabbage
1 tsp. shortening
2 Tbsp. water
1 tsp. salt

1 Tbsp. Worcestershire
1/4 tsp. pepper
1/4 tsp. oregano
Tabasco sauce to taste
dash of chili

Brown ground meat. Steam next 4 ingredients 10 to 15 minutes. Add cooked meat, salt, Worcestershire, pepper, oregano, Tabasco sauce and chili powder.

Dough:

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

2 c. flour
2 eggs
3 Tbsp. melted shortening
5 c. flour

Dissolve the yeast in the warm water. Let set 5 minutes. Mix sugar, salt and 2 cups flour; beat until smooth. Add eggs and shortening; beat until smooth. Add the 5 cups flour; let rise, then knead dough. Roll out in squares of desired size. Fill center with meat; pinch ends together. Let rise and bake 20 to 25 minutes at 400°. Serves 6.

Shirley Heitland
MEATS & MAIN DISHES

SALMON STEAK EN PAPILLOTTE

2 Tbsp. butter 1 Tbsp. cornstarch
4 salmon steaks 1/2 c. white wine
1/4 tsp. pepper 1/2 c. evaporated milk
1 tsp. grated fresh ginger root 1/2 tsp. lime juice
dash of cayenne pepper
1/4 c. finely chopped green onion

Cut 4 large circles (15-inch diameter) from heavy-duty foil. Brush 1/2 of each circle with butter. Arrange salmon steak on each buttered half of foil. Combine 1/4 teaspoon of ginger root and pepper. Sprinkle over each salmon portion. Fold foil over fish, folding edges together. Pleat to form a tight seal. Place on baking sheet. Bake in preheated 500° oven for 10 minutes or until packages puff. Fish should just begin to flake when touched with a fork.

Saute chopped green onion in butter. Stir in cornstarch to make a roux. Add white wine and stir well. Add milk. Stir constantly over medium heat until thickens and boils. Add 1/4 teaspoon ginger root, lime juice and pepper. To serve, spoon sauce into a pool on plates and carefully place salmon steak on top of sauce. Garnish with dill sprigs.

Cathrene Voelzke

CAJUN SHRIMP

1 lb. jumbo shrimp, peeled and deveined 2 Tbsp. parsley, chopped
1/4 c. olive oil 1 Tbsp. honey
1 Tbsp. Cajun seasoning 1 Tbsp. soy sauce
2 Tbsp. lemon juice 1/8 tsp. cayenne pepper


Madeleine Rose
**SPICY GARLIC SHRIMP AND SPAGHETTI**  
(4 Servings)

- ½ lb. spaghetti, uncooked
- ¼ c. olive oil
- 1 to 1 ½ lb. medium shrimp, shelled and deveined
- 2 to 4 cloves garlic, minced
- ½ tsp. grated lemon peel
- 1 (14 oz.) can clear chicken broth
- 2 Tbsp. cornstarch
- ¼ c. fresh parsley

Prepare spaghetti; drain. In medium skillet, heat olive oil. Add next 5 ingredients. Stir-fry until shrimp is opaque. In medium bowl, blend cornstarch and broth; stir mixture into shrimp. Cook, stirring constantly, until thickened and translucent. Add spaghetti and parsley; toss to coat. Heat through. Sprinkle with lemon pepper. Arrange on warm serving platter.

*Laurie Nichols*

**SWISS STEAK**

- 3 to 4 lb. round steak (tenderized twice)
- 1 pkg. dry onion soup
- small to medium onion, chopped
- 1 qt. tomato juice
- 1 qt. raw or canned carrots
- seasoning salt

Cut steak into serving size pieces and coat with flour. Sear meat in frying pan; add a bit of Crisco. Place meat pieces into 9 x 13 pan sprayed with Pam. Top with dry onion soup, onions, tomato juice, carrots and seasoning. Bake at least 2 hours at 350°.

*Betty Arendsee*

**TACO HOT DISH**

- 8 oz. tube crescent rolls
- 1 lb. hamburger
- ⅛ pkg. taco seasoning
- 1 can tomato soup
- 1 can black olives
- 2 c. crushed Fritos
- 12 oz. sour cream
- 1 c. shredded cheese


*Cami Hogie*
HELSINKI VEGETABLE PIE
(6 To 8 Servings)

Sour Cream Pastry:
1 ½ c. all-purpose flour
2 tsp. baking powder
1 tsp. salt
½ c. butter, cut into small pieces
1 c. sour cream

Mixed Vegetable Filling:
7 Tbsp. butter
2 c. shredded carrots
1 c. parsnip
½ c. sliced green onion
2 garlic cloves, minced
6 c. shredded cabbage
2 c. shredded Swiss cheese
1 ½ c. cooked brown rice
¼ c. fresh parsley
¼ c. cream
1 tsp. salt
1 tsp. oregano
pinch of nutmeg
pinch of allspice

Glaze:
1 egg
2 Tbsp. milk

For Pastry: Combine flour, baking powder and salt in large bowl. Cut in butter until resembles coarse meal. Stir in sour cream until stiff dough forms. Gather into a ball. Wrap and refrigerate 30 minutes.

For Filling: Melt 3 tablespoons butter in large heavy pan over medium heat. Add carrot, parsnip, green onion, garlic and cabbage; stir until wilted, about 5 minutes or more. Transfer to large bowl. Cool to room temperature. Blend in cheese, rice, parsley, cream, salt, oregano, nutmeg and allspice.


Lucy Kephart
Vegetables
How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn’t enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer’s directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

• Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
• Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
• Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gauge opening).
• Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gauge.
• Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
• When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gauge. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don’t force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button ® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2 inches of air space on all sides for jars to cool evenly.

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VEGETABLES

ASPARAGUS CASSEROLE

1 can asparagus (pieces), drained
1 can young English peas, drained
1 can mushroom soup
4 oz. coarsely grated Cheddar cheese
¼ c. cracker crumbs

Mix peas, asparagus and mushroom soup. Place in a 1 ½-quart baking dish. Top with grated cheese; stir into mixture slightly. Top with cracker crumbs. Bake at 350° for 25 to 30 minutes or until bubbly. Serves 6 to 8.

Gail Dobbs Tidemann

ASPARAGUS IN PUFF PASTRY
(This Is A Very Lovely Brunch Pastry)

2 lb. asparagus
salt
1 tsp. butter
½ tsp. sugar
1 pack frozen puff pastry, thawed
8 nice slices Gouda (cheese)
8 slices cooked ham
1 egg white
1 egg yolk

Preheat oven to 400°. Clean and peel asparagus and parboil in salted water. Add butter and sugar (15 to 20 minutes). Cool. Remove asparagus from water.

At room temperature, roll puff pastry sheets and cut into squares, about 6 to 7-inches. Turn diamond fashion. Put one slice ham and one slice Gouda on puff pastry, followed by 3 to 4 spears of asparagus. Fold the opposing sides of the dough, which was brushed with egg whites and overlap them slightly. Repeat with remaining pastries. Brush with egg yolk. (Leftover pastry may be cut into flowers or hearts and egg white glazed on top of pastry pieces.) Bake approximately 15 minutes. I serve this for brunch with a spring salad and white wine or Zinfandel Rosé.

Lisa Rupp
VEGETABLES

BARLEY-MUSHROOM PILAF

3 Tbsp. butter
1 ½ c. barley
1 large or 2 small cans mushrooms, drained (reserve liquid)
½ tsp. black pepper

4 ½ Tbsp. onion flakes
4 tsp. instant chicken bouillon granules
1 ½ tsp. celery salt
boiling water

Preheat oven to 400°. Melt butter in skillet. Stir barley and mushrooms in butter for 1 minute. Place in ungreased 2 ½-quart casserole. Add boiling water to reserved mushroom liquid to make a total of 4 ½ cups of liquid. Pour liquid over barley and mushrooms. Stir in remaining ingredients. Cover. Bake for 50 to 60 minutes, stirring once after 30 minutes.

Jo Ann Ullery

CABBAGE

3 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
1 tsp. prepared mustard
1 ½ c. milk
1 egg yolk, beaten

2 c. shredded cabbage
½ c. thinly sliced onions
1 c. shredded cheese (Cheddar)
1 c. toasted bread crumbs
dash of pepper

Melt butter and add flour, salt, pepper and mustard, stirring constantly, until bubbly. Add milk, stirring until thickened. Add egg yolk and cook 1 minute. Layer ½ of cabbage, onion, cheese and cream sauce in a baking dish. Repeat. Top mixture with bread crumbs. Cover and bake 30 minutes at 375°. Uncover and bake 5 minutes.

This recipe can be doubled very easy.

Anne Withrow

SCALLOPED CABBAGE

1 medium head cabbage
8 slices Velveeta or cheese that will melt

12 soda crackers
1 large can evaporated milk
salt and pepper to taste

Layer the cabbage, some cheese and 4 crumbled soda crackers; continue layering until all cabbage is used. Pour on enough milk to cover the layering. Cover the dish and bake for 1 hour at 350°. Serve hot.

Georgianna Perso
SWEET AND SOUR RED CABBAGE

2 Tbsp. oil
1 head red cabbage, chopped
1 onion, chopped
2 medium tart apples, cut in ⅛
¼ c. chicken broth
½ tsp. cloves
salt and pepper to taste
2 Tbsp. red wine vinegar
2 tsp. sugar
snipped parsley or dill

Saute oil, cabbage, onion and apples. Add chicken broth, cloves, salt and pepper. Simmer for 50 minutes. Add red wine vinegar and sugar. Garnish with parsley or dill.

Betsy Draper

FESTIVE CARROTS

2 lb. baby carrots
½ c. onion, minced
2 Tbsp. sugar
¼ c. margarine
2 Tbsp. parsley, chopped
1 Tbsp. fresh ginger, minced

Cook carrots until slightly tender. Drain. Add remaining ingredients and mix. Bake, uncovered, at 350° for 20 minutes.

Marilyn Swanson

SUGAR COATED CARROTS

1 lb. carrots
chopped parsley (optional)
4 Tbsp. butter
lemon juice (optional)
1 Tbsp. brown sugar
sprinkle of salt

Prepare carrots for cooking. Put carrots in a saucepan. Add 2 tablespoons butter and 1 tablespoon brown sugar. Season with salt and pour in cold water until carrots are half covered. Bring the water to a boil, then reduce heat to very low. Cover pan and simmer. When carrots are tender (up to 45 minutes) most of the water should be evaporated. Remove lid and boil hard to evaporate all the remaining liquid (shaking pan to prevent sticking). Take the pan off the heat and add 2 tablespoons butter. Stir to make sure each carrot is coated as the butter melts. If desired, sprinkle with chopped parsley or lemon juice before serving.

Sherry DeBoer
**VEGETABLES**

**TANGY MUSTARD CAULIFLOWER**

1 medium head cauliflower  
¼ c. water  
½ c. mayonnaise  
1 Tbsp. onion, finely chopped  
1 tsp. mustard  
¼ tsp. salt  
½ c. Cheddar cheese, grated


*Marilyn Swanson*

**FAR EAST CELERY**

4 c. sliced celery  
5 oz. can water chestnuts  
1 can cream of chicken soup  
½ c. soft bread crumbs  
¼ c. toasted slivered almonds  
¼ c. diced pimento  
2 Tbsp. melted butter

Cook celery in small amount of water until crisp (about 8 minutes); drain. Combine drained water chestnuts, soup, pimento and celery. Place in greased casserole. Sprinkle almonds and bread crumbs on top. Drizzle with butter. Bake in 350° oven for 35 minutes. Uncover the last few minutes to brown. Can be done a day ahead and reheated. Serves 8.

*Shirley Heitland*
CAULIFLOWER

1 tsp. mustard
1/4 tsp. salt
1/2 c. Cheddar cheese, grated

Cut into small pieces. Put into glass baking dish, cover and microwave on High for 3 minutes. Stir in onion, mustard and salt. Add grated cheese over top of casserole. Bake at 350° for 15 minutes.

Marilyn Swanson

CELE RY

1/4 c. toasted slivered almonds
1/2 c. diced pimento
2 Tbsp. melted butter

Cook water until crisp (about 8 minutes). Toss in chestnuts, soup, pimento and celery. Sprinkle almonds and bread crumbs over top. Bake at 350° for 35 minutes. Uncover and let stand 2 minutes.

Shirley Heitland

CORN MOUSSAKA

1 (17 oz.) can whole kernel corn, drained
1 to 1 1/2 lb. ground beef
1 Tbsp. flour
1 (8 oz.) can tomato sauce
1/2 tsp. garlic
1/4 tsp. cinnamon
1 1/2 c. cream-style cottage cheese with chives
1/4 c. grated Parmesan cheese
2 eggs
4 oz. shredded Mozzarella cheese

Sprinkle corn in casserole dish. Brown ground beef; add flour and stir. Add tomato sauce, garlic and cinnamon to ground beef. Pour over corn. Bake at 350° for 15 minutes.

Combine eggs and cottage cheese. Spread over meat mixture. Top with Parmesan and Mozzarella. Bake 15 more minutes at 350°.

Brenda Bestland

SWISS CORN BAKE

(Vegetable Dish)

3 c. cooked corn (if frozen, drain excess liquid)
1 (6 oz.) can evaporated milk
2 beaten eggs
1/4 c. chopped green onion
1/2 tsp. salt
dash of pepper
1 1/2 c. shredded Swiss cheese
1/2 c. soft bread crumbs
1/4 c. melted butter or margarine

Have corn cooked; drain well. Combine corn, evaporated milk, eggs, green onions, salt, pepper and 1 cup of cheese. Turn into casserole dish. Toss bread crumbs with butter and remaining 1/2 cup cheese. Sprinkle on top of corn. Bake at 350° for 25 to 30 minutes.

Lynn Darnall

PARMESAN GREEN BEANS

3 c. fresh green beans, washed with ends trimmed
2 to 3 Tbsp. butter or margarine
1/4 to 1/2 c. grated Parmesan cheese
garlic powder to taste

Cook green beans in a small amount of boiling water for 3 to 4 minutes (should be crunchy). Drain. Melt butter in a nonstick frying pan over medium heat. When butter bubbles, add beans and stir until beans are coated. Sprinkle with cheese and add garlic powder to taste. Continue, stirring so cheese coats beans and just begins to brown. Makes 4 to 6 servings.

JoAnn Ullery
VEGETABLES

MUSHROOM SPINACH CASSEROLE

2 pkg. frozen spinach
1 lb. fresh mushrooms, sliced
2 Tbsp. butter or margarine
2 cloves garlic, minced

2 Tbsp. butter or margarine, melted
½ tsp. salt
½ tsp. white pepper
2 c. grated Cheddar cheese

Cook spinach slightly; drain well and set aside. Saute mushrooms in butter and garlic. Add melted butter, salt and pepper to spinach. Layer ½ spinach, ½ mushrooms and ½ grated cheese in casserole. Repeat layer. Cover and bake at 325° for 40 minutes.

Marilyn Swanson

BAKED HASH BROWNS
(Potatoes)

32 oz. thawed frozen hash browns
½ c. melted butter
6 oz. sour cream
6 oz. plain yogurt
1 can cream of chicken soup

8 oz. grated mild Cheddar cheese
½ c. finely chopped onions
1 tsp. salt
1 tsp. pepper

Mix all ingredients in large bowl. Place in a 9 x 13-inch baking dish. Sprinkle 1 cup bread crumbs on top. Bake at 350° for 45 minutes. Serves 8 to 10 people.

Sandie Mathiason

KINGS POTATOES

32 oz. pkg. frozen hash brown potatoes, thawed
1 pt. sour cream
1 tsp. garlic powder
2 cans cream of potato soup

10 oz. pkg. Cracker Barrel Cheddar cheese
½ stick butter
½ c. Parmesan cheese


Mary McKinney
POTATO SPUD CASSEROLE

5 medium boiled potatoes, shredded
5 eggs or Egg Beaters
½ c. cottage cheese
1 c. any kind cheese (Colby and Monterey Jack is good)
1 diced onion
1 tsp. salt
½ tsp. pepper

Shred potatoes and cheese in buttered pan. Beat in eggs and spices. Bake at 350° for 25 to 30 minutes.

Christy Osborne

POTATO BALLS

3 medium potatoes, peeled and quartered (about 1 lb.)
¼ c. Parmesan cheese
½ (3 oz.) pkg. cream cheese
1 Tbsp. margarine
1 Tbsp. chopped onion
2 ½ tsp. onion soup mix
dash of pepper
dash of hot pepper sauce
1 beaten egg
1 ½ c. cornflakes, coarsely crushed
1 to 2 Tbsp. milk (see directions for use)

In saucepan, cook potatoes in boiling water 20 minutes or until tender. Drain and mash. Stir in cheeses, margarine, onion soup mix, pepper and pepper sauce. Mix well. Add 1 to 2 tablespoons milk, if mixture is dry. Shape mixture into 8 balls. Dip in beaten egg; roll in cornflakes. Place on greased baking sheet. Bake at 400° for 10 to 15 minutes.

Nelda Campbell Briggs

POTATO CURRY

1 lb. potatoes, cubed
½ lb. onion, chopped
1 sweet pepper (green)
3 Tbsp. oil
½ lb. frozen peas
½ c. water
8 oz. can tomato sauce
2 ½ tsp. curry powder
½ tsp. powdered ginger
½ tsp. turmeric
½ tsp. cumin powder
salt to taste

Saute onion and pepper in oil. Add spices and saute for 1 minute. Add potatoes. Add ½ cup of water and tomato sauce and cook on medium heat until potatoes are done. Add frozen peas and stir until they are heated through, about 2 minutes.

Janet Meyer
SPINACH BALLS

2 pkg. frozen chopped spinach, cooked, drained and squeezed dry
2 c. Pepperidge Farm dressing crumbs
1 finely chopped onion
6 beaten eggs
¾ c. melted butter
1 c. Parmesan cheese
1 Tbsp. garlic salt
½ tsp. thyme
2 tsp. ground pepper

Mix together and shape into small balls. Place on cookie sheets and freeze. After frozen, store in freezer bags until when ready to use. Bake 15 to 20 minutes at 350°.

Brenda Bestland

TOMATOES ROCKEFELLER

1 (10 oz.) pkg. frozen chopped spinach
½ c. seasoned bread crumbs
½ c. plain bread crumbs
3 green onions, chopped
3 eggs, slightly beaten
½ c. melted butter
¼ c. Parmesan cheese
¼ tsp. Worcestershire sauce
½ tsp. minced garlic
½ tsp. salt
¼ tsp. pepper
½ tsp. thyme
¼ tsp. Tabasco sauce
6 large thick tomato slices

Cook spinach according to directions and drain. Add remaining ingredients, except the sliced tomatoes. Mound spinach mixture on tomato slices. Bake 15 minutes at 350°. Serves 6. Serve with steak or prime rib, excellent.

Anne Withrow

GLAZED SWEET POTATOES

sweet potatoes
3 Tbsp. butter
1 Tbsp. honey
1 Tbsp. parsley (fresh)

Peel sweet potato and cut into small pieces. Place in buttered baking dish. Melt butter and combine with honey and parsley. Bake in 400° oven 20 to 30 minutes.

Lucy Kephart
APPLES AND SWEET POTATOES

1 Tbsp. cornstarch
1 Tbsp. butter or margarine, melted
1 tsp. cinnamon
4 apples, sliced
1/2 c. brown sugar
1 can sweet potatoes, drained

In a 1 1/2-quart casserole, mix cornstarch, butter, brown sugar and cinnamon with sliced apples. Microwave, covered, 6 to 8 minutes on High until apples are tender. Add cut up sweet potatoes and heat an additional 2 to 4 minutes on High. Serves 6.

Variation: Add 1/2 cup walnuts to the sweet potato mixture and top with miniature marshmallows.

Maxine Darnall

SUNNY VEGETABLE COMBO

3 small zucchini, thinly sliced
3 raw tomatoes, thickly sliced
4 Tbsp. butter or margarine, melted
2 Tbsp. grated Parmesan cheese
1 tsp. onion salt
1/4 tsp. basil
1/4 tsp. black pepper
1 Tbsp. butter or margarine, melted
1 1/2 c. soft bread crumbs (3 slices bread)
1 Tbsp. prepared yellow mustard

Place zucchini and tomatoes in a shallow casserole dish. Combine 4 tablespoons melted butter, Parmesan cheese, onion salt, basil and black pepper. Drizzle over vegetables. Cover and bake 20 minutes at 375°. Combine 1 tablespoon melted butter, bread crumbs and yellow mustard. Sprinkle over casserole. Bake, uncovered, for 10 more minutes, until brown.

Marilyn Swanson

ZUCCHINI AU GRATIN A LA JOIE

2 c. shredded raw potato
2 c. shredded raw zucchini
6 oz. shredded cheese (Monterey Jack or your choice)
3/4 c. sour cream
chopped onions to taste

Combine all ingredients. Place in lightly greased casserole. Bake at 350° for 45 minutes or until bubbly and the top is starting to brown.

Joye Ann Billow
# VEGETABLES

## YOUR FAVORITE RECIPES

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# Baking Tips

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(Common Failures)

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BREADS, ROLLS & PASTRIES

ANGEL BISCUITS

5 c. self-rising flour
1/2 c. sugar
1 tsp. soda
1 c. shortening
2 pkg. yeast, dissolved in 1/4 c. warm water
2 c. buttermilk


Anne Withrow

AMY'S MOM'S BANANA BREAD

1 1/2 bars butter
2 1/2 c. sugar
3 eggs
1/2 c. sour milk
1 1/2 tsp. salt
1 1/2 tsp. vanilla
3 ripe mashed bananas
2 1/2 c. flour
1 1/2 tsp. baking powder

Cream butter and eggs. Add eggs, sour milk, salt, vanilla and mashed bananas; blend well. Mix in flour and baking powder. Add nuts or blueberries, if desired. Bake in 350° oven for 45 minutes.

Lucy Kephart

CHOCOLATE BANANA BREAD

1/2 c. sugar
1/2 c. brown sugar
2 eggs, beaten
1/2 c. water
1 tsp. soda
1 tsp. baking powder
1 1/2 c. flour
1/2 c. cocoa
2 bananas, mashed

Cream sugars and butter. Add eggs, water and mashed bananas; mix well. Then add dry ingredients. Place in well-greased bread pan and bake at 325° for 1 hour and 10 minutes.

Phyllis Swiden
BREADS, ROLLS & PASTRIES

MOM’S BANANA BREAD

1/2 c. butter or margarine
1 c. sugar
2 large eggs
1/2 tsp. soda
1/2 tsp. salt
1 1/2 tsp. baking powder

2 large bananas (1 c.)
3 Tbsp. milk
2 c. flour
1 tsp. vanilla
nuts (optional)

Mix butter and sugar; add eggs and blend. Add soda, salt and baking powder. Mix in bananas thoroughly. Add milk and add flour, one cup at a time. Bake at 350° for 1 hour.

Christy Osborne

BANNOCK OR CAMP BREAD
(Camp Recipe)

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

4 tsp. baking powder
6 Tbsp. shortening

Mix ingredients thoroughly. Add just enough water until dough gathers into a ball. Press dough into round cake pan about one-inch thick. Dust cake and coat frying pan with flour and drop cake into it. Bake in camp fire about 15 minutes. Test to see if it’s done with wood splints (when the splinter comes out clean, the Bannock is done). No meal is complete without bread and no bread is better than Bannock. It’s as great at home as it is afield.

Barbara Adelaine

BEER BREAD

3 c. flour
2 Tbsp. sugar
1 (12 oz.) can beer (at room temperature)

Mix all ingredients well. Pour into greased tin. Bake at 375° for 1 hour. Makes one loaf.

Joye Billow
BREADMAKER OATMEAL BREAD

1 c. room temperature water  
1 Tbsp. shortening  
1 Tbsp. honey  
1 Tbsp. brown sugar  
¼ c. molasses  
¾ tsp. salt  
½ c. oatmeal  
pinch of ginger  
3 c. flour  
1 ½ tsp. yeast

Process on normal setting in breadmaker.

Sherry DeBoer

BROCCOLI BREAD

10 oz. pkg. frozen chopped broccoli, thawed and drained  
1 medium onion, chopped  
6 oz. cottage cheese  
½ c. margarine, melted  
4 eggs, beaten  
1 c. milk  
½ tsp. salt  
1 pkg. cornbread mix (about 15 oz., not small bag)  
grated cheese

Mix all ingredients, except cheese, together. Pour into greased 9 x 12-inch pan. Sprinkle grated cheese on top. Bake at 450° for 25 minutes.

Marilyn Swanson

BULGUR WHEAT BREAD

3 c. water  
1 tsp. salt  
½ c. honey  
1 c. bulgur wheat  
1 Tbsp. oil  
2 pkg. yeast  
7 c. white flour  
¼ c. warm water

Combine the water and salt and bring to a boil; add honey, oil and wheat. Let cool. Mix the yeast with the ¼ cup warm water and add to bulgur mixture. Then add the white flour (about 2 cups at a time). Knead 7 to 10 minutes. Let rise until double. Punch down and shape into 3 loaves. Let rise again. Bake at 375° about 35 minutes. Makes 3 loaves.

An excellent heavy bread.

Cathy Voelzke
CHRISTMAS STOLLEN
(German Bread)

5 1/2 to 6 1/2 c. unsifted flour
1/2 c. sugar
1 1/4 tsp. salt
2 pkg. active dry yeast
3/4 c. milk
1/2 c. water
2/3 c. margarine

3 eggs (at room temperature)
3/4 c. blanched almonds, chopped
3/4 c. mixed candied fruit
1/2 c. golden seedless raisins
3 Tbsp. soft butter or margarine
2 Tbsp. sugar
1/2 tsp. cinnamon

In a large bowl, thoroughly mix 2 cups flour, sugar, salt and undissolved active dry yeast. Combine milk, water and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 1/2 hours.

Combine blanched almonds, candied fruits and raisins. Punch down dough; turn out onto lightly floured board. Knead in nut and fruit mixture. Divide dough into 3 equal portions. Roll each piece of dough into a 12 x 7-inch oval. Spread half of oval with soft margarine or butter. Mix sugar and cinnamon. Sprinkle over margarine or butter. Fold in half lengthwise. Place on greased baking sheets. Curve the ends slightly. Press down the folded edge (not the open edge). This helps the loaf keep its shape as it rises and bakes. Cover; let rise in warm place, free from draft, until doubled in bulk, about 45 minutes. Bake in moderate oven (350°) about 20 to 25 minutes or until done. Remove from baking sheets and cool on wire racks. Frost with confectioners sugar frosting while warm. If desired, decorate with blanched almonds and candied cherries.

Frosting:

1 1/2 c. sifted confectioners sugar
2 Tbsp. top milk or cream

sliced candied cherries
whole almonds

Mix sugar and milk or cream to make a smooth thick frosting that will just pour. Pour it over top of loaf, letting frosting drip down sides.

Bernadine Enevoldsen
COMMUNION BREAD
(Bran)

1 c. All-Bran cereal
3/4 c. Crisco
3/4 c. sugar
1/4 tsp. salt
3 pkg. active dry yeast
2 eggs
6 1/2 to 7 1/2 c. white flour
2 c. boiling water
1/2 c. warm water

Mix All-Bran cereal, Crisco, sugar and salt. Pour the boiling water over above mixture. Stir well and cool to lukewarm. Dissolve dry yeast in the warm water and add to above mixture. Add slightly beaten eggs and 2 cups white flour. Mix until well blended. Gradually add 4 1/2 to 5 1/2 cups white flour and knead until smooth and elastic. Place in greased bowl. Cover and let rise until doubled. Knead down. Shape and place in greased pans. Cover and let rise again. Bake at 350° for 30 minutes or until done. (Cover with aluminum foil for last 15 minutes.) Makes 3 full size loaves.

Joye Billow

DILLY BREAD

1 pkg. dry yeast
1/4 c. warm water
1 c. cottage cheese
2 Tbsp. sugar
1 tsp. dried, minced onion
1 egg
1 tsp. salt
1/4 tsp. baking soda
1 Tbsp. butter
2 Tbsp. dill seed
2 1/4 c. flour (more if needed)

Mix yeast and water and let stand 5 minutes. Mix all other ingredients. Add yeast mix. Cover and let rise (approximately 1 hour). Work down. Put in 8-inch greased casserole or glass dish. Let rise. Bake 30 to 40 minutes at 350°. Butter top and sprinkle with salt.

Joye Billow
DATE NUT BREAD

1 c. dates, chopped  
⅓ c. nuts, chopped  
1 ½ tsp. baking soda  
¼ tsp. salt  
1 tsp. vanilla or maple flavoring

3 4 c. boiling water  
2 eggs, beaten  
1 c. sugar  
1 ½ c. flour


Carolyn Cotton

FAVORITE GARLIC BREAD

½ c. butter  
½ tsp. chervil  
½ tsp. basil leaves  
¼ tsp. garlic powder  
¼ tsp. onion powder  
½ c. Parmesan cheese

Combine above ingredients. Spread on bread. Bake at 425° for 7 to 9 minutes.

Lynn Darnall

MUSHROOM BREAD

1 loaf Vienna bread  
1 pkg. Swiss or Mozzarella, grated  
1 can sliced mushrooms  
1 small onion, chopped  
1 ½ sticks butter  
1 tsp. dry mustard  
1 tsp. salt  
½ tsp. garlic salt  
½ tsp. lemon juice

Cut loaf with diagonal cuts (diamond pattern). Mix together cheese, onion and mushrooms; stuff into cuts in bread. Melt together butter and remaining ingredients; pour over bread. Wrap in foil brushed with olive oil. Bake at 350° for 30 to 40 minutes.

Sharon Larson
PARMESAN CHEESE SLICES
(Bread)

1 lb. loaf French bread
1/2 c. butter
1 c. mayo
1/2 c. Parmesan cheese, grated
1/2 c. finely chopped onion
1/2 tsp. Worcestershire sauce
paprika

Heat oven to 300°. Cut bread in half lengthwise. Spread cut surfaces with butter. (To cut down on fat, I often skip the butter.) Combine mayo, Parmesan cheese, onion and Worcestershire sauce. Spread on bread. Place bread on cookie sheet. Sprinkle with paprika. Broil 3 to 5 minutes.

Rachel Paula

RASPBERRY BREAD

1/2 c. plus 2 Tbsp. water
1/2 c. orange juice
1 large egg
1/4 c. vegetable oil
4 tsp. grated orange peel
3 1/2 c. bread flour
1/2 c. quick-cook oats
1/3 c. coarsely chopped walnuts
1 tsp. salt
1/4 c. sugar
2 1/4 tsp. active dry yeast
1/2 c. raspberries (fresh or frozen)

Add ingredients according to your bread machine. Select sweet setting and press start. Add raspberries 10 minutes after starting. Adjust flour if mixture is too wet. Bread will be ready in approximately 3 hours and 40 minutes. Delicious warm from the machine or later toasted.

Joanie Holm
BREADS, ROLLS & PASTRIES

SOUTH DAKOTA WHEAT ASSOCIATION BREAD
(Dakota Bread)

2 c. bread flour
½ c. whole-wheat flour
¼ c. wheat germ
¼ c. rye flour
¼ c. rolled oats
1 pkg. (2 ¼ tsp.) quick rise yeast
1 tsp. salt
½ c. cottage cheese (at room temperature)
1 egg (at room temperature)
¼ c. honey
2 Tbsp. sunflower oil
½ c. hot water (120° to 130°)

In the bowl of a medium sized food processor with metal blade, place the flours, wheat germ, rolled oats, yeast and salt. Process for 20 seconds. Remove processor lid and add cottage cheese, egg, honey and sunflower oil. In a glass measuring cup, measure the ½ cup hot water. Replace lid on bowl and with machine running, pour water through feed tube in a steady stream as fast as flour mixture will absorb it. Continue processing until dough starts to form a ball, about 60 seconds. Dough should clean the inside of the bowl. If not, add a little more bread flour, a teaspoon at a time (up to ¼ cup) through the feed tube and continue processing for 5 to 10 seconds. Remove dough from bowl and place in lightly floured plastic bag. Let rise until doubled, about 30 minutes. Punch down dough from bowl and place in lightly floured plastic bag. Let rise until doubled, about 30 minutes. Punch down dough. Shape into a round loaf and place in a greased glass pie pan lightly sprinkled with cornmeal. Cover with oiled plastic wrap and let rise until doubled in size, about one hour. Brush loaf with egg white; sprinkle with wheat germ, sunflower kernels or oatmeal. Bake at 350° for 35 to 40 minutes. If too dark, cover loosely with foil the last 5 to 10 minutes of baking. Remove from pie pan and cool on a wire rack. Makes one (2 pound) loaf.

Cathy Voelzke
**3 C BREAD**  
(Carrots, Coconut And Cherries)

3 eggs  
½ c. cooking oil  
½ c. milk  
½ tsp. salt  
2 ½ c. flour  
1 c. sugar  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
2 c. shredded carrots  
3 ½ oz. flaked coconut  
½ c. maraschino cherries  
½ c. raisins  
½ c. nuts

Sift salt, flour, sugar, baking powder, baking soda and cinnamon. Beat 3 eggs and add oil and milk; mix well. Add carrots, coconut, cherries, raisins and nuts. Pour batter in 2 small or 1 large greased bread pan. Bake at 350° for 45 to 50 minutes or until toothpick comes out clean. Great for the holidays!

*Joyce Lampson*
BREADS, ROLLS & PASTRIES

VALDEZ SOUR CREAM COFFEE CAKE

Cake:

½ c. butter
2 eggs
1 c. sugar
2 c. sifted flour
1 tsp. baking soda

1 tsp. baking powder
½ tsp. salt
1 c. sour cream
1 tsp. vanilla

Topping:

½ c. brown sugar
¼ c. sugar
1 tsp. cinnamon

3 Tbsp. flour
2 Tbsp. butter

Cream butter and sugar until light and fluffy. Add eggs, one at a time. Sift flour, soda, baking powder and salt together 2 times. Add dry ingredients alternately with sour cream to creamed mixture. Stir in vanilla. Pour into 2 (8-inch) round greased cake pans. Crumble topping mixture ingredients together. Sprinkle on top of cakes. Bake at 325° for 30 minutes.

Frosting:

¾ c. powdered sugar
1 Tbsp. cream or milk
1 Tbsp. vanilla

Mix until smooth. Drizzle on cakes when cool. Above can also be used to make muffins (approximately 2 dozen).

Sherry DeBoer
MACADAMIA NUT FRENCH TOAST

4 large eggs, lightly beaten
1/4 c. sugar
1/4 tsp. ground nutmeg
1/2 c. orange juice
1/2 c. milk
1/2 tsp. vanilla extract

1 (16 oz.) loaf Italian bread, cut into 1-inch slices
2 1/2 c. butter or margarine, melted
1/2 c. Macadamia nuts, chopped and toasted

Garnishes:
- powdered sugar
- ground nutmeg
- maple syrup

Combine first 6 ingredients in a bowl, stirring well. Fit bread slices in a single layer in a lightly greased 13 x 9 x 2-inch baking dish. Pour egg mixture over bread slices; cover and chill at least 8 hours, turning bread once. Pour butter in a 15 x 10 x 1-inch jellyroll pan; place bread slices in a single layer in pan. Bake at 400° for 10 minutes. Flip over. Sprinkle evenly with nuts. Bake 10 additional minutes. Garnish, if desired. Serve immediately with maple syrup. Yield: 6 servings.

Sherry DeBoer

PEACH FRENCH TOAST

1 c. brown sugar
1/2 c. butter
2 Tbsp. water
1 (29 oz.) can sliced peaches
6 eggs

2 c. milk
2 Tbsp. vanilla
1 loaf French bread, sliced or Texas toast or plain white bread

Drain peaches. Save peach syrup. In a saucepan, heat butter and sugar on medium-low heat until butter is melted. Add water and continue cooking until sauce becomes thick and foamy. Pour into a 9 x 13 dish and cool 10 minutes. Place peaches on top of cooled sauce and cover with slices of bread placed close together. Blend eggs, milk and vanilla. Pour over bread, cover pan and refrigerate overnight. Bake in 350° oven for 40 minutes. Loosely cover with foil for the last 10 to 15 minutes (if browning). Serve warm with warmed peach syrup or syrup of your choice.

Lisa Bender
BREADS, ROLLS & PASTRIES

MOM’S LEFSA

Combine mashed potatoes, butter, cream, sugar and salt; mix very well together. Let stand in refrigerator 2 hours or overnight. Add flour and knead. Roll out using 1/3 cup per lefsa. Bake on hot grill at 500°. Turn with a lefsa stick when it gets bubbles on top. Fold lefsa in half. Cool on a dish towel and cover them with a dish towel so they don’t dry out.

Carolyn Cotton

FRENCH BREAKFAST MUFFINS


Topping: Melt margarine. Mix sugar and cinnamon. Immediately after baking, roll muffin in melted butter, then in cinnamon sugar mixture. Serve hot.

Sherry DeBoer
BREADS, ROLLS & PASTRIES

ICEBOX BRAN MUFFINS

1 1/2 c. sugar 2 c. buttermilk
1/2 c. shortening 2 c. Kellogg's All-Bran
2 eggs 2 1/2 c. flour
1 c. Nabisco 100% Bran 1/2 tsp. salt
1 c. boiling water 2 1/2 tsp. soda
1 c. raisins or dates (optional)

Cream together sugar, shortening and eggs. Pour boiling water over Nabisco 100% Bran. Add to sugar mixture. Add buttermilk. Sift flour with soda and salt. Add flour mixture and All-Bran all at once. Fold in only until dry ingredients are moistened. Fill muffin pan 1/2 to 3/4 full. Spray papers with Pam for easy removal. Bake in 400° oven 15 to 20 minutes.

Muffin batter will keep 2 to 4 weeks when stored in covered dish in refrigerator. Makes 40 to 50 muffins.

Betty Arendsee

RHUBARB MUFFINS

3/4 c. brown sugar 1 1/2 c. flour
1/2 c. oil 1/2 tsp. soda
1 egg 1 heaping c. diced rhubarb
1/2 c. yogurt or buttermilk 1/2 c. nuts (if desired)
1 tsp. vanilla

Topping:

1/2 c. brown sugar 1/4 tsp. nutmeg
1/2 tsp. cinnamon pinch of cloves

Beat sugar, oil and egg. Add vanilla. Add dry ingredients. Add yogurt. Then add rhubarb and nuts until blended. Sprinkle teaspoon of topping on each (use all). Bake at 325° for 25 minutes. Makes 12 large.

Doris Schumacher
SPICED OATMEAL PANCAKES

2 c. rolled oats
2 c. buttermilk
2 Tbsp. honey
2 eggs
¼ c. melted margarine

¼ c. whole-wheat flour
3 tsp. baking powder
½ tsp. cinnamon
¼ tsp. each: salt, cloves and allspice

Mix first three ingredients. Cover and refrigerate overnight. In the morning, beat eggs and butter and stir into oat mixture. Mix together the rest of the ingredients and stir into moist mixture. Cook on hot griddle.

Christy Osborne
Cakes, Cookies & Desserts
<table>
<thead>
<tr>
<th>Candy</th>
<th>Degrees</th>
<th>Stage</th>
<th>Cold Water Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candy Testing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>230-234</td>
<td>Thread</td>
<td>Syrup spins 2-inch thread when dropped from spoon</td>
</tr>
<tr>
<td>Fudge,</td>
<td>234-240</td>
<td>Soft Ball</td>
<td>Candy will roll into soft ball but quickly flattens when removed from water.</td>
</tr>
<tr>
<td>Fondant</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Divinity,</td>
<td>244-248</td>
<td>Firm Ball</td>
<td>Candy will roll into a firm ball (but not hard ball) which will not lose its</td>
</tr>
<tr>
<td>Caramels</td>
<td></td>
<td></td>
<td>shape upon removal from water.</td>
</tr>
<tr>
<td>Taffy</td>
<td>250-266</td>
<td>Hard Ball</td>
<td>Syrup forms hard ball, although it is pliable.</td>
</tr>
<tr>
<td>Butterscotch</td>
<td>270-290</td>
<td>Light Crack</td>
<td>Candy will form threads in water which will soften when removed from water.</td>
</tr>
<tr>
<td>Peanut</td>
<td>300-310</td>
<td>Hard Crack</td>
<td>Candy will form hard, brittle threads in water which will not soften when</td>
</tr>
<tr>
<td>Brittle</td>
<td></td>
<td></td>
<td>removed from water.</td>
</tr>
<tr>
<td>Caramelized</td>
<td>310-321</td>
<td>Caramelized</td>
<td>Sugar first melts, then becomes a golden brown and forms a hard, brittle ball</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
<td>in cold water.</td>
</tr>
</tbody>
</table>

### Substitutions

<table>
<thead>
<tr>
<th>1 c. whole milk</th>
<th>1/2 c. evaporated milk and 1/2 c. water</th>
<th>1 T. cornstarch (for thickening)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. condensed milk and 1/2 c. water</td>
<td>1 T. flour (for thickening)</td>
<td>2 T. flour (approx.)</td>
</tr>
<tr>
<td>(reduce sugar in recipe) 4 T. powdered milk and 1 c. water</td>
<td>1/2 to 2/3 T. cornstarch or 1 T. minute tapioca</td>
<td>1 c. sifted cake flour</td>
</tr>
<tr>
<td>4 T. nonfat dry milk plus 2 t. shortening and 1 c. water</td>
<td>1 whole egg</td>
<td>1 c. minus 2 T. sifted all-purpose flour</td>
</tr>
<tr>
<td>1 c. sour milk</td>
<td>1 c. sweet milk and 1 T. lemon juice or vinegar</td>
<td>1 c. sifted all-purpose flour</td>
</tr>
<tr>
<td>1 c. sweet milk</td>
<td>1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 3/4 t. cream of tartar</td>
<td>1 c. plus 2 T. sifted cake flour</td>
</tr>
<tr>
<td>1 c. sour milk</td>
<td>1 c. buttermilk plus 1/2 t. baking soda</td>
<td>1 whole egg</td>
</tr>
<tr>
<td>1 c. sour, heavy cream</td>
<td>1 c. buttermilk plus 1/2 t. baking soda</td>
<td>2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)</td>
</tr>
<tr>
<td>(for sour milk recipe)</td>
<td>1/3 c. butter and 2/3 c. milk</td>
<td>1 c. molasses • 1 c. honey</td>
</tr>
<tr>
<td>1 c. sour, thin cream</td>
<td>1 c. sour milk (for shortening)</td>
<td>1 c. honey</td>
</tr>
<tr>
<td>(for sour milk recipe)</td>
<td>3 T. butter and 3/4 c. milk</td>
<td>3/4 c. sugar plus 1/4 c. liquid</td>
</tr>
<tr>
<td>1 c. butter or margarine</td>
<td>1 c. buttermilk (for shortening)</td>
<td>1 c. granulated sugar</td>
</tr>
<tr>
<td>(for shortening)</td>
<td>4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c. • 2/3 c. chicken fat (clarified), increase liquid in recipe 1/4 c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • 1/2 c. suet and salt (increase liquid in recipe 1/4 c.)</td>
<td>1 1/3 c. brown sugar or 1 1/2 c. powdered sugar</td>
</tr>
<tr>
<td>1 1-oz. square unsweetened chocolate</td>
<td>1 1-oz. square unsweetened chocolate</td>
<td>1 t. baking powder</td>
</tr>
<tr>
<td>3 T. cocoa plus 1/2 T. shortening</td>
<td>3 T. cocoa plus 1/2 T. shortening</td>
<td>1/4 t. baking soda plus 1/2 t. cream of tartar</td>
</tr>
<tr>
<td>15 graham crackers</td>
<td>15 graham crackers</td>
<td>1 lb. cornmeal • 3 cups</td>
</tr>
<tr>
<td>• 1 cup crumbs</td>
<td>• 1 cup crumbs</td>
<td>1 lb. cornstarch • 3 cups</td>
</tr>
<tr>
<td>• 1 Tbsp. grated</td>
<td>• 1 Tbsp. grated</td>
<td>1 lemon rind • 1 Tbsp. grated</td>
</tr>
<tr>
<td>3-4 med. oranges • 1 cup</td>
<td>3-4 med. oranges • 1 cup</td>
<td>1 orange rind • 2 Tbsp. grated</td>
</tr>
<tr>
<td>23 soda crackers • 1 cup</td>
<td>23 soda crackers • 1 cup</td>
<td>15 graham crackers • 1 cup crumbs</td>
</tr>
</tbody>
</table>

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CAKES, COOKIES & DESSERTS

CHERRY BREEZE

1 (8 oz.) pkg. cream cheese
1 can Eagle Brand sweetened condensed milk
1/2 c. RealLemon
1 tsp. vanilla
1 can cherry pie filling
1 graham cracker crust

Beat cream cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in lemon juice and vanilla. Turn into crust. Chill 2 to 3 hours, until firm. Do not freeze. Top with chilled cherry pie filling.

For double recipe, use 9 x 13 cake pan with graham cracker crust.

Sharon Larson

CHERRY TORTE

6 egg whites
3/4 tsp. cream of tartar
2 c. sugar
2 c. broken soda crackers
3/4 c. nuts
2 tsp. vanilla


Topping:

1 pkg. Dream Whip or Cool Whip
1 can Thank You cherry pie filling

Spread with whip topping and cherry pie filling. Sprinkle a little sugar on top. Let stand 10 hours. Top with whip topping, if desired. Refrigerate.

Barbara Adelaine
CAKES, COOKIES & DESSERTS

CREAM PUFFS

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

pinch of salt
4 eggs

Bring butter and water to boil. Add 1 cup flour and pinch of salt at one time. Beat until a ball forms away from the side of the pan. Remove from heat. Add 4 eggs, one at a time, beating hard after each one. Drop from spoon onto greased baking sheet. Bake at 400° for 20 minutes or until really puffed. Reduce heat to 350°. Bake for 25 minutes more.

Cream Custard Filling:

2 1/4 c. milk
3/4 c. cream
3/4 c. sugar
1/2 c. flour

1/2 tsp. salt
3 eggs
3/4 c. heavy cream, whipped stiff
almond or vanilla flavoring


Ardelle Lundeen

COUNTRY VANILLA ICE CREAM

4 Quarts:

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

4 c. heavy cream (half and half)
4 1/2 tsp. vanilla
1/2 tsp. salt

2 1/2 Quarts:

3 eggs
1 1/2 c. sugar
3 c. milk

3 c. heavy cream (half and half)
3 tsp. vanilla
1/4 tsp. salt

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer can and freeze until very thick.

Gladys McCracken
CROWN JEWEL DESSERT

1 pkg. each: lime Jell-O, orange Jell-O and cherry Jell-O
3 c. boiling water
1 ½ c. cold water
1 c. pineapple juice
½ c. sugar
1 pkg. lemon Jell-O
½ c. cold water
1 large pkg. or 2 small pkg. Dream Whip
ladyfingers (enough to line a large spring pan on sides and bottom)

Prepare lime, orange and cherry Jell-O by making each with 1 cup hot water and ½ cup cold water. Chill and cut into cubes.

Heat to boiling pineapple juice and sugar. Add lemon Jell-O and dissolve. Add ½ cup cold water. Chill to thick and syrupy. Prepare Dream Whip according to directions. Stir in pineapple/lemon Jell-O mixture and fold in Jell-O cubes.

Line a spring cake pan with ladyfingers on bottom and sides. Pour all the previously made mixture into the pan and chill.

Note: This recipe can also be made in two pie pans lined with ladyfingers or a crumb crust. Will make 2 pies.

Terrell Spence

FRUIT PIZZA

1 ½ c. flour
½ c. butter
2 Tbsp. sugar
1 (8 oz.) cream cheese
1 c. powdered sugar
small container whipped topping
1 c. any kind fruit juice
2 Tbsp. cornstarch
1 Tbsp. lemon juice
½ c. sugar

Mix flour, butter and 2 tablespoons sugar to form a crust. Pat in pizza pan. Bake 10 minutes at 350°. Cool.

Mix softened cream cheese and powdered sugar until smooth; gradually add whipped topping. Spread over cooled crust and arrange any kind of fruit on top (bananas, strawberries, kiwi, blueberries, grapes, etc.).

Mix fruit juice, cornstarch, lemon juice and ½ cup sugar together in saucepan and heat until thickened, stirring constantly. When this cools, drizzle over fruit. Refrigerate.

Janet Meyer
CAKES, COOKIES & DESSERTS

FRUIT PIZZA

1 c. Crisco shortening
1 1/2 c. sugar
1 egg
1 tsp. vanilla
1/4 tsp. almond extract
1 tsp. baking soda
1 tsp. cream of tartar
2 1/2 c. flour
2 pkg. Dream Whip, mixed
8 oz. cream cheese, softened
1 c. powdered sugar
assorted fruit (strawberries, kiwi, pineapple, grapes, etc.)

For Crust: Cream shortening and sugar. Add egg, vanilla and almond extract. Stir in soda, cream of tartar and flour. Pat crust mixture into 2 greased pizza rounds or pizza stones. Bake at 375° for 15 minutes or until light brown and batter has fallen. Cool.

Mix 2 Dream Whip packages as directed; then add cream cheese and powdered sugar. Place on cooled crusts. Top with your favorite kinds of fruit and chill.

Kristi Tietjen

GRAHAM CRACKER ROLL

1/2 lb. graham crackers
1/2 lb. small marshmallows
1/4 lb. chopped nuts
8 oz. chopped dates
1/2 pt. cream
10 oz. maraschino cherries with juice

Crush all but four graham crackers and mix all ingredients together. Roll into a loaf. Crush remaining four crackers and roll the loaf in the remaining cracker crumbs. Chill and serve with whipped cream.

Connie Burdick
LINZER TORTE
(Lisa's Best)

250 grams room temperature unsalted butter
250 grams sugar
1 egg
1 shot glass cherry brandy
250 grams finely ground almonds or filberts

250 grams flour
1 tsp. cinnamon
1 heaping Tbsp. cocoa
3 Tbsp. vanilla sugar
1/6 tsp. ground cloves
1 egg yolk
1 jar currant jelly

It is messy, but best this way: Grease 24 cm spring-form. On clean surface, knead flour, sugar, egg, butter, brandy, cocoa, cinnamon, nuts, vanilla and cloves into dough. Do this as fast as possible. Cool; refrigerate dough at least 1 hour. Divide dough; put 2/3 into spring-form. Cover with foil and spread dough evenly over bottom and 2 cm up sides. Remove foil and spread generous amount of jelly over bottom of dough mixture.

Roll rest of dough and cut into strips and put lattice fashion over jam topped dough. Mix egg yolk with 1 tablespoon water and brush all over torte. Press edges gently with fork. Bake at 350° for 1 hour. Cool; remove from spring-form. Linzer Torte is best if baked several days before serving.

Note: 30 grams, approximately = 1 ounce and 450 grams, approximately = 1 pound.

Lisa Rupp
CAKES, COOKIES & DESSERTS

MILE HIGH DESSERT

Bottom Crust:

- ½ c. butter
- ¼ c. brown sugar
- 1 c. flour
- ½ c. nuts

Filling:

- 1 pkg. frozen strawberries, thawed
- 2 egg whites
- 1 c. sugar
- 1 Tbsp. lemon juice
- 1 tsp. vanilla
- ½ pt. whipping cream, whipped or 8 oz. Cool Whip

Mix together butter, sugar, flour and nuts in 9 x 13 cake pan. Bake 15 minutes at 400°. Stir occasionally. When done, press (lightly) ½ to ¾ of mixture in cake pan. Reserve ½ or ¼ for topping. Let cool. If you press crust too hard, it will be difficult to remove from pan.

In a large mixing bowl, beat the strawberries, egg whites, sugar, lemon juice and vanilla. This will fill the mixing bowl. Beat for 20 minutes. Then fold in whipped cream. Pour into cake pan on top of crust.

Top with remaining crumbs reserved from crust mixture. Freeze at least 4 hours before serving. Keep frozen until ready to serve.

Betty Arendsee

NOODLE KUGEL

- 1 lb. wide egg noodles
- 4 eggs, slightly beaten
- ½ c. butter or margarine
- 16 oz. carton small curd cottage cheese
- 16 oz. carton sour cream
- 20 oz. can crushed pineapple, drained or fruit cocktail, drained
- cornflakes
- cinnamon
- ½ c. sugar

Heat oven to 350°. In a large saucepan, boil noodles; drain. Return noodles to saucepan. Add beaten eggs and butter. Stir until butter is melted. Add cottage cheese, sour cream, pineapple and sugar. Mix until blended and pour into a greased 9 x 13-inch pan. Top with crushed cornflakes and sprinkle with cinnamon. Bake 1 hour or until done.

Anne Withrow
PUMPKIN PIE DESSERT

6 eggs
1 c. white sugar
½ c. brown sugar
1 large can pumpkin (2 pie size)
2 tsp. cinnamon
½ tsp. nutmeg
1 large can evaporated milk
½ tsp. ginger
¼ tsp. cloves
½ c. stick margarine
1 pkg. yellow cake mix

Beat eggs and add brown and white sugars; mix well. Add pumpkin, cinnamon, nutmeg, ginger, cloves and evaporated milk. Pour into lightly greased 9 x 13 pan. Crumble margarine into cake mix. Sprinkle over pumpkin mixture. Bake at 350° for 45 to 55 minutes or until knife comes out clean. Serve with Cool Whip or ice cream.

Joyce Lampson

RHUBARB CINNAMON CANDY DESSERT

3 c. rhubarb, chopped
2 Tbsp. cornstarch
1 ¼ c. sugar
¼ c. cinnamon candy (1.75 oz.)
½ c. water
1 tsp. vanilla
1 ½ c. flour
1 ½ c. oatmeal
1 c. brown sugar
½ c. margarine
½ c. shortening
¾ tsp. salt
¾ tsp. baking soda
½ c. walnuts, chopped

Mix rhubarb, cornstarch, sugar, cinnamon candy and water. Cook until thick and candies are dissolved. Take from heat and add vanilla. Cool.

Mix remaining ingredients until crumbly. Put ¾ into 9 x 13-inch pan. Pour cooled mixture over and sprinkle rest of crust on top. Bake at 375° for 30 minutes. Yields 16 servings.

Madeleine Rose
CAKES, COOKIES & DESSERTS

DEPRESSION COBBLER
(Rhubarb)

1 c. sour cream or milk           1/2 c. sugar
1 egg                                2 to 3 c. diced rhubarb
1/2 tsp. soda                      1 c. sugar
1 c. flour

Make a batter. Add a pinch of salt to 2 to 3 cups rhubarb and 1 cup of sugar. Alternate the batter and rhubarb. Bake at 350° for 30 minutes in a 9 x 9. Serves 8.

This is a Heitland family recipe. These ingredients were available in the depression years.

Shirley Heitland

RHUBARB CHERRY CRUNCH

1 c. rolled oats (oatmeal)         1 c. sugar
1 c. packed brown sugar            2 Tbsp. cornstarch
1 c. flour                        1 c. water
1/2 tsp. salt                      1 tsp. almond extract
1/2 c. butter or margarine         1 (21 oz.) can cherry pie filling
4 c. diced rhubarb                1/2 c. chopped walnuts

Combine oats, brown sugar, flour and salt. Cut in butter until crumbly. Pat 2 cups of mixture into a greased 9 x 13 baking pan. Cover with rhubarb.

In a saucepan, combine sugar and cornstarch. Stir in water and cook until mixture is thickened and clear. Stir in extract and cherry pie filling. Spoon over rhubarb. Combine nuts with reserved crumb mixture and sprinkle on top. Bake at 350° for 40 to 45 minutes.

Mary McKinney
RHUBARB TORTE

Crust:
1 ¹⁄₂ c. flour
¾ c. butter
½ c. powdered sugar

Mix and press into greased 9 x 13 pan. Bake 10 minutes at 375°.

Filling:
3 eggs
2 ¹⁄₄ c. sugar
1 ¹⁄₆ tsp. baking powder
3⁄₄ c. flour
6 c. rhubarb

Beat the eggs; add the sugar, baking powder and flour. Cut the
rhubarb into small pieces and add to hot crust. Pour egg mixture over
rhubarb and bake 45 minutes at 375°.

Serve with ice cream or whipped topping. Serves 15.

Maxine Darnall

STRAWBERRY DANISH DESSERT

1 box strawberry pudding and pie
  glaze (use brand named
  “Junket Danish Dessert”)
16 graham crackers
  ¹⁄₄ lb. butter
1 ½ pt. fresh strawberries
1 (8 oz.) pkg. cream cheese
2 c. powdered sugar
1 c. whipped cream or Cool Whip

In a 9 x 9-inch pan, make a layer of crushed graham crackers
mixed with the melted butter. Reserve ½ cup of mixture for topping.

Make Danish Dessert Junket to package directions. Let mixture
cool. Add strawberries to cooled Junket mixture.

Mix cream cheese, powdered sugar and dessert topping (Cool
Whip). Spread ½ of cream cheese mixture on graham cracker crust.
Spread berries and Junket mixture over this. Swirl rest of cream
cheese mixture on top. Sprinkle with the rest of the graham cracker
mixture.

Joyce Lampson
CAKES, COOKIES & DESSERTS

AUGUSTA BLUME'S PRINCE OF WALES CAKE

1 c. brown sugar
1/2 c. sour milk
1/2 c. butter
1 c. chopped raisins
1 Tbsp. molasses
3 egg yolks
1 tsp. allspice
1 tsp. nutmeg
1 tsp. soda, dissolved in warm water
2 c. flour

Combine ingredients and bake as usual.

This recipe was typical of old recipes in my mother's collection. It was assumed the skilled baker would know the correct method, baking time and temperature.

We suggest 9 x 13-inch pan at 350° for 35 to 45 minutes.

Bernadine Enevoldsen

BANANA CAKE

1/2 c. shortening
1 1/4 c. sugar
4 Tbsp. sour cream
2 1/4 c. flour
2 eggs
3 mashed bananas
1 tsp. soda

Mix shortening and sugar. Add eggs and blend. Add mashed bananas and cream. Stir in flour and soda. Nuts may be added. Bake at 350° until done to toothpick test. Time depends on size pan used.

Eunice Colburn

CARROT CAKE

3 c. shredded carrots
1 c. raisins
1 1/2 c. sugar
1 1/2 c. cold water
1 heaping Tbsp. shortening
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. ginger
2 c. flour
1 tsp. baking soda
1 tsp. salt
1 c. nuts, chopped

Mix carrots, raisins, sugar, water, shortening, nutmeg, cinnamon and ginger. Cook 5 minutes and cool. Add flour, baking soda, salt and nuts. Bake at 325° for 1 hour in a 9 x 12-inch greased and floured pan.

Joye Ann Billow
CONNIE'S CARROT CAKE

1 1/2 c. oil
2 c. white sugar
3 eggs
2 c. finely grated carrots
2 tsp. cinnamon
2 tsp. soda
2 tsp. vanilla
2 c. flour
1 c. crushed pineapple with juice
1/2 c. chopped nuts

Mix all ingredients in usual order. Bake at 350° for 1 hour in a greased and floured 9 x 13-inch pan.

Frosting:

4 Tbsp. butter
1 tsp. vanilla
3 oz. Philadelphia cream cheese
powdered sugar to spread
1/4 c. chopped nuts

Mix first 4 ingredients together and spread on cake. Sprinkle frosting with chopped nuts.

Connie Burdick

ALMOND CHEESECAKE WITH RASPBERRIES

1 1/4 c. graham cracker crumbs
1/3 c. margarine, melted
1/4 c. sugar
2 (8 oz.) pkg. cream cheese, softened
1 (16 oz.) can ready to spread vanilla frosting
1 Tbsp. lemon juice
1 Tbsp. grated lemon peel
3 c. Cool Whip raspberries
sliced almonds

Stir together crumbs, margarine and sugar in small bowl; press onto bottom and 1/2-inch up sides of 9-inch spring-form pan or pie plate. Chill.

Beat cream cheese, frosting, juice and peel in large mixing bowl at medium speed with electric mixer until well blended. Fold in whipped topping; pour over crust. Chill until firm. Arrange raspberries and almonds on top of cheesecake. Makes 10 to 12 servings.

Jo Ann Ullery
GLAZED ALMOND AMARETTO CHEESECAKE

Topping:

\[
\begin{align*}
&\frac{1}{2} \text{ c. sugar} & & 1 \text{ c. sliced almonds} \\
&\frac{1}{4} \text{ c. water} & & 1 \text{ tsp. Amaretto}
\end{align*}
\]

Crust:

\[
\begin{align*}
&2 \text{ c. graham cracker crumbs} & & \frac{1}{2} \text{ c. melted butter or margarine} \\
&\frac{1}{4} \text{ c. chopped almonds} & & \\
\end{align*}
\]

Filling:

\[
\begin{align*}
&2 (8 \text{ oz.}) \text{ pkg. cream cheese} & & \frac{1}{2} \text{ c. whipping cream} \\
&1 \text{ c. sugar} & & \frac{1}{4} \text{ c. Amaretto} \\
&3 \text{ eggs} & & \frac{1}{2} \text{ tsp. almond extract} \\
&1 \text{ c. sour cream} & & \\
\end{align*}
\]

In small saucepan, combine sugar and water. Bring to a boil for 2 minutes. Remove from heat; stir in sliced almonds and 1 teaspoon Amaretto. With slotted spoon, remove almonds to waxed paper; separate with fork. Cool. Heat oven to 350°. In medium bowl, combine crust ingredients; press in bottom and 1 ½-inches up sides of 10-inch spring-form pan. In large bowl, combine cream cheese and sugar; beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Add sour cream, whipping cream, ¼ cup Amaretto and almond extract; blend well. Pour into prepared crust.

Bake at 350° for 60 to 75 minutes or until center is set. To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking. Arrange prepared almonds in a 2-inch wide circle around outer edge of cheesecake during last 15 minutes of baking. Carefully remove sides of pan. Cool and refrigerate several hours or overnight. Makes 16 servings.

Rachel Paula
CAKES, COOKIES & DESSERTS

BEST EVER (CHEESECAKE)

Crust:
20 graham crackers, crushed into crumbs

Filling:
3 (8 oz.) pkg. cream cheese, softened
1 1/2 c. sugar

Topping:
1 pt. sour cream
1/4 c. sugar
2 tsp. vanilla

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

1/8 tsp. salt
4 eggs
1 tsp. vanilla

raspberries and blueberries for garnish

Combine cracker crumbs with sugar and melted butter. Press into bottom and sides of 9-inch spring-form pan. Chill.

Beat cream cheese. Blend in sugar and salt and beat until fluffy. Add eggs, one at a time. Add vanilla. Pour into crust and bake at 350° for 60 minutes or until center is firm. Remove from oven and let stand for 15 minutes.

For topping, combine sour cream, sugar and vanilla. Spread over cheesecake. Bake at 350° for 10 minutes. Chill.

Denise Peterson
CAKES, COOKIES & DESSERTS

CHERRIES JUBILEE CHEESECAKE

Crust:
2 c. crushed creme-filled chocolate sandwich cookies
2 Tbsp. butter, melted

Filling:
3 (8 oz.) pkg. cream cheese
1 c. sugar
4 eggs
1 ½ c. sour cream
1 tsp. lemon peel, grated
1 tsp. vanilla

Sauce:
3 Tbsp. cornstarch
2 (16 oz.) cans pitted dark-sweet cherries (undrained)
½ c. brandy

In bowl, combine crust ingredients. Blend well. Press crust mixture in bottom and ½ to 1-inch up sides of ungreased spring-form pan.

Beat cream cheese and sugar to light and fluffy. Add eggs, one at a time, beating well after each. Add sour cream, lemon peel and vanilla; beat well. Pour into prepared crust. Bake at 350° for 50 to 60 minutes. Refrigerate for several hours or overnight. Remove sides of pan.

In chafing dish (I used fondue pot), combine cornstarch and cherries. Cook over medium heat until mixture boils and thickens, stirring occasionally. In small saucepan over low heat, heat brandy just until vapors are visible. Do not overheat! Using long handled match, ignite brandy carefully in saucepan. Pour ignited brandy carefully over cherries. Stir gently. Spoon over cheesecake wedges.

Rachel Paula
CARAMEL CHOCOLATE PECAN CHEESECAKE

2 c. vanilla wafer crumbs
6 Tbsp. butter, melted
1 (14 oz.) bag caramels
1 (5 oz.) can evaporated milk
1 c. chopped pecans

2 (8 oz.) pkg. cream cheese
1/2 c. sugar
1 tsp. vanilla
2 eggs
1/2 c. semi-sweet chocolate chips

Combine wafer crumbs and butter; press into bottom and sides
of 9-inch spring-form pan. Bake at 350° for 10 minutes.
Melt caramels and milk over low heat, stirring until smooth.
Pour over baked crust. Top with pecans.

Combine cream cheese, sugar and vanilla until well blended.
Add eggs, one at a time, mixing very well. Melt chocolate chips and
blend in cream cheese mixture. Pour over pecans. Bake at 350° for
40 minutes. Chill before serving with whipped cream and cherry.

Brenda Bestland

DELCXUE CHEESECAKE
(New York Style)

1 1/4 c. flour and 3 Tbsp.
lemon peel (2)
3/4 c. butter
1/4 c. sugar
3 egg yolks

5 (8 oz.) pkg. cream cheese
5 eggs
1/4 c. heavy cream
1 Tbsp. grated orange peel
1/4 tsp. salt

In small bowl (mixer low), beat 1 1/4 cups flour, butter, 1/4 cup sug-
ar, 1 egg yolk and 1/2 of lemon peel. Refrigerate, covered, 1 hour.
Preheat oven to 400°. Press 1/3 flour mixture into bottom of 10-
inchespring-form pan. Bake 8 minutes. Cool. Turn oven to 475°.

In large bowl, beat cream cheese smooth with mixer on medium
speed. Beat in 1 3/4 cups sugar. At low, beat in 3 tablespoons flour and
remaining ingredients. Beat at high 5 minutes. Press rest of dough
around side of pan to 1-inch of top. Don’t bake. Pour in cheese mix-
ture. Bake 12 minutes at 475°. Change oven to 300° and bake 35 min-
utes. Turn off oven. Let it remain for 30 minutes. Remove. Cool in
pan. Refrigerate.

Sherry DeBoer
CAKES, COOKIES & DESSERTS

(LEMON) CHEESECAKE

1 c. sugar
8 oz. cream cheese
1 pkg. sugar-free lemon Jell-O
1 c. boiling water

Blend well the sugar and cream cheese (softened). Combine sugar-free lemon Jell-O and boiling water. When Jell-O is dissolved, add 3 tablespoons lemon juice. Mix and set in freezer to cool.

In 9 x 13 pan, pat down the graham cracker crumbs and margarine. Whip to peaks the Carnation milk; cool 15 minutes in freezer. Add to cooled Jell-O mixture. Then add to cream cheese mixture. Pour over crust and chill 24 hours in refrigerator.

Optional: Top with strawberry pie filling.

Sandie Mathiason
PRALINE CHEESECAKE

Crust:
1 ¼ c. crushed graham crackers ½ c. chopped pecans, toasted
½ c. white sugar ½ c. butter, melted

Filling:
3 (8 oz.) pkg. cream cheese 1 ½ tsp. vanilla
1 c. brown sugar 3 eggs
1 (5 oz.) can evaporated milk pecan halves, toasted to decorate
2 Tbsp. flour

Topping:
1 c. dark corn syrup 2 Tbsp. brown sugar
⅛ c. cornstarch 1 tsp. vanilla


Rachel Paula
CAKES, COOKIES & DESSERTS

PEANUT BUTTER CHOCOLATE CHIP (CHEESECAKE)

2 (8 oz.) pkg. cream cheese 2 tsp. lemon juice
(room temperature) 1 ½ c. sugar
2/3 c. peanut butter ¾ to 1 c. mini semi-sweet
½ c. sour cream chocolate chips
5 eggs

Topping:

¾ c. melted chocolate chips
(Hershey’s melt best)
1 c. sour cream
½ c. sugar

Crust:

12 oz. box vanilla wafers or
graham crackers
sugar
butter

Mix together until smooth. Pour in 9-inch spring-form pan. Bake at 350° for 70 to 80 minutes. Let sit at room temperature for 15 minutes.

Put on topping: Melt chips, sour cream and sugar. Return to oven for 10 minutes. Cool in refrigerator.

Betsy Draper

CHOCOLATE SAUERKRAUT CAKE

¼ lb. shortening 1 tsp. baking powder
1 ½ c. sugar 1 tsp. baking soda
3 eggs ¼ tsp. salt
1 tsp. vanilla 1 c. cocoa
1 c. water 8 oz. can sauerkraut, washed,
2 c. flour drained and chopped

Cream shortening and sugar. Beat in eggs, one at a time. Add vanilla. Sift dry ingredients and add, alternating with water. Stir in sauerkraut. Spread in greased and floured pan (9 x 12-inches). Bake at 350° for 40 minutes.

Joye Ann Billow
JAMIE CAKE

3 pkg. "pop out of can" buttermilk biscuits
1/4 c. white sugar
1 tsp. cinnamon

1/2 c. brown sugar
1/2 c. white sugar
1/2 c. vanilla ice cream
1 stick margarine

Cut the biscuits into fourths and roll or shake in mixture of 1/4 cup white sugar and 1 teaspoon cinnamon. Drop pieces into large Bundt pan.

Mix together the remaining ingredients and bring to full boil, stirring constantly. Pour caramel mixture over biscuit pieces. Bake 40 minutes at 350°. Remove from oven and let sit for one minute. Then invert pan on tray or plate. Enjoy!

Gladys McCracken

LEMON CAKE DESSERT

1 lemon cake mix
1 can Eagle Brand milk

1/3 c. lemon juice

Mix and bake cake as directed. Mix the Eagle Brand and lemon juice. Spread on cooled cake. Top with carton of whipped cream.

Lynne Grabowska
CAKES, COOKIES & DESSERTS

LEONIDA HEBER’S APPLESAUCE-SPICE CAKE

1/2 c. butter or margarine, softened
2 c. sugar
2 eggs
3 c. all-purpose flour
2 tsp. baking soda
2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
1/2 tsp. nutmeg
2 1/4 c. applesauce*
1 c. chopped nuts

Beat butter and sugar together until fluffy. Beat in eggs. Mix together all dry ingredients and add all together with applesauce. Stir in nuts. Bake at 350° for 50 minutes.

If you use home-canned applesauce, use top part of jar.

Frosting:

3/4 c. butter or margarine
1 1/2 c. brown sugar
6 Tbsp. evaporated milk or cream
2 1/2 c. powdered sugar

Heat butter and sugar together until boiling; boil for 2 minutes. Stir in evaporated milk. Cool to lukewarm. Stir in powdered sugar, 1/2 cup at a time. Half of this frosting makes enough to frost cake.

Bernadine Enevoldsen

PUMPKIN CAKE ROLL

3 eggs
1 c. sugar
3/4 c. pumpkin
1 tsp. lemon juice
3/4 c. flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. salt
1 c. finely chopped walnuts

Filling:

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

Beat eggs on high speed 5 minutes; gradually beat in 1 cup sugar. Stir in pumpkin and lemon juice. Stir together flour, spices and salt. Fold into pumpkin mix. Spread in greased and floured 15 x 10 x 1-inch pan. Top with 1 cup finely chopped walnuts. Bake at 275° for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at end, roll towel and cake together. Cool and unroll. Spread with filling, roll and chill. Freezes well.

Ardelle Lundeen
CAKES, COOKIES & DESSERTS

RHUBARB CUSTARD CAKE

18.25 oz. plain yellow cake batter 1 ½ c. granulated sugar
3 ½ c. rhubarb, chopped 2 c. heavy whipping cream

Prepare yellow cake batter according to instructions. Pour into an 8 x 12-inch pan. Place rhubarb on top. Stir sugar and cream together and pour over top. Bake at 350° for 50 to 60 minutes. An inserted knife should come out clean. This cake will probably take the entire 60 minutes (be sure your oven is not too hot or the cake will burn). The cake, cream and rhubarb will make a custard under the cake. When serving, flip pieces over so the custard is on top.

Marilyn Swanson

FAVORITE RUM CAKE

1 pkg. yellow cake mix ½ c. cold water
1 (3 oz.) pkg. instant vanilla pudding mix ½ c. vegetable oil
4 eggs ½ c. rum

Glaze:

¼ c. water 1 stick butter or margarine
1 c. sugar ½ c. rum

Grease Bundt pan well. Spread nuts in bottom and sides. Mix in bowl cake mix, dry pudding mix, eggs, oil, water and ½ cup rum. Pour in Bundt pan. Bake at 325° for an hour or until done. Invert on rack and cool.


Doris Schumacher
**CAKES, COOKIES & DESSERTS**

**SCRUMPTIOUS STRAWBERRY CAKE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>9 x 13 strawberry cake, prepared</td>
<td></td>
</tr>
<tr>
<td>according to pkg. directions</td>
<td></td>
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<tr>
<td>1 large (8 serving) pkg. vanilla</td>
<td></td>
</tr>
<tr>
<td>instant pudding</td>
<td></td>
</tr>
<tr>
<td>8 oz. cream cheese</td>
<td></td>
</tr>
<tr>
<td>12 oz. container frozen whipped</td>
<td></td>
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<tr>
<td>topping</td>
<td></td>
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<tr>
<td>2 c. sliced fresh strawberries</td>
<td></td>
</tr>
<tr>
<td>¼ c. chopped pecans</td>
<td></td>
</tr>
<tr>
<td>1 large (8 serving) pkg. vanilla</td>
<td></td>
</tr>
<tr>
<td>instant pudding</td>
<td></td>
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<tr>
<td>3 c. milk</td>
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<td>8 oz. cream cheese</td>
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<tr>
<td>topping</td>
<td></td>
</tr>
<tr>
<td>2 c. sliced fresh strawberries</td>
<td></td>
</tr>
<tr>
<td>¼ c. chopped pecans</td>
<td></td>
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</tbody>
</table>

Prepare strawberry cake in 9 x 13 pan. Let cool. Mix vanilla instant pudding and milk; beat on low speed for 2 minutes. Add softened cream cheese to pudding; beat until cream cheese is mixed well. Spread pudding and cream cheese mixture over cake. Spread sliced strawberries evenly over pudding mixture. Spread whipped topping over strawberries. Sprinkle chopped pecans on top. Refrigerate 3 hours or overnight before serving. Serves 15.

*Gail Dobbs Tidemann*

**TEXAS SHEET CAKE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>1 c. water</td>
<td></td>
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<tr>
<td>1 c. margarine</td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. cocoa</td>
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<tr>
<td>2 c. flour</td>
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<tr>
<td>2 c. sugar</td>
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<tr>
<td>½ tsp. salt</td>
<td></td>
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<tr>
<td>1 tsp. baking soda</td>
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<tr>
<td>1 c. sour cream</td>
<td></td>
</tr>
<tr>
<td>2 large eggs</td>
<td></td>
</tr>
<tr>
<td>Frosting:</td>
<td></td>
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<tr>
<td>4 Tbsp. cocoa</td>
<td></td>
</tr>
<tr>
<td>6 Tbsp. milk</td>
<td></td>
</tr>
<tr>
<td>½ c. margarine</td>
<td></td>
</tr>
<tr>
<td>1 box or lb. powdered sugar</td>
<td></td>
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<tr>
<td>1 tsp. vanilla</td>
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</tbody>
</table>

Boil water, margarine and cocoa until margarine melts. Beat in flour, sugar, salt and baking soda. Add sour cream and eggs; mix well. Spread in greased large jelly roll pan. Bake at 325° for 16 to 20 minutes.

Frosting: Boil cocoa, milk and margarine 1 minute. Remove from heat. Add powdered sugar and vanilla. Mix well until smooth. Pour over warm cake.

*Mary McKinney*
NUT TORTE
(This Is A Very Dense, No Fat, Low Sugar Cake)

6 eggs, separated
¼ c. Sugar Twin
¼ c. sugar
4 c. ground nuts (filberts or almonds)

Cool Whip or whipping cream
vanilla to taste
zest of small lemon
low-sugar apricot jam

You will need 3 (8-inch) cake pans sprayed and lined with parchment paper, then re-sprayed with Pam.

Beat egg whites (adding Sugar Twin during beating process), until very stiff. Put aside. Beat egg yolks with ¼ cup sugar, vanilla and lemon zest until creamy. Add nuts. Fold egg whites into mixture and divide into 3 cake pans. Bake at 350° for 30 minutes. Cool; take out of pans and remove parchment.

Spread top of first layer with jam; dot with Cool Whip. Top with second layer and repeat. Top with third layer and frost whole cake with enough Cool Whip to give it a nice finished look. Cover and refrigerate overnight.

Lisa Rupp

CHOCOLATE ZUCCHINI CAKE

½ c. butter
½ c. oil
1 ¾ c. sugar
1 Tbsp. vanilla
¼ c. cocoa
½ c. sour milk or buttermilk
2 ½ c. flour

2 c. grated zucchini
2 eggs
1 tsp. salt
1 tsp. soda
¾ c. chocolate chips
¾ c. nuts, chopped

Mix all ingredients well, except chocolate chips and nuts. Sprinkle with chocolate chips and chopped nuts. Bake at 350° for 40 to 50 minutes.

Sharon Larson
CAKES, COOKIES & DESSERTS

ZUCCHINI CAKE

3 c. grated zucchini  
4 eggs  
2 c. sugar  
1 1/2 c. cooking oil  
1 c. chopped walnuts

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

Mix zucchini, eggs, sugar and oil. Mix nuts, flour and spices. Add dry ingredients to egg mixture. Pour into greased 9 x 13-inch pan. Bake 1 hour at 350°. When cool, ice with powdered sugar frosting, cream cheese frosting or canned sour cream frosting.

Gladys McCracken

FRESH APPLE BROWNIES

1 c. sugar  
1/2 c. butter  
1 egg  
2 c. raw apples, sliced  
1 1/2 c. flour

1/2 tsp. soda  
1/2 tsp. cinnamon  
1/2 c. brown sugar  
1/2 c. walnuts  
1/2 tsp. cinnamon

Cream the sugar and butter. Add egg and dry ingredients (flour, soda and 1/2 teaspoon cinnamon). Stir in the apples. Sprinkle with mixture of brown sugar, walnuts and cinnamon. Spread in small cookie sheet (9 x 9). Bake at 350° for 20 to 30 minutes.

Sandie Mathiason
APRICOT-PECAN-BRIE TARTS

24 pecan halves
1 (8 oz.) pkg. Brie, chilled

1 1/2 (17 1/4 oz.) pkg. frozen puff pastry sheets, thawed*

1/3 c. apricot preserves

Bake pecans at 350° in a shallow pan, stirring occasionally, 10 to 15 minutes or until toasted; cool.

Remove rind from cheese; cut cheese into 24 cubes and set aside. Roll puff pastry into a 15 x 10-inch rectangle on a lightly floured surface; cut into 24 squares. Fit squares into miniature muffin pans, extending corners slightly above cup rims. Bake pastry at 425° for 10 to 12 minutes or until it begins to brown. Remove pastry from oven; gently press handle of a wooden spoon into center of each pastry, forming tart shells. Spoon 1/2 teaspoon preserves into each shell; top with a cheese cube and a pecan half. Bake 5 more minutes or until cheese melts; serve immediately. Yield: 2 dozen.

*Substitute 24 wine-and-cheese crackers for puff pastry, if desired. Top each cracker with 1/2 teaspoon preserves, cheese and a pecan half; place on a baking sheet. Bake at 350° for 5 minutes or until cheese melts. For testing, we used Prima Gourmet crackers.

Sherry DeBoer

BEST BROWNIES

2 eggs
1 c. sugar
2 to 4 Tbsp. cocoa
1/2 c. butter
1 c. flour
1/2 tsp. vanilla
1/4 tsp. salt
1/2 c. nuts

Frosting:
2 c. confectioners sugar
1 sq. chocolate
2 Tbsp. butter
1 tsp. vanilla
milk


Frosting: Melt chocolate and butter. Mix in sugar and vanilla. Add milk to desired consistency.

Betsy Draper
BROWNIES

2 1/2 c. sugar
1/2 tsp. salt
1 1/2 c. butter
1 tsp. vanilla

6 oz. semi-sweet chocolate chips
2 c. flour
6 eggs
1 c. nuts (optional)

Glaze:
1 c. heavy cream
13 oz. semi-sweet chocolate chips

Melt together first 5 ingredients. Add flour and eggs, one at a time; mix well. Stir in nuts. Pour into well-greased 16 x 16-inch pan. Bake at 350° for 30 minutes. Cool.


Phyllis Swiden

CHOCOLATE DROP COOKIE

2 c. brown sugar
1 c. butter
2 eggs
1 c. sour milk
1 tsp. soda

3 c. flour
1 c. chopped walnuts
8 Tbsp. cocoa or 4 sq. chocolate
1 tsp. vanilla

Frosting:
1 beaten egg
4 tsp. cream
2 c. powdered sugar
2 sq. melted chocolate

After creaming sugar and shortening, add in order given. Bake at 375° for 12 to 15 minutes or less. Spread frosting on each cookie when still hot.

Betty Arendsee
CRUNCHY CHIP COOKIES

1 c. butter
1/2 c. granulated sugar
1 1/2 c. brown sugar
2 eggs
2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
2 c. old fashioned oatmeal
1 (11 oz.) pkg. chocolate chips
or 1/2 pkg. chocolate chips
and 1/2 pkg. peanut butter chips
2 c. Chinese noodles


Nelda Campbell Briggs

FAIRY DROPS
(Cookie)

1 c. powdered sugar
1 c. granulated sugar
1 c. butter or margarine
1 c. vegetable oil
2 eggs, beaten
1 tsp. almond flavoring
1 tsp. salt
4 1/2 c. flour plus 2 Tbsp.
1 tsp. soda
1 tsp. cream of tartar

Cream sugars and butter well. Blend in oil. Add eggs; beat well. Add almond flavor and blend. Sift together dry ingredients and blend well. Make dough into small balls. Roll balls in sugar. Place on ungreased cookie sheet; press down with glass. (Dough handles best if chilled.) Bake in preheated oven at 360° about 12 minutes, very light brown.

Doris Schumacher
CAKES, COOKIES & DESSERTS

FRUIT CAKE COOKIES

1 c. brown sugar, packed 1 tsp. cinnamon
1/2 lb. butter 1 tsp. nutmeg
4 eggs, beaten 1 tsp. cloves
3 scant tsp. baking soda 1 pkg. seeded white raisins
3 Tbsp. sweet milk 1 1/2 lb. pecans, cut
3/4 c. brandy 1 lb. candied cherries, chopped
3 c. flour 1 lb. candied pineapple, chopped
1 tsp. allspice 1 lb. citron, chopped


Carol J. Peterson

GRANDMA'S GINGER COOKIES

2 eggs 1 c. sugar
1/2 c. shortening 1 c. sour cream
1/2 c. molasses 1/4 tsp. ginger
2 tsp. baking soda 3 1/2 c. flour
1 tsp. salt


White Frosting:

3/4 c. granulated sugar 1 1/2 c. powdered sugar
3/4 c. water 3/4 tsp. baking powder
1 envelope Knox gelatine 1 tsp. vanilla

Combine granulated sugar, water and gelatine. Boil slowly for 10 minutes. Take off stove and beat with electric beater until foamy. Add powdered sugar, baking powder and vanilla. Beat until smooth and spread on cookies. Frost the back side of the cookie.

Carolyn Cotton
CAKES, COOKIES & DESSERTS

GREEK-CHRISTMAS COOKIES

2 oz. slivered almonds, toasted
2 c. unsalted butter, softened
1 large egg
1 (16 oz.) powdered sugar
5 c. all-purpose flour
1 Tbsp. vanilla
1 Tbsp. baking powder

Pulse almonds in food processor until finely chopped. Beat butter at medium speed with a heavy-duty electric mixer until creamy. Add egg, beating just until yellow disappears. Gradually add 1 cup powdered sugar, beating at low speed until blended; beat 1 minute. Add vanilla and almonds and beat until blended.

Combine flour and baking powder; gradually add to butter mixture, beating just until blended after each addition. Pinch off 1-inch piece of dough. Shape into crescents. Place on ungreased baking sheets.

Bake at 350° for 25 to 30 minutes; remove to wire racks to cool for 30 minutes. Roll in remaining sugar. Yields 5 dozen. Prep Time: 45 minutes.

Anne Withrow

PRALINE COOKIES

16 to 20 double graham crackers
1 c. butter
1 c. packed brown sugar
1/4 tsp. cream of tartar
1 to 1 1/2 c. chopped pecans, walnuts or black walnuts

Line cookie sheet with aluminum foil and arrange graham crackers on sheet. In a saucepan, combine brown sugar, butter and cream of tartar. Bring to a boil (boil only slightly, don't overcook, boil until sauce thickens) and pour over graham crackers. Sprinkle with pecans (or other nuts). Bake at 350° for 10 minutes. Remove and let cool for 2 to 3 minutes. Cut into bars and set on waxed paper to finish cooling.

Carol J. Peterson
CHOCOLATE MACAROONS

1 (15 oz.) c. sweetened condensed milk
2 oz. (2 sq.) unsweetened chocolate
2 c. shredded coconut
1 c. coarsely chopped pecans
1 Tbsp. strongly brewed coffee
1 tsp. vanilla
1/2 tsp. salt

Preheat oven to 350°. Oil baking sheet. Combine milk and chocolate in top of double boiler. Place over boiling water on high heat and stir constantly until mixture thickens, about 5 minutes. Add remaining ingredients and stir to blend. Drop by teaspoonfuls onto prepared sheets and bake about 10 minutes or until bottoms are set (watch carefully since they can burn easily). Do not overbake; macaroons should have a soft, chewy texture. Transfer to waxed paper-lined rack or plate and cool completely. Makes about 2 to 2 1/2 dozen.

Joanie Holm

CRISSCROSS FRUIT SQUARES

1 lb. butter or oleo
5 c. sifted flour
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/2 c. sugar
1/2 pt. sour cream
3 egg yolks
1/2 c. chopped walnuts
1 can cherry pie filling
1 can blueberry pie filling
1 egg white, whipped

Mix butter with flour, baking soda, baking powder and salt. Mix sour cream, egg yolks and sugar together; add to flour mixture. Knead until well blended. Roll out on floured counter 2/3 of the dough for the crust. Place dough in a greased 9 x 13-inch pan. Fill 1/2 of the crust with blueberry pie filling and one half cherry pie filling. Roll out remaining 1/3 dough. Cut into strips and lattice on top of pie. Brush top with egg whites and sprinkle with ground walnuts. Bake at 350° for 1/2 hour or until lightly brown.

Barbara Adelaine
MOLASSES CRINKLES

- ¾ c. soft shortening
- 1 c. brown sugar
- 1 egg
- ¼ c. molasses
- 2 ¼ c. sifted flour
- 2 tsp. soda
- ¼ tsp. salt
- ½ tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. ginger

Mix together thoroughly first 4 ingredients. Sift together and stir in remainder of ingredients. Chill dough. Roll into balls the size of large walnuts. Dip tops in sugar. Place sugared side up, 3-inches apart, on greased baking sheet. Bake just until set, but not hard, about 10 to 12 minutes at 375°. Makes about 4 dozen 2 ½-inch cookies.

Ardelle Lundeen

MONSTER COOKIES

- 1 lb. butter
- 3 lb. peanut butter
- 2 lb. brown sugar
- 3 c. white sugar
- 12 eggs
- 1 Tbsp. vanilla
- 8 tsp. soda
- 18 c. oatmeal
- 1 lb. M&M's
- 12 oz. chocolate chips

Mix all ingredients. Drop by tablespoon onto cookie sheet. Bake at 350° for 10 minutes. Don't overbake.

Jo Ann Ullery

PUMPKIN BARS

- 4 eggs
- 2 c. pumpkin (1 can)
- 2 tsp. baking powder
- 1 tsp. soda
- 2 c. sugar
- ¾ c. melted butter
- 2 c. flour
- ½ tsp. cinnamon

Cream wet ingredients together. Mix dry ingredients and sift into wet mixture. Pour into greased and floured jelly roll pan. Bake at 325° for 25 to 30 minutes. Frost with cream cheese frosting.

Mary McKinney
CAKES, COOKIES & DESSERTS

PECAN TASSIES

1 c. margarine
2 c. flour

Filling:
3 eggs, beaten
2 c. brown sugar
2 Tbsp. melted butter
2 (3 oz.) pkg. Philadelphia cream cheese

½ tsp. vanilla
pinch of salt
1 c. chopped pecans

Mix margarine, flour and cream cheese like pie crust. Roll dough into walnut size balls, flatten and press into small muffin tins. Mix filling and put 1 teaspoon filling in each cup and top with ¼ teaspoon pecans. Bake at 350° for 25 minutes.

Ardelle Lundeen

TINY PECAN TARTS

1 (3 oz.) pkg. cream cheese
½ c. butter or margarine
1 c. sifted flour

Filling:
1 egg
¾ c. brown sugar
1 Tbsp. butter, melted
1 tsp. vanilla
¾ c. coarsely chopped pecans

Combine cream cheese with ½ cup butter; blend in flour. Chill about 1 hour. Shape into balls (1-inch in diameter). Press into tiny ungreased muffin/tart tins.

Beat egg with a spoon; add brown sugar, melted butter and vanilla. Mix well. Stir in pecans; pour into prepared shells and bake at 325° for about 25 minutes. Cool before removing from pans. Yields 20.

Gail Dobbs Tidemann
RHUBARB BARS

1/4 c. water
2 Tbsp. cornstarch
1 1/2 c. sugar
1 tsp. vanilla
3 c. chopped rhubarb
1 1/2 c. oatmeal
1 c. brown sugar

1 1/2 c. flour
1 c. shortening (1/2 butter, 1/2 Crisco)
1/2 tsp. salt
1/2 tsp. soda
1/2 chopped nuts


Gladys McCracken

RITZ CRACKER SWEETS

1 c. dates, chopped
1 c. nuts, chopped

1 can Eagle Brand sweetened condensed milk
large pkg. Ritz crackers

Frosting:

3 Tbsp. browned butter
2 Tbsp. milk
2 c. powdered sugar

Put dates, nuts and sweetened condensed milk in heavy saucepan and heat over low heat until thick. Stir constantly.

Place Ritz crackers, salt side down, on cookie sheets. Put 1/4 to 1/2 teaspoon of date-nut mixture on unsalted side of cracker. Bake at 350° for 8 minutes.

Frosting: Heat butter in saucepan until brown. Mix with milk and powdered sugar. Beat well. Frost date nut mixture on each cracker while still warm.

Betty Arendsee
CAKES, COOKIES & DESSERTS

SALTED NUT BARS

1 yellow cake mix  
1 beaten egg  
½ c. melted margarine  
3 c. mini marshmallows  
2 c. rice crispies  
2 c. Spanish peanuts  
1 (12 oz.) peanut butter chips  
½ c. margarine  
1 tsp. vanilla  
½ c. light corn syrup

Mix cake mix, egg and ½ cup margarine together. Bake 10 minutes at 350°. Sprinkle 3 cups mini marshmallows on top of cake and put back in oven until they puff; let cool. Mix together the rice crispies and peanuts; set aside. Melt chips, margarine, vanilla and syrup for 3 minutes in microwave; then mix with rice krispie mixture and spread on cake.

Christy Osborne

7 LAYER BARS

½ c. oleo  
1 c. crushed graham crackers  
1 c. grated coconut  
1 c. chocolate chips  
1 c. butterscotch chips  
1 c. chopped nuts  
1 can sweetened condensed milk  
½ c. chopped nuts

Melt oleo in 9 x 13 pan. Then add crushed graham crackers to form crust. Cover with layers of coconut, chips, chopped 1 cup nuts. Cover with can of condensed milk. Sprinkle ½ cup chopped nuts over the top. Bake 30 minutes at 350°.

Eunice Colburn

SPECIAL K BARS

1 c. syrup (medium or white)  
1 c. white sugar  
¼ c. honey  
1 ½ c. peanut butter  
6 c. Special K  
1 pkg. chocolate chips  
½ pkg. butterscotch chips  
1 Tbsp. butter

Bring to a boil the syrup, white sugar and honey. Remove from heat and add the peanut butter; blend together. Pour this over the Special K which has been measured into a large greased bowl. Pat in large cake pan and frost with chocolate chips, butterscotch chips and butter, which has been melted over hot, not boiling, water. Can add hot water to make spreading consistency.

Sherry DeBoer
ANGEL PIE

Crust:
4 egg whites
$\frac{1}{4}$ tsp. cream of tartar

Filling:
4 egg yolks, beaten until lemon color
$\frac{1}{2}$ c. sugar
3 Tbsp. lemon juice
2 tsp. grated lemon peel
1 Tbsp. cream
1 c. cream, whipped

Beat egg whites and cream of tartar very stiff. Add slowly the 1 cup sugar, beating constantly. Pour mixture into a greased pie plate. Spread out and try to leave more at edges than center. Bake at 300° for 1 hour. Let cool.

Filling: Put all ingredients in heavy saucepan and cook until thick. Be careful, it burns easy. When thick, add tablespoon cream. When crust is cool, spoon $\frac{1}{2}$ of whipped cream on crust. Spoon filling mixture on top of cream. Top with other $\frac{1}{2}$ of whipped cream. Let set in refrigerator 4 hours or more before serving.
Melts in your mouth!

Betty Arendsee

BANANA PECAN PIE

1 c. flour
$\frac{1}{2}$ c. butter
1 c. chopped pecans
8 oz. cream cheese
1 c. powdered sugar
8 oz. Cool Whip
3 large bananas
1 (3.4 oz.) pkg. instant vanilla pudding
1 $\frac{1}{2}$ c. milk

Mix cream cheese and powdered sugar. Fold in 1 cup Cool Whip. Spread over crust. Slice and arrange bananas on top.

Brenda Bestland
CAKES, COOKIES & DESSERTS

PAT'S PEACH PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. water</td>
<td></td>
</tr>
<tr>
<td>juice from peaches</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/2 c. sugar</td>
<td></td>
</tr>
<tr>
<td>2 (1 lb. 13 oz.) cans peaches</td>
<td></td>
</tr>
</tbody>
</table>

Mix water and cornstarch into a milky looking mixture and heat until a soft boil. Add cinnamon and sugar. Add peaches. Pour into standard pie crust. Leftover you may use for peach crisp.

Sandie Mathiason

PUMPKIN FLUFF PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox gelatine</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td></td>
</tr>
<tr>
<td>3/4 c. brown sugar, packed</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp. ginger</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. nutmeg</td>
<td></td>
</tr>
<tr>
<td>1 tsp. cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp. cloves</td>
<td></td>
</tr>
<tr>
<td>1/2 c. milk</td>
<td></td>
</tr>
<tr>
<td>1/4 c. water</td>
<td></td>
</tr>
<tr>
<td>3 egg yolks</td>
<td></td>
</tr>
<tr>
<td>1 1/2 c. canned pumpkin</td>
<td></td>
</tr>
<tr>
<td>3/4 to 1 c. heavy cream</td>
<td></td>
</tr>
<tr>
<td>1/4 to 1/2 c. sugar</td>
<td></td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
<td></td>
</tr>
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</table>

Mix gelatine, sugar and spices together in top of double boiler. Stir in milk, water, egg and pumpkin and mix well. Place over boiling water and cook, stirring occasionally, until gelatine dissolves and mixture is heated through. Remove from heat and chill until mixture mounds when dropped from a spoon. Whip cream. Add sugar and vanilla. Fold into chilled pumpkin mixture. Pour into baked pie shell or graham cracker crust.

Sharon Larson

RHUBARB PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>approximately 2 c. rhubarb, cut up</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. flour</td>
<td></td>
</tr>
<tr>
<td>1 1/4 c. white sugar</td>
<td></td>
</tr>
<tr>
<td>dash of nutmeg</td>
<td></td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
<td></td>
</tr>
<tr>
<td>pinch of salt</td>
<td></td>
</tr>
</tbody>
</table>

Blend together flour and eggs; add sugar, nutmeg, vanilla and salt. Mix well and pour over rhubarb. Pour into unbaked pie crust and cover with crust. Bake at 375° until rhubarb feels soft. This is a custard type pie.

Eunice Colburn
STRAWBERRY RHUBARB PIE

8 c. rhubarb, sliced 2 pie crusts in 9 to 10-inch pie
10 oz. pkg. frozen strawberries, plates
    thawed ½ c. sugar
3 c. sugar ½ c. brown sugar
6 Tbsp. tapioca 1 ½ c. flour
½ tsp. salt ½ c. margarine
½ tsp. nutmeg


Marilyn Swanson
### CAKES, COOKIES & DESSERTS

**--YOUR FAVORITE RECIPES--**

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page Number</th>
</tr>
</thead>
</table>

- 150 -
Beverages, Microwave & Misc.
### Weights, Measures and Equivalents

**EQUIVALENTS**

<table>
<thead>
<tr>
<th>1 cup baking powder</th>
<th>5 1/2 ounces</th>
<th>1 cup flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>all purpose</td>
<td>.4 cups</td>
<td>cake</td>
</tr>
<tr>
<td></td>
<td>.4 1/2 cups</td>
<td>graham</td>
</tr>
<tr>
<td>1 pound butter</td>
<td>.2 cups</td>
<td></td>
</tr>
<tr>
<td>1/2 pound butter</td>
<td>.2 sticks</td>
<td></td>
</tr>
<tr>
<td>1 stick butter</td>
<td>1/2 cup or 8 Tbsp.</td>
<td></td>
</tr>
<tr>
<td>1/4 pound grated cheese</td>
<td>1 cup</td>
<td>1 pound cheese</td>
</tr>
<tr>
<td></td>
<td>.2 2/3 cups</td>
<td>1 lb. brown sugar (1 box)</td>
</tr>
<tr>
<td></td>
<td>.2 1/2 cups</td>
<td>1 lb. confectioners (1 box)</td>
</tr>
<tr>
<td>1 pound granulated sugar</td>
<td>.2 cups</td>
<td>1 pound cube sugar</td>
</tr>
<tr>
<td>1 pound seeded raisins</td>
<td>.2 1/2 cups</td>
<td>1 pound seedless raisins</td>
</tr>
<tr>
<td>1 pound coffee</td>
<td>.5 cups</td>
<td>yield 40-50 cups of coffee</td>
</tr>
<tr>
<td>1 pound rice</td>
<td>.2 cups</td>
<td>yield 3-4 cups cooked rice</td>
</tr>
<tr>
<td>1 pound cocoa</td>
<td>.4 cups</td>
<td></td>
</tr>
<tr>
<td>1 square chocolate</td>
<td>.1 ounce</td>
<td>or 3 tablespoons grated chocolate</td>
</tr>
<tr>
<td>1/2 pound</td>
<td>marshallows</td>
<td>16 marshmallows</td>
</tr>
<tr>
<td>1 pound crab meat</td>
<td>.2 cups</td>
<td></td>
</tr>
<tr>
<td>1 pound figs (chopped)</td>
<td>.3 cups</td>
<td></td>
</tr>
</tbody>
</table>

**EQUIVALENTS**

| 1 pound nut meats (chopped) | .4 cups |
| 1 cup noodles              | .1 1/2 cups when cooked |
| 1 egg                      | .1 1/4 cup |
| 5 eggs                     | .1 cup |
| 9 eggs                     | .1 cup |
| 7-9 egg whites             | .1 cup |
| 12-14 egg yolks            | .1 cup |
| 1 lemon, ave. size         | 3 tablespoons juice |
| 5-8 medium lemons          | .1 cup |
| 1 lemon rind               | .1 tablespoon, grated |
| 1 orange                   | 2-3 tablespoons juice |
| 3-4 medium oranges         | .1 cup juice |
| 1 orange rind              | 2 tablespoons, grated |
| 4 medium tomatoes          | .1 pound |
| 3 large bananas (skin on)  | .1 pound |
| 2 quarts apples            | 3 pounds |
| 4 medium potatoes          | .1 pound |
| 1 lb. peas, in pod         | .1 cup when shelled |
| 23 soda crackers           | 1 cup crumbs |
| 15 graham crackers         | 1 cup crumbs |
| 1 pound conmeal            | .3 cups |
| 1 pound cornstarch         | .3 cups |

---

### A Mineral Primer

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Use</th>
<th>Best Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>For healthy red blood cells.</td>
<td>Dried Fruits, liver, lean meat, peas or beans, green vegetables, molasses, eggs.</td>
</tr>
<tr>
<td>Calcium</td>
<td>For strong bones and teeth.</td>
<td>Cheese, milk, leafy greens.</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>For development of healthy bones and teeth.</td>
<td>Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.</td>
</tr>
</tbody>
</table>

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APPLE CIDER DELUXE

6 c. cider
1 stick cinnamon
¼ tsp. nutmeg
¼ c. honey
3 Tbsp. lemon juice
1 tsp. lemon lime (optional)
1 (16 oz.) can pineapple juice
(2 ½ c.)

Heat cider and cinnamon. Add other ingredients and serve.

Lisa Rupp

GRAMMA’S BRANDY SLUSH

2 c. boiling water
3 tea bags
7 c. warm water
1 c. sugar
1 (12 oz.) can lemonade concentrate
6 oz. orange juice concentrate
2 c. brandy

Pour the boiling water over the tea bags. Let stand until warm. Add the warm water with sugar dissolved in it. Let stand until cool. Add the lemonade concentrate, orange juice concentrate and 2 cups brandy. Put in freezer. (We put it in a 5-quart plastic ice cream bucket with a lid.) Keep in freezer. To serve, fill a tall glass ½ full of slush. Add 7-Up to fill the glass. Garnish with a lemon or orange slice.

Doreen Gerwing

ICED CAPPuccino

½ c. water
7 to 8 Tbsp. sugar
12 c. strong coffee
7 to 8 Tbsp. sugar
1 c. cream

In a small saucepan, heat water and sugar until sugar is dissolved; cool. Combine with cool coffee; stir in cream. Serve over crushed ice. Makes 15 to 18 servings.

Anne Withrow
FROZEN FRUIT CUPS

1 can frozen Awake drink
1 ½ c. water
2 pkg. frozen strawberries (juice, too)
2 cans chunk pineapple and juice
6 bananas, sliced thin
1 c. sugar
¼ c. lemon juice

Freeze in disposable cups. Remove ½ hour before serving and top with 7-Up or ginger ale. Great at breakfasts or receptions.

Shirley Heitland

FRUIT PUNCH

12 oz. can orange juice, frozen concentrate
64 oz. bottle cran-apple juice
2 liter bottle Seven-Up

Mix orange juice and cran-apple juice. Add ice to chill. Add Seven-Up when guests arrive. Stir.

Madeleine Rose

HOMEMADE LEMONADE MIX

2 c. fresh lemon juice
½ c. sugar
1 c. light corn syrup

Combine all ingredients in a quart jar. Shake well. Cover and store in refrigerator. Shake well before using. To make 1 glass of lemonade, put 3 teaspoons of mix in glass. Add ice and fill with water and stir. To make a gallon, combine entire recipe with 1 gallon water. Add ice and stir well.

Anne Withrow

JASMINE TEA

3 Tbsp. lemon sweetened instant tea powder
2 limes, juiced
1 ½ qt. water
½ c. honey
3 pkg. Equal sweetener
1 tsp. jasmine essence

Mix together. Yields 8 servings.

Madeleine Rose
BEVERAGES, MICROWAVE & MISCELLANEOUS

IRISH CREME

2 eggs
1 can sweetened condensed milk
½ tsp. vanilla
½ tsp. almond extract

Put all in blender. Blend.

Lynne Grabowska

FROZEN PINA COLADA

1 (20 oz.) can crushed pineapple
2 (15 oz.) cans cream of coconut
1 ½ c. light rum

1 can pineapple juice (46 oz.)
1 (32 oz.) bottle club soda, chilled

Combine pineapple and cream of coconut in blender. Process until smooth. Blend mixture with rum and pineapple juice in large freezer container. Freeze, covered, overnight. Let stand at room temperature for 30 minutes to 1 hour or until slushy. Spoon into punch bowl. Stir in club soda gradually. Garnish with pineapple chunks and maraschino cherries.

Barbara Adelaine

PARTY PUNCH

2 cans diluted orange juice (46 oz.)
1 can pineapple juice

juice of 3 lemons
2 pkg. raspberry jello or of choice

Dissolve jello in 3 cups hot water. This is your base and before serving, add ginger ale or 7-Up. Serves 40.

Shirley Heitland

SHERBET FRUIT PUNCH

1 large can orange juice
1 large can apricot nectar
1 large can pineapple juice
1 qt. ginger ale

1 c. fresh or frozen strawberries, sliced
1 qt. orange sherbet

Mix orange juice, apricot nectar, pineapple juice and strawberries. Just before serving, add ginger ale. Place a scoop of sherbet in glass and pour juice mixture over sherbet and serve.

Mary McKinney
BEVERAGES, MICROWAVE & MISCELLANEOUS

STRAWBERRY DAIQUIRI SLUSH

12 oz. limeade concentrate
12 oz. lemonade concentrate
1 large bottle 7-Up
1 qt. pineapple juice
1 pt. rum
3 c. crushed strawberries

Mix all the ingredients together in a 5-quart plastic ice cream bucket; cover. Freeze, stirring after 6 hours. Serve as a slush. Can also add 2/3 cup powdered sugar before freezing and more 7-Up before serving.

Doreen Gerwing

STRAWBERRY FROST
(“Nate’s Favorite”)

3/4 c. sliced strawberries
1 c. milk
10 ice cubes
1/3 c. white sugar

Put all ingredients in blender. Blend on high for approximately 30 seconds or until ice cubes are crushed. Refreshing!

Joyce Lampson

YELLOW PUNCH
(Serves 100)

4 (3 oz.) pkg. lemon Jell-O
4 c. boiling water
4 c. cold water
2 (46 oz.) pineapple juice

4 (3 oz.) pkg. lemon Jell-O
1 (16 oz.) bottle ReaLemon juice
1 (1 oz.) bottle almond extract
4 (1 qt.) bottles ginger ale

Dissolve Jell-O in boiling water. Add cold water and stir until completely dissolved. Add pineapple juice and ReaLemon juice; chill well. When ready to serve, stir and add almond extract and ginger ale. Serve over ice ring.

Jo Anne Reeves
BEVERAGES, MICROWAVE & MISCELLANEOUS

VODKA SLUSH

5 c. water  
2 c. sugar  
2 c. water with 3 tea bags, steeped and cooled

1 (12 oz.) can frozen orange juice  
1 (12 oz.) can frozen lemonade  
1 pt. vodka

Boil the water and sugar; cool. Combine ingredients. Freeze 2 days in plastic container until slushy.  
To Serve: Use ½ cup slush to ½ cup 7-Up.  
Refreshing summertime drink.

Lynne Grabowska

ADEE HONEY FUDGE SAUCE

½ c. butter  
½ c. cocoa  
2 Tbsp. cornstarch  
1 c. honey

1 c. water  
1 c. miniature marshmallows  
½ tsp. salt

Melt butter; add cocoa and cornstarch. Stir in honey and water.  
Boil until thick (about 2 minutes). Remove from heat and add miniature marshmallows and salt. Best served warm. Store in refrigerator.

Sherry DeBoer

BACON AVOCADO SPECIAL

7 slices bacon  
1 avocado  
onion salt

mayonnaise  
1 tomato, diced  
4 thin slices whole-wheat bread

Cook bacon until crisp. Drain and crumble. Mash avocado and season with onion salt. Toast bread.

For One Sandwich: Spread one slice of toast with mashed avocado. Sprinkle ½ of crumbled bacon on top, then ½ diced tomato. Top with toast and mayonnaise slice. Makes 2 sandwiches. Delicious.

Deb Dominiack
CANDIED ROSE PETALS AND MINT LEAVES
FOR DECORATIONS

36 small rose petals
6 fresh mint leaf clusters
2 c. sifted powdered sugar
1 Tbsp. meringue powder
1/3 c. water
1 c. superfine sugar

Rinse petals and mint; let dry on paper towels. Beat powdered sugar, meringue powder and 1/3 cup water on low speed with an electric mixer until blended; beat at high speed 4 to 5 minutes or until fluffy. Brush powdered sugar mixture on all sides of petals and leaves; sprinkle with superfine sugar. Let stand on wire rack 24 hours. Use to decorate any cake. Yields 3 dozen petals, 6 mint clusters. Prep Time: 40 minutes.

These can be done the day before and stored in an airtight container at room temperature.

Anne Withrow

MARTHA WASHINGTON CANDY

1 can sweetened condensed milk
2 lb. powdered sugar
1 (7 oz.) can coconut
3 c. pecans
1 stick melted margarine
3/4 c. paraffin
2 small pkg. semi-sweet chocolate chips

Mix first 5 ingredients together. Roll into small balls and chill. Melt paraffin; then add chocolate chips, stirring until chips melt. Dip balls into mixture, 8 at a time. Place on plate to cool. Yield: 75 to 80 pieces.

Terrell Spence
BEVERAGES, MICROWAVE & MISCELLANEOUS

MICROWAVE CARAMEL CORN

1 c. brown sugar  
1 stick butter  
¼ c. corn syrup  
¼ tsp. salt  
3 to 4 qt. popped corn  
½ tsp. soda

Combine brown sugar, butter, corn syrup and salt in glass bowl. Microwave on High to a full boil for 2 minutes. Remove from microwave and add soda. Pour over corn.

Put corn and caramel mixture in brown paper bag. Microwave on High for 1 ½ minutes. Shake bag vigorously. Microwave on High again for 1 ½ minutes.

Remove from microwave and break corn apart. Spread to cool.

Gladys McCracken

CARAMEL CORN

2 sticks butter  
2 c. brown sugar  
½ c. light corn syrup  
1 tsp. salt  
½ tsp. baking soda  
1 tsp. vanilla  
5 qt. popped corn  
2 c. nuts (pecans or walnuts)

Combine butter, sugar, syrup and salt in a medium-sized pan. Using a wooden spoon, stir constantly over medium heat until boils. Boil gently without stirring for 5 minutes. Add baking soda and vanilla after removing from heat. Pour over popped corn and nuts in shallow baking pans. Bake at 250° for 1 hour. Stir every 15 minutes. Store in airtight containers.

Madeleine Rose

CRON PUFF CARAMEL CORN

8 oz. bag Old Dutch Puff corn curls or any corn puff  
½ lb. butter (not oleo)  
1 c. brown sugar  
½ c. light corn syrup  
1 tsp. baking soda

Place corn curls/puffs in a large roaster pan. In a 2-quart saucepan, cook over medium heat for 2 minutes, the butter, brown sugar and corn syrup. Add baking soda to mixture. This will cause mixture to foam so the large pan is necessary. Pour caramel mixture over corn curls/puffs and stir until coated. Place in 250° oven for 45 minutes, stirring every 10 to 15 minutes. Remove from oven and pour on waxed paper and break apart.

Carol J. Peterson
JULIE HILDERBRAND’S CARAMEL CORN

1 bag hulless popcorn (Old Dutch popcorn puffs) ¾ c. light corn syrup
3 c. brown sugar 2 tsp. baking soda
3 sticks butter pecan or walnut halves (optional; can replace some popcorn)

Place popcorn in a large roaster pan. In a large saucepan, combine and boil for 2 minutes the brown sugar, butter and corn syrup. Remove from heat and add baking soda. Mixture will foam. Stir well and pour over popcorn; mix well. Place in a 250° oven for 45 minutes, stirring every 10 minutes. Turn out onto a large piece of foil and break apart. Store in an airtight container.

Adaptations: Use maple syrup or molasses in place of corn syrup. Both are delicious. You can replace some of the corn syrup with molasses.

Carol J. Peterson

FRUIT DIP

6 oz. cream cheese 1 tsp. Tang, lemon juice or orange peel nutmeg
1 (7 oz.) Marshmallow Creme

Mix all of the ingredients and serve with a variety of fresh fruits.

Doreen Gerwing

CAMPBELL CLAN GRANOLA

4 c. old fashioned oatmeal 2 Tbsp. vanilla
2 c. wheat germ ½ c. cool water
1 c. sunflower seed nuts ½ c. cooking oil
1 c. flaked coconut ¾ c. brown sugar
1 c. walnut pieces (can use either pecan or almond pieces, if preferred)

Mix first 5 dry ingredients together. Combine remaining ingredients, warm and add to above mixture. Mix together well. Spread into 2 (9 x 13-inch) pans. Bake 1 hour at 250°, stirring occasionally. Cool. Store in refrigerator. Can be used as cereal, ice cream topping, trail mix, etc.

Nelda Campbell Briggs
Beverages, Microwave & Miscellaneous

PINEAPPLE/CHEESE SCALLOPED

1 (2 lb.) can chunk pineapple  
1/2 c. sugar  
2 Tbsp. flour  
2 Tbsp. butter  
1 c. grated sharp Cheddar cheese  
1 c. bread cubes

Drain pineapple. Add flour and sugar to juice and boil until thick. Add butter. Combine cheese, bread and pineapple in baking dish and pour thickened juice over the top. Good with ham or chicken. Bake at 325° for 45 minutes. Serves 6.  

Shirley Heitland

FAKE CANNED SALMON

Northern fish, cleaned and cut into medium pieces  
1 tsp. corn oil  
1 tsp. lemon juice  
1/2 tsp. dry mustard  
1/2 tsp. pickling salt  
1/2 tsp. vinegar  
1 Tbsp. tomato sauce

Use last 6 ingredients per each pint.  
Place oil, juices and all spices in bottom of pint jar. Pack jars as tight as you can with fish pieces. Process 1 1/2 hours in pressure cooker at 10 pounds pressure. Tastes just like salmon!  

Betty Arendsee
CHOCOLATE DIPPED STRAWBERRIES

1 basket large strawberries with stems
1/2 lb. chocolate chips or chocolate candy making bar (4 sections), broken into small pieces

Carefully rinse strawberries, then dry thoroughly. Melt chocolate according to package directions or microwave at half power or defrost setting for one minute. Stir thoroughly and continue to microwave at 15 second intervals until smooth and completely melted. Overheating or the addition of moisture can cause chocolate to thicken.

Place a sheet of waxed paper on cookie sheet. Hold each strawberry by stem (or on a fork) and dip about 2/3 of strawberry in chocolate. Place coated strawberries on waxed paper. Cool in refrigerator or cool area until hardened.

Strawberries are best when served within three hours of dipping.

Cathrene Voelzke

WATERMELON SORBET

4 c. water
2 c. sugar
8 c. seeded, chopped watermelon
1 (12 oz.) can pink lemonade concentrate, thawed (undiluted)

Bring 4 cups water and sugar just to a boil in a medium saucepan over high heat, stirring until sugar dissolves. Remove from heat. Cool.

Process sugar syrup and watermelon in batches in a blender until smooth. Stir in lemonade concentrate. Chill 2 hours.

Pour mixture into freezer. Freeze according to manufacturer's instructions. Yields 2 1/2 quarts. Prep Time: 15 minutes.

Anne Withrow
WITCHES BREW

1 c. blood drops (red hots) 1 c. cat claws (sunflower seeds)
1 c. owl eyes (peanuts) 1 c. ants (raisins)
1 c. cat eyes (peanut M&M's) 1 c. snake eyes (chocolate chips)
1 c. chicken toenails (candy corn) 1 c. cobwebs (Triscuits)
1 c. colored flies (M&M's) 1 c. lizard lips (shoestring potatoes)
1 c. butterfly wings (corn chips) 1 c. bat bones (pretzels)
1 c. earthworms (corn curls)

Stir together. Store in airtight container.

Adaptations: Add peanut butter chips, jelly beans, cereal, currents, beer nuts and/or teddy grahams. Use glazed popcorn in place of corn curls. Use mint chocolate chips as well as regular chocolate chips.

Carol J. Peterson
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Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon peel added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans or macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.
The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free more often. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.
Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.

How to Pick What’s Good for Your Diet

Formula % of calories from fat:

\[(\text{Grams of Fat}) \times 9 / (\text{Calories per serving}) = (\text{Percent of calories from fat})\]
### TABLE FOR COOKING VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Ways To Prepare</th>
<th>Cooking</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>CELERY</td>
<td>Scrub thoroughly, Cut off leaves and trim roots, Slice into desired lengths.</td>
<td>Cook covered in small amount of boiling water or in consommé.</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>CORN</td>
<td>Remove husks and silks from fresh corn, Rinse and cook whole.</td>
<td>Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.</td>
<td>6-8 mins.</td>
</tr>
<tr>
<td>EGGPLANT</td>
<td>Wash; if skin is tough, pare. Cut in 1/2 inch slices.</td>
<td>Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.</td>
<td>Approx. 4 mins.</td>
</tr>
<tr>
<td>MUSHROOMS</td>
<td>Wash; cut off tips of stems. Leave whole or slice.</td>
<td>Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.</td>
<td>8-10 mins.</td>
</tr>
<tr>
<td>OKRA</td>
<td>Wash pods; cut off stems. Slice or leave whole.</td>
<td>Cook covered in small amount of boiling salted water.</td>
<td>8-15 mins.</td>
</tr>
<tr>
<td>PARSNIPS</td>
<td>Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.</td>
<td>Cook covered in small amount of boiling salted water.</td>
<td>15-20 mins.</td>
</tr>
<tr>
<td>PEAS, Green</td>
<td>Shell and wash.</td>
<td>Cook covered in small amount of boiling water.</td>
<td>8-15 mins.</td>
</tr>
<tr>
<td>SPINACH</td>
<td>Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.</td>
<td>Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.</td>
<td>3-5 mins.</td>
</tr>
<tr>
<td>TOMATOES</td>
<td>Wash ripened tomatoes.</td>
<td>Cook slowly, covered, without adding water.</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>ZUCCHINI</td>
<td>Wash; do not pare. Slice thin.</td>
<td>Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.</td>
<td>10 mins. Total</td>
</tr>
</tbody>
</table>
**A “QUICK” Summary Of**

**DILL**  
Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

**FENNEL**  
Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

**MARJORAM**  
May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

**TARRAGON**  
Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

**CURRY POWDER**  
A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.

**CHIVES**  
Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.

**SAGE**  
Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

*continued*
**continued...**

**CARAWAY**  Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.

**PAPRIKA**  A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

**BASIL**  Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

**OREGANO**  Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

**BAY LEAF**  A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

**GINGER**  An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

**CHERVIL**  Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

**SHALLOTS**  Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

**VINEGAR**  Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.
## CALORIE COUNTER
### CANDIES, SNACKS AND NUTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>12 to 15</td>
</tr>
<tr>
<td>Cashews</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Chocolate Bar (nut)</td>
<td>2 ounce bar</td>
</tr>
<tr>
<td>Coconut (Shredded)</td>
<td>1 cup</td>
</tr>
<tr>
<td>English Toffee</td>
<td>1 piece</td>
</tr>
<tr>
<td>Fudge</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Mints</td>
<td>5 very small</td>
</tr>
<tr>
<td>Peanuts (salted)</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Peanuts (roasted)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Pecans</td>
<td>6</td>
</tr>
<tr>
<td>Popcorn (plain)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Potato Chips</td>
<td>10 medium chips</td>
</tr>
<tr>
<td>Pretzels</td>
<td>10 small sticks</td>
</tr>
<tr>
<td>Walnuts</td>
<td>8 to 10</td>
</tr>
</tbody>
</table>

### DAIRY PRODUCTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Cheese</td>
<td>100</td>
</tr>
<tr>
<td>Butter or Oleomargarine</td>
<td>100</td>
</tr>
<tr>
<td>Cheese (blue, cheddar, cream, Swiss)</td>
<td>105</td>
</tr>
<tr>
<td>Cottage Cheese (uncreamed)</td>
<td>25</td>
</tr>
<tr>
<td>Cream, light</td>
<td>30</td>
</tr>
<tr>
<td>Cream, whipped</td>
<td>25</td>
</tr>
<tr>
<td>Egg White</td>
<td>15</td>
</tr>
<tr>
<td>Egg Yolk</td>
<td>61</td>
</tr>
<tr>
<td>Eggs (boiled or poached)</td>
<td>160</td>
</tr>
<tr>
<td>Eggs (scrambled)</td>
<td>220</td>
</tr>
<tr>
<td>Egg (fried)</td>
<td>110</td>
</tr>
<tr>
<td>Yogurt (flavored)</td>
<td>60</td>
</tr>
</tbody>
</table>

### DESSERTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angel Food Cake</td>
<td>110</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>200</td>
</tr>
<tr>
<td>Chocolate Cake, iced</td>
<td>445</td>
</tr>
<tr>
<td>Fruit Cake</td>
<td>115</td>
</tr>
<tr>
<td>Pound Cake</td>
<td>140</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>120</td>
</tr>
<tr>
<td>Shortcake with fruit</td>
<td>300</td>
</tr>
<tr>
<td>Cupcake, iced</td>
<td>185</td>
</tr>
<tr>
<td>Cupcake, plain</td>
<td>145</td>
</tr>
<tr>
<td>Pudding:</td>
<td>150</td>
</tr>
<tr>
<td>Bread Pudding</td>
<td>140</td>
</tr>
<tr>
<td>Flavored Puddings</td>
<td>140</td>
</tr>
<tr>
<td>Pies:</td>
<td>140</td>
</tr>
<tr>
<td>Apple</td>
<td>331</td>
</tr>
<tr>
<td>Blueberry</td>
<td>290</td>
</tr>
<tr>
<td>Cherry</td>
<td>355</td>
</tr>
<tr>
<td>Custard</td>
<td>280</td>
</tr>
<tr>
<td>Lemon Meringue</td>
<td>305</td>
</tr>
<tr>
<td>Peach</td>
<td>280</td>
</tr>
</tbody>
</table>

Cooking Hints
### CALORIE COUNTER

#### DESSERTS (Cont.)

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin</td>
<td>1 piece</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>1 piece</td>
</tr>
<tr>
<td>Ice Cream:</td>
<td></td>
</tr>
<tr>
<td>Chocolate Ice Cream</td>
<td>½ cup</td>
</tr>
<tr>
<td>Vanilla Ice Cream</td>
<td>½ cup</td>
</tr>
<tr>
<td>Miscellaneous:</td>
<td></td>
</tr>
<tr>
<td>Chocolate Eclair, custard</td>
<td>1 small</td>
</tr>
<tr>
<td>Cookies, assorted</td>
<td>1, 3-inch dia</td>
</tr>
<tr>
<td>Cream Puff</td>
<td>1</td>
</tr>
<tr>
<td>Jello, all flavors</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

#### BEVERAGES AND JUICES

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate Malted</td>
<td>8 ounces</td>
</tr>
<tr>
<td>Cocoa (all milk)</td>
<td>8 ounces</td>
</tr>
<tr>
<td>Cocoa (milk &amp; water)</td>
<td>8 ounces</td>
</tr>
<tr>
<td>Coffee (black/unsweetened)</td>
<td></td>
</tr>
</tbody>
</table>

#### BREADS AND FLOUR FOODS

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Powder Biscuits</td>
<td>1 large or 2 small</td>
</tr>
<tr>
<td>Bran Muffin</td>
<td>1 medium</td>
</tr>
<tr>
<td>Cornbread</td>
<td>1 small square</td>
</tr>
<tr>
<td>Dumplings</td>
<td>1 medium</td>
</tr>
<tr>
<td>Enriched White Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>French Bread</td>
<td>1 small slice</td>
</tr>
<tr>
<td>French Toast</td>
<td>1 slice</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
<td>1 cup</td>
</tr>
<tr>
<td>Melba Toast</td>
<td>1 slice</td>
</tr>
<tr>
<td>Noodles cooked</td>
<td>1 cup</td>
</tr>
<tr>
<td>Pancakes (wheat)</td>
<td>1, 4-inch</td>
</tr>
<tr>
<td>Raisin Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Rye Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Saltines</td>
<td></td>
</tr>
<tr>
<td>Soda Crackers</td>
<td>1</td>
</tr>
<tr>
<td>Waffles</td>
<td>1</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>1 slice</td>
</tr>
</tbody>
</table>

#### BREAKFAST CEREALS

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Flakes</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rice Flakes</td>
<td>1 cup</td>
</tr>
<tr>
<td>Shredded Wheat</td>
<td>1 biscuit</td>
</tr>
<tr>
<td>Sugar Krisps</td>
<td>⅓ cup</td>
</tr>
</tbody>
</table>

#### FISH AND FOWL

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bass</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Brook Trout</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Crabmeat (canned)</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Fish Sticks</td>
<td>5 sticks or 4 oz.</td>
</tr>
<tr>
<td>Haddock (baked)</td>
<td>1 fillet</td>
</tr>
<tr>
<td>Haddock (broiled)</td>
<td>4 ounces (steak)</td>
</tr>
</tbody>
</table>
### CALORIE COUNTER

#### FRUITS

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (raw)</td>
<td>1 small</td>
<td>70</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>85</td>
</tr>
<tr>
<td>Blueberries (frozen/unsweetened)</td>
<td>1/4 cup</td>
<td>45</td>
</tr>
<tr>
<td>Cantaloupe Melon</td>
<td>1/4 melon</td>
<td>60</td>
</tr>
<tr>
<td>Cherries, fresh/whole</td>
<td>1/4 cup</td>
<td>40</td>
</tr>
<tr>
<td>Cranberries (sauce)</td>
<td>1 cup</td>
<td>54</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 cup</td>
<td>65</td>
</tr>
<tr>
<td>Dates</td>
<td>3 or 4</td>
<td>95</td>
</tr>
<tr>
<td>Grapefruit (unsweetened)</td>
<td>1/4 piece</td>
<td>55</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>70</td>
</tr>
<tr>
<td>Peach (fresh)</td>
<td>1 piece</td>
<td>35</td>
</tr>
<tr>
<td>Plums</td>
<td>2</td>
<td>50</td>
</tr>
<tr>
<td>Tangerine (fresh)</td>
<td>1 cup</td>
<td>40</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1” slice</td>
<td>60</td>
</tr>
</tbody>
</table>

#### MEATS

<table>
<thead>
<tr>
<th>Meat</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon (crisp)</td>
<td>2 slices</td>
<td>95</td>
</tr>
<tr>
<td>Frankfurter</td>
<td>1 piece</td>
<td>155</td>
</tr>
<tr>
<td>Hamburger (avg. fat/broiled)</td>
<td>3 ounces</td>
<td>245</td>
</tr>
<tr>
<td>Hamburger (lean/broiled)</td>
<td>3 ounces</td>
<td>185</td>
</tr>
<tr>
<td>Ham (broiled/lean)</td>
<td>3 ounces</td>
<td>200</td>
</tr>
<tr>
<td>Ham (baked)</td>
<td>1 piece</td>
<td>100</td>
</tr>
<tr>
<td>Lamb Leg Roast</td>
<td>3 ounces</td>
<td>235</td>
</tr>
<tr>
<td>Lamb Chop (rib)</td>
<td>3 ounces</td>
<td>300</td>
</tr>
<tr>
<td>Liver (fried)</td>
<td>3 1/2 ounces</td>
<td>210</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>1 slice</td>
<td>100</td>
</tr>
<tr>
<td>Pork Chop (med.)</td>
<td>3 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Pork Roast</td>
<td>3 ounces</td>
<td>310</td>
</tr>
<tr>
<td>Pork Sausage</td>
<td>3 ounces</td>
<td>405</td>
</tr>
<tr>
<td>Roasts (Beef)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin Roast</td>
<td>3 1/2 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Pot Roast (round)</td>
<td>3 1/2 ounces</td>
<td>200</td>
</tr>
<tr>
<td>Rib Roast</td>
<td>3 1/2 ounces</td>
<td>260</td>
</tr>
<tr>
<td>Rump Roast</td>
<td>3 1/2 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Spareribs</td>
<td>1 piece, 3 ribs</td>
<td>123</td>
</tr>
<tr>
<td>Swiss Steak</td>
<td>3 1/2 ounces</td>
<td>300</td>
</tr>
<tr>
<td>Veal Chop (med.)</td>
<td>3 ounces</td>
<td>185</td>
</tr>
<tr>
<td>Veal Roast</td>
<td>3 ounces</td>
<td>230</td>
</tr>
</tbody>
</table>

#### SALADS AND DRESSINGS

<table>
<thead>
<tr>
<th>Salad</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple and carrot (no dressing)</td>
<td>1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Chef Salad/reg. oil</td>
<td>1 Tbsp</td>
<td>160</td>
</tr>
<tr>
<td>Chef Salad/mayonnaise</td>
<td>1 Tbsp</td>
<td>125</td>
</tr>
<tr>
<td>Chef Salad/French, Roquefort</td>
<td>1 Tbsp</td>
<td>105</td>
</tr>
<tr>
<td>Cole Slaw (no dressing)</td>
<td>1/4 cup</td>
<td>102</td>
</tr>
<tr>
<td>Fruit Gelatin</td>
<td>1 square</td>
<td>139</td>
</tr>
<tr>
<td>Potato Salad (no dressing)</td>
<td>1/4 cup</td>
<td>184</td>
</tr>
<tr>
<td>Waldorf (no dressing)</td>
<td>1/4 cup</td>
<td>140</td>
</tr>
<tr>
<td>Boiled Dressing</td>
<td>1 Tbsp</td>
<td>28</td>
</tr>
<tr>
<td>French Dressing</td>
<td>1 Tbsp</td>
<td>60</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 Tbsp</td>
<td>110</td>
</tr>
</tbody>
</table>
Food Guide Pyramid
A Guide to Daily Food Choices

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt & Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

How to Use The Daily Food Guide
What counts as one serving?

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits
1 piece of fruit or melon wedge

Milk, Yogurt and Cheese
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

KEY

Fat (naturally occurring and added)  
Sugars (added)

These symbols show fats, oils, and added sugars in foods.
## How many servings do you need each day?

<table>
<thead>
<tr>
<th>Calorie Level*</th>
<th>about 1,600</th>
<th>about 2,200</th>
<th>about 2,800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread Group</td>
<td>6</td>
<td>9</td>
<td>11</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk Group</td>
<td><strong>2 - 3</strong></td>
<td><strong>2 - 3</strong></td>
<td><strong>2 - 3</strong></td>
</tr>
<tr>
<td>Meat Group</td>
<td>2, for a total of 5 ounces</td>
<td>2, for a total of 6 ounces</td>
<td>3, for a total of 7 ounces</td>
</tr>
</tbody>
</table>

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That’s to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.
Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The new food label will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

**Nutrition Facts: Helping Consumers Eat Smart**

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients.
The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it. What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer. The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value
Total Fat 12g 18%
Saturated Fat 3g 15%
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugar 5g
Protein 5g

Vitamin A 4%
Calcium 20%
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 80g
Saturated 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 9g
Carbohydrate 4g
Protein 4g
## Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

### SUGAR

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar Free</td>
<td>Less than 0.5 grams per serving.</td>
</tr>
<tr>
<td>Reduced Sugar</td>
<td>At least 25% less sugar per serving than reference food.</td>
</tr>
</tbody>
</table>

### CALORIES

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie Free</td>
<td>Fewer than 5 calories per serving.</td>
</tr>
<tr>
<td>Low Calorie</td>
<td>40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.</td>
</tr>
<tr>
<td>Reduced Calorie</td>
<td>At least 25% fewer calories per serving than reference food.</td>
</tr>
</tbody>
</table>

### CHOLESTEROL

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol Free</td>
<td>Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.</td>
</tr>
<tr>
<td>Low Cholesterol</td>
<td>20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.</td>
</tr>
<tr>
<td>Reduced or Less Cholesterol</td>
<td>At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.</td>
</tr>
</tbody>
</table>
## FAT

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Free</td>
<td>Less than 0.5 g of fat per serving.</td>
</tr>
<tr>
<td>Saturated Fat Free</td>
<td>Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.</td>
</tr>
<tr>
<td>Low Fat</td>
<td>3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.</td>
</tr>
<tr>
<td>Low Saturated Fat</td>
<td>1 g or less per serving and not more than 15% of calories from saturated fatty acids.</td>
</tr>
<tr>
<td>Reduced Fat</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
<tr>
<td>Reduced or Less Saturated Fat</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
</tbody>
</table>

## SODIUM

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium Free</td>
<td>Less than 5 mg per serving.</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140 mg or less per serving or per 50 g of food.</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>35 mg or less.</td>
</tr>
<tr>
<td>Reduced or Less Sodium</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
</tbody>
</table>

## FIBER

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Fiber</td>
<td>5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.</td>
</tr>
<tr>
<td>Good Source of Fiber</td>
<td>2.5 g to 4.9 g of fiber per serving.</td>
</tr>
<tr>
<td>More or Added Fiber</td>
<td>At least 25% more fiber than reference food.</td>
</tr>
</tbody>
</table>
# FAVORITE RECIPES

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
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</tbody>
</table>

## Notes

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