Members

Some members of the Share 'N' Learn Club attended one-room rural schools for part or all of their elementary education. Others remember visiting country schools. A few taught in these schools. We all recognize the importance of these schools in developing our area. We want to help preserve this emblem of our heritage by donating the proceeds from this Recipe book to the Arlington Country School Museum. We are grateful to friends who attended or taught in rural schools for also providing their favorite recipes.

Share 'N' Learn Club Members:

Joan Antonen
Barbara Converse
Sue Goebel
Phyllis Kuehn
Kaye Moe
Marge Smith
Blanche Tschetter

Marlys Christensen
Becky Converse
Shari Haufschild
Ferne Liebsch
Jeanette Pedersen
Sheila Swedlund
Wanda Weese
A Symbol

“The one-room schoolhouse was the symbol of progress in every pioneer settlement. Children were first taught by the wife of one of the families in the township. As time went on — and more settlers arrived — and more children were born — a schoolhouse was needed.

Much of our progress in America can be attributed to our Free Public Schools. The foundation of our educational system was the one-room schoolhouse — the symbol of progress in every pioneer settlement.”

Harold Warp

“Even today, long after most have disappeared, the one-room school remains the nation’s most enduring symbol of education and the traditional values of Euro-American society. Though many unused one-room schoolhouses have fallen to ruin, some do remain intact, because citizens have taken the initiative to restore them.”

Norma Wilson and Charles Woodard

“The one-room school, like the log cabin, evoked images of the nation’s rural roots — the source of its strength — and became a useful symbol for all things American. It remains the nation’s most enduring symbol of education and the traditional values it once embraced.”

Wayne E. Fuller
Country Schools

As people settled this area in the 1890s, they built sod homes or claim shanties of lumber and then looked for a way to educate their children. Small schools were built within walking distance of families. The one-room buildings frequently served as both school and church.

At first the school term was a few months in the winter when children were not needed for farm work. Children started school at six years and went from the first through the eighth grades. They studied reading, arithmetic, spelling, history, geography and writing. Younger ones also had language and upper grades studied grammar. Art and music were taught on Friday. While one class was reciting a lesson to the teacher, the other students were preparing their lessons. School dismissed at four. There was seldom homework because children had chores to do at home.

Most schools at first had very few text books or library books. There were no workbooks. When possible the teacher wrote assignments on the blackboard and students copied them. Paper was used carefully and not wasted.

The children and teacher brought lunches to school in syrup pails. Lunch consisted of sandwiches of homemade bread (sometimes spread with lard) and cake or cookies. Fresh fruit was rare except in the fall. When the stove was used, they could bring potatoes to bake or soup to heat on it. After eating, the children played ball or other games. Frequently the teacher played with them at noon and during the two 15 minute recesses during the day.

The teacher and students cleaned the school. If water was not available on the school grounds, it was brought by a local family. Usually all the students drank from the same dipper.

Country school children frequently excelled in high school. They were used to constantly reviewing lessons by listening to other classes and helping younger children do their studies.
Teacher's Contract

When the Arlington Country School was built in the 1890s, teachers were expected to fill many roles for salaries of $20 to $26 a month. In addition to teaching children in grades one through eight and maintaining the schoolroom, she was to be a sterling example at all times. A contract from 1922 read:

"Miss Doe agrees:

1. Not to get married. This contract becomes null and void immediately if the teacher marries.
2. Not to have company with men.
3. To be home between the hours of 8 p.m. and 6 a.m., unless in attendance at a school function.
4. Not to loiter downtown in ice-cream stores.
5. Not to leave town at any time without the permission of the chairman of the Trustees.
6. Not to smoke cigarettes. This contract becomes null and void immediately if the teacher is found smoking.
7. Not to drink beer, wine or whiskey. This contract becomes null and void immediately if the teacher is found drinking beer, wine or whiskey.
8. Not to ride in a carriage or automobile with any man except her brother or father.
9. Not to dress in bright colors.
10. Not to dye her hair.
11. To wear at least two petticoats.
12. Not to wear dresses more than 2 inches above the ankles.
13. To keep the schoolroom clean:
   A. To sweep the classroom floor at least once daily.
   B. To scrub the classroom floor at least once weekly with soap and hot water.
   C. To clean the blackboard at least once daily.
   D. To start the fire at 7 a.m., so that the room will be warm at 8 a.m. when the children arrive.
14. Not to wear face powder, mascara, or to paint the lips."
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Appetizers & Beverages
Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

- Always chill juices or sodas before adding to beverage recipes.

- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.

- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

- One lemon yields about ¼ cup juice; one orange yields about ½ cup juice. This is helpful in making fresh orange juice or lemonade!

- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.

- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Cheeses should be served at room temperature, approximately 70°.

- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.
CHEESE BALL

1/4 lb. Roquefort or blue cheese
6 oz. cream cheese
1/2 lb. sharp Cheddar cheese, grated
1 sm. onion, chopped fine
1 tsp. Worcestershire sauce

Ferne Liebsch

Bring cheeses to room temperature. Mix with onion and Worcestershire sauce. Chill until partially firm. Mold into one ball, or into several small balls about the size of a walnut for individual servings. Roll in a generous half cup of finely chopped walnuts. Serve with apple slices.

CHICKEN WINGS

3 pkgs. chicken wings
1 c. brown sugar
1 c. soy sauce
1/2 tsp. ginger
1/2 tsp. garlic
1 jar baby food, mixed fruit

Lorraine Rorvick

Mix and pour over wings. Marinate for 24 hours in refrigerator. Bake 1 1/2 hours at 350°. Drain and put back in oven 1/2 hour.

CLUB CRACKERS
(A nice snack)

36-38 crackers
1/2 c. butter
2/3 c. sugar
sliced almonds

Wilma Haufschild

Place crackers on a non-stick cookie sheet. Heat butter and sugar until sugar is melted. Pour over crackers. Top with sliced almonds. Bake in a 325° oven about 15 to 20 minutes. (Watch carefully so that they don't get too brown.) Remove from pan as they like to stick.

OYSTER CRACKER SNACKS

1 pkg. oyster crackers
1 pkg. Hidden Valley Dressing (dry)
1/2 c. vegetable oil
1/2 tsp. garlic salt
1/2 tsp. dill weed

Bernice Johnson

Stir the ingredients together and pour over the crackers. Stir. Bake in 200° oven 1 hour, stirring often. Store in airtight container.
SUPER HEALTHY SMOOTHIE

Marlys Christensen

1 to 2 c. fruit, fresh or frozen
1 c. milk, lowfat or skim (can use silken soy, soy milk, yogurt or fruit juice)
1/2 to 1 c. ice cubes, cracked

Combine the fruit and milk (or juice) in a blender. Add ice cubes and blend until smooth. Makes about 2 cups. (The soy milk or silken soy makes it much healthier. It is an easy way to boost your daily intake of calcium, fiber, vitamins, antioxidants and protein, but without excess fat or sugar.)

Recipe Favorites
Soups & Salads
Helpful Hints

- Fresh lemon juice will remove onion scent from hands.

- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.

- Instant potatoes are a good stew thickener.

- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.

- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.

- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.

- Never soak vegetables after slicing; they will lose much of their nutritional value.

- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.

- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.

- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.

- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.

- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.

- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.

- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
SOUPS & SALADS

Crock Pot

SLOW-COOKED CHILI

Jeanette Pedersen

2 lbs. lean ground beef
2 (16-oz.) cans kidney beans, rinsed and drained
2 (14-oz.) cans no-salt-added tomatoes, undrained and cut up
1 (8-oz.) can no-salt-added tomato sauce
2 med. onions, chopped
1 med. green pepper, chopped
2 cloves garlic, minced
2 T. chili powder (or less to taste)
2 tsp. salt-free seasoning blend
1 tsp. pepper
1 c. shredded fat-free cheddar cheese

In a skillet, brown beef; drain. Transfer to a slow cooker. Add the next nine ingredients. Cover and cook on low for 8-10 hours or on high for 4 hours. Garnish individual servings with cheese. 10 servings.

SLOW-COOKED CORN CHOWDER

Kaye Moe

2 1/2 c. milk
1 can cream-style corn (14 3/4 oz.)
1 (10 3/4-oz.) can condensed cream of mushroom soup, undiluted
1 3/4 c. frozen corn
1 c. frozen shredded hash brown potatoes
1 c. cubed fully cooked ham
1 lg. onion, chopped
2 tsp. dried parsley
2 T. butter or margarine
salt & pepper to taste

In a slow cooker, combine all ingredients. Cover and cook on low for 6 hours. Yield: 8 servings (2 quarts)

VENISON STEW

Kaye Moe

2 lbs. cubed venison steak
3 potatoes, diced
1 lg. onion, diced
3 carrots, cubed
2 c. tomatoes
1/2 c. water
3 T. Minute tapioca
1 T. sugar
salt & pepper to taste

Brown the meat. Combine other ingredients; add meat and cook on low setting in crock pot for 5 or more hours.
Soups

BEAN SOUP

1/2 c. great northern beans
1/2 c. kidney beans
1/2 c. navy beans
1/2 c. lima beans
1/2 c. butter beans
1/2 c. split green or yellow peas
1/2 c. pinto beans
1/2 c. lentils
1 ham bone
2 chicken bouillon cubes
1 qt. tomatoes
1 (6-oz.) can tomato paste
1 lg. onion, chopped
4 carrots, sliced
3 celery ribs, chopped
2 cloves garlic, minced
1/4 c. dried chives
3 bay leaves
2 T. dried parsley
1 tsp. dried thyme
1 tsp. dry mustard
1/2 tsp. ground red or cayenne pepper
water

Wash beans thoroughly; drain and place in a 4 quart kettle with 5 cups of water. Bring to a rapid boil; boil 2 minutes. Remove from heat and let stand, covered, for 1 hour. Meanwhile, place ham bone and 3 quarts of water in an 8 quart soup kettle. Simmer 1 hour. Drain beans and add to ham stock. Add remaining ingredients. Simmer for 2-3 hours or until beans are tender. Discard bone. Add additional water if desired. Freezes well.

BUSH’S 3 BEAN CHILI

2 cans dark red kidney beans
2 cans pinto beans
2 cans black beans
1 can tomatoes
1 can tomato paste
2 pkgs. chili seasoning
1/2 tsp. cinnamon
2 lbs. ground beef
1 sm. onion
1 sm. green pepper

Combine beans, tomatoes, paste, and seasonings and simmer 20 minutes. Brown ground beef, onion and green pepper and cook. Add to bean mixture.

The world was my oyster, but I used the wrong fork.

Oscar Wilde
CHEESEBURGER SOUP
(from KELO’s DeeAnn Tiede)

Joan Antonen

1/2 lb. ground beef
3/4 c. chopped onion
3/4 c. shredded carrots
3/4 c. diced celery
1 tsp. dried basil
1/4 tsp. parsley flakes
4 T. butter, divided
3 c. chicken broth
4 c. potatoes, peeled and diced
1/4 c. flour
(8-oz.) American cheese, cut into cubes
1/2 c. milk
1/4 tsp. pepper
3/4 tsp. salt
1/2 c. sour cream

In a 3 quart saucepan, brown beef; drain and set aside. In same pan sauté onion, carrots, celery, basil and parsley in 1 T. butter until tender, about 10 minutes. Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer 10 minutes or until potatoes are tender. Meanwhile in a small skillet, melt remaining butter. Add flour; cook and stir until well blended. Add to soup and bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Add cheese, milk, salt & pepper. Stir until cheese melts. Remove from heat; blend in sour cream.

CHILI

Sheila Swedlund

2 to 3 lbs. meat (from beef roast, pork ribs)
9 c. crushed tomatoes
4 lg. onions, diced & sautéed
4 cans pinto or kidney beans
3 T. cumin
1/2 c. chili powder (according to your taste)
4 tsp. cloves
salt & pepper to taste

Oven roast pork ribs or beef roast; then cut into bite size pieces or shred. Combine all ingredients and simmer 1 1/2 hours.

CLAM CHOWDER

Shari Haufschild

1 pkg. Betty Crocker Sour Cream & Cheese Potatoes
2 c. hot water
2 T. onion
2 T. butter
2 1/2 c. milk
3 - 4 drops Tabasco
2 cans (6 1/2 oz.) minced clams

Combine potatoes, hot water, onion and butter. Microwave 10 minutes. Add mix from package, milk, and Tabasco; microwave 5 minutes. Add clams and microwave 8 minutes.
DILL SOUP

Marlys Christensen

potatoes, peeled and diced (as many as you want)  water
1 T. tender green tops of dill (can use dried dill)  1 tsp. salt
1 c. cultured sour cream  ½ c. flour

Peel and dice as many potatoes as you want for your family. Chop up the tender green tops of dill - about 1 T. (Can use dried dill.) Cover with water and add 1 tsp. salt. Cook until potatoes are tender. Do not drain. Mix sour cream with flour. Mix some water with this so you can bring to a boil and serve. Enjoy!

EASY TORTILLAL CHEESE SOUP

Jeanette Pedersen

1 can tomato soup
2 cans cheddar cheese soup
1 (4-oz.) can green chili’s
2 cans chicken broth (or 2-3 cups)

7 dashes cayenne pepper seasoning
cooked chicken chunks, optional

Combine and heat thoroughly. Serve topped with crushed tortilla chips and shredded cheese.

HARVEST CHICKEN STEW

Jeanette Pedersen

2 c. onions, chopped
2 c. cooked boneless chicken breast meat, cubed
1 c. celery, chopped
2 c. whole peeled tomatoes, with liquid

2 c. carrots, sliced
5 c. chicken broth
1 c. sweet corn
1 c. peas
1 c. zucchini, sliced

In a large soup pot combine the onion, chicken, celery, tomatoes with liquid, carrots, broth, corn, peas and zucchini. Stir together and simmer over medium low heat for ½ hour or until vegetables are cooked and tender.

Most smiles are started by another smile.

Good Reading
HOMEMADE ZESTY TOMATO SOUP

Sue Goebel

2 T. butter or margarine
6 T. flour
4 tsp. sugar
2 tsp. salt
¼ tsp. pepper

½ to ¼ c. salsa purée (according to taste)
4 c. tomato juice
4 c. cold milk

Melt butter, stir in flour, sugar, salt, pepper and salsa. Cook until smooth and bubbly, stirring constantly. Remove from heat. Gradually stir in tomato juice. Bring to a boil, stirring constantly, boil 1 minute. Stir hot tomato mixture gradually into cold milk. Heat rapidly to serving temperature. Serve immediately with chopped fresh mint or dill.

POTATO ECSTASY

Jeanette Pedersen

2 c. water
2 potatoes, peeled and cubed
2 stalks celery, chopped
6 baby carrots, sliced
2 cloves garlic, minced
2 onions, sliced
2 button mushrooms, chopped
2 cubes chicken bouillon

Bring water to a boil in a large saucepan over high heat. Place potatoes and celery in the water and boil for 10 minutes. Add rest of ingredients. Reduce heat to medium and let simmer for 10 more minutes. If too thick, add chicken broth as desired; heat and serve.

Diabetic

PISTACHIO SALAD
(Weight Watchers Recipe)

Sue Goebel

1 c. crushed pineapple
1 pkg. pistachio instant pudding, sugar-free
1 c. low-fat plain or vanilla yogurt
2½ c. cottage cheese, low-fat
½ c. fat-free Cool Whip

Combine all ingredients and mix. Cool. 8 servings - ½ cup each. Each serving: ¼ fruit, ¼ milk, 1 protein, 17 optional calories
STRAWBERRY-PINEAPPLE SALAD
Jeanette Pedersen

1 (3-oz.) pkg. strawberry gelatin, sugar free
3/4 c. boiling water
1 (10-oz.) pkg. frozen unsweetened strawberries, partially thawed
1 (8-oz.) can crushed, water-packed pineapple, undrained
1 med. banana, mashed
1 c. plain, unsweetened low-fat yogurt

Dissolve gelatin in boiling water in a large mixing bowl, stirring well. Chill until mixture is the consistency of unbeaten egg white. Fold strawberries, pineapple, and banana into gelatin mixture. Pour half of mixture into a 9-inch square baking dish coated with cooking spray; chill until nearly firm. Store remaining gelatin mixture at room temperature. Spread yogurt evenly over congealed layer. Pour remaining gelatin mixture over yogurt. Chill until firm. Cut into squares to serve.

Salads

APRICOT NECTAR SALAD
Joan Antonen

2 c. apricot nectar
1/2 c. sugar
1 c. crushed pineapple, drained
1 (3-oz.) pkg. apricot or orange Jello
6 oz. cream cheese, lite
1 lg. can apricots, drained and chopped


BACON SLAW
Becky Converse

1 med. sized green cabbage, shredded
1/2 med. sized red cabbage, shredded
1/2 lg. onion, grated
1/2 tsp. salt
1 tsp. celery seed
1/2 tsp. freshly ground pepper
4 slices bacon, fried & crumbled
1 c. Italian dressing

Combine all ingredients except bacon and dressing. Refrigerate. When ready to serve, add bacon and toss with Italian dressing. Serves 6-8.
**BROCCOLI-GRAPE SALAD**  
*Becky Converse*

1 bunch broccoli, cut up  
1 c. chopped celery  
½ c. chopped green onion  
1 c. green grapes  

**Dressing:**  
1 c. Miracle Whip  
½ c. sugar  
1 T. vinegar

Mix together well broccoli, celery, onion, grapes and bacon. Mix dressing ingredients and pour over mixture. Just before serving, add almonds.

**CARAMEL APPLE SALAD**  
*Shari Haufschild*

1 (8-oz.) can crushed pineapple  
1 pkg. (3½ oz.) instant butterscotch pudding  
1 (8-oz.) ctn. Cool Whip  
1 c. dry roasted peanuts  
1 c. miniature marshmallows  
3 c. unpeeled apples, chopped

Mix pineapple and pudding, fold in Cool Whip, add peanuts, marshmallows, and apples. Refrigerate. Add peanuts just before serving.

**CRUNCHY PEA SALAD**  
*Bernice Johnson*

1 (10-oz.) pkg. frozen peas  
(thawed)  
1 c. diced celery  
½ c. sour cream  
1 c. Hidden Valley dry dressing, prepared  
1 c. cashew nuts  
crisp fried bacon, crumbled

Combine first 4 ingredients. Chill. Add nuts and bacon just before serving.

**DANDELION SALAD**  
*Sheila Swedlund*

1 lb. dandelion stalks (flowerless)  
4 slices bacon, fried & diced  
½ c. sweet thick cream  
2 eggs, beaten  
2 T. margarine  
½ tsp. paprika  
1 T. sugar  
4 T. vinegar

Cook together all (except dandelion stalks and bacon) over low heat until thickened. Add salt and pepper to taste. Pour mixture over stalks and bacon. Toss to blend.
DEE’S SALAD DRESSING
(Best Ever!)

Shari Haufschild

\[
\begin{align*}
\frac{3}{4} \text{ c. sugar} & \quad 1 \text{ tsp. dry mustard} \\
4 \text{ eggs, beaten} & \quad 1 \text{ tsp. salt} \\
2 \text{ T. flour} & \quad 1 \text{ c. water}
\end{align*}
\]

Mix together sugar and eggs. Add remaining ingredients. Cook together in saucepan, bringing to a full boil. Cool. When using, add equal amounts of the above and miracle whip. (Great for potato salads!)

DRESSING

Becky Converse

3 parts sugar

2 parts oil.

3 parts vinegar or raspberry wine

FRESH CORN SALAD

Joan Antonen

\[
\begin{align*}
4 \text{ c. fresh corn (husked, cleaned and cut off cob)} & \quad \frac{1}{2} \text{ tsp. dried basil} \\
\frac{1}{2} \text{ c. canola oil} & \quad \frac{1}{4} \text{ tsp. cayenne pepper} \\
\frac{1}{4} \text{ c. cider vinegar} & \quad 2 \text{ lg. fresh tomatoes, seeded & coarsely chopped} \\
1\frac{1}{2} \text{ tsp. lemon juice} & \quad \frac{1}{2} \text{ c. chopped Vidalia onion} \\
\frac{1}{4} \text{ c. minced fresh parsley (or 2 T. dried)} & \quad \frac{1}{2} \text{ c. green pepper, chopped} \\
\frac{1}{2} \text{ c. sugar} & \quad \frac{1}{2} \text{ c. red sweet pepper, chopped}
\end{align*}
\]

Cook corn in boiling water 5 minutes. Drain, cool and set aside. In a large bowl mix oil, vinegar, lemon juice, parsley, sugar, basil and cayenne pepper. Add vegetables to dressing mixture. Mix well. Cover and chill several hours or best overnight. (In the winter I use frozen sweet corn, thawed.)

Laugh at yourself before anyone else can.

Elsa Maxwell
FRESH SPINACH SALAD

fresh spinach, washed & torn into bite size
fresh strawberries, cut in half and sprinkled with ¼ c. sugar
(or use package of frozen strawberries in juice)

1 T. green onion, sliced banana, sliced
avocado, peeled & chopped (optional)

Put spinach, onion, banana and avocado in serving bowl. Serve with the following dressing put on just before serving.

Dressing:

2 T. grated onion  ½ c. wine vinegar
1 tsp. poppy seed  ½ c. sugar
1 tsp. dry mustard  ½ c. canola oil

Mix well. Then add strawberries and put on greens just before serving.

GRAPE SALAD

1 lb. green seedless grapes (about 2 cups) 1 c. sour cream, lite
1 lb. red seedless grapes (about 2 cups) ¾ c. brown sugar
1 (8-oz.) pkg. cream cheese, lite 4 oz. slivered almonds (¼ cup)
4 oz. Cool Whip, lite

Wash and stem grapes. Mix other ingredients except almonds. Add grapes and stir. Place in bowl and sprinkle with slivered almonds. Refrigerate.

LIMA BEAN SALAD

2½ c. lima beans, cooked 2 eggs, hard-boiled and chopped
1 T. onion, finely chopped 1 c. cheddar cheese, diced
½ c. mayonnaise

Blend all together.

English is a funny language. A fat chance and a slim chance are the same thing.

Jack Herbert
LIME SALAD

Jeanette Pedersen

1 (6-oz.) pkg. lime Jello
1½ c. hot water
1 c. miniature marshmallows
1 (15-oz.) can crushed pineapple, drained
1 (8-oz.) pkg. cream cheese (lite), softened

1 heaping T. mayonnaise or salad dressing
½ c. nuts, chopped
½ c. celery, chopped

Stir Jello into hot water until dissolved; add marshmallows and stir until dissolved. Let cool until syrupy. Combine softened cream cheese and mayonnaise; beat until fluffy. Blend into Jello mixture; add celery, nuts, and pineapple. Whisk in whipped topping. Refrigerate at least 2 hours.

LINDSEY’S PINK FLUFF SALAD

Jeanette Pedersen

1 can cherry pie mix
1 can pineapple chunks or tidbits, drained
1 (8-oz.) ctn. Cool Whip, lite
1 bag miniature marshmallows

Gently combine all ingredients. Store in refrigerator. (We substituted yogurt for the sweetened condensed milk and liked the difference. When using lite sweetened condensed milk, we noticed the salad is not as set.)

LORI’S FROG EYE SALAD

Jeanette Pedersen

1 c. sugar
2 T. flour
½ tsp. salt
1¾ c. pineapple juice
2 eggs, beaten
1 T. lemon juice
1 (16-oz.) pkg. Acini di Pepe

3 (11-oz.) cans mandarin oranges, drained
2 (20-oz.) cans crushed pineapple, drained
1 (8-oz.) ctn. whipped topping
1 c. mini-marshmallows

MIXED VEGETABLE SALAD

2 1/2 c. cut yellow string beans 2 c. kidney beans
2 1/2 c. cut green string beans 1/4 c. chopped onion
2 1/2 c. diced carrots 1/2 c. diced green pepper

Cook beans and carrots until tender (or use canned). Add kidney beans, onion and green pepper.

Dressing:

3/4 c. vinegar 1/3 c. water
3/4 c. sugar 1 tsp. celery seed
1/2 c. salad oil 1 tsp. dill seed

Mix dressing ingredients and bring to a boil. Pour over vegetables hot. Mix well and refrigerate overnight.

MOTHER'S HEAVENLY RICE

2 c. rice 1 can crushed pineapple
1/2 c. sugar (more or less to taste) 1/2 (10-oz.) pkg. marshmallows
dash salt 1 pt. whipping cream, whipped

Cook rice as package directs. Cool. Add sugar, salt, pineapple, and marshmallows. Fold in whipped cream. Refrigerate until ready to serve. (Mother used to cut up large marshmallows. We always had plenty of whipping cream on the farm so used it often.)

ORANGE FLUFFY SALAD

1 (6-oz.) box orange Jello 1 c. milk
1 c. boiling water 1 (12-oz.) ctn. Cool Whip
1 (6-oz.) pkg. vanilla instant pudding 2 cans mandarin oranges, drained

Dissolve Jello in boiling water and cool until starts to thicken. Mix pudding with milk and add to Jello mixture. Fold in Cool Whip and oranges. (This salad keeps very well. You can vary Jello flavors and fruit.)

No matter how busy a man is, he is never too busy to stop and talk about how busy he is.

Unknown
ORANGE TAPIOCA SALAD

Shari Haufschild

1 (3-oz.) pkg. vanilla pudding
1 (3-oz.) pkg. tapioca pudding
1 (3-oz.) pkg. orange Jello
3 c. boiling water
1 can crushed pineapple (small), undrained
1 can Mandarin oranges (small), undrained

Cook first 3 ingredients with water until thick. Stir steadily and bring to a hard boil. Cool and add fruit and whipped topping.

PASTA PRIMAVERA SALAD

Becky Converse

1 (8-oz.) pkg. spiral vegetable spaghetti
½ (8-oz.) bottle Italian dressing
1/2 tsp. minced garlic
1 c. mayonnaise
3 c. diced cooked chicken
1 pt. cherry tomatoes, halved
1/2 to 1 c. sliced green onions
1/4 lb. fresh sliced mushrooms
1 green pepper, thinly sliced
1 1/2 c. croutons

Toss HOT pasta with 3/4 cup mayonnaise and garlic. Cool 1 hour, then add Italian dressing and chill 2 to 12 hours. Just before serving: toss chicken with rest of mayonnaise (1/4 cup) and then with marinated pasta. Arrange this on a platter (that has an edge) and top with the tomatoes, onions, mushrooms, pepper and croutons.

PUDDING JELLO SALAD

Phyllis Kuehn

1 (6-oz.) pkg. lemon pudding
1 (6-oz.) pkg. orange Jello (dry)
2 cans mandarin oranges

Cook pudding according to directions. Add dry Jello and stir. Drain 2 cans mandarin oranges. Add enough water to liquid to make 1 1/2 cups. Add liquid and oranges to pudding and chill until set.

QUICK SALAD

Bernice Johnson

1 can fruit cocktail
1 can crushed pineapple, drained
1 sm. container cottage cheese
1 pkg. dry gelatin
nuts
1 container whipped topping

Fold ingredients together. Refrigerate. It holds together very well.
RHUBARB SALAD SUPREME

Jeanette Pedersen

4 c. rhubarb, cut fine
1 c. sugar
1 (8-oz.) pkg. lite cream cheese

1 (6-oz.) pkg. strawberry Jello
1 (16-oz.) ctn. lite Cool Whip

Mix rhubarb and sugar and let stand 30 minutes. Then cook (bring to boiling point and simmer for 10 minutes, stirring often). Remove from stove. Cut up cream cheese and add to rhubarb mixture along with the Jello. Stir until Jello is dissolved and cream cheese is melted. Cool. Blend Cool Whip into cooled mixture. Mix well. Refrigerate.

ROSY RHUBARB MOLD

Jeanette Pedersen

4 c. rhubarb, chopped (fresh or frozen)
1 c. water
2/3 c. sugar
1/4 tsp. salt
1 (6-oz.) pkg. strawberry gelatin
1 1/2 c. cold water
1/4 c. lemon juice

2 (11-oz.) cans mandarin oranges, drained
1/2 c. celery, chopped
1/2 c. chopped nuts
Optional garnishes: sliced strawberries, green grapes, sour cream and ground nutmeg, lettuce leaves

In a saucepan, combine rhubarb, water, sugar and salt; bring to a boil over medium heat. Boil for 1-2 minutes or until rhubarb is tender; remove from heat. Stir in gelatin until dissolved. Stir in cold water and lemon juice. Chill until partially set. Fold in oranges, nuts and celery. Pour into a 6-cup mold or an 8-inch square dish that has been coated with nonstick cooking spray. Chill until set. Unmold onto lettuce leaves or cut into squares. If desired, garnish with fruit and serve with sour cream sprinkled with nutmeg. Yield: 12 servings.

SALMON SALAD

Sheila Swedlund

1 (16-oz.) can salmon (remove bones)
1/4 c. chopped pickle
1 c. chopped cabbage or celery
2 eggs, hard-cooked
1/2 c. mayonnaise
SAUERKRAUT SALAD

Ferne Liebsch

1 can sauerkraut (#303 size), drained and chopped
1 green pepper, chopped
1 c. celery, chopped
1 c. onion, chopped
¼ c. cider vinegar
Pimento or red pepper, if desired

Mix vinegar with sweetener to taste. Stir into vegetables. Marinate overnight. No salt. For color, add pimento or red pepper, if desired. You may think this sounds awful, as I did, but it really is good.

SEVEN CUP SALAD

Marge Smith

1 c. sour cream
1 can mandarin oranges
1 c. seedless grapes
1 c. shredded coconut
1 c. walnuts, optional
2 c. miniature marshmallows (colored ones are pretty in this)

Mix all ingredients together, except marshmallows. Refrigerate. Add marshmallows 1 hour before serving.

SHELL MACARONI SALAD

Joan Antonen

1 box shell macaroni (cooked, rinsed and cooled)
2-3 fresh tomatoes
½ green pepper, chopped
3 celery stalks, sliced thinly
¼ c. chopped onion
1 cucumber, seeded and chopped

Toss above ingredients with dressing.

Dressing:

½ c. canola oil
dash lemon juice
¾ c. sugar
¾ c. catsup
½ c. vinegar

Mix dressing ingredients well with wire whip and add vegetables and macaroni.

Experience is what you get when you don't get what you want.

Dan Stanford
SMALL RING MACARONI SALAD

Jeanette Pedersen

1 box small-ring macaroni
4 eggs, beaten
1 c. sugar
2 T. flour
2 T. lemon juice
1 can crushed pineapple, drained
1 (8-oz.) cn. whipped topping
other fruit as desired

Cook macaroni as directed on box. Combine beaten eggs, sugar, flour
and lemon juice; bring to boil and cook until it thickens. Thin with pineapple
juice until salad dressing consistency. Cool. Whisk in whipped topping and
pineapple. Refrigerate.

SPINACH, ASPARAGUS &
STRAWBERRY SALAD

Jeanette Pedersen

3 T. olive oil
1 lb. asparagus (rinsed, trimmed
and cut into 1" pieces)
1/4 tsp. salt
2 T. raspberry or balsamic
vinegar
8 oz. spinach leaves, rinsed
8 oz. strawberries (rinsed, hulled,
sliced)
1/2 c. chopped toasted walnuts

To toast walnuts, put them in baking pan in 350° oven until golden (about
10 minutes). Pour 1 T. olive oil into 12 x 15 baking pan, add asparagus,
sprinkle with salt and mix to coat. Spread in single layer and bake in 400°
oven, stirring often, until tender when pierced (15-20 minutes). Let cool
about 15 minutes. In large bowl mix vinegar and remaining 2 T. olive oil.
Add spinach, strawberries, walnuts and cooled asparagus. Mix to coat.
Add salt and pepper to taste.

STRAWBERRY & CHICKEN SALAD

Jeanette Pedersen

1 (10-oz.) pkg. romaine salad
greens or 8 cups torn romaine
(6-oz.) cooked chicken breast,
cubed
1 (15-oz.) can mandarin orange
segments, drained
2 c. sliced strawberries
1/2 med. red onion, sliced
1/2 c. sliced almonds
1/2 c. Kraft Special Collection
Creamy Poppy seed Dressing

Toss romaine in large bowl with chicken cuts, oranges, strawberries and
STRAWBERRY SALAD

Jeanette Pedersen

2 pkgs. vanilla tapioca pudding
1 pkg. frozen strawberries
1 (6-oz.) pkg. strawberry Jello
(can use sugar free)
1 (16-oz.) can crushed pineapple,
drained
2 c. water
1 (8-oz.) ctn. whipped topping, lite

Bring pudding, Jello and water to boil; cook and stir until Jello and pudding
are dissolved. Cool. Add remaining ingredients. Refrigerate several hours.
Can also substitute orange Jello and mandarin oranges to make orange
salad instead of red.

SUPER EASY CABBAGE SALAD

Ferne Liebsch

1 pkg. cabbage-carrot slaw
1 can Mexicorn, drained
mild cheddar cheese, diced
salad dressing

So quick, so easy and so good.

TOMATO-CHEESE RING

Sheila Swedlund

3 c. tomato juice
2 pkgs. lemon flavored gelatin
2 (3-oz.) pkgs. cream cheese
1 c. mayonnaise
1 c. chicken salad or tuna salad or
egg salad

Heat tomato juice. Dissolve gelatin in hot juice. Chill until partially set.
Cream together cream cheese and mayonnaise and add to tomato mixture.
Pour into 7 or 8 inch ring mold and chill. Unmold when ready to serve and
fill center with chicken salad, tuna salad, or egg salad.

TROPICAL COLESLAW

Blanche Tschetter

1 (20-oz.) can pineapple tidbits
1 T. lemon juice
1 firm banana, sliced
3 c. cabbage, shredded
1 can mandarin oranges, drained
1 c. miniature marshmallows
1 c. flaked coconut
1 c. chopped nuts
1 c. raisins
½ tsp. salt
1 (8-oz.) ctn. pineapple yogurt

Drain pineapple, reserve juice. Set pineapple aside. Stir 2 T. pineapple
juice and 1 T. lemon juice together and slice banana into juice. In a large
bowl combine all ingredients, except yogurt. Then add yogurt and toss to
coat. Cover and refrigerate until serving time. Yield: 10 servings
TUNA-GARDEN PASTA RING SALAD

Jeanette Pedersen

1/2 1-lb. box large pasta rings, uncooked
1 lg. firm tomato, chopped
1 sm. zucchini, chopped
1/2 c. celery, chopped
1/4 c. green pepper, chopped
1/4 c. green onions, chopped
2 (7-oz.) cans tuna, drained and flaked
1 c. mayonnaise or salad dressing
1/2 c. bottled Italian salad dressing
2 tsp. prepared mustard
1 tsp. dill weed
1/2 tsp. salt
1/8 tsp. pepper

Cook large rings as package directs; drain. In a large bowl, combine large rings, tomato, zucchini, celery, green pepper, onions and tuna; mix well. In a small bowl, stir together remaining ingredients. Add to large rings mixture; mix well. Cover; chill thoroughly.

TURKEY SALAD

Barbara Converse

3 1/2 c. diced cooked turkey
4 celery ribs, sliced
4 green onions, sliced
1/2 c. chopped pecans, toasted
1/2 c. chopped sweet red pepper
1/2 c. mayonnaise
1 T. lemon juice
1/4 tsp. dill weed or dried tarragon
1/4 tsp. salt
1/8 tsp. pepper
Lettuce leaves, optional

In a large bowl, combine turkey, celery, onions, pecans and red pepper. Combine mayonnaise, lemon juice, dill, salt and pepper; stir into turkey mixture. Refrigerate until serving. Serve on lettuce if desired. Yield: 6 servings.

ZUCCHINI-TOMATO SALAD

Shari Haufschild

3 tomatoes
1 green pepper
1 T. sugar
2 c. zucchini or cucumbers
2 onions
2 drops Tabasco
2 drops Worcestershire sauce
Salt & pepper

Mix up at least 2 hours before serving or the night before.
Helpful Hints

• When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.

• To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

• Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don’t refreeze cooked thawed foods.

• A few drops of lemon juice added to simmering rice will keep the grains separated.

• Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.

• Don’t freeze cooked egg whites; they become tough.

• For an easy no-mess side dish, grill vegetables along with your meat.

• When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.

• Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.

• To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.

• Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.

• A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

• To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.

• To avoid toughened beans or corn, add salt midway through cooking.
VEGETABLES & SIDE DISHES

ANYTIME CUCUMBER SLICES

Barb Converse

3 to 4 lg. cucumbers, sliced
2 med. onions, thinly sliced
3 T. minced fresh dill OR
1 T. dill weed
1 c. sugar
½ c. vinegar
½ c. water
1 tsp. salt

In a bowl, combine cucumbers, onions and dill. In a saucepan, combine sugar, vinegar, water and salt; bring to a boil. Pour over cucumber mixture. Cover and chill for 3 hours or overnight. Yield: 6 cups.

BROCCOLI DISH

Sheila Swedlund

1 pkg. broccoli, thawed
1 c. minute rice or cooked rice
1 can cream of chicken soup
1 (8-oz.) jar Cheez Whiz
1/4 c. celery
1/4 c. onion

Sauté celery and onion. Mix all ingredients. Bake in a covered dish at 350° 40 minutes.

BROCCOLI PIE

Kaye Moe

2 c. frozen broccoli, defrosted
½ c. onion, chopped
½ c. green pepper, chopped
1 (4-oz.) c. Cheddar cheese, shredded
1/2 c. milk
3/4 c. biscuit mix
3 eggs
1 tsp. salt
1/4 tsp. pepper

Heat oven to 400°. Lightly grease pie pan (10 x 1 1/2). Spread broccoli, onion, green pepper and cheese in pie pan. Beat remaining ingredients until smooth, (15 seconds in blender or 1 minute with beater). Pour into pie pan and bake until knife inserted comes out clean (35-40 minutes).

Success is getting what you want. Happiness is liking what you get.
H. Jackson Brown, Jr.
CHEESY BROCCOLI POCKETS

Jeanette Pedersen

1 (10-oz.) pkg. frozen chopped broccoli (or use cooked fresh broccoli)
2 tsp. olive oil
1 clove garlic, minced
1 c. mozzarella cheese, shredded
½ c. Parmesan cheese, grated
1 T. chopped fresh oregano or 1 tsp. dried oregano
½ tsp. salt
¼ tsp. black pepper
2 jarred roasted red peppers, coarsely chopped (if desired)
1 (16-oz.) pkg. frozen bread dough, thawed

Preheat oven to 375°. Grease 2 baking sheets. Cook broccoli according to package directions; drain well. In a medium skillet, heat oil over low heat. Add garlic; sauté for 2 minutes. Add broccoli; cook, stirring until moisture has evaporated, about 3 minutes. Remove from heat; cool slightly. In a medium bowl, combine broccoli mixture, mozzarella, Parmesan, peppers, oregano, salt and pepper; mix well. On a lightly floured surface, divide dough into 8 pieces; roll out each piece to form a 6-inch circle. Spoon an equal amount of broccoli mixture in the center of each circle. Fold dough over filling to form a half circle. Press edges with a fork to seal; prick a few holes in pocket tops. Place pockets on prepared baking sheets. Bake until golden, about 25 minutes. Serve immediately.

EASIEST POTATO CASSEROLE

Becky Converse

1 bag frozen hash browns (Mrs. Dells)
1 pt. whipping cream
½ c. Velveeta cheese, cubed
¼ c. margarine
salt & pepper

Combine all ingredients. Add salt & pepper to taste. Bake at 350° 1½ hours (covered).

FRITTERS

Sheila Swedlund

1 c. corn
1 egg, beaten fluffy
½ c. flour
½ tsp. salt
¼ tsp. baking powder
dash paprika

Mix ingredients. Fry at 375° until golden brown in light.
HASHED BROWN POTATO CASSEROLE
Barbara Converse

Original recipe:
2 lbs. frozen hashed brown potatoes
¼ c. chopped onion
1 tsp. salt
¼ tsp. pepper

Revised recipe:
2 lbs. frozen hashed brown potatoes
¼ c. chopped onion
¼ tsp. pepper
8 oz. reduced fat cheddar cheese, shredded

8 oz. cheddar cheese, shredded
8 oz. dairy sour cream
1 can cream of chicken soup
½ c. corn flake crumbs
2 T. butter

8 oz. lite dairy sour cream
1 can cream of chicken soup
(99% fat free)
½ c. crushed bran cereal

Spray a 13 x 9 x 2-inch baking pan with nonstick spray coating. Add potatoes, onion, pepper. Combine cheese, sour cream and soup; stir into potato mixture. Sprinkle crushed cereal over the top. Bake, covered at 350° for 45 to 60 minutes. (Revised recipe cuts fat grams and calories in half.)

ITALIAN ZUCCHINI CRESCENT PIE
Phyllis Kuehn

4 c. zucchini, unpeeled & thinly sliced
1 c. onion, coarsely chopped
½ c. margarine or butter (I use 5-6 T.)
½ c. chopped parsley or 2 T. parsley flakes
2 c. mozzarella cheese (8 oz.), shredded

1 (8-oz.) can crescent rolls
2 tsp. Dijon or prepared mustard
½ tsp. salt
½ tsp. pepper
¼ tsp. garlic powder
¼ tsp. sweet basil
¼ tsp. oregano
2 eggs, beaten

In large skillet, sauté zucchini and onion until tender. In bowl, blend eggs and cheese; stir in parsley and seasonings. Stir in sautéed vegetables. Separated dough into 8 triangles. Place in ungreased 10-inch pie pan or 8 x 12 baking dish. Spread crust with mustard. Pour in vegetable mixture. Bake in preheated 375° oven 18-20 minutes or until knife inserted comes out clean. (If crust browns too fast, cover with foil last 10 minutes.)
LEMONY SWEET POTATOES

Ferne Liebsch

2 cans sweet potatoes
4 T. lemonade concentrate
4 T. margarine

3/4 c. liquid from sweet potatoes
1/2 c. sugar
3/4 c. miniature marshmallows

Slice sweet potatoes into a greased casserole. Make a syrup of liquid, sugar, lemonade concentrate and margarine. Boil 5 minutes. Pour over sweet potatoes. Sprinkle marshmallows on top and bake at 350° 45 minutes.

MINNESOTA MASHED POTATOES

Barbara Converse

3 lbs. all-purpose potatoes (about 9 medium), peeled and cut into 1-inch chunks
1 tsp. salt
1/4 tsp. ground black pepper

1/4 (8-oz.) ctn. sour cream
1/2 c. milk, warmed

3 T. chopped fresh chives

In a 4 quart saucepan, heat potatoes and enough water to cover to boiling over high heat. Reduce heat to low; cover and simmer 15 minutes or until potatoes are fork-tender; drain. Return potatoes to saucepan. With potato masher, mash potatoes with salt and pepper. Add sour cream, warmed milk, and all but 1 tsp. chopped chives; mash until mixture is well blended. Sprinkle with remaining chives to serve. Makes 8 accompaniment servings. Each serving: About 180 calories, 4 g protein, 27 g carbohydrate, 7 g total fat (4 g saturated), 15 mg cholesterol, 300 mg sodium.

PILAF

Sheila Swedlund

2 1/2 c. uncooked rice
2 T. shortening
1 c. onion, chopped

4 c. cooked tomatoes
2 T. celery, chopped

salt & pepper to taste

Fry rice in pan with shortening until light brown. Add onion, tomatoes, celery and salt & pepper. Simmer until rice is soft - about 40 minutes.

Who, in their infinite wisdom, decreed that Little League uniforms be white? Certainly not a mother.

Erma Bombeck
POTATO/ CHEESE CASSEROLE

Blanche Tschetter

12 baking potatoes with jackets
1 stick butter, melted
2 c. milk
¼ tsp. pepper
1½ tsp. salt
1 tsp. dry mustard
onion salt or flakes, if desired
shredded cheese

Cook potatoes with jackets, cool and peel. Grate into 9 x 13 greased pan. Add butter, milk, salt, pepper, mustard and onion. Top with shredded cheese. Bake 1 hour at 350° (325° if a glass pan). (I sometimes mix everything in a large bowl and then put into baking dish. Cheese can be mixed in or on top. Also you can half the recipe and put into a 7 x 11 pan; bake less time.)

RICE AND CORN DISH

Sheila Swedlund

1 can corn
½ c. rice, uncooked
1 c. milk
2 eggs, optional
2 T. flour
1 can tuna
salt & pepper to taste

Mix all ingredients. Bake at 350° until firm. (I microwave for 15 to 20 minutes in a 3 quart baking dish using only rice, corn and tuna.)

ROASTED POTATOES

Barbara Converse

2 T. lemon juice
4 tsp. olive or vegetable oil
½ tsp. dried thyme
½ tsp. garlic salt
½ tsp. pepper
6 sm. red potatoes (about 1 pound), quartered

In a medium bowl, combine lemon juice, oil, thyme, garlic salt and pepper. Add potatoes; toss to coat. Place in an 8-inch square baking dish that has been coated with nonstick cooking spray. Bake, uncovered, at 450° for 40 minutes or until potatoes are tender, stirring occasionally. Yield: 2 servings. Diabetic exchanges: One serving equals 2 fat, 1 starch; also 173 calories, 335 mg sodium, 0 cholesterol, 22 gm carbohydrate, 2 gm protein, 9 gm fat.

People want the front of the bus, the back of the church, and the center of attention.

Unknown
ROASTED ROOT VEGETABLES

Barbara Converse

2 (16-oz.) pkgs. peeled baby carrots
2 lbs. small red new potatoes
3 T. olive oil
1 tsp. salt
¼ tsp. pepper

In a large bowl, combine all ingredients. Toss to coat. Arrange vegetables in 15 x 10 inch jelly roll pan. Cook vegetables in 350° oven 1 hour, stirring occasionally. Increase oven temp to 450° and continue cooking 14-16 minutes or until tender and lightly browned. Makes 8 to 11 servings, serving size - ¾ to 1 cup.

SCALLOPED CORN

Shari Haufschild

1 can corn (creamed is best)
1 c. milk
1 c. cracker crumbs
2 eggs, well beaten
¼ c. melted butter
salt & pepper to taste

Bake at 350° for about 40 minutes or until knife comes out clean.

STIR-FRY BROCCOLI WITH ORANGE SAUCE

Sheila Swedlund

1 tsp. sesame oil
1 tsp. canola oil
1½ c. broccoli florets, bite-size
½ c. sliced or chopped water chestnuts, drained
½ c. orange juice
1 T. cornstarch
1 T. light soy sauce

Add oils to a small skillet on medium-high heat. Add broccoli and water chestnuts; stir-fry 3 minutes. In a small bowl, combine remaining ingredients. Add to broccoli; lower heat and cook until sauce is thickened, 2 minutes. Serves 2.

STUFFING EN CASSEROLE

Marlys Christensen

1 - 2 lbs. hamburger
1 (7-oz.) box stuffing mix
2 cans any cream soup
1½ c. milk
1 pkg. tater tots

Pat hamburger in 9 x 13 pan. Put stuffing mix over raw hamburger. Mix the soup and milk and put over top of hamburger and stuffing. Place tater tots on top. Cover with foil and bake at 350° for 1 to 1½ hours. Remove foil for the last 15 minutes to allow tots to brown.
SUCCOTASH
Sheila Swedlund

1 c. corn
1 c. lima beans

Combine corn and beans and cook. Then add cream and heat through.

SUMMER SQUASH SAUTÉ
Barbara Converse

1 lg. red onion, sliced
2 T. cooking oil
2 c. sliced zucchini, cut into 1/2" slices
2 sm. yellow squash, cut into 1/2" slices
1 med. sweet red pepper, julienned
1 med. green pepper, julienned
2 tsp. minced fresh basil or 1/2 tsp. dried basil
2 T. red wine vinegar
4 bacon strips, cooked and crumbled
1/4 c. grated Parmesan cheese

In a large skillet, sauté onion in oil until tender. Stir in the squash, peppers and basil. Cover and cook until vegetables are crisp-tender. Remove from the heat; stir in vinegar and bacon. Yield: 8-10 servings.

SWEET POTATO/PINEAPPLE BAKE
Blanche Tschetter

1 lg. can sweet potatoes
1 sm. can pineapple, tidbits or crushed
1/2 c. brown sugar
1/4 c. chopped nuts
1/2 tsp. cinnamon
1 T. butter

Heat oven to 375°. Place sweet potatoes in casserole or baking dish. Put pineapple on top. Mix brown sugar, nuts and cinnamon; sprinkle over top. Dot with butter. Cover and bake 30 minutes or more.

SWEET-SOUR CABBAGE
Sigrid Osbeck

cabbage, cut fine
salt
2 T. sugar
1/4 c. vinegar
2 T. caraway seed

Add ingredients to cut up cabbage. Cover with water and simmer for 2-3 hours. Good with roast pork. (I love this! We had it at home.)
SWISS CHARD AND CHEESE BAKE

Kaye Moe

1 qt. chard or spinach, chopped
2 T. parsley, chopped
4 T. fat
½ tsp. paprika
4 eggs, well beaten
2 c. milk
1 c. Swiss cheese
1 tsp. salt

Mix chard and parsley; cook in fat for 10 minutes. Add the well beaten eggs to the milk and pour over the chard. Add cheese and seasonings. Pour into a greased baking dish and bake for ½ hour at 350° to 400°.

TEXAS CORN CASSEROLE

Phyllis Kuehn

1 can whole kernel corn, undrained
1 can cream style corn
4 oz. sour cream (½ cup)
¼ stick margarine or butter, melted
1 pkg. Jiffy corn bread mix


ZUCCHINI FRY

(Family Favorite)

Sue Goebel

tender zucchini, sliced
onion, sliced
1 clove garlic
Cheddar cheese
Mozzarella cheese
Parmesan cheese

Season zucchini and onion with salt and pepper to taste. Add garlic. Brown with 1 to 2 tablespoons margarine. Lower heat and cook until tender. Sprinkle cheese (use all or any combination) on top. Cover for 10 minutes. Serve. (Can be made in any volume you wish and according to your taste.)

ZUCCHINI HOT DISH

Beatrice Krahn

4 med. zucchini, sliced thinly
2½ c. herbed stuffing mix
1 can cream of chicken soup
½ c. sour cream
1/2 c. onion
¾ c. diced carrots
6 T. butter

Cook zucchini over medium heat until tender. In another pan cook carrots and onions in butter until tender. Stir in 1½ cups stuffing mix, soup and sour cream. Mix with zucchini and place in casserole dish. Melt butter with remaining stuffing. Place on top of casserole. Bake at 300° for 30 minutes.
Crock Pot

BAKED POTATOES

Blanche Tschetter

Prick cleaned potatoes with fork and wrap in foil. Fill crock pot with 6-12 spuds. Cover and cook on low 8-10 hours. (On high, 2½-4 hours) Do not add water.

BEAN HOT DISH

Jeanette Pedersen

1 (32-oz.) can pork & beans
1 (16-oz.) can baby butter beans, drained
1 (16-oz.) can kidney beans, drained
¾ c. brown sugar
2 T. vinegar

1 onion, chopped
½ lb. bacon, cooked and chopped
½ c. catsup
1 tsp. salt
½ lb. extra lean hamburger

Brown onion, bacon and hamburger, drain. Add the rest of ingredients. Mix well. Cook 2 hours on high in crock pot (or can bake 40 minutes at 350°).

CALICO BEANS

Blanche Tschetter

1 can pork & beans
1 can kidney beans
1 can butter beans
1 can lima beans
½ lb. hamburger
½ c. onion, chopped

½ lb. bacon (diced)
½ c. catsup
¾ c. brown sugar
2 tsp. vinegar
1 tsp. salt
1 tsp. mustard

Mix beans together. Brown hamburger, bacon and onion. Add to beans. Add remaining ingredients. Cook 3 hours on high in a crock pot (or bake at 350° for 1 hour).

Some people will believe anything if you whisper it to them.

Louis Nizer
CHEESE POTATOES
Joan Antonen

4-5 c. hot mashed potatoes, butter & milk added
1 (8-oz.) pkg. cream cheese, lite
1 T. grated onion
2 cloves garlic, finely chopped
1 egg
1 sm. jar chopped pimento

Mix all together with mixer and put in crock pot on low. Cook at least 2 hours (may also cook in oven). Add salt & pepper, if desired.

CROCK POT POULTRY DRESSING
Blanche Tschetter

1 c. margarine
2 c. onion, diced
2 c. celery, diced
1 can mushrooms, drained (if desired)
12-13 c. dry bread crumbs
parsley (if desired)
3-4 c. broth, with giblets
1 tsp. poultry seasoning
½ tsp. pepper
1½ tsp. salt
2 eggs, beaten

Sauté onion and celery in margarine. Combine other ingredients and mix all together. Put into crock pot. Set on high for 45 minutes. Reduce to low 6-8 hours.

CROCK POT STUFFING
Becky Converse

1 c. margarine
12 to 13 c. dry bread crumbs
2 c. chopped celery
2 eggs, well beaten
1½ tsp. salt
½ tsp. pepper
2 c. chopped onion
1 tsp. sage
½ tsp. thyme
3 to 4 c. chicken broth (I buy clear chicken broth in the can)
1 can cream of chicken soup

Grease crock pot lightly. Mix all ingredients together. Cook on high for 45 minutes, then 4 hours on low. (You may heat soup and broth to save time.)

Life is like a ten-speed bike. Most of us have gears we never use.
Charles M. Schulz
**CROCK POT ZUCCHINI HOT DISH**

Shari Haufschild

1 pkg. bread cubes or 6-8 slices of bread pieces
1/4 c. melted butter (poured on the above)
3 c. zucchini, sliced

2 T. onion flakes or fresh onion
1/2 c. sour cream
1 can cream of chicken or mushroom soup

Put half the cubes in bottom of crock pot. Mix zucchini mixture together and put on top of bread mixture in crock pot, then add rest of bread cubes on top. Cook on Low 7-9 hours. (May add hamburger, green beans or carrots to the above.)

Recipe Favorites
Recipe Favorites
Main Dishes
Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.

- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn’t much that can be done about the marbling. Stay away from well-marbled cuts of meat.

- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you’ll have succulent, tender meat.

- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it’s easy to turn and rearrange. Cleanup is easy; just toss the bag.

- It's easier to thinly slice meat if it's partially frozen.

- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

- When frying meat, sprinkle paprika over it to turn it golden brown.

- Thaw all meats in the refrigerator for maximum safety.

- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.

- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Scaling a fish is easier if vinegar is rubbed on the scales first.
MAIN DISHES

ADDIE’S MEAT LOAF

Jeanette Pedersen

1 1/2 c. ground beef (or about 1 pound)
3/4 c. oatmeal
2 eggs, beaten
1/4 c. chopped onion
1 tsp. salt
1/4 tsp. pepper
1 can tomato soup
catsup

Combine all ingredients, except catsup, thoroughly and pack firmly into loaf pan. Spread catsup on top. Bake in 350° oven 1 hour. Let stand 5 minutes before slicing. Makes 8 servings.

BARBECUED BEEF

Kaye Moe

1 lb. beef, cut in 1/2 " cubes
1 T. fat
1 1/2 c. water
1 med. onion, chopped
1/2 c. celery, diced
1/2 c. green pepper, diced
1 c. tomato sauce
1/4 c. brown sugar
2 T. vinegar
2 T. Worcestershire sauce
1 tsp. salt
1 tsp. chili powder

Brown beef in hot fat, add water and simmer (covered) for 1 1/2 hours or until tender. Drain broth and add water to make 2 1/2 cup. Cook onion, celery and green pepper until tender in tablespoon of oil. Add beef (smashed into pieces), broth and remaining ingredients. Simmer uncovered 20 to 30 minutes.

BEEF ENCHILADAS

Jeanette Pedersen

1 lb. ground beef, extra lean
1 jar Pace Enchilada Sauce (17.25 oz.)
2 c. shredded cheese
10-12 corn or flour tortillas

Preheat oven to 350°. Brown beef. Pour off fat. Stir in 1/2 cup of sauce and 1 cup of cheese. Warm tortillas according to package directions. Spread 1/2 cup sauce in 9 x 13 baking dish. Spoon about 2 T. meat mixture down center of tortilla. Roll up and place seam-side down in baking dish. Repeat with remaining tortillas. Top with remaining sauce and cheese. Bake 20 minutes or until cheese is melted. Makes 10 to 12 enchiladas.
**BEEF STROGANOFF**

Marlys Christensen

1½ lbs. hamburger 1 can cream of mushroom soup
2 T. minced onion 1 can vegetable soup
¼ T. parsley flakes 1 c. sour cream
¼ tsp. garlic salt (optional) ¼ c. milk
½ tsp. pepper

**Topping:**

1½ c. flour ½ tsp. celery salt
2 tsp. baking powder ¼ c. shortening
1 tsp. paprika ¼ c. milk
½ tsp. pepper 1 tsp. poppy seed

Brown hamburger and onion. Add parsley flakes and garlic salt, if desired. Stir in pepper, cream of mushroom soup and vegetable soup. Simmer 15 minutes. Blend in sour cream and milk. Heat well and put into 9 x 13 baking dish. Top with mixture of flour, baking powder, paprika, pepper, and celery salt that shortening has been cut into. Stir in milk and mix until moist. Drop by tablespoons onto meat mixture. Sprinkle with poppy seed. Bake at 450° for 15 to 20 minutes. This will serve 6 to 8 people.

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**BEEF TACO BAKE**

Jeanette Pedersen

1 lb. ground beef, extra lean 1 c. cheddar cheese, shredded
1 can tomato soup 6 flour tortillas or
1 c. Pace Thick & Chunky Salsa 6-8 corn tortillas
½ c. milk


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"Eternity is two people and a ham."  

Irma S. Rombauer
BEEF TONGUE

1 fresh beef tongue
1 onion
1 green pepper
1 tomato
10 peppercorns
parsley
thyme
marjoram

Put tongue and all other ingredients in large kettle and cover with water. Simmer gently 2 or 3 hours, until tender. A fork stab will tell you that. Remove tongue skin and remove fat and bones, too. Replace in broth and let stand over night in refrigerator. Dry with paper towels and then serve slices with horseradish sauce. (Equal parts of horseradish and sour cream or yogurt.) A smoked tongue is superb.

Note: Simmer 1 hour per pound.

BEST EVER CHICKEN BREAST

Jeanette Pedersen

chicken breasts
bacon
1 c. lite sour cream
1 can cream of chicken soup
rice

Wrap boned and skinned chicken breasts with strip of bacon. Place in baking pan. Cover with mixture of sour cream and soup. Bake at 275° for 2½ to 3 hours. Serve over rice.

BEST EVER LASAGNE

Shari Haufschild

1/2 c. chopped onion
1 clove garlic
1 lb. ground beef (cooked)
1 (6-oz.) can tomato paste
1 (8-oz.) can tomato sauce
1 c. water
1 tsp. salt
1/2 tsp. oregano
1/4 tsp. pepper
8 oz. lasagne noodles, cooked and drained
2 c. cottage cheese
1/2 c. shredded Parmesan cheese
8 oz. sliced Mozzarella cheese

Sauté onion and garlic in 2 Tablespoons oil. Add drained meat, tomato sauce and paste, water and seasonings; cover and simmer 20 minutes. Place half of noodles in bottom of 13 x 9-inch baking pan. Top with half of the Mozzarella cheese and half of the meat sauce. Repeat layers. Bake at 350° 45 minutes. (Can be made ahead and refrigerated; add 15 minutes longer for cooking.)
BOLOGNA HOT WRAPS

Kaye Moe

1 bologna ring, ground
3/4 lb. American cheese, ground
1/4 c. prepared mustard

1/2 c. salad dressing
1 T. onion, diced
2 T. chopped sweet pickle

Mix ingredients together well. Cut buns in half and spread with butter; fill with meat mixture. Wrap each bun in foil and bake at 325° for 20-25 minutes.

BREAD DOUGH PIZZA

Sheila Swedlund

1 loaf frozen bread dough, thawed
2 lbs. hamburger
1 onion, sliced

1 jar spaghetti sauce (large)
1 lb. cheddar cheese
1 lb. mozzarella cheese

Spread defrosted bread dough in 9 x 13 pan. Brown hamburger and onion, then drain. Add remaining ingredients and spread on bread dough. Bake 350° 30 minutes.

BROILED HAMBURGER SANDWICHES

Kaye Moe

Buns or French Bread

1 1/2 lbs. hamburger
1 can tomato soup
1/2 c. onion, finely chopped
1 T. mustard

1 T. Worcestershire sauce
1 tsp. salt
1 tsp. horseradish
sliced tomatoes
sliced cheese

Toast buns or bread. Brown hamburger; add soup, onion, mustard, Worcestershire sauce, salt and horseradish. Mix well. Spread meat mixture on buns, covering to edges. Broil 4 inches from heat for 12 minutes. Place a tomato slice and a cheese slice on top of each. Broil again until cheese melts.

Before you borrow money from a friend, decide which you need more.

Anonymous
CASHEW CHICKEN
Barb Converse

1 lb. boneless chicken, cut into 1-inch strips
3/4 c. orange juice
1/2 c. honey
1/4 c. soy sauce
1 T. cornstarch
1 tsp. ground ginger
1 tsp. garlic salt
1/2 tsp. pepper
2 T. vegetable oil
4 green onions, cut up
3 lg. carrots, cleaned and sliced
2 celery stalks, sliced
1 c. cashews
Hot cooked rice

Combine juice, soy sauce, honey, cornstarch and seasonings. Set aside. Heat 1 T oil until it begins to smoke. Stir-fry vegetables for several minutes until the onions become fragrant. Remove from skillet, heat another T. of oil until smoking and stir-fry chicken strips until browned and tender. Add cooked vegetables, cashews and sauce mix. Continue cooking until sauce bubbles and thickens. Serve over hot rice. Makes 4 to 6 servings.

CHICKEN A-LA-KING
Blanche Tschetter

1/4 c. margarine, melted
3 T. flour
1 c. chicken broth (using a bouillon cube or granules)
1 c. milk
1 tsp. salt
2 c. diced chicken or turkey mushrooms, according to taste
onion, according to taste
dash pepper

Combine flour and melted margarine in kettle or large pan. Blend in broth and milk. Cook; stir constantly until thick. Add salt, pepper and meat. Add mushrooms and onion, if desired. Serve over noodles, rice or biscuits. (Easy to double recipe and also good way to use up left over turkey.)

CHICKEN ALFREDO
Becky Converse

2 c. milk
1/2 stick butter
4 T. flour
2/3 c. Parmesan cheese
3 chicken breasts
1 clove fresh garlic, chopped or pressed
salt & pepper
linguini noodles

Melt butter in milk, stir in flour, salt, pepper and garlic (to suit your taste). When it starts to thicken, add cheese. Simmer on low. Cut chicken in bite size pieces. Cook on medium to high in fry pan to brown. Add to sauce. Serve over linguini noodles.
CHICKEN BREAST

Marlys Christensen

1 lb. boneless chicken breasts, skinned and cut in strips
1 (2.75-oz.) jar sliced mushrooms (or 2½ oz.), drained
1/2 c. Wish Bone lite Italian dressing

1/4 c. chopped onion
2 T. diet margarine
1 med. zucchini, sliced (2 cups)
1 lg. firm tomato, cut into wedges
6 slices Borden’s Lite Line pasteurized cheese product

In shallow baking dish, place chicken with mushrooms. Cover with Italian dressing. Marinate for 30 minutes. Drain; reserve marinade. In large skillet, cook onion in margarine until tender. Add chicken and mushrooms. Cook, covered over medium heat until chicken is tender. Add zucchini, tomatoes and reserved marinade. Cook and stir until zucchini is tender. Remove from heat. Sprinkle with cheese which has been cut into small pieces. Cover and let stand for 2 minutes or until cheese begins to melt. Makes 4 servings.

CHICKEN CASSEROLE

Becky Converse

1 c. uncooked brown or minute rice
1 cut-up chicken

1/2 pkg. dry onion soup
1 can cream of chicken soup
2 c. water

Butter casserole well. Place chicken, then make an area in the middle for rice. Cover all with soups and water. Bake 375° for 1 1/2 hour.

CHICKEN CASSEROLE

Jeanette Pedersen

4 c. cooked chicken, cut up
1 med. onion, chopped
1 (5-oz.) can chow mien noodles
1 can cream of mushroom soup

1 can cream of chicken soup
1/2 soup can milk (or more)

crushed potato chips

Combine all ingredients. Bake at 350° for 45 minutes.

‘When you reach the end of your rope, tie a knot and hang on.’
Franklin Roosevelt
CHICKEN CORDON BLEU

Blanche Tschetter

4 chicken breasts or 8 fillets
1 can cream of mushroom soup
1 can cream of chicken soup

slices of ham
Swiss cheese slices

Flatten chicken with a mallet; divide breasts. Put a slice of ham and a slice of Swiss cheese on top of each piece of chicken. Roll up and secure with a toothpick. Place in a greased pan. Mix soups with a half can of water and pour over top of chicken. Bake at 325° (300° in glass) for 1½ hours.

CHICKEN ENCHILADAS

Jeanette Pedersen

2 c. chopped cooked chicken or turkey
1 c. green bell pepper, chopped
1 (8-oz.) pkg. cream cheese, cubed

1 (8-oz.) jar salsa, divided
8 flour tortillas (6-inch)
(12-oz.) Velveeta pasteurized process cheese spread, cut up
¼ c. milk

Stir chicken, pepper, cream cheese and ½ cup salsa in saucepan on low heat until cream cheese is melted. Spoon ½ cup chicken mixture down center of each tortilla; roll up. Place, seam-side down, in lightly greased 12 x 8-inch baking dish. Stir process cheese spread and milk in saucepan on low heat until smooth. Pour sauce over tortillas; cover with greased foil. Bake at 350° for 20 minutes or until thoroughly heated. Pour remaining salsa over tortillas before serving. Makes 4 to 6 servings.

The height of embarrassment is when two sets of eyes meet through a keyhole.

Unknown
CHICKEN POT PIE

Jeanette Pedersen

9-inch pie crust, unbaked
1 (10 1/4-oz.) can condensed chicken broth
1 1/2 c. water, divided
4 med. carrots, thinly sliced (about 1 1/2 cups)
3 med. red potatoes, scrubbed and diced (about 1 1/2 cups)
2 T. olive oil
2 c. medium mushrooms, quartered
1 med. onion, coarsely chopped
1 c. frozen peas
1/2 c. all-purpose flour
2 1/2 c. cooked chicken, chopped

Combine broth, 1 cup water, carrots and potatoes in a medium saucepan. Bring to a boil; reduce heat and simmer over low heat 10 minutes. Preheat oven to 425°. Heat oil in a large skillet over medium heat. Add mushrooms and onion; sauté until softened, about 5 minutes. Stir in broth mixture and peas. Whisk remaining 1/3 cup water into the flour until smooth; whisk into vegetable mixture. Increase heat to medium-high; bring to a boil. Spread out pie crust on floured surface. Measure and roll (if necessary) to fit 1-inch larger than top of a 2-quart shallow round baking dish. Stir chicken into vegetable mixture and transfer to the baking dish. Place crust over filling; trim and flute edge. Cut a scalloped round from center with a cookie cutter. Bake until filling is bubbly and crust is browned, about 20 minutes. Serves 6. (Double the recipe and freeze 1 pie, wrapped well.)

CHICKEN RICE CASSEROLE

Marlys Christensen

White Sauce:

1/4 c. butter
1/4 c. flour
1 c. chicken broth
1 lg. can evaporated milk

Make a white sauce with butter, flour, broth and milk.

3 c. cooked wild rice
2 c. diced chicken
1/2 c. diced green peppers
1/2 c. chopped pimentos (drained on paper towel)
1/2 c. mushrooms
1/2 c. slivered almonds

Add to white sauce: rice, chicken, peppers, pimentos and mushrooms. Mix well and place in casserole. Sprinkle slivered almonds on top. Bake 30 minutes at 350°.

All I want is less to do, more time to do it, and more pay for not getting it done.

Unknown
CHICKEN SALAD CROISSANTS
(from Minerva's)

1 can Swanson's white breast of chicken, drained
1 stalk celery, chopped
½ c. red seedless grapes, quartered

¾ c. walnuts, chopped
3 T. Miracle Whip, lite (or more as desired)
Black pepper to taste.

Mix ingredients together and spread on croissants.

DELiSH CHICKEN CASSEOLE

4 c. diced cooked chicken, (or more)
1 c. slivered almonds
2 (8-oz.) cans sliced water chestnuts
½ tsp. celery salt

1¾ c. mayonnaise (not Miracle Whip)
(4-oz.) chopped pimentos
4 T. lemon juice
1½ c. Cheddar cheese, grated
French fried onion rings

Stir ingredients together. Put in greased pan. Top with French fried onion rings and 1 and ½ cups. grated Cheddar cheese. Can be made ahead but add topping just before baking. Bake at 350° for 30 minutes. If doubling recipe, use a 9 x 13" pan. (This is superb.)

E-Z LASAGNA

Sheila Swedlund

1½ lb. hamburger
lasagna noodles
1 (15-oz.) jar spaghetti sauce
1 (8-oz.) can tomato sauce

1 can spinach
1 c. cheddar cheese, grated
2 c. mozzarella cheese

Boil lasagna noodles. Brown hamburger; then mix in sauces, cheddar cheese and spinach. In an 11 x 13 glass pan/dish, put one layer of noodles. Spread hamburger mixture over noodles. Add another layer of noodles. Top with mozzarella cheese. Bake in 350° oven for 30 minutes, until cheese is melted.

If you think your boss never laughs, ask him for a raise.

Unknown
GREEN BEAN CHICKEN BAKE

Kaye Moe

3 T. onion, chopped (or more) 1 T. butter
3 c. cooked chicken (bite size pieces)
3 c. cooked green beans (or canned French style)
6 oz. of long grain and wild rice

1 c. chicken broth
1 can cream of chicken soup
1/2 c. mayonnaise
1 (5-oz.) can water chestnuts, sliced
2 T. pimento, chopped (or more)

Simmer onions in butter until slightly brown. Mix together remaining ingredients and add browned onions. Place in a 2 quart casserole and bake at 350° for 60 minutes.

GRILLED TURKEY TENDERLOIN

Barb Converse

1/4 c. soy sauce
1/4 c. vegetable oil
1/4 c. apple juice
2 T. lemon juice
2 T. dried minced onion

1/4 tsp. ground ginger
dash each garlic powder and pepper
2 (8-oz.) turkey breast tenderloins

In a large resealable plastic bag or shallow glass dish, combine the soy sauce, oil, apple juice, lemon juice, onion, ginger, garlic powder and pepper. Add turkey; seal or cover and refrigerate for at least 2 hours. Discard marinade. Grill turkey, covered, over medium coals for 8-10 minutes per side or until juices run clear. Yield: 4 servings. Diabetic exchanges: One serving (prepared with light soy sauce) equals 4 lean meat, 1 vegetable, 1/2 fat; also, 284 calories, 558 mg sodium, 82 mg cholesterol, 6 gm carbohydrate, 31 gm protein, 14 gm fat.

ITALIAN TUNA GRILL

Ferne Liebsch

1 (12-oz.) can Starkist White Tuna, drained and flaked
1/2 c. Miracle Whip mayonnaise/salad dressing

4 slices low-fat cheese
1 tsp. Italian seasoning
8 slices sourdough bread
tomato slices

Brown four double sandwiches on both sides and devour.
LEMON FISH FILLETS

Marlys Christensen

4 flounder fish fillets, fresh or frozen (or other fish with skin removed) olive oil

1 to 2 T. frozen lemonade concentrate
1 lg. egg white, beaten
1 c. corn meal

Use large skillet with bottom covered with olive oil. Add 1 or 2 tablespoons lemonade concentrate (according to taste) to beaten egg white. Beat until well mixed. Roll fillet in egg white and lemonade mixture. And then roll in corn meal. Place in hot, oiled skillet and fry until brown. Turn and brown. Fry only a few minutes, or if you prefer, place fillets in covered baking dish and bake at 350° for 20 to 25 minutes. Serve with tartar sauce.

LIVER PATTIES

Sheila Swedlund

1 c. cooked liver, ground
1 c. mashed potatoes
1 egg

4 T. margarine
½ c. bread or cracker crumbs, finely ground

Mix together liver, potatoes and egg. Shape into patties; coat with crumbs. Brown in fry pan.

MEAT LOAF

Maxine Berg

2½ c. dry bread crumbs
1 c. milk
1½ lbs. ground beef
2 eggs, beaten

¼ c. grated or chopped onion
1 tsp. salt
dash pepper
½ tsp. sage

Soak bread crumbs in milk. Add ground beef, eggs, onion and seasonings. Mix well and put in loaf pan.

Sauce:

3 T. brown sugar
¼ c. catsup

¼ tsp. nutmeg
1 tsp. dry mustard

Spread sauce on top of meat loaf. Bake 1 hour in 350° oven.

When you speak, be sure the things you say are an improvement over silence.

Unknown
MOZZARELLA BURGERS

Barb Converse

1 (4-oz.) can mushrooms
1 lb. ground beef
2 T. bottled steak sauce
1 oz. shredded mozzarella cheese

Chop mushrooms. In bowl combine mushrooms, ground beef and steak sauce. Shape ground beef mixture into 4 patties. Over medium high heat, heat non-stick skillet until hot. Arrange patties in hot skillet and cook until done, turning once with turner. Sprinkle with grated cheese and continue cooking until cheese is melted. (I always cook the burgers outside on the grill.)

NEW ENGLAND BOILED DINNER

Kaye Moe

4-5 lb. corned beef brisket
8 sm. onions
4 quartered potatoes
8 whole carrots
1 green cabbage

Cover brisket with cold water in a heavy kettle. Add herbs and seasoning, if desired, but not salt. Cover tightly and simmer about 3½ hours. Skim off excess fat and add onions, carrots, and potatoes. Cover and cook 20 minutes and then add cabbage, cut into wedges. Continue cooking 25 minutes. Serve on a hot platter, with the vegetables around the corned beef. Serves 8.

NO-BOIL LASAGNA

Joan Antonen

½ lb. pork sausage
½ lb. lean ground beef
1 (16-oz.) can tomato sauce
1 (6-oz.) can tomato paste
1½ tsp. basil leaves
½ tsp. oregano leaves
¼ tsp. garlic, pressed
1 c. water (reduce to ½ cup for microwave cooking)

2 c. cottage cheese
½ c. Parmesan cheese
1 egg
1 T. parsley flakes
8 lasagna noodles, uncooked
3 c. Mozzarella cheese, shredded

Brown meat, drain. Add tomato sauce and paste, basil, oregano, garlic and water. Simmer for 15 minutes. Combine cottage cheese, Parmesan, egg and parsley. In a glass 9 x 13 glass pan, spread evenly ⅓ of tomato-meat mixture. Top with 4 uncooked noodles; then ½ of cottage cheese mixture; then ½ of the Mozzarella cheese. Repeat ending with tomato-meat mixture. For oven cooking: cook at 350°, covered with foil that has been sprayed with Pam for 70 minutes. For microwave cooking: cover with plastic wrap. Cook on high 10 minutes; cook medium high 10 minutes; cook medium 20 minutes or until done.
PARMESAN CHICKEN

Barb Converse

1/2 c. butter or margarine, melted 1 c. dry bread crumbs
2 tsp. Dijon mustard 1/2 c. Parmesan cheese
1 tsp. Worcestershire sauce 6-8 boneless skinless chicken
1/2 tsp. salt breast halves

In a pie plate or shallow bowl, combine butter, mustard, Worcestershire sauce and salt. In a plastic bag, combine crumbs and Parmesan cheese. Dip chicken in butter mixture, then shake in crumb mixture. Place in an ungreased 13 x 9 x 2 baking pan. Drizzle with any remaining butter mixture. Bake at 350° for 40-45 minutes or until chicken is no longer pink and juices run clear. Yield 6-8 servings.

PHEASANT-BROCCOLI-WILD RICE CASSEROLE

Becky Converse

2 c. cooked wild rice 1/4 c. mayonnaise
1 (10-oz.) pkg. broccoli (cooked) 1 pheasant, cooked and cut into
1 can sliced water chestnuts bite size pieces
1 jar (small) lite cheese-whiz 1 c. Pepperidge Farm dressing
1 can cream of mushroom soup 4 T. butter, melted
(lite) crumbs

Place cooked rice in bottom of buttered casserole. Layer pheasant, broccoli and water chestnuts. Combine cheese-whiz, soup, dressing and mayonnaise. Pour over all. Top with crumbs that have been tossed with melted butter. Bake 350° for 30-40 minutes.

PIZZA BURGERS

Becky Converse

(8-oz.) cheese 1 can Spam, ground
1/4 lb. butter chopped onion
1 can tomato paste lg. buns

Melt cheese and butter over low heat. Add tomato paste, Spam and onion. Spread on large buns and Broil until bubbly. (Mixture can be refrigerated for several days.)

Take your work seriously, but yourself lightly.

C. W. Metcalf
**SALMON PATTIES**

Sheila Swedlund

1 (16-oz.) can salmon
2 eggs, beaten

1/4 c. milk
1/2 c. cracker crumbs

Remove bones and skin from salmon. Mix together with other ingredients. Form into patties. Brown in fry pan.

**SALMON QUICHE**

Joan Antonen

1 unbaked pastry shell (10 inch)
1/2 c. chopped onion
1 T. butter
1 c. Swiss cheese, shredded
1 c. Cheddar cheese, shredded
1 (15-oz.) can salmon, drained, flaked, cartilage removed

3 eggs
1 c. half & half
1/4 tsp. garlic powder
1/2 tsp. Beau Monde seasoning
minced fresh parsley

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake 420° for 10 minutes. Remove foil and set crust aside. In a small skillet, sauté onion in butter until tender. Sprinkle cheeses in the crust. Top with salmon and onion. In a bowl, beat eggs and half & half; add garlic powder and Beau Monde seasoning; pour over salmon mixture. Bake at 350° for 45-50 minutes or until a knife inserted near the center comes out clean. Sprinkle with parsley. Let stand 5 minutes before cutting.

**SANDY’S MEAT LOAF**

Shari Haufschild

1 1/2 lbs. ground beef
1 c. bread crumbs
1 onion
1 egg, beaten

1 tsp. salt
1/4 tsp. pepper
(4-oz.) tomato sauce

Mix all ingredients together and put into loaf pan.

Topping:
(4-oz.) tomato sauce
3 T. vinegar
3 T. brown sugar

2 T. prepared mustard
2 tsp. Worcestershire sauce

Mix topping ingredients and pour over top of meat mixture. Bake at 350° for 1 hour.
SIRLOIN TIPS AND MUSHROOMS
Joan Antonen

1¼ lb. sirloin, cut into strips 1½ c. beef broth or water
3 T. butter 1½ c. red wine
1 T. vegetable oil 1½ tsp. soy sauce
1 clove fresh garlic, minced 2 tsp. Dijon style mustard
¾ lb. fresh or canned ¾ c. sour cream
mushrooms chopped parsley

In skillet brown the meat in the oil and butter. Add garlic. As pieces brown, remove to casserole with cover. Sauté mushrooms and add to meat. Cover. Bake slowly at 275° for 1 hour until meat is tender. Meanwhile, add broth, wine and soy sauce to the pan in which the meat has been browned. Boil, stirring up the browning until reduced to a glaze. Blend mustard and sour cream. Add to the pan. Pour off juices from meat into the saucepan, whisk until smooth. Blend with meat, sprinkle with parsley. Serve with noodles or rice.

SKILLET PORK CHOPS
Blanche Tschetter

4 pork chops (1 inch thick) 2-3 T. grape jelly
1 T. vegetable oil ¼ tsp. ground ginger
1 med. onion, chopped 4½ tsp. cornstarch
1 c. chicken broth 3 T. water

In a skillet over medium heat, brown pork chops in oil. Add onion and cook until tender. Pour broth around chops; bring to a boil. Reduce heat; cover and simmer 12-16 minutes or until meat is tender. Remove chops from pan and keep warm. Stir jelly and ginger into broth. Bring to a boil; cook and stir 2 minutes. Serve over pork chops and cooked rice.

SO GOOD REUBEN CASSEROLE
Ferne Liebsch

2 c. sauerkraut, drained ¼ tsp. garlic powder
1 can corned beef ¼ c. grated onion
1 stick margarine 1 c. sour cream
4 slices rye bread (or more), 2 c. Swiss cheese, grated
cubed

Layer sauerkraut in 9 x 13 pan. Sprinkle onion and garlic powder over it. Top with sour cream. Crumble corned beef over and sprinkle on cheese. Melt margarine and drizzle over the top layer of bread. Bake at 350° for 30 to 35 minutes.
SOY-SPIKED CHICKEN

Joan Antonen

1/4 c. soy sauce, lite
2 T. brown sugar
2 cloves garlic, minced
1/2 tsp. dry mustard
1/2 tsp. paprika
large frying chicken, cut up

Combine all ingredients except chicken. Dip each piece of chicken to coat with sauce. Arrange in glass cake pan. Cover with plastic wrap. Microwave on high 10 minutes. Turn each piece over and microwave 10 additional minutes on high. Transfer chicken to a medium hot grill. Watch carefully and turn often so it doesn’t burn. Grill until skin is browned and crisp.

SPICY PORK TENDERLOIN

Joan Antonen

2 T. chili powder
1/4 tsp. ground thyme

1/4 tsp. ground ginger
1/4 tsp. pepper

Combine spices and rub over tenderloin. Cover and refrigerate 2-4 hours. Grill or roast in oven until meat reaches 160°.

STIR-FRY TACO FAJITAS

Barb Converse

1 1/2 lbs. beef round steak
6 med. flour tortillas (about 6-8 in. in diameter), warmed
1 T. chili powder
Guacamole
1/4 c. lite soy sauce
Dairy sour cream
1 clove garlic, mashed
Grated cheddar cheese
1 T. vegetable oil
pico de gallo, picante or taco sauce
2 lg. tomatoes, seeded and cut into strips
Parsley
1 (4-oz.) can chopped green
lettuce leaves
chilies, drained
hot peppers
2 T. minced green onions
1 T. minced cilantro or parsley

Rub chili powder into beef. Combine soy sauce and garlic; pour over beef. Cover. Refrigerate 1 hour. Slice beef across grain into 1/8-inch strips. Heat oil in heavy, large frying pan or wok over medium-high heat. Stir-fry beef just until no longer pink. Add tomatoes, chilies, onions and cilantro (or parsley). Stir until heated through. Divide beef mixture among tortillas; top each with about 1 tablespoon guacamole. Serve with sour cream, cheese and desired sauce. Garnish platter with parsley, lettuce leaves, and hot peppers. 6 servings.
STUFFED FRENCH BREAD

Becky Converse

1 lb. French bread
2 c. chicken, cooked and diced
1 1/2 c. cheddar cheese
1 (10-oz.) pkg. frozen spinach
(thawed & drained)

1/4 c. Parmesan cheese
1/4 c. onion
salt

Cut French bread lengthwise and remove some of the center. Mix remainder ingredients and fill center of bread. Foil and bake at 375° for 40 minutes.

STUFFED PEPPERS

Marge Smith

6 med. peppers
1 lb. ground beef
1/2 c. minced onion
1 (8-oz.) can tomatoes

3/4 c. minute rice, precooked
1 pkg. dry spaghetti sauce mix
3/4 c. water
1/2 c. mozzarella cheese

Precook (boil) the peppers five minutes. Brown the onion and beef. Mix beef and onion mixture with the tomatoes, minute rice, spaghetti sauce and water. Sprinkle with cheese on top. Bake covered at 350 degrees 20 minutes. Remove cover and bake another 15 minutes. If desired, add a little oregano to meat mixture.

STUFFING EN CASSEROLE

Marlys Christensen

1 to 2 lbs. hamburger
1 (7-oz.) box stuffing mix
2 cans any cream soup

1 1/2 c. milk
1 pkg. Tater Tots

Pat hamburger into a 9 x 13 pan. Put stuffing mix over raw hamburger. Mix the soup and milk and pour over top of stuffing. Place Tater Tots over the top. Cover with foil. Bake at 350° 1 to 1 1/2 hours. Remove foil the last 15 minutes to brown Tots.

Biscuits and speeches are improved by shortening.

Unknown
**SWEET POTATO BAKE WITH SALMON**

Sheila Swedlund

4 c. sweet potatoes (3 med. sweet potatoes)
1 med. onion
1 tsp. ginger
1 c. orange juice
3 T. orange marmalade
2 T. margarine
6 pcs. salmon
¼ c. slivered almonds
¼ c. parsley
salt & pepper to taste

Slice sweet potatoes thinly. Add onion, ginger, orange juice and marmalade, margarine, and salt. Bake 40 minutes at 400° in a 9 x 13 greased (or non-stick) pan. Remove from oven and place salmon on top and garnish with pepper, almonds and parsley. Bake 10 minutes more.

**WEIGHT WATCHERS GOULASH**

Sue Goebel

1½ c. cooked macaroni
1 lb. ground beef or ground turkey
5 tsp. sugar twin
2 T. onion flakes or onion
1 tsp. salt
2 c. green beans

1½ c. stewed tomatoes
½ c. tomato paste
2 T. white vinegar
1 T. Worcestershire sauce
1 to 2 tsp. mustard
¼ tsp. hot sauce (optional)
1 to 2 T. salsa (optional)

Crumble and brown the ground meat. Add all ingredients. Bake 30 minutes at 350°, uncovered. Or heat on top of stove, stirring constantly. 3 servings. Each serving: 4 protein, 1 bread, 1 vegetable.

**WORK PERSON’S ROAST**

Barb Converse

1 beef or pork roast
1 pkt. dry onion soup mix
2 T. Worcestershire sauce

1 (10 ¼-oz.) can cream of mushroom soup
1 clove fresh garlic (optional)

Put roast in aluminum foil. Cut slits in roast and push in slivers of garlic. Pour soup over roast, Worcestershire sauce, then dry soup mix over top. Add salt and pepper to taste. Pull foil up and seal around edges. Be sure to seal tightly, leaving space above and around roast. Place in cake pan and put in oven at 250° from 7 a.m. to 5 p.m. Roast is tender, juicy and your gravy is made.
ZESTY MOZZARELLA CHICKEN
Barb Converse

1 egg white, lightly beaten
2 T. milk
1 c. dry bread crumbs
2 T. grated Parmesan cheese
¼ tsp. each salt, pepper, garlic powder, cayenne pepper and dried oregano

8 boneless skinless chicken breast halves
½ c. butter or margarine
1 (8-oz.) can tomato sauce
1 tsp. dried basil
1 (4-oz.) c. shredded mozzarella cheese

In a shallow bowl, combine egg white and milk. In another bowl, combine the bread crumbs, Parmesan cheese and seasonings. Dip each chicken breast in the egg white mixture, then in the crumb mixture. Melt butter in a skillet; brown chicken on both sides until no longer pink and juices run clear. Meanwhile, heat tomato sauce and basil until warm. When chicken is done, sprinkle with mozzarella cheese. Remove from the heat and cover for 2-3 minutes or until cheese melts. Serve with tomato-basil sauce. Yield: 4 servings.

Crock Pot

CHICKEN WITH VEGETABLES
Kaye Moe

1 c. fresh mushrooms, sliced
8 chicken thighs (skin removed)
4 celery ribs, sliced
1 c. zucchini, sliced
1 c. yellow squash, sliced (or carrots)
1 med. onion, sliced
¾ c. spicy tomato juice
¾ c. chicken broth
1 clove garlic, minced
¼ tsp. paprika
pepper to taste

Place ingredients in a slow cooker and cover. Cook on low for 5 hours or until meat juices run clear. Remove chicken and vegetables and keep warm. Transfer cooking juices to a saucepan; skim fat. Combine: 3 T. cornstarch and 3 T. cold water. Add mixture to juices and bring to a boil; cook and stir until thickened. Pour over chicken and vegetables and serve over rice or potatoes.

If you walk tall, think tall, and feel tall, you just couldn’t be small.
Unknown
Recipe Favorites
Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it’s time to bake bread or cake.

- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.

- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).

- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.

- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.

- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.

- When in doubt, always sift flour before measuring.

- When baking in a glass pan, reduce the oven temperature by 25°.

- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.

- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.

- Nut breads are better if stored 24 hours before serving.

- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.

- Cracked eggs should not be used because they may contain bacteria.

- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.
**BREADS & ROLLS**

**BANANA BREAD**

Bernice Johnson

1 c. sugar
1/2 c. butter or margarine
2 eggs, well beaten
1 1/2 tsp. sour milk
1 level tsp. soda

pinch of salt
2 c. flour
2 bananas, mashed fine
vanilla
1 c. nuts

Cream together sugar and butter. Blend in the eggs and sour milk. Mix together the soda, salt and flour; then add to mixture alternately with bananas. Add vanilla and nuts. Put into greased loaf pan. Bake 1 hour at 350°.

**BARB'S BANANA BREAD**

Jeanette Pedersen

1 c. white sugar
1/2 c. margarine
1 T. lemon juice
2 eggs
2 c. flour

1 1/2 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
2 bananas, mashed
1 1/2 T. sour milk

Cream sugar and margarine until fluffy. Beat in eggs and lemon juice. Mix dry ingredients together and add to creamed mixture alternately with bananas and milk. Mix well. Bake at 350° 45-50 minutes for large loaf pan or 30-35 minutes for 2 small loaf pans or until toothpick inserted in center comes out clean.

**BEST BAKING POWDER BISCUITS**

Marlys Christensen

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

2 T. sugar
1/2 c. shortening
1 egg
2/3 c. milk

Mix dry ingredients. Cut in shortening. Beat egg and milk together. Add to other ingredients. (These are sticky so you will need to knead some flour in.) Cut and bake 10 minutes at 450°.
BUNS OR ROLLS

2 pkgs. yeast
2 c. lukewarm milk
3 eggs, beaten
½ c. sugar
1 tsp. salt
½ c. shortening, melted
7 c. flour


Caramel
1 c. brown sugar
¼ c. pancake syrup
1 stick butter

Boil 3 minutes. Pour into buttered 9 x 13 pan and put rolls on top.

BUTTERHORN ROLLS

4 c. flour
3 T. sugar
½ tsp. salt
1 c. shortening
1¼ c. milk
2 pkgs. dry yeast
3 egg yolks (or 2 whole eggs)

Mix flour, sugar, salt and shortening as for pie crust. Scald and cool to lukewarm the milk. Add yeast and eggs to milk. Add to dry mixture. (You may need to add ½ to 1 cup more flour.) Let stand in refrigerator overnight. In morning cut dough in 4 equal parts. Shape round and roll out like pie crust. Spread with butter and cut into 8 pieces. Roll up from wide end. Shape like crescents. Let rise ½ to 1 hour. Bake in a 350° oven for 18 to 20 minutes. Cool. Frost lightly with powdered sugar frosting.

If at first you don’t succeed, you still have two choices: try again or better yet, read the instructions.

Unknown
CARROT ROLLS
Barbara Converse

2 c. milk
1 tsp. salt
2 tsp. dry yeast
2 T. honey

\( \frac{2}{3} \) c. finely grated carrots
2 c. rolled oats
3½ c. bread flour
\( \frac{1}{4} \) c. butter, melted

Pour the milk into a saucepan and heat to 110°. Pour the warm milk into a mixing bowl. Add the salt, yeast, honey, carrots and oats and mix well. Add about half the flour. Knead the mixture. Add more flour gradually. When most of the flour has been added, mix in the melted butter. Knead for 5 minutes or until the dough is of a soft consistency, adding more flour if necessary. Place the dough in a greased bowl, turning to coat the surface. Let rise, covered, in a warm place for 45 to 60 minutes or until doubled in bulk. Shape the dough into 20 to 24 flat rolls. Place on a parchment paper-lined baking sheet. Let rise for 45 minutes. Bake at 410° for 12 to 15 minutes or until the rolls are golden brown. Remove the rolls from the baking sheet. Cool on a wire rack. For a wonderful spread for the Carrot Rolls, mix 8 ounces softened cream cheese, \( \frac{3}{4} \) cup softened butter, 1 or 2 garlic cloves, 2 teaspoons mixed Italian herbs or 2 tablespoons minced fresh parsley and a pinch of salt. Chill for 1 hour before serving.

CHAR’S TOMATO JUICE BUNS
Kaye Moe

\( \frac{1}{2} \) c. warm water
1 tsp. sugar
\( \frac{1}{4} \) tsp. ginger
2 pkg. dry yeast
1½ c. warm tomato juice
\( \frac{1}{4} \) c. sugar
2 c. flour

4 T. soft butter
1 tsp. salt
\( \frac{1}{2} \) tsp. celery salt
\( \frac{1}{2} \) tsp. taco seasoning or spaghetti sauce seasoning
4 c. flour

Combine first four ingredients and let stand in a warm place until bubbling. Stir together the tomato juice, sugar, 2 cups flour. Then add the yeast mixture and beat well. Add the butter and seasonings. Stir in 3 cups flour and knead in the remaining flour until smooth. Let rise until double in bulk. Turn out, knead lightly and form into buns. Let rise again until double in bulk. Bake about 25 minutes at 350°.

Smile--it adds to your face value.

Unknown
**CORN BREAD**

Blanche Tschetter

1 c. flour
1 c. cornmeal
¼ c. sugar
4 tsp. baking powder
⅜ tsp. salt
2 eggs, beaten
1 c. milk
¼ c. oil

Stir dry ingredients together in a bowl. Add eggs, milk and oil. Do not over stir. Put in greased 8 x 8 pan. Bake 20 minutes at 425°. Serve warm with honey.

**CROCK POT BROWN BREAD**

Kaye Moe

1 c. whole-wheat flour
1 c. cornmeal
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
½ c. dark molasses
1½ c. sour milk or buttermilk

Pour batter into greased, floured 1 pound coffee can, which fits loosely into tall crock pot. Fill only ⅔ full. Place can into pot and pour 1½ cups water around the can. Put foil over top of can tightly. Place foil over whole top of pot, then put lid on. Cook on high about 4 hours.

**CROISSANTS**

Marlys Christensen

2 pkgs. dry yeast
1 c. warm water
5 c. flour
¾ c. evaporated milk or ½ & ½
1 egg
½ c. sugar
¼ c. melted butter
1½ tsp. salt
1 c. chilled butter
1 egg, beaten with 1 T. water

Sprinkle yeast over warm water to soften. Stir in 1 cup flour, milk, egg, sugar and melted butter. Set aside. Cut chilled butter into remaining flour until butter is size of dried kidney beans. Pour yeast batter over top and carefully turn the mixture over with a spatula to blend just until all flour is moistened. Let rise 30 minutes. Cover tightly and refrigerate for at least 4 hours and up to 4 days. Remove to floured board and press into a ball. Knead 6 times. Divide into 4 parts. Shape one at a time by rolling into a 17" circle. Cut into 8 (16 for small size) pie shaped wedges. Roll into crescents. Leave 1½" between each. Don't speed rising. Brush with egg and water. Bake at 375° for 12-15 minutes. Can frost. Makes 32 large or 64 small.
EASY DINNER ROLLS

Jeanette Pedersen

1 c. warm water (105 to 115 degrees)
2 pkgs. active dry yeast (NOT quick-rising)
½ c. butter, melted
½ c. sugar
3 eggs
1 tsp. salt
4-4½ c. unbleached all-purpose flour
Additional melted butter, optional

Combine the warm water and yeast in a large bowl. Let the mixture stand until yeast is foamy, about 5 minutes. Stir in butter, sugar, eggs and salt. Beat in flour, 1 cup at a time, until dough is too stiff to mix (some flour may not be needed). Cover and refrigerate 2 hours or up to 4 days. Grease a 9 x 13 baking pan. Turn the chilled dough out onto a lightly floured board. Divide dough into 24 equal-size pieces. Roll each piece into a smooth round ball; place balls in even rows in the prepared pan. Cover and let dough balls rise until doubled in volume, about 1 hour. Preheat oven to 375°. Bake until rolls are golden brown, 15-20 minutes. Brush warm rolls with melted butter, if desired. Break rolls apart to serve.

FLAX BANANA BREAD

Joan Antonen

½ c. brown sugar, packed
½ c. buttermilk
¼ c. egg substitute or 2 omega eggs
3 T. canola oil
¾ c. flour
½ c. whole-wheat flour
¾ c. ground flax seed
1 tsp. baking powder
1 tsp. soda
1 c. bananas, pureéd
1 tsp. vanilla
nuts, if desired

Preheat oven to 350°. Spray 8-inch by 4-inch bread pan with no stick spray. In a large bowl combine sugar, buttermilk, egg and oil. Whisk until smooth. In a medium bowl combine white flour, whole-wheat flour, ground flaxseed, baking powder and soda. Stir to mix. Add this to the liquid ingredients. Stir just until blended-do not overmix. Add the bananas, vanilla and nuts. Stir to mix. Pour into prepared pan. Bake 40-50 minutes or until toothpick comes out clean. Remove from oven to wire rack. Cool slightly. Turn the bread out of the pan.

When your mother asks, "Do you want a piece of advice?" it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.

Erma Bombeck
FLAXSEED BREAD

Joan Antonen

1 pkg. dry yeast
1/2 c. warm water (110-115 degrees)
3 T. honey
1 T. canola oil
1/4 tsp. salt
1 egg
1 c. warm water
1 c. flaxseed meal
1 1/4 c. whole-wheat flour
1 3/4 c. bread flour (or more)
1/4 c. gluten

In a large bowl dissolve yeast in 1/3 cup warm water. Set aside about 5 minutes. Add the honey, oil, salt, egg and 1 cup water. Add the flaxseed meal, whole wheat flour, gluten and 1 cup of bread flour. Mix well. Knead in enough of remaining bread flour to make a soft dough. Knead until smooth and elastic. Grease a bread pan (9 x 5). Shape the dough into a loaf - place in pan. Cover. Let rise in a warm place until doubled in size. Bake at 350° 40 to 50 minutes or until it sounds hollow when tapped. Remove from pan. Cool.

FOCACCI A BREAD

Barbara Converse

2 3/4 c. all-purpose flour
1 tsp. salt
1 tsp. white sugar
1 T. active dry yeast
1 tsp. garlic powder
1 tsp. dried oregano
1 tsp. dried thyme
1/2 tsp. dried basil
1 pinch ground black pepper
1 T. vegetable oil
1 c. water
2 T. olive oil
1 T. grated Parmesan cheese
1 c. mozzarella cheese

In a large bowl, stir together the flour, salt, sugar, yeast, garlic powder, oregano, thyme, basil and black pepper. Mix in the vegetable oil and water. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warmplace for 20 minutes. Preheat oven to 450° F. Punch dough down; place on greased baking sheet. Pat into a 1/2 inch thick rectangle. Brush top with olive oil. Sprinkle with Parmesan cheese and mozzarella cheese. Bake in preheated oven for 15 minutes, or until golden brown. Serve warm.

An adult is someone who has stopped growing, except in the middle.

Unknown
**FROZEN BREAD ROLLS**

Becky Converse

2 loaves frozen bread
1 1/4 c. brown sugar
1 c. cream
1/4 tsp. cinnamon

Put frozen bread in 9 x 13 pan overnight. (Cover with sprayed Saran wrap.)
In AM poke down with 2 fingers. Mix together brown sugar, cream and cinnamon and pour over bread. Bake 350° for 40 minutes.

**GRANDMA BECKER'S FEATHER ROLLS**

Sue Goebel

2 pkgs. dry yeast
2 c. warm milk
1 tsp. sugar
1 tsp. salt
1/2 c. sugar
3 eggs
4 T. butter
4 c. flour (or more)

Beat yeast, 1 tsp. sugar and 1 cup warm milk with mixer. Let stand 20 minutes. Then add salt, 1/2 cup sugar, eggs, butter, 1 cup warm milk and flour. Beat well and knead. Let rise, punch down, and let rise again. Punch down again. When it rises the 3rd time, make into rolls or buns. Let rise and bake at 350° 17 to 20 minutes.

**GRANDMA'S CHOCOLATE DONUTS**

Becky Converse

1 1/2 c. sugar
3 eggs
2 T. melted shortening
1/2 c. sour cream
2/3 c. sour milk
1 level tsp. ginger
1 heaping tsp. salt
1 level tsp. soda (mix with flour)
1 tsp. baking powder
3 heaping T. cocoa
2 c. flour (about)

Mix all ingredients together using only enough flour to make a soft dough. Cut out all of the donuts and let stand at least 1/2 hour before frying. Cook in oil in an electric fry pan. Drain.

**Frosting:**

1 squares melted chocolate
a little boiling water
butter

vanilla
powdered sugar
**POUR AND BEAN BREAD**  
Lorraine Rorvick

1 c. raisins
1 c. boiling water
2 c. sugar
3 eggs, beaten
1 c. vegetable oil
1 tsp. vanilla

1 (15-oz.) can pork and beans
3 c. flour
1 tsp. cinnamon
½ tsp. baking powder
1 tsp. soda
1 c. chopped nuts

Add raisins to boiling water and set aside. Mash beans with fork until smooth. Add sugar, eggs, oil and vanilla. Mix well. Add dry ingredients and fold in. Drain raisins and fold in with chopped nuts. Spoon batter into three greased and floured loaf pans. Bake in a 325° oven for 50 to 60 minutes or until a knife inserted comes out clean.

**QUICK & EASY CARAMEL ROLLS**  
Sue Goebel

2 Big Country Biscuits in the tube
1½ c. brown sugar
1 c. vanilla ice cream
1 c. margarine

Place biscuits in pan, sprinkle with cinnamon. Boil brown sugar and margarine in microwave 1 minute. Add ice cream; then boil 1 minute more in microwave. Pour mixture over biscuits. Bake 15 to 20 minutes at 350°.

**QUICK CHEESE BISCUITS**  
Shari Haufschild

2 c. buttermilk baking mix
2½ c. milk
1½ c. shredded cheddar cheese

2 T. butter or margarine, melted
½ tsp. garlic powder

In a bowl, stir the biscuit mix, milk and cheese lightly. Drop by tablespoonfuls onto an ungreased baking sheet. Mix butter and garlic powder; brush over biscuits. Bake at 475° for 8-10 minutes. Makes about 1½ dozen.

**QUICK SNACK ROLLS**  
Marlys Christensen

3 cans biscuits
3/4 c. margarine or butter
1 c. brown sugar

Cut each biscuit into four pieces. Place them loosely in a bundt pan. Melt butter (or margarine) with brown sugar. Pour over biscuits and bake for 30 minutes at 350°. Dump onto a plate and enjoy. Best eaten warm.
ROXY’S BAKING POWDER BISCUITS

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

1/3 c. lard or oil (I have used shortening)  
2/3 c. milk

Drop into pan to form biscuits. Bake 15 minutes at 375° or until brown.

WHOLE WHEAT NO-YEAST BREAD

1 c. white flour  
1 c. whole-wheat flour  
1 T. sugar  
1 tsp. soda  
1/2 tsp. salt  
1/2 c. raisins  

1 c. buttermilk  
1 egg  
1/4 c. molasses  
2 T. margarine, melted  
1 T. chopped nuts

Mix flour, sugar, soda and salt. Stir in raisins and nuts. Add buttermilk, egg and molasses; mix just until dry ingredients are moistened. Stir in margarine. Turn into a well-greased 1-quart oven proof casserole or bowl. Bake in 350° oven for 50 minutes or until pick inserted into middle comes out clean. (The loaf will crack slightly on top while baking.) Cool 10 minutes and remove from baking dish. Wrap tightly when cool. Keeps well and freezes well.

ZUCCHINI BREAD

3 eggs, beaten  
1 c. oil  
1 c. brown sugar  
3/4 c. white sugar  
3 tsp. vanilla  
2 c. raw zucchini, grated  
1/2 c. wheat germ  

3/4 c. whole-wheat flour  
1 1/4 c. white flour  
2 tsp. soda  
1/2 tsp. baking powder  
2 tsp. salt  
1 c. walnuts, chopped (optional)

Mix in the order given. Bake in 350° oven for 1 hour.

The greatest of all faults is to imagine that we have none.  

Unknown
ONION DILL BREAD
(for bread machine)

Barbara Converse

1/4 c. water
3/4 c. cottage cheese
3/4 c. sour cream
3 T. sugar
3 T. dried onion
2 T. dill seed
1 1/2 T. margarine
1 egg
3 1/2 c. bread flour
1/4 tsp. salt
1 1/2 tsp. bread machine yeast

Warm together in saucepan first seven ingredients. Place in bread machine pan. Add the egg, flour, salt and yeast. Select basic bread setting. Choose crust, color and loaf size if available. Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed). Yield: 1 loaf (1 1/2 pounds)

PIZZA BREAD
(for bread machine)

Barbara Converse

3/4 c. water
2 T. dried minced onion
1 T. dried milk
1 T. sugar
1 T. butter
1 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. dried oregano
2 c. bread flour
2 tsp. dried yeast
1/2 c. chopped pepperoni
1/2 c. chopped mushrooms
1/2 c. shredded mozzarella cheese

In bread machine pan, place the first 10 ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust, color and loaf size if available. Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour, if needed). Just before the final kneading (your bread machine may audibly signal this), add the pepperoni, mushrooms and cheese. Serve with marina sauce for dipping. Yield: 1 loaf (1 1/2 pounds).
SWEET BREAD DOUGH  
(for making rolls)  
Wanda Weese

1 pkg. (or 2 1/2 teaspoons) active dry yeast  
3 1/2 c. all-purpose flour  
1 tsp. salt  
1/4 c. sugar  
1 c. milk  
1/4 c. water  
1 lg. egg  
1/4 c. shortening (room temperature)

All ingredients should be at room temperature. Put ingredients in bread maker in order given. Program bread maker to prepare dough only (not bake). (What I do is boil the water, add the milk and heat a bit more; then stir in the egg before putting in the bread maker.) Will make 2 dozen rolls or 12 big ones. Bake at 400° 12 to 15 minutes.

Muffins

CALIFORNIA ORANGE MUFFINS  
Barbara Converse

1 c. butter flavored shortening  
1 c. sugar  
4 eggs, separated  
1/2 c. orange juice  
2 T. grated orange peel  
2 to 3 tsp. orange extract  
1 tsp. vanilla extract  
2 c. all-purpose flour  
2 tsp. baking powder  
1 tsp. salt

In a mixing bowl, cream shortening and sugar. Beat in egg yolks. Combine orange juice, peel and extracts. Combine the flour, baking powder and salt; add to creamed mixture alternately with juice mixture. In a mixing bowl, beat egg whites until stiff peaks form; fold into creamed mixture. Fill paper lined muffin cups 3/4 full. Bake at 375° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to wire rack. Yield: 1 dozen.

CHOCOLATE CHOCOLATE MUFFINS  
Ferne Liebsch

1 box chocolate cake mix  
1 (3-oz.) box instant chocolate pudding  
3/4 c. mini chocolate chips  
4 eggs  
1/2 c. oil

Mix all ingredients including water amount directed on mix. Bake at 375° in muffin tins about 15 minutes.
HEART-HEALTHY OATMEAL MUFFINS

1 c. oatmeal           1/2 c. brown sugar
1 1/2 c. flour          1 egg
1 tsp. soda             3 T. vegetable oil
1 c. applesauce, unsweetened 1/2 tsp. salt
1/2 c. milk

Topping
1/2 c. oatmeal, ground  1 T. margarine, melted
2 T. brown sugar, packed

Grind oatmeal in food processor. Combine together with flour, cinnamon, soda and salt. Mix moist ingredients together and add to dry ingredients - just until moistened. (Do not over mix.) Fill muffin tins and sprinkle with topping mixture. Bake at 400° for 20-22 minutes. Makes 12.

HONEY OATMEAL MUFFINS

2 1/4 c. milk          1/2 c. raisins
1/3 c. vegetable oil    1/2 c. chopped nuts
1 egg, beaten           1/3 c. brown sugar
1/4 c. honey            1 T. baking powder
1 1/2 c. oatmeal         3/4 tsp. salt
1 c. flour

Mix milk, oil, egg, and honey and add to remaining ingredients. Put into 12 muffin cups. Bake at 400°.

LOW-CAL PUMPKIN MUFFINS

(Weight Watchers Recipe)

2/3 c. dry non-fat powdered milk 1 tsp. cinnamon
6 T. flour                        2 eggs
1 tsp. soda                       1 c. canned pumpkin
sugar substitute to equal 12 tsp. 1 tsp. vanilla
sugar (I use 5 packets of Equal) 1/4 c. grated carrots
2 tsp. pumpkin pie spice          4 T. raisins

Mix well. Bake 20 minutes in 350° oven. Makes 12 muffins. Makes 2 servings; each serving is 6 muffins. Each serving provides: 1 protein, 1 bread, 1/2 vegetable, 1 fruit, 1 milk.
MELT-IN-YOUR-MOUTH MUFFINS
Jeanette Pedersen

1 1/2 c. oat bran
1 c. all-purpose flour
1 c. flaxseed, ground
1 c. wheat bran
1 T. baking powder
1/2 tsp. salt
1 c. brown sugar

1 c. buttermilk
1/2 c. canola oil
2 eggs
1 tsp. baking soda
1 1/2 c. golden raisins
2 oranges, quartered and seeded

Preheat the oven to 375°. Line two 12-cup muffin pans with paper liners, or coat the pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside. In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well. Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins. Divide batter evenly among muffin cups. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes before removing to a cooling rack. Makes 24 muffins.

MORNING COFFEE MUFFINS
Phyllis Kuehn

1 apple, peeled and diced
2 c. carrots, grated
1/2 c. raisins
1/2 c. walnut pieces
1/2 c. coconut
2 c. flour
1 1/4 c. brown sugar

2 tsp. vanilla
3/4 c. vegetable oil
3 eggs, slightly beaten
2 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon

Combine apple, carrots, raisins, nuts and coconut. Combine flour, sugar, vanilla, eggs, soda, salt and cinnamon and combine with first mixture. Don’t overbeat. Fill muffin cups about 2/3 full. Bake at 350° 20-25 minutes. (I often add more of first 5 ingredients so you have a fruit filled bite.)

A hint is something we often drop, but rarely pick up.

Unknown
NUTTY RHUBARB MUFFINS

Barbara Converse

¾ c. packed brown sugar 2 c. all-purpose flour
½ c. buttermilk or sour milk ½ tsp. baking soda
⅓ c. vegetable oil ½ tsp. salt
1 egg, beaten 1 c. diced rhubarb
1 tsp. vanilla extract ½ c. chopped nuts

Topping:
¾ c. packed brown sugar ½ tsp. ground cinnamon
¼ c. chopped nuts

In a small mixing bowl, combine brown sugar, buttermilk, oil, egg and vanilla; mix well. Set aside. In a medium mixing bowl, combine flour, baking soda and salt. Add egg mixture; stir just until combined. Spoon the batter into 12 greased muffin cups. Mix together topping ingredients, sprinkle over tops of muffins. Bake at 375° for 20 minutes or until muffins test done. Yield: 1 dozen.

OMEGA 3 BREAKFAST MUFFINS

Barbara Converse

1½ c. flour 1½ c. finely chopped carrots
⅔ c. ground flax seed 2 apples (peeled and shredded)
⅔ c. oat bran 1 c. dried fruit
1 c. sugar 1 c. toasted nuts
2 tsp. baking soda ¾ c. soy milk
1 tsp. baking powder 2 eggs
½ tsp. cinnamon 1 tsp. vanilla

Preheat oven to 350°. Mix together first 8 ingredients, in a large bowl. Stir in carrots, apples, fruit, and nuts. In smaller bowl, combine milk, eggs, and vanilla. Pour into dry ingredients and stir just until ingredients are moistened. (Be careful. Do not over mix.) Spray muffin tin with cooking spray. Fill ⅔ full. Bake for 15-20 minutes. Cool on wire rack; remove as soon as cool enough to do so. (These freeze great. If kept longer than 2 days, keep in refrigerator.) Makes about 20 muffins.

Blessed are they who can laugh at themselves, for they shall never cease to be amused.

Unknown
**CHEESE STRATA**  
(Good at breakfast or brunch)  
Joan Antonen

Loaf of bread  
Sliced American cheese  
Pork Sausage, browned and drained  
8 eggs, beaten  

3 1/2 c. milk  
1/4 c. onion, finely chopped  
1/2 tsp. powdered garlic  
1 tsp. dried parsley flakes

Grease a 9 x 13 glass cake pan with Crisco, including sides. Trim crusts from bread. Cover bottom of pan with bread slices; then add a layer of sliced American cheese. Top cheese with a layer of browned, drained pork sausage. Top with another layer of bread. If you want it extra thick - repeat layers. Beat 8 eggs, add milk, onion, garlic and parsley flakes. Pour over bread. Cover and refrigerate overnight. Bake at 350° for about 1 hour or until inserted knife comes out clean. Cool at least 10 minutes before cutting.

**CINNAMON BUNDT COFFEECAKE**  
Becky Converse

1 pkg. yellow cake mix  
1 small carton sour cream  
3/4 c. water  
1 pkg. vanilla instant pudding  
1/4 c. salad oil  
4 eggs  
2 tsp. cinnamon  
1/3 c. sugar

Blend together cake mix, sour cream, water, pudding and oil; then add eggs (beating in one at a time). Pour 1/2 batter into a greased and floured bundt pan - alternating layers with a mixture of cinnamon and sugar. Bake at 350° for 1 hour. Cool on rack 20 minutes. Sprinkle cinnamon and sugar on top.

**DICK'S FAVORITE PANCAKES**  
Marlys Christensen

2 c. buttermilk  
1 c. flour  
2 eggs  
1 T. sugar  
1 tsp. soda  
1/2 tsp. salt

Mix ingredients together and fry on lightly greased griddle or fry pan.
EGG BAKE

Becky Converse

12 slices bread, crusts removed  1 c. shredded cheddar cheese
3 c. ham, diced  5 eggs
1 (4-oz.) can mushroom, drained  2⅛ c. milk
⅛ c. green pepper, chopped  ½ tsp. salt
4 T. onion, chopped


FLAX BUTTERMILK PANCAKES

Joan Antonen

1 c. whole-wheat flour  1 egg
⅛ c. flax seed meal  1¼ c. buttermilk
½ tsp. soda  1 T. canola oil
2 tsp. baking powder  ½ tsp. vanilla
1 T. sugar

Combine dry ingredients in a bowl. In separate bowl combine the rest of the ingredients. Add dry to buttermilk mixture. Gently stir until moistened. DO NOT OVERMIX. Batter will be lumpy. Spray pan with non-stick spray. Cook.

FLUFFY PANCAKES

Wilma Haufschild

3 eggs  1 T. sugar
1⅛ c. cultured buttermilk  1 tsp. salt
1 tsp. soda  3 T. butter or margarine, melted
1⅛ c. sifted all-purpose flour

Separate egg yolks and whites and beat yolks. Beat in buttermilk. Sift flour and sugar together and beat into mixture. Add butter or margarine. Beat egg whites until stiff and then gently fold in. Bake on hot griddle.

Don't let your yearnings exceed your earnings.

Unknown
FREEZER COFFEE CAKE

Wanda Weese

1/2 c. shortening
1 c. sugar
2 eggs
1 tsp. soda
1 tsp. vanilla

salt
2 c. flour
1 tsp. baking powder
1 c. sour cream
2 c. raw apple or rhubarb

Mix shortening with sugar. Add eggs and dry ingredients and remaining items. Divide into 2 8 x 8 pans. Put topping on and wrap top with heavy duty aluminum foil.

Topping:

2 T. butter
1/2 c. nuts, optional

1 tsp. cinnamon
1/2 c. brown sugar

Freeze. Bake frozen, 350° 1 hour or until brown. Drizzle with frosting while warm (optional).

FRENCH TOAST

Sheila Swedlund

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

1 T. sugar
1 c. flour
9 slices bread (approximately)

Mix eggs, milk, salt, sugar and flour. Dip bread slices into mixture and then place on griddle or fry pan set at 375°. Fry until golden.

GREAT PANCAKES

Becky Converse

1 c. flour
3/4 tsp. soda
1/2 tsp. salt
1 T. sugar

1 egg
1 T. oil
1 1/2 c. buttermilk

Mix dry ingredients together. Add egg, oil, and buttermilk. Mix with whisk.

PANCAKES OR GRIDDLE CAKES

Sheila Swedlund

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

1 egg
1 1/4 c. milk
3 T. margarine or oil

Mix all ingredients. Fry on griddle. (You can also use batter to make corn fritters, apple fritters, onion rings, or banana fritters.)
PLUMS ON BUTTERED BREAD  

2 tsp. white or brown sugar or sugar substitute  
plums  
bread  

butter

Butter one slice of bread for each serving and cover with plum side down. Sprinkle with 2 teaspoons sugar. Place in a buttered baking dish and bake at 350 ° for 30 minutes. The plums will be cooked in a syrup on golden crisp bread. Surprise your family at breakfast or brunch, or serve this at a morning coffee party.

Recipe Favorites
Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.

- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won’t have to stoop over.

- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.

- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.

- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.

- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.

- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.

- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.

- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.

- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
DESSERTS

7-UP FRUIT CUP
Kaye Moe

2 pkgs. frozen strawberries
1 can pineapple chunks or bits
(juice too)
1 1/2 c. sugar

1 (6-oz.) can frozen orange juice
6 med. bananas
2 c. water

Mix together and freeze in paper or plastic cups (fill 1/2 to 2/3 full). Take out 1 hour before serving and pour room temperature 7-up over top. Keeps indefinitely. May also be frozen in 9 x 13 pan and cut into squares.

APPLE CRISP
(Quick, Easy, Delicious)
Sue Goebel

apples, peeled and sliced to fill cake pan 1/2 full
1 to 2 T. cornstarch
1/2 c. sugar (adjust to fit tartness)
1/2 to 1/2 c. water

Mix sugar, cornstarch and water and pour over apples. Sprinkle with cinnamon and let set while mixing topping.

Topping:
1/2 tsp. salt
1 tsp. baking powder
1 1/2 c. sugar
1 c. flour
1 egg
1/2 c. margarine

Mix together salt, baking powder, sugar and flour. Beat 1 egg and mix with flour mixture. Sprinkle over apples. Melt margarine and pour over topping. Bake at 350° for 40 minutes. (This was brought to me by our neighbor while I was recuperating from a broken leg. This has been our first and favorite dessert every fall.)

APPLE GOODIE
Marge Smith

apples
1/2 c. sugar
1 1/2 c. brown sugar
1 c. oatmeal
1/2 c. flour
1 c. butter

Grease 9 x 13 cake pan. Slice apples into it until it is 3/4 filled. Sprinkle white sugar over top. Mix together remaining ingredients like pie crust and sprinkle over top of apples. Bake at 400° for 45 minutes; then 350° for 1/2 hour.
BANANA SPLIT DESSERT

1 2/3 c. crushed graham crackers  6 bananas
1/4 c. sugar  1/2 gal. ice cream (vanilla or
1/4 c. butter, melted  Neapolitan)

Combine graham crackers, sugar and butter and spread into 9 x 13 cake
pan. Bake 8 minutes at 375°. When crust is cool, slice bananas over crust.
Slice and layer ice cream over bananas. Freeze.

Frosting:

3/4 c. real chocolate chips  1 tsp. vanilla
1/2 c. butter  3/4 c. milk
1 c. powdered sugar

Cook frosting ingredients over medium heat, stirring constantly until thick
(about 12-15 minutes). Spread frosting over ice cream. Refreeze. Make
24 hours before serving. Remove from freezer 20 minutes before serving.

BREAD PUDDING

2 1/2 c. milk  1/2 c. brown sugar
5 slices dry bread  dash salt
1 1/2 T. butter or margarine  2 eggs, beaten

Bake at 325° until firm, (or microwave 10 minutes, wait a few minutes and
microwave 2 more minutes).

BRIANNE’S DESSERT

Crust

1 pkg. graham crackers  1/2 c. butter or margarine +
1/3 c. sugar  2 T. butter or margarine

Melt margarine (or butter). Mix in other ingredients and press into a 9 x
13 pan, saving 2 T. for top.

Filling

1 c. boiling water  1 c. sugar
1 (3-oz.) pkg. Jello - any flavor  1 tsp. vanilla
2 (8-oz.) pkgs. cream cheese,  1 (16-oz.) pkg. Cool Whip
softened

Dissolve Jello in boiling water and cool. Blend together sugar, vanilla and
cream cheese. Add Jello to mixture. Blend in Cool Whip. Put on top of
graham cracker crust. Sprinkle crumbs on top. Chill or freeze.
CHOCOLATE CHUNK CHEESECAKE
Jeanette Pedersen

1 1/2 c. Oreo Chocolate Cookie Crumbs
1/4 c. butter, melted
3 (8-oz.) pkgs. cream cheese, softened
3/4 c. sugar
3 eggs
1/2 c. sour cream
12 squares Baker's Semi-Sweet Baking Chocolate, divided
1/2 c. whipping cream

Preheat oven to 350° if using a silver springform pan (325° for dark nonstick springform pan). Combine crumbs and butter; press firmly onto bottom of 9-inch springform pan. Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add eggs, 1 at a time, mixing just until blended after each addition. Stir in the sour cream and 8 squares chopped chocolate; pour over crust. Bake 45 to 50 minutes or until center is almost set. Run knife or metal spatula around side of pan to loosen cake. Cool completely. Bring cream to simmer on low heat. Remove from heat. Add 4 squares chopped chocolate; stir until completely melted. Cool slightly. Pour over cheesecake. Refrigerate at least 3 hours or overnight. Remove from pan. 16 servings.

CHOCOLATE LOVER'S CHEESEPIE
Jeanette Pedersen

3 (8-oz.) pkgs. cream cheese, softened
3/4 c. sugar
3 eggs
1 tsp. vanilla
2 c. mini semi-sweet chocolate chips, divided
1 graham cracker crust (extra-serving-size-9 oz.)
2 T. whipping cream

Heat oven to 450°. Beat cream cheese and sugar in large bowl with mixer until well blended. Add eggs and vanilla; beat well. Stir in 1 2/3 c. chips; pour into crust. Bake 10 minutes. Without opening oven door, reduce temperature to 250°; continue baking 30 minutes or just until set. Remove from oven to wire rack. Cool completely. Cover; refrigerate until thoroughly chilled. Place remaining 1/3 c. chips and whipping cream in small microwave-safe bowl. Microwave at high 20 to 30 seconds or just until chips are melted and mixture is smooth when stirred. Cool slightly; spread over top of cheesepie. Refrigerate 15 minutes or until topping is set. Cover; refrigerate. Makes 10 servings.

Behold the turtle. He makes progress only when he sticks his neck out.
James Bryant Conant
CRAZY PIE

Marge Smith

1/4 lb. saltine crackers, crushed
1/2 c. soft butter
1/2 c. white sugar
1 (8-oz.) pkg. cream cheese
2 c. powdered sugar
1 (8-oz.) ctn. Cool Whip
1 can blueberry or favorite pie filling

Mix crackers, butter and sugar like pie crust and press into cake pan. Bake
15 minutes at 325°. Let cool. Mix cream cheese and powdered sugar well.
Add cool whip; pour mixture over crust and spread evenly. Top with favorite
pie flavor. Refrigerate.

CREAM PUFFS

Sue Goebel

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

In 2 quart saucepan heat water, margarine and salt until mixture boils.
Remove from heat and add flour all at once. Beat vigorously with a wooden
spoon until mixture leaves the side of the pan and forms a ball. Add eggs
all at once and beat until smooth. Drop mixture on baking sheets to form
puffs. Bake at 375° for 45 - 50 minutes. Cool. Slice in half or inject filling
in the center of hollow cream puff.

Almond Cream Filling:

1 c. whipping cream
1 (3-oz.) pkg. instant vanilla pudding
1 1/4 c. milk
1/2 tsp. almond flavoring

Whip cream to soft peaks and sweeten. Prepare pudding using milk. Gently
fold in whipped cram and add almond flavoring. (This was given to me at
my bridal shower in 1969.)

Always do right. This will gratify some people and astonish the rest.

Mark Twain

78
DANISH PUFF

Marlys Christensen

Pastry

\[ \frac{1}{2} \text{ c. butter or margarine, softened} \quad 1 \text{ c. flour} \]
\[ 2 \text{ T. water} \]

Cut margarine into flour until particles are size of small peas. Sprinkle water over flour mixture and mix. Gather pastry into a ball. Divide in halves. Pat each half into a rectangle 12 x 3 inches on an ungreased cookie sheet. Rectangles should be 3 inches apart.

Topping:

\[ \frac{1}{2} \text{ c. margarine or butter} \quad 1 \text{ c. flour} \]
\[ 1 \text{ c. water} \quad 3 \text{ eggs} \]
\[ 1 \text{ tsp. almond extract} \]

Heat margarine and water to rolling boil. Remove from heat and quickly stir in almond extract and flour. Stir vigorously over low heat until mixture forms a ball - about 1 minute. Remove from heat. Add eggs, beat until smooth and glossy. Spread half the toppings over each rectangle. Bake at 350 ° until topping is crisp and brown, about an hour. Cool. Topping will shrink and fall, forming the custardy top. Spread with powdered sugar glaze.

Glaze:

\[ \frac{1}{2} \text{ c. powdered sugar} \quad 1\frac{1}{2} \text{ tsp. vanilla} \]
\[ 2 \text{ T. soft margarine} \quad 1 - 2 \text{ T. warm water} \]

Mix the powdered sugar, margarine and vanilla. Stir in 1 to 2 T. warm water, 1 tsp. at a time, until glaze is of desired consistency.

If sports are supposed to be good for you, how come athletes are over the hill at 31?

Bill Vaughan
FRUIT PIZZA

Joan Antonen

½ c. powdered sugar
1½ c. flour
½ c. butter, softened
1 (8-oz.) pkg. cream cheese, softened
½ c. sugar
½ tsp. vanilla
1½ c. juice drained from fruit or use apple juice

2 rounded T. cornstarch
1 T. lemon juice
½ c. sugar
Fruit: bananas, strawberries, kiwi, pineapple, grapes, pear, blueberries or other fruit as desired

Mix powdered sugar, flour and butter. Spread on pizza pan. Bake 10-12 minutes at 350°. Cool. Combine cream cheese, ½ cup sugar and vanilla; spread over cooled crust. Top with fruit of choice. Cook fruit juice, cornstarch, lemon juice and ½ cup sugar on low heat until thickened and clear. Pour over fruit while warm. Cool.

GRAHAM CRACKER CRUST
(for 9 inch pie pan)

Sheila Swedlund

1 c. graham cracker crumbs
1 T. sugar
½ c. butter, melted

Mix ingredients and press into 9" pie pan.

GRANDKIDS FAVORITE JELLO

Becky Converse

2 pkgs. sugar-free strawberry Jello
2 c. boiling water
1 sm. strawberry yogurt
1 (12-oz.) can Seven-up Cool Whip


Good instincts usually tell you what to do long before your head has figured it out.

Michael Burke
JODI’S BUSTER BAR DESSERT

Shari Haufschild

1 lg. pkg. Oreos
1/2 c. butter, melted
2 c. powdered sugar
1 tsp. vanilla
1 can evaporated milk
1/2 gal. vanilla ice cream
1 (6-oz.) pkg. chocolate chips
1 1/2 c. salted Spanish peanuts


MARBLED BERRY CHEESECAKE SQUARES

Barbara Converse

Crust:

2 pkgs. chocolate graham crackers (18 boards total), crushed
1/4 c. sugar
3/4 c. unsalted butter, melted

Heat oven to 350°. Line 13 x 9 x 2-inch baking pan with foil. In bowl, mix crumbs, sugar and melted butter. Press into bottom and slightly up sides of prepared pan. Bake in 350° oven until slightly dry, yet soft, 7 minutes.

Swirl:

1/2 pt. fresh raspberries
2 tsp. sugar

Set aside 1/2 cup raspberries. In small food processor, purée remaining berries with 2 tsp. sugar. Strain to remove seeds and solids (you should have 1/4 cup).

Filling:

4 (8-oz.) pkgs. cream cheese, softened
3 lg. eggs
1 c. sugar
1 T. lemon juice
1 tsp. vanilla extract

MOM’S RHUBARB-CHERRY CRUNCH
Jeanette Pedersen

2 c. oatmeal
2 c. brown sugar
1/2 tsp. salt
2 c. flour
1 c. butter, melted
4 c. rhubarb, finely cut
1 c. sugar
1 c. water
2 T. cornstarch
1 can cherry pie filling
1 tsp. almond flavoring

Combine flour, brown sugar, salt, butter, and oatmeal; press 1/2 mixture into 9 x 13 pan. Cook sugar, water and cornstarch until thick; add rhubarb, pie filling and almond flavoring. Pour over crust; top with remaining crumbs. Bake 45 minutes at 350°.

ORANGE DELIGHT
Jeanette Pedersen

60 Ritz crackers, crushed
1 stick butter or margarine
1/4 c. sugar
1 can sweetened condensed milk
1 (6-oz.) can frozen orange juice
1 (8-oz.) ctn. whipped topping
1 can mandarin oranges, drained

Mix first three ingredients like pie crust. Press firmly into 9 x 13 pan, reserving 1/4 cup for topping. Mix remaining ingredients together and spread over crumbs. Sprinkle reserved crumbs on top. Cover and chill. Do not freeze. (Make the day before it is to be served. Keeps several days.)

PEACHES 'N' CREAM CHEESE CAKE
Blanche Tschetter

3/4 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 (3-oz.) pkg. vanilla pudding mix (NOT instant)
3 T. soft butter
1 egg
1/2 c. milk
15-20 oz. can of sliced peaches, drained (reserve juice)
1 (8-oz.) pkg. cream cheese
1/2 c. sugar
1 T. sugar
1/2 tsp. cinnamon

Grease 9 x 9 or 7 x 11 pan. Mix flour, baking powder, salt, pudding mix, butter, egg and milk in a bowl and beat 2 minutes. Pour into pan. Slice peach slices thinner and layer them on top of first mixture. Combine cream cheese, sugar and 3 T reserved peach juice. Beat 2 minutes. Spoon within 1 inch of first batter and sides. Sprinkle with sugar and cinnamon which have been mixed. Bake 30-35 minutes at 350° or 325° in glass pan.
PUMPKIN DESSERT

Joan Antonen

1 can evaporated milk (13 oz.)
1 (16-oz.) can pumpkin
3 eggs
1 tsp. nutmeg
½ tsp. cloves
½ tsp. ginger
2 tsp. cinnamon
1½ c. brown sugar
1 box yellow cake mix
¾ c. butter
¾ c. walnuts

Blend first eight ingredients together. Pour into 9 x 13 ungreased cake pan. Sprinkle dry cake mix on top. Pat gently. Melt butter; drizzle over top. Top with walnuts. Bake at 350° 50-55 minutes or until done. Top each piece with Cool Whip when serving.

RASPBERRY DESSERT

Kaye Moe

¾ c. graham crackers, crushed
3 T. butter, melted
2 T. sugar
3 eggs, separated
1 (8-oz.) pkg. cream cheese
1 c. sugar
½ tsp. salt
1 (9-oz.) ctn. Cool Whip
1 (10-oz.) pkg. frozen raspberries, partially thawed


RHUBARB CRUNCH

Kaye Moe

3 c. rhubarb, diced
1 c. sugar
3 T. flour
1 c. brown sugar
1 c. oatmeal
1½ c. flour
½ c. butter
½ c. shortening

Combine rhubarb, 1 cup sugar 3 T. flour and put into a greased baking dish. Combine remaining ingredients and put crumbled mixture over rhubarb. Bake at 375° for 40 minutes. Serve warm with ice cream.
RHUBARB ICEBOX DESSERT

Jeanette Pedersen

1 1/4 c. crushed graham crackers (about 28 squares) 1 (8-oz.) ctn. frozen whipped topping, thawed
3 T. butter, melted 1 1/2 c. miniature marshmallows
1 c. sugar 2 c. cold 2% milk
2 T. cornstarch 1 (3-oz.) pkg. instant vanilla pudding mix
6 c. diced fresh or frozen rhubarb
1 (3-oz.) pkg. strawberry or raspberry gelatin (can be sugar free)

In a bowl, combine 1 1/2 cups cracker crumbs and butter. Press mixture into a greased 9 x 13 baking dish. Bake at 350° for 10 minutes or until lightly browned. Cool on a wire rack. In a large saucepan, combine the sugar and rhubarb; let set 30 minutes. Add cornstarch to rhubarb and bring to a boil; cook and stir for 2-3 minutes or until thickened and rhubarb is tender. Remove from the heat; stir in gelatin until dissolved. Cover and refrigerate for 1 hour or until partially set. Spoon cooled rhubarb mixture over crust. In a bowl, whisk milk and pudding mix for 2 minutes. Spread over rhubarb mixture. Combine whipped topping and marshmallows; spread over pudding. Sprinkle with remaining cracker crumbs. Refrigerate for at least 2 hours before serving.

RHUBARB-STRAWBERRY DESSERT

(Summer sauce, pudding, or dessert)

Sue Goebel

2 c. strawberries, fresh or frozen 1 c. low-fat cottage cheese
2 c. rhubarb, fresh or frozen 1/2 c. vanilla yogurt
1/4 to 1/2 c. water 1 to 2 c. Cool Whip (if desired)
1/2 to 1 c. sugar
2 (3-oz.) pkgs. strawberry or raspberry Jello

Combine strawberries, rhubarb, sugar (according to desired tartness) and water. Cook until tender. Add Jello. Stir until dissolved. Cool mixture and then add cottage cheese, yogurt and Cool Whip. Can mix and eat or cool until thick. (If cottage cheese is omitted, this is great on ice cream. When the cottage cheese is mixed in, this is great in a dish or as topping on a cake. If a thicker dessert is desired, add more Jello; then this could be added to a crust.)

There is no danger of developing eyestrain from looking on the bright side of things.

Anonymous
RHUBARB/PINEAPPLE CRUNCH

Jeanette Pedersen

4 c. fresh rhubarb, diced
1 c. sugar
3 T. flour
1 (15-oz.) can crushed pineapple, drained

1 1/2 c. brown sugar
1 1/2 c. flour
1 1/2 c. oatmeal
5 T. butter
1/2 c. shortening

Combine rhubarb, 1 c. sugar, flour and pineapple and place in greased 9 x 13 pan. Combine brown sugar, flour and oatmeal; cut in butter and shortening. Sprinkle over rhubarb mixture. Bake 40 minutes at 375°.

RICE PUDDING
(Risengryn Pudding)

Sigrid Osbeck

4 eggs, slightly beaten
1/2 c. sugar
dash salt
1 tsp. vanilla

4 c. scalded milk
3/4 c. uncooked rice
raisins (optional)

Mix eggs, sugar, salt, vanilla. Add milk. Add rice, raisins. Pour into a flat baking dish set in another pan of water and bake at 350° for 20 minutes. Stir and continue baking for 25 minutes. (I used a double boiler and cook for 1 1/2 - 2 hours. I stirred some and continue adding hot water to the bottom kettle so nothing will burn.) (At Christmas time or whenever, add an almond. Whoever gets the almond in their dish gets a surprise gift.)

STRAWBERRY DESSERT

Jeanette Pedersen

Crust:
1 1/2 c. pretzel sticks, crushed
1/2 c. sugar
1/2 c. butter, melted

Mix together and put in 9 x 13 pan. Bake at 350° 10 minutes.

Filling Layers:
1 (8-oz.) pkg. cream cheese, softened
1 c. sugar (not needed if regular Jello is used)
1 (6-oz.) ctn. whipped topping
1 (6-oz.) pkg. strawberry gelatin
2 c. hot water
2 boxes frozen strawberries

Beat the cream cheese and sugar (if needed). Blend in whipped topping. Spread on cooled crust. Dissolve gelatin in hot water. Add frozen strawberries. Stir to melt. Cool until it starts to jell; then pour over cream cheese layer. Refrigerate.
SUPER RHUBARB SOUR CREAM DESSERT  
(from Luella Palmer)  
Marlys Christensen

Crumb Mixture

$\frac{1}{2}$ c. sugar  
$\frac{1}{2}$ c. chopped nuts

1 T. butter  
1 tsp. cinnamon

Work all together to make crumb mixture.

Filling

$\frac{1}{2}$ c. shortening  
1$\frac{1}{2}$ c. brown sugar

1 egg  
2 c. flour

$\frac{1}{2}$ tsp. salt  
1 c. sour cream

1$\frac{1}{2}$ c. rhubarb, finely cut  
4 T. red Jello

Cream together the shortening and brown sugar. Mix in the egg, flour, soda, salt, and sour cream. Add 2 T. of red Jello to rhubarb so it is all coated. Fold in gently to mixture. Pour into a greased pan. Sprinkle with crumb mixture and 2 T. red Jello. Bake at 350° for 45 minutes. Serve as is or with ice cream or Cool Whip. Fresh or frozen rhubarb can be used.

TOASTED ANGEL FOOD WITH RASPBERRIES  
Ferne Liebsch

8 slices angel food cake  
$\frac{1}{2}$ c. brown sugar, firmly packed

$\frac{1}{4}$ tsp. cinnamon  
1 c. frozen raspberries, thawed

$\frac{1}{2}$ c. butter  
1 T. lemon juice

dash nutmeg  
$\frac{1}{2}$ c. sour cream

Spread both sides and edges of cake with the mixture of butter, sugar, lemon juice, cinnamon and nutmeg. Broil for a few minutes on each side until lightly toasted. (This doesn't take long so don't wander away from the oven!) Serve warm with a dab of sour cream and raspberries spooned over the top.

A dog doesn't want much and is happy to get it. A cat doesn't know what it wants and wants more of it.  
Richard Hexem
Crock Pot

**CHOCOLATE MUD CAKE**

Kaye Moe

1 c. all-purpose flour
2 tsp. baking powder
6 T. butter
1/2 c. chocolate chips
3/4 c. sugar
3 T. cocoa
1 T. vanilla extract

1/4 tsp. salt
1/2 c. milk
1 egg yolk
1/3 c. white sugar
1/3 c. cocoa
1/3 c. brown sugar
1 1/2 c. hot water

Coat the inside of a 2 1/2 to 5 quart slow cooker with cooking spray. Whisk flour and baking powder together and set aside. Melt butter and chocolate chips together and mix well. Whisk 3/4 cup of sugar, 3 T. cocoa, vanilla, salt, milk and egg yolk into the chocolate mixture. Add the flour mixture and stir thoroughly. Pour the batter into the slow cooker and spread evenly. In a medium bowl whisk together 1/3 c. each white and brown sugar, cocoa and 1 1/2 c. hot water. Pour over the batter in the slow cooker. Cover and cook on high 1 1/4 to 2 1/4 hours (depending on size of cooker). The cake's cooking time and final appearance will vary depending on your cooker's size. Cake will be moist when done and floating on a layer of molten chocolate. Let cool 25 minutes. With cover off, serve with ice cream.

**CROCK BAKED APPLES**

Sheila Swedlund

3 apples
1 T. raisins
2 T. sugar

1/2 c. water
Cinnamon
Butter

Core apples. Fill with mixed raisins and sugar. Sprinkle with cinnamon and dot of butter. Have water in pot. Cook on low 7 to 9 hours (time varies with apple varieties).

**SPICED FRUIT**

Ferne Liebsch

1 can pineapple chunks, (large size)
1 can plums, (large size)
1 can apricots, (large size)
1/4 tsp. cloves

1/4 tsp. cinnamon
1/4 tsp. curry powder
1/2 c. brown sugar
1/3 c. butter

Drain fruit. Place all ingredients in crock pot for a couple hours on high or longer at lower temperature.
COCONUT PIE

Kaye Moe

4 eggs, beaten
1/2 c. self-rising flour
1 1/3 c. Splenda (sugar substitute)
1/2 stick margarine, melted
2 c. 1% milk
1 tsp. vanilla
1 (7-oz.) pkg. coconut

Preheat oven to 350°. Beat all the ingredients together and pour into a greased 10-inch pie pan. Bake 45 minutes. Do not cook longer, as when refrigerated it will settle and keep its creamy consistency. Top the cooled pie with fresh strawberries and Cool Whip.

DIABETIC PINEAPPLE DESSERT

Marlys Christensen

1 box angel food cake mix
1 lg. can crushed pineapple, not drained

Mix the dry cake mix with the pineapple until well mixed. Pour into a greased 9 x 13 cake pan. Bake at 350° for 30 minutes or until it springs back when touched. Serve with ice cream or Cool Whip.

HOLIDAY RIBBON GELATIN

Sue Goebel

2 (3-oz.) pkgs. lime gelatin, sugar-free
2 c. boiling water
2 c. cold water
2 (3-oz.) pkgs. lemon gelatin, sugar-free
2 c. boiling water
1 (8-oz.) pkg. cream cheese
1 c. mayonnaise
1 (15-oz.) can crushed pineapple, undrained
2 (3-oz.) pkg. cherry gelatin, sugar-free
2 c. boiling water
2 c. cold water

ORANGE FLUFF
Jeanette Pedersen

1½ c. sugar-free orange marmalade
1 c. sugar-free apricot preserves
1 (16-oz.) ctn. nonfat cottage cheese

2 (3-oz.) pkgs. sugar-free orange gelatin
1 (16-oz.) ctn. lite whipped topping, thawed

In a large bowl, combine the marmalade and preserves; mix together with the cottage cheese. Add dry orange gelatin powder and stir until well blended. Fold in whipped topping. Spoon into serving dishes and refrigerate at least one hour. Serve with slice of fresh orange on top. Makes 8 servings.

STREUSEL-TOPPED STRAWBERRY CHEESECAKE SQUARES
Jeanette Pedersen

1 (8-oz.) ctn. strawberry yogurt, no sugar added
1 (8-oz.) pkg. cream cheese, lite
4 oz. cream cheese, fat-free
¼ c. Splenda, sugar substitute
1 pkt. unflavored gelatin

2 T. water
1 c. fresh strawberries, chopped
1 T. sugar
1 c. fresh strawberries, sliced
½ c. low-fat granola or other crumbs

Line 9-inch square baking pan with plastic wrap, leaving 4-inch overhang on 2 opposite sides. Combine yogurt, cream cheese and sugar substitute in medium bowl; beat until smooth. Set aside. Combine gelatin and water in small microwavable bowl; let stand 2 minutes. Microwave on High 40 seconds to dissolve gelatin. Beat gelatin into yogurt mixture. Combine chopped strawberries and sugar in small bowl. Add to yogurt mixture. Pour yogurt mixture evenly into prepared pan. Refrigerate 1 hour or until firm. Just before serving, arrange sliced strawberries on top; sprinkle with granola. Gently lift cheesecake out of pan with plastic wrap. Pull plastic wrap away from sides; cut into 9 squares.

Happiness is a marvellous thing: the more you give, the more you are left with.

Blaise Pascal
SUGAR-FREE CHEESECAKE  
Ferne Liebsch

1 (3-oz.) pkg. sugar-free lemon or orange Jello
1 c. boiling water
1 (8-oz.) pkg. softened cream cheese
10 pkgs. equal
2 cans evaporated milk
¼ tsp. cream of tartar
1 tsp. lemon juice

Mix Jello with boiling water. Set until thickened. Mix cream cheese with equal. Whip milk which has been chilled for 24 hours or in freezer for 2 hours. Add cream of tartar to ice crystal cold milk. Fold together with cheese mixture and jello. Place in 9 x 13” graham cracker crumb lined pan. Top with fruit.

Cakes

APRICOT UPSIDE DOWN CAKE  
Ferne Liebsch

4 T. butter
¾ c. brown sugar
1 No. 2 can apricot halves, drained
½ box yellow cake mix

Melt in small cake pan, butter and brown sugar. Add apricots. Prepare yellow cake mix according to directions on box, pour over apricot mixture and bake in a 350° oven for about 30 minutes.

BASIC CUPCAKES  
Sheila Swedlund

3 c. flour
2½ tsp. baking powder
½ tsp. salt
2½ c. butter
1½ c. sugar
3 eggs
1½ tsp. vanilla
1¼ c. milk

Blend butter, sugar, eggs, vanilla and milk until fluffy and light. Add dry ingredients which have been mixed together. Bake at 350° for 20 minutes. Makes about 2½ dozen.


**BETTER THAN ALMOST ANYTHING CAKE**

Blanche Tschetter

1 pkg. German chocolate cake mix 1 (8-oz.) ctn. Cool Whip toffee chips or bits or Skor candy bar
1 can sweetened condensed milk 4 oz. caramel ice cream topping

Mix and bake cake as directed. Cool 15 minutes. Poke cake with a knife handle every ½ inch or so. Drizzle sweetened condensed milk evenly over cake; let stand until milk has been absorbed. Drizzle caramel ice cream topping over cake. Cover and refrigerate several hours. Top with Cool Whip. Sprinkle with toffee chips or bits or crush a Skor candy bar and sprinkle on top. Cover and keep refrigerated.

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**BLACK MAGIC CAKE**

Shari Haufschild

2 c. sugar 1 c. strong black coffee or 2 tsp. powdered instant coffee + 1 c. boiling water
1¾ c. flour ½ c. vegetable oil
¾ c. cocoa 1 tsp. vanilla extract
2 tsp. baking soda
2 tsp. baking powder
1 tsp. salt
2 eggs
1 c. buttermilk or sour milk (use 1 T. vinegar plus milk to equal 1 cup)

Grease and flour two 9-inch round baking pans or one 9 x 13 pan. Heat oven to 350°. In large bowl; stir together sugar, flour, cocoa, baking soda, baking powder and salt. Add eggs, buttermilk, coffee, oil and vanilla; beat on medium speed of mixer 2 minutes (batter will be thin). Pour batter into cake pans. Bake 9 x 13 pan 30-35 minutes; (round pans take less time) or until wooden pick inserted comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.

**One Bowl Buttercream Frosting**

6 T. butter or margarine, softened ½ c. milk
½ c. cocoa 1 tsp. vanilla
2½ c. powdered sugar

In small bowl, beat butter. Add cocoa and powdered sugar alternately with milk; beat to spreading consistency (additional milk may be needed). Blend in vanilla. Makes about 2 cups frosting. For light chocolate flavor, decrease cocoa to ½ cup. May also increase chocolate flavor by increasing cocoa to ¾ cup.
BUTTER CAKE

Shari Haufschild

1 pkg. yellow cake mix 4 eggs
1 pkg. vanilla instant pudding mix 1 tsp. vanilla
¾ c. oil 1 tsp. butter flavoring
¾ c. water

Mix first four ingredients. Add eggs one at a time. Beat 6-8 minutes on high. Bake in a bundt pan at 350° about 40 minutes. Cool 8 minutes; take from pan and frost.

Frosting:
1 c. powdered sugar ½ tsp. butter extract
3 T. milk

CHOCOLATE CAKE

Joan Antonen

¾ c. butter 2 squares chocolate, melted
2 c. sugar 3 c. cake flour
1 tsp. vanilla 1½ tsp. soda
2 eggs, well beaten 1½ c. ice water

Beat together the butter, sugar and vanilla. Add eggs and chocolate. Mix well. Stir together cake flour and soda and add to cake mixture alternately with ice water. Bake at 350° 40 minutes. Makes 1 large cake and 6 cupcakes.

CHOCOLATE DREAM CAKE

Jeanette Pedersen

⅔ c. unsweetened cocoa powder 1 T. instant coffee powder
¼ c. sugar 1½ c. skim milk
½ c. boiling water 1 pkg. (1½ oz.) whipped topping mix
1 (16-oz.) pkg. angel food cake mix 1 (1.4-oz.) pkg. sugar-free instant chocolate pudding mix
1 T. baking powder
1¼ c. water

COLD WATER CHOCOLATE CAKE

Marge Smith

1 1/2 c. sugar  
1/2 c. shortening  
2 eggs  
1/3 c. cocoa  
1 c. cold water  
1/2 tsp. salt  
1 tsp. vanilla  
1 tsp. soda  
2 c. flour

Mix together sugar, shortening and eggs. Add remaining ingredients and mix well. Pour into greased 9 x 13 cake pan. Bake at 350° for 30 minutes.

CRANBERRY DATE CAKE

Sheila Swedlund

2 1/4 c. flour  
1 c. sugar  
1 tsp. baking soda  
1/4 tsp. salt  
1 1/2 c. cranberries, chopped  
1 c. snipped dates  
1 c. walnuts, chopped  
2 eggs  
1 c. buttermilk  
3/4 c. vegetable oil

Blend together dry ingredients. Add cranberries, dates, and walnuts. Mix together eggs, buttermilk and oil; then add to mixture. Bake 350° 55 minutes in fluted tube pan.

Glaze:

3/4 c. sugar  
1/2 c. orange juice

Dissolve sugar in orange juice. Cook.

CREAM CHEESE FROSTING

Ferne Liebsch

1 (8-oz.) pkg. cream cheese  
3 1/2 c. powdered sugar  
1 tsp. vanilla  
1 stick margarine

Mix and frost bars, cake, cookies, graham crackers or whatever.

I haven't failed. I've found 10,000 ways that don't work.

Thomas Edison
EARTHQUAKE CAKE

Blanche Tschetter

1 c. chopped nuts
1 c. coconut
1 pkg. German chocolate cake mix
1 stick margarine or butter, melted
1 (8-oz.) pkg. cream cheese, softened
1 lb. powdered sugar (3 1/2 cups)
1 tsp. vanilla

Put nuts and coconut in a greased 9 x 13 cake pan. Mix cake mix as directed on box and pour over nuts and coconut. Blend margarine, cream cheese, powdered sugar and vanilla until smooth. Pour over or spoon on top of cake, evenly towards the edges. Bake 40-50 minutes at 350°. (Do not over bake.)

EASY CHOCOLATE FROSTING

Bernice Johnson

6 T. margarine
6 T. milk
1 1/2 c. sugar
1/2 c. chocolate chips

Mix and bring to a boil of 1 minute. Remove from heat and add chocolate chips. Beat until ready to spread.

GOLD BRICKS

Bernice Johnson

2 eggs, well beaten
1 c. sugar
1 tsp. baking powder
salt
1 heaping c. flour
1/2 c. cold water
1 tsp. vanilla

Mix all ingredients and beat well. Pour into greased 9-inch square pan. Bake at 350° 20 to 25 minutes or until center springs back. Cut into rectangular pieces. Frost all sides with powdered sugar frosting. Roll around in ground salted peanuts. Set on wax paper to dry.

Before you give someone a piece of your mind, make sure you have enough to spare.

Unknown
GRANDMA’S OATMEAL CAKE

Jeanette Pedersen

1 c. oatmeal  
1¼ c. hot water  
½ c. dates, chopped  
1 c. brown sugar  
1 c. white sugar  
½ c. butter or margarine  
2 eggs  
1 tsp. cinnamon  
1⅛ c. flour  
1 tsp. soda  
½ tsp. salt  
½ c. nuts, chopped


Frosting:

2 c. brown sugar  
½ c. milk  
½ c. butter or margarine  
1 tsp. vanilla  
1 c. nuts, chopped  
½ c. flaked coconut

In heavy saucepan, combine butter, milk and brown sugar. Bring to full rolling boil, stirring. Boil for at least 2 minutes. Remove from heat, add vanilla, coconut and nuts. Beat until spreading consistency and then frost cake.

HEATH BAR CAKE

Joan Antonen

1 box white cake mix  
1 box instant chocolate pudding  
(large)  
2 c. water  
2 eggs

Mix above ingredients and pour into greased 9 x 13 cake pan. Bake at 350° for 35 minutes. Cool.

Frosting:

1 c. powdered sugar  
¼ c. soft butter  
1 (8-oz.) ctn. Cool Whip  
1½ Heath Bars, crushed


To err is human; to really foul things up requires a computer.

Unknown
LEMON POPPY SEED FIZZ CAKE
Phyllis Kuehn

1 box lemon cake mix
4 eggs
1 tsp. butter flavoring
2 tsp. poppy seeds
$\frac{3}{4}$ c. oil

1 (3-oz.) pkg. lemon pudding, instant
1 tsp. lemon flavoring
1 (10-oz.) bottle 7 up

In large mixing bowl, combine all ingredients except 7 up. Mix well. Add 7 Up gradually (as it will foam). Pour into greased and floured 9 x 13 pan. Bake at 300° for 50 minutes. Can also make in a bundt pan.

MOM’S DEVIL’S FOOD CAKE
Sue Goebel

$\frac{3}{4}$ c. cocoa
2 c. hot water
3 c. flour
$1\frac{1}{2}$ tsp. salt
2 tsp. soda

$\frac{1}{2}$ tsp. baking powder
1 c. shortening
2$\frac{1}{2}$ c. sugar
4 eggs, unbeaten
2 tsp. vanilla


ORANGE CAKE
Beatrice Krahn

1 c. sugar
2 eggs
1 c. sour cream
1 c. raisins

1 orange
$\frac{1}{2}$ c. butter
2 c. flour
1 tsp. soda


I’d rather be a failure at something I enjoy than be a success at something I hate.

George Burns
RHUBARB CAKE

1½ c. brown sugar (or 1⅛ cup white sugar)
½ c. butter or margarine, softened
1 egg
¼ tsp. salt
1 c. sour milk (add 1 teaspoon lemon juice to milk)

1 tsp. soda
2 c. flour
1 tsp. vanilla
1½ to 2 c. rhubarb
½ c. (or less) white sugar
½ tsp. (or more) cinnamon

Mix through rhubarb in order listed. Pour into medium size cake pan and TOP with ½ cup white sugar and ½ teaspoon cinnamon. Sprinkle separately. Bake in medium oven (350°), 30 or 40 minutes. (I grease and flour cake pan.) Test with toothpick.

RHUBARB CAKE

1½ c. brown sugar
½ c. shortening
1 egg
1 c. buttermilk
1 tsp. soda

2 c. flour
1 tsp. vanilla
3 c. rhubarb, finely cut
½ c. brown sugar
1 tsp. cinnamon

Mix together 1½ cup brown sugar, shortening and then egg. Add buttermilk and soda. Mix. Add flour, vanilla and then rhubarb last. Pour into cake pan. Top with ½ cup brown sugar and cinnamon mixed together. Place in oven for 30-45 minutes at 350°. Serve with whipped cream, if desired.

SHORT CAKE

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

½ c. shortening
1 c. milk
butter

YOGURT CAKE
Jeanette Pedersen

1 box white cake mix
3/4 c. water
1/2 c. applesauce
3 egg whites

2 (6-oz.) ctn. strawberry light yogurt
1 (8-oz.) ctn. whipped topping
Fresh strawberries


Pies

COCONUT CREAM PIE
(Forms its own crust)
Sheila Swedlund

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

6 T. butter
1 c. coconut
1 tsp. vanilla

Place ingredients in blender. Mix; then pour into greased floured 10" pie tin. Bake at 325° 50 to 60 minutes.

CREAMY LEMON MERINGUE PIE
Wilma Haufschild

Pie filling:
1 c. milk
3/4 c. sugar
1 tsp. grated lemon rind
4 level T. cornstarch
1/2 c. cold water

2 egg yolks (well beaten)
1 T. butter or margarine
6 T. lemon juice
1/4 tsp. salt

Heat milk, sugar and lemon rind. Bring to a boil and add the cornstarch mixed in the cold water. Add beaten eggs, butter, lemon juice and salt. Cook until thickened. Pour into baked pie shell.

Topping:
2 egg whites (beaten)
4 T. sugar

1 tsp. lemon juice

Beat egg whites. Carefully fold in sugar and lemon juice. Spread on top of warm lemon filling being careful to cover to edge of pie crust. Brown in oven at 350°
EASY PUMPKIN PIE CRUST
Bernice Johnson

1 c. flour 1⁄4 c. sugar
1 c. coconut 1⁄2 c. melted butter

Mix all together and pat into a pie pan. Add any fruit mixture or pumpkin pie mixture. Bake until knife comes out clean.

FRESH PEACH PIE
Marlys Christensen

1 unbaked pie crust 1⁄2 c. flour
peaches 1⁄4 c. butter or margarine
1 c. sugar 1⁄2 tsp. salt

Fill pie crust with peeled, sliced peaches. Combine remaining ingredients and put over peaches. Bake at 400° until top is golden brown and peaches are soft.

PERFECT MERINGUE
Marlys Christensen

1 T. cornstarch 1⁄2 c. boiling water
2 T. water 6 T. sugar
1 pinch salt 3 egg whites

Mix the cornstarch, 2 T. water and pinch of salt. Pour 1⁄2 cup boiling water over this and add sugar. Bring to a boil in microwave. Cool. Make the pie filling. Beat 3 egg whites until very frothy. Add cooked mixture and beat to peaks.

PRIZE PINEAPPLE PIE
(As printed in a 1924 magazine)
Marlys Christensen

1 1⁄2 c. milk 2 eggs
1⁄2 c. sugar 1 c. pineapple, well drained
1⁄8 tsp. salt 1⁄2 tsp. vanilla
2 T. cornstarch 2 T. powdered sugar

Heat milk and then slowly add sugar, salt, and cornstarch which have been mixed together. Cook in double boiler until thick and cornstarch is cooked (about 40 minutes). Pour some of hot mixture slowly over 2 egg yolks. Return to heat and cook until eggs are cooked and thickened. Cool and add pineapple and vanilla. Pour into baked crust and cover with meringue made of 2 stiffly beaten egg whites and 2 T. powdered sugar. Brown quickly in hot oven. (This pie is delicious but takes time to make.)
RHUBARB CUSTARD PIE
(from Tammy Olson)

Pie Crust:

$\frac{3}{4}$ c. shortening  
$\frac{1}{4}$ c. boiling water  
1 T. milk  
2 c. flour  
1 tsp. salt

Mix flour and salt. Whip together shortening, boiling water and milk. Add to flour and salt. Prepare crust (you know..roll it out).

Pie Filling:

1 unbaked pie shell  
1 c. cream  
1 c. sugar  
2 eggs  
2 c. diced rhubarb (or more)  
salt  
nutmeg

Combine cream, sugar, eggs, flour and salt. Place rhubarb in unbaked pie shell. Pour mixture over rhubarb. Sprinkle with nutmeg. Bake 1 hour at 375°.

STRAWBERRY/RHUBARB CRUMB PIE

Barbara Converse

Filling:

1 egg  
$1\frac{1}{4}$ c. sugar  
2 T. all-purpose flour  
1 tsp. vanilla  
$\frac{3}{4}$ lb. fresh rhubarb, cut into  
$\frac{1}{2}$-inch pieces (about 3 c.)  
1 pt. fresh strawberries, halved  
1 unbaked pie shell

Topping:

$\frac{3}{4}$ c. all-purpose flour  
$\frac{1}{2}$ c. packed brown sugar  
$\frac{1}{2}$ c. quick-cooking or rolled oats  
$\frac{1}{2}$ c. butter or margarine

In a mixing bowl, beat egg. Beat in sugar, flour and vanilla; mix well. Gently fold in rhubarb and strawberries. Pour into pie shell. For topping, combine flour, brown sugar and oats in a small bowl; cut in butter until crumbly. Sprinkle over fruit. Bake at 400° for 10 minutes. Reduce heat to 350°; bake 35 minutes or until golden brown and bubbly.
Cookies & Candy
Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.

- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.

- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.

- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.

- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.

- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.

- Tin coffee cans make excellent freezer containers for cookies.

- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.

- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.
WHISKEY BALLS

1 (16-oz.) pkg. vanilla wafers, 1 c. pecans, finely cut
rolled and finely crushed in wax 1 T. Karo syrup
paper 2 jiggers of whiskey or rum
1 T. cocoa (approximately 3 oz.)
1 c. powdered sugar

Mix all ingredients together. Shape into teaspoon-sized balls and roll in 1 cup powdered sugar. Keep in closed glass jar for 1 week. Makes 6 doz. (These were sent to a friend of John's while he was overseas 35 years ago and he sent me the recipe. Said they were really good.)

Cookies

CHOCOLATE-MARSHMALLOW COOKIES

½ c. butter, softened 1½ c. flour
1 c. sugar ½ c. cocoa
1 egg ½ tsp. soda
1¼ c. milk 16-18 lg. marshmallows, halved
1 tsp. vanilla

In mixing bowl cream butter and sugar. Add egg, milk and vanilla; mix well. Mix together flour, cocoa and soda and mix into creamed mixture. Drop by teaspoonful onto ungreased cookie sheets. Bake at 350° for 8 minutes. Press a marshmallow half, cut side down onto each cookie. Return to oven for 2 minutes. Cool completely on wire rack.

Frosting:

½ c. butter ½ c. chocolate chips
¼ c. milk pecan halves
1 c. sugar

Mix butter, milk and sugar and bring to a full rolling boil. Remove from heat; add chocolate chips and stir until melted. Frost each cookie and top with a pecan half.
COOKIES FROM CAKE MIX

Sheila Swedlund

1 box cake mix
2 T. water or
1 - 2 eggs
1/4 c. water
2 T. shortening

Mix together ingredients. For crisp cookies use 2 tablespoons of water. Use 1/4 cup water for soft cookies. Bake at 375° for 8-10 minutes.

COWBOY COOKIES

Joan Antonen

1/2 c. butter, melted
1 egg
1 tsp. vanilla
1/2 c. brown sugar
1/2 c. white sugar
1 1/2 c. flour
1 tsp. baking powder
1 tsp. soda
1 1/2 c. oatmeal
1/2 c. chopped pecans
3/4 c. chocolate chips

Add egg and vanilla to melted butter and mix well. Add remaining ingredients. Mix until completely blended. Shape into balls the size of walnuts. Bake at 350° for 11-13 minutes. Cool 5 minutes on baking sheet.

DATE COOKIES

Marge Smith

2 c. brown sugar
1 c. shortening
3 eggs
1 tsp. soda
1/2 c. hot water
3 1/2 c. flour
1 tsp. vanilla
1/2 tsp. salt

Cream brown sugar and shortening. Add beaten eggs. Combine soda and flour. Add to mixture alternately with soda dissolved in hot water. Stir in vanilla.

Filling
1/2 lb. dates, chopped
1/2 c. brown sugar
1/2 c. water

Cook filling ingredients until thick. Drop one tsp. cookie dough and flatten. Add 1 tsp. filling and cover with another tsp. of dough. Bake 15 min. at 350° or 400°.
EASIEST AND BEST WHITE SUGAR COOKIES

Becky Converse

3 c. flour  2 eggs
1/2 tsp. soda  1 c. sugar
1/2 tsp. baking powder  1 tsp. vanilla
1 tsp. salt  1/4 tsp. nutmeg
2 sticks butter

Mix flour, soda, baking powder, salt and butter together with pastry blender. Mix eggs, sugar, vanilla and nutmeg in electric blender. Add egg mixture to flour mixture and roll. Bake at 350° for 10-12 minutes.

GINGER COOKIES

Becky Converse

1 c. sugar  2 eggs
1 c. shortening  1 c. soda in a little hot water
1 c. molasses  Flour
1 tsp. ginger  salt

Use enough flour to roll out. (Flour the rolling pin) Don’t roll dough too thin. Frost while warm

GINGER SNAPS

Shari Haufschild

1 c. shortening (Crisco)  1 tsp. soda
3/4 c. white sugar  1 tsp. nutmeg
1 egg, beaten  1 tsp. cloves
2 T. molasses  1/2 tsp. ginger
4 tsp. cinnamon  2 c. flour (added last)

Roll in balls and roll in sugar. Bake at 375° for 8 minutes.

Onion rings in the car cushions do not improve with time.

Erma Bombeck
GINGER SNAPS

Wanda Weese

1 c. sugar
3/4 c. shortening
1 egg
4 T. molasses
2 c. flour
2 tsp. cinnamon
2 tsp. soda
3/4 tsp. salt
1 tsp. ginger

Cream sugar and shortening. Add egg and beat. Add molasses and beat to blend well. Sift dry ingredients and add to creamed mixture. Mix well. Form dough into small balls (the size of walnut). Roll in granulated sugar. Place on baking sheet. Bake in 375° oven for 8-10 minutes or until lightly browned.

GRANDMA ANDERSEN’S FILLED COOKIES

Sue Goebel

2 c. sugar
1 c. shortening
2 eggs
1 c. sour cream
1 tsp. nutmeg
1 tsp. lemon extract
1 tsp. soda
4 1/2 c. flour

Cream together sugar and shortening. Add other ingredients and mix well. Roll out dough on floured surface. Cut out cookies. Place a cookie on cooking sheet.

Filling:

1 c. sugar
1 c. raisins, washed
1 c. dates, cut up
1 tsp. vanilla
1 tsp. water
3 tsp. cornstarch
nutmeats (optional)

Cook all together. Thicken with cornstarch. Add nutmeats if you wish. Cook ahead of time and cool. Put a teaspoon of filling on each cookie on cookie sheet. Place another cookie on top. Bake at 400° for about 12 minutes or until the cookie browns a little. Makes 60 cookies.

HONEY COOKIES

Sheila Swedlund

1/2 c. honey
1/2 c. margarine
2 1/2 c. flour
1 tsp. soda
1/4 tsp. salt
1/4 tsp. allspice
1/4 tsp. cloves
1/4 tsp. cinnamon

Boil honey and margarine. Add mixed dry ingredients. Drop teaspoon size dough onto cookie sheet. Bake at 350° 12 minutes.
OATMEAL COOKIES

Beatrice Krahn

1 c. white sugar
1 c. brown sugar
2 eggs
2 c. flour
2 c. oatmeal
1 c. coconut
1 tsp. each: soda, salt, vanilla

Roll into small balls and press down with a glass dipped in sugar. Place on baking sheets. Bake 10-12 minutes in 350° oven.

PUMPKIN COOKIES

Sheila Swedlund

1½ c. brown sugar
½ c. shortening
2 eggs
1 1-lb. can pumpkin
2¾ c. flour
1 T. baking powder
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. salt
¼ tsp. ginger
1 c. raisins
1 c. nuts


SALLY ANN COOKIES

Wilma Haufschild

Cookies:

1 c. shortening
1 c. molasses
½ c. hot coffee
1 tsp. salt
½ tsp. nutmeg
¼ tsp. cloves
3 c. + 1 T. flour
2 tsp. soda

Mix together last four ingredients. Melt the shortening in hot coffee. Add molasses, soda and salt. Add other ingredients. Cool. Then roll out and cut with an empty, clean Spam can.

Frosting:

1 env. Knox gelatin
¾ c. water
¾ c. sugar
¾ c. powdered sugar
¾ tsp. baking powder
1 tsp. vanilla

Boil gelatin, sugar and water for 10 min. (Watch carefully as it scorches easily.) Beat until foamy. Then add powdered sugar, baking powder and vanilla and beat. Frost cookies.
SECRET RECIPE CHOCOLATE CHIP
COOKIES

Jeanette Pedersen

1/2 c. rolled oats, regular or quick
2 1/4 c. all-purpose flour
1 1/2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. cinnamon
1 c. butter, softened
3/4 c. brown sugar, firmly packed
3/4 c. granulated sugar
2 tsp. vanilla extract
1 tsp. lemon juice
2 eggs
3 c. semi-sweet chocolate chips
1 1/2 c. chopped walnuts

Preheat oven to 350°. Place rolled oats in blender or food processor and process until finely ground. Combine ground oats, flour, baking soda, salt and cinnamon in a mixing bowl. In another bowl, cream butter, sugars, vanilla and lemon juice together using an electric mixer. Add eggs and beat until fluffy. Stir the flour mixture into egg mixture, blending well. Add the chocolate chips and nuts to the dough and mix well. Using 1/4 cup of dough for each cookie, scoop round balls with an ice-cream scoop and place 2 1/2 inches apart on baking sheets. Bake until cookies are lightly browned, 16-18 minutes. Transfer to a wire rack to cool completely. (The lemon juice helps to activate the baking soda, producing a softer, chewier cookie.) Store in a sealed container to keep them soft and chewy.

SOFT RAISIN OATMEAL COOKIES

Blanche Tschetter

1 c. raisins
3/4 c. water
1 c. butter or margarine
1 c. brown sugar
2 eggs
1 tsp. vanilla
1/2 tsp. salt
1 tsp. soda
1/4 tsp. cinnamon
1/4 tsp. nutmeg
2 c. oatmeal
2 c. flour

Boil raisins in water for 5 minutes and then cool. Mix butter and sugar well. Add eggs and vanilla. Add dry ingredients and the cooled raisins in water last. Drop by teaspoonful on ungreased cookie sheet, bake at 350° 10-12 minutes.

Flattery is the power to describe others as they see themselves.

Unknown
Bars

ANGEL FOOD LEMON BARS  
Ferne Liebsch

1 box One-step angel food mix  
1 can lemon pie filling

Beat together and put in a greased and floured 15 x 10 pan. Bake at 350° for 20 minutes. Frost with cream cheese frosting.

BANANA NUT BARS  
Wanda Weese

1 c. sugar  
1/2 c. shortening  
2 eggs  
2 - 3 ripe bananas  
1/3 c. milk

1 tsp. lemon juice  
1/2 tsp. soda  
1/2 tsp. salt  
1 1/2 c. flour  
1/2 c. nuts (optional)

Beat sugar, shortening and eggs. Add lemon juice to mashed bananas and add with milk. Then add dry ingredients. Bake in jelly roll pan (10 x 15) at 350° for 20-25 minutes. Good with cream cheese frosting.

Cream Cheese Frosting:

3 oz. cream cheese, softened  
1 T. milk (more if desired)  
1/2 tsp. vanilla  
3 c. powdered sugar, sifted

BUTTERSCOTCH BARS  
Jeanette Pedersen

2 eggs, beaten  
1 c. sugar  
3/4 c. butter, melted  
2 c. graham cracker crumbs, finely ground

1/2 c. coconut  
1/2 c. nutmeats  
2 c. miniature marshmallows  
1 (12-oz.) pkg. butterscotch chips  
3 T. peanut butter

Add sugar to beaten eggs. Put in saucepan with butter. Boil slowly and stir constantly until thickened. Set aside to cool. Add graham cracker crumbs, coconut, nuts and marshmallows. Mix together; press into 9 x 13 pan. Melt butterscotch chips with peanut butter; spread over bars.
CARAMEL CHOCOLATE BARS

Joan Antonen

1 (14-oz.) pkg. caramels
1 (5-oz.) can evaporated milk
1 pkg. German chocolate cake mix

1/2 c. butter, melted
3/4 c. pecans, chopped
1 (6-oz.) pkg. chocolate chips
1 c. flaked coconut


CHOCOLATE CRUNCH BROWNIES

Jeanette Pedersen

1 c. butter or margarine, softened
2 c. sugar
4 eggs
4 T. baking cocoa
1 c. all-purpose flour
2 tsp. vanilla extract

1/2 tsp. salt
1 (7-oz.) jar marshmallow creme
1 c. creamy peanut butter
2 c. semi-sweet or milk chocolate chips
3 c. crisp rice cereal

In a mixing bowl, cream butter and sugar; add eggs. Stir in cocoa, flour, vanilla and salt. Spread into a greased 13 x 9 x 2 baking pan. Bake at 350° for 25 minutes or until brownies test done. Cool. Spread marshmallow creme over cooled brownies. In a small saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly. Remove from the heat; stir in the cereal. Spread over marshmallow layer. Chill before cutting. Store in the refrigerator. Makes 3 dozen.

Always behave like a duck—keep calm and unruffled on the surface but paddle like the devil underneath.

Jacob Braude
DELUXE CHOCOLATE MARSHMALLOW BARS

Wilma Haufschild

Base:

\( \frac{3}{4} \) c. butter or margarine
1 1/2 c. sugar
3 eggs
1 tsp. vanilla
1 1/3 c. flour
3 T. baking cocoa
1/2 tsp. salt
1/2 tsp. baking powder
1/2 c. chopped nuts (optional)
4 c. miniature marshmallows


Topping:

1 1/3 (8-oz.) c. chocolate chips
3 T. butter or margarine
1 c. peanut butter
2 c. rice krispie cereal


FUDGE-NUT OATMEAL BARS

Jeanette Pedersen

1 c. butter or margarine, softened
2 c. brown sugar, packed
2 eggs
2 tsp. vanilla extract
3 c. quick-cooking oats
2 1/2 c. all-purpose flour
1 tsp. baking soda
1 tsp. salt

In mixing bowl, cream butter and brown sugar. Add eggs and vanilla; mix well. Combine oats, flour, baking soda and salt. Add to the creamed mixture. Spread 2/3 in the bottom of an ungreased 15 x 10 x 1-inch baking pan; set aside.

Fudge Filling:

1 (14-oz.) can sweetened condensed milk
2 c. semi-sweet chocolate chips
2 T. butter or margarine

For filling, heat milk, chocolate chips, butter and salt in a saucepan or microwave-safe bowl until melted; remove from heat. Stir in vanilla and walnuts. Spread over bottom layer. Sprinkle remainder of base crust ingredients over filling. Bake 25 to 30 minutes or until center is set. Cool in pan on wire rack.
**KEY LIME BARS**

**Crust:**
1¼ c. all-purpose flour
½ c. butter, softened

**Filling:**
¾ c. sugar
2 eggs
2 T. all-purpose flour

**Frosting:**
1½ c. powdered sugar
1 T. butter, softened
1-2 T. fresh or bottled key lime juice

Heat oven to 350°F. Combine all crust ingredients except pecans in small bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Stir in pecans. Press onto bottom of ungreased 8 or 9-inch square baking pan. Bake for 15 to 20 minutes or until edges are lightly browned. Meanwhile, combine all filling ingredients in small bowl. Beat at low speed until well mixed. Pour filling over hot, partially baked crust. Continue baking for 18 to 20 minutes or until filling is set. Cool completely. Combine all frosting ingredients except lime peel in small bowl. Spread over cooled bars. Garnish with grated lime peel. Store refrigerated. Yield: 25 bars. Nutrition facts (1 bar): Calories 130, fat 5 g., cholesterol 30 mg., sodium 45 mg., carbohydrate 20 g., dietary fiber 0 g., protein 1 g.

**LUELLA'S BROWNIES**

½ c. butter
1 c. sugar
4 eggs

1 can chocolate syrup
1 c. flour
1 heaping T. flour

Beat together butter, sugar, eggs until light. Add chocolate syrup and flour. Mix together and pour in greased jelly roll pan. Bake at 350° for 25 minutes.

*Experience is the name we give to our mistakes.*

— Oscar Wilde
MACAROON BROWNIES

Blanche Tschetter

1 c. soft butter or margarine ½ tsp. cream of tartar
2 c. sugar ½ c. chopped nuts
4 eggs 1 (14-oz.) pkg. flaked coconut
1 tsp. vanilla 1 can sweetened condensed milk
2 c. flour 2 tsp. vanilla
½ c. cocoa

In a mixing bowl cream butter and sugar. Add eggs and 1 tsp. vanilla; mix well. Combine flour, cocoa, and cream of tartar; add to creamed mixture gradually. Stir in nuts. Spread half the mixture into a greased 9 x 13 pan. In another bowl combine the coconut, sweetened condensed milk and 2 tsp. vanilla. Carefully spread over chocolate layer. Top with remaining chocolate mixture. Bake 350° 40-45 minutes. Cool.

Frosting:

¾ c. sugar 1 c. miniature marshmallows
½ c. milk 1 c. chocolate chips
2 T. butter 1 tsp. vanilla

Cook sugar, milk and butter and stir until sugar dissolves. Add marshmallows, chips and vanilla. Stir to dissolve. Cool for 30 minutes. Stir well and spread over the brownies.

MIXED NUT BARS

Joan Antonen

1½ c. flour 2 T. butter
¾ c. brown sugar ½ c. white syrup
½ c. butter (10-oz.) can mixed nuts
1 (6-oz.) pkg. butterscotch chips


You can fool all of the people some of the time, and some of the people all of the time, but you can’t fool mom.

Unknown
NO-BAKE BARS

Blanche Tschetter

4 c. cheerios 1 c. light corn syrup
2 c. rice krispies 1 c. sugar
2 c. dry roasted peanuts 1½ c. creamy peanut butter
2 c. M & M’s 1 tsp. vanilla

In a large bowl combine the first four ingredients. Set aside. In a saucepan bring syrup and sugar to a boil; stirring frequently. Remove from heat; stir in peanut butter and vanilla. Pour over cereal mixture and toss to coat evenly. Spread into a greased 10 x 15 pan. Cool. Cut into desired size bars. (Good to make in summer when you don’t care to start the oven.)

OH HENRY BARS

Becky Converse

1 c. sugar 6 c. Special K cereal
1 c. white syrup 1 (6-oz.) pkg. chocolate chips
1¼ c. chunky peanut butter 1 (6-oz.) pkg. butterscotch chips

Bring sugar and syrup just to a boil. Add peanut butter. Mix and pour over Special K. Spread mixture into 9 x 13 pan. Melt chips and frost bars.

PEANUT BUTTER OAT BARS

Blanche Tschetter

¾ c. butter or margarine ¼ c. light corn syrup
¼ c. peanut butter ¼ tsp. vanilla
1 c. brown sugar, packed 4 c. quick-cooking oatmeal

In a mixing bowl combine all but oatmeal. Gradually add oatmeal. Press into greased 9 x 13 pan. Bake at 400° 12-14 minutes or until edges are golden brown. Cool for 5 minutes.

Topping:

1 c. milk chocolate chips ½ c. peanut butter
½ c. butterscotch chips

Melt above in saucepan. Stir until well blended; spread over bars. Cool until firm enough to cut. Yield: 4 dozen. (This recipe has NO flour or eggs.)

Will power is the ability to eat just one salted peanut.

Unknown
ROCKY ROAD SQUARES

Jeanette Pedersen

1 (21-oz.) pkg. fudge brownie mix
(calling for 1/2 c. water)
1 vegetable oil (according to pkg.
directions)
1 egg, per package directions
1/2 c. evaporated milk
1 c. semi-sweet chocolate
morsels
2 c. miniature marshmallows
1 c. walnuts, coarsely chopped

Preheat oven according to package directions. Grease 9 x 13 baking pan. Prepare brownie mix according to package directions, using vegetable oil and egg and substituting evaporated milk for water. Spread into prepared baking pan. Bake according to package directions; do not over bake. Remove from oven. Immediately sprinkle with chocolate morsels. Let stand 5 minutes or until morsels are shiny. Spread evenly. Top with marshmallows and walnuts. Bake for 3 to 5 minutes or just until marshmallows begin to melt. Cool in pan on wire rack for 20 to 30 minutes. Cut into squares. Serve warm.

SOUR CREAM RAISIN BARS

Jeanette Pedersen

1 3/4 c. oatmeal
1 3/4 c. flour
1 c. brown sugar
1 tsp. baking soda
1 c. margarine, melted


Filling:

4 egg yolks
1 1/2 c. sugar
1 T. cornstarch
2 c. sour cream
2 c. raisins

In a saucepan, combine egg yolks, sugar, cornstarch, sour cream and raisins. Bring mixture to a boil, stirring constantly. Reduce heat; boil 5-10 minutes until thick. Pour over crumb layer. Cover with remaining crumbs. Bake 15-20 minutes.

Ulcers are what you get from mountain climbing over molehills.

Unknown
Diabetic

BANANA BARS

Kay Moe

1/3 c. margarine
3/4 c. granulated fructose
1 egg
1 tsp. vanilla
1 lg. banana, mashed
1 3/4 c. flour
1 1/2 tsp. baking powder
1/2 c. walnuts, chopped

Beat margarine and fructose until blended. Beat egg, vanilla and mashed banana; add to first mixture. Blend thoroughly and add chopped walnuts, flour and baking powder. Mix well and spread in greased 9-inch baking pan. Bake at 350° for 30 to 35 minutes. Cool and cut into 18 or more bars.

SUGARLESS BARS

Shari Hautschild

1 c. raisins
1 c. prunes, cut up
1 c. dates, cut up
1/2 c. water
1 stick margarine
1 c. flour
1 tsp. soda
1 egg
1 tsp. vanilla


Candy

CARAMEL

Joan Antonen

2 c. sugar
3/4 c. light corn syrup
1/2 c. butter
2 c. whipping cream
1 tsp. vanilla

CHERRY BING CANDY  
Joan Antonen

2 c. sugar  
2/3 c. evaporated milk  
12 regular marshmallows  
1 tsp. vanilla  
1 (6-oz.) pkg. cherry chips

2 c. chocolate chips  
1 T. butter  
2 c. peanuts, crushed  
3/4 c. peanut butter

Boil sugar, milk, marshmallows and vanilla 5 minutes. Add cherry chips and beat until smooth. Pour into buttered cake pan. Melt chocolate chips and butter. Stir until smooth. Add crushed peanuts to melted chips along with peanut butter. Stir until combined. Pour over cherry layer. Chill.

FUDGE  
Becky Converse

4 1/2 c. sugar  
1 can (large) condensed milk  
1 tsp. vanilla  
1 (12-oz.) bag chocolate chips

1 (7-oz.) jar (or more) marshmallow creme  
salt  
raisins, nuts, dates

Combine sugar and milk. Bring slowly to a boil; cook 8 minutes. Add other ingredients. Put on a greased cookie sheet. Cool at room temperature, refrigerate, then cut.

MICROWAVE PEANUT BRITTLE  
Wanda Weese

1 c. raw peanuts  
1 c. sugar  
1/2 c. white corn syrup  
1/8 tsp. salt

1 tsp. butter  
1 tsp. vanilla  
1 tsp. soda

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.

- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

- Remove stale odors in the wash by adding baking soda.

- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.

- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

- Add raw rice to the salt shaker to keep the salt free-flowing.

- Ice cubes will help sharpen garbage disposal blades.

- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.
CINNAMON POPCORN
Joan Antonen

10-12 oz. popped corn
1/2 c. butter
1/2 c. white syrup
1 (9-oz.) pkg. red hots

Boil butter, syrup and red hots 5 minutes. Stir constantly. Pour over popcorn. Put in brown grocery bag. Microwave 1 minute on high; take out and shake to mix. Repeat 3 more times. Pour out of bag to greased cookie sheet to cool.

CREAMY CHOCOLATE-DIPPED STRAWBERRIES
Barbara Converse

1 c. semi-sweet chocolate chips
(6 oz.)
1/2 c. vanilla chips (3 oz.)
1 T. shortening
2 pt. fresh strawberries, rinsed
and patted dry

Combine the chocolate chips, vanilla chips and shortening in a microwave-safe bowl. Microwave on High until the chips are melted, stirring every 15 seconds. Dip the strawberries in the chocolate mixture, covering the bottom 2/3 of each strawberry. Shake gently to remove excess chocolate. Place on a waxed paper-lined tray. Chill, covered, for 1 hour or until the chocolate coating is set. Makes about 3 dozen.

Hint: Dipped strawberries should be refrigerated just long enough to set the chocolate. Do not store the dipped strawberries in the refrigerator. For 2 pints white chocolate-dipped strawberries, use 1 1/2 cups white chocolate chips.

DILL PICKLES
Beatrice Krahn

1/2 c. white vinegar
1 T. sugar
1 T. pickling salt

Dill
slices of onion

Into sterilized canning jars, place a sprig of fresh dill and several slices of onion. Then pack the rest of the jar with fresh, washed medium sized cucumbers. Add above ingredients to each jar. Fill with water and seal. Process just to the boiling point. Shut off heat and let the jars remain in the hot water until cool.
FATTIGMANN
(Poor Man)

6 egg yolks
3 egg whites
6 T. sugar
6 T. cream

2 lbs. melted butter
6 cardamom seeds, crushed
flour
fat for deep fat frying

Add flour enough to roll THIN. Cut into diamond shapes about 5 x 2 1/2 inches. Deep fat fry in hot fat 2-3 minutes or until golden brown. Drain on absorbent paper. Sprinkle with powdered sugar if you like.

GLAZE

2 1/2 c. powdered sugar
1 T. butter

1/2 tsp. vanilla
3 T. milk

GRANDMA’S LEFSA

3 c. mashed potatoes
1/4 c. shortening (butter preferred)
2 T. cream

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

Prepare potatoes by boiling with no salt added. Drain the liquid, then mash potatoes. Mix in butter, cream, salt, and sugar. Cool. This mixture can be refrigerated up to two days. Add flour, mixing well. Cut off small amount and roll out. Fry on griddle. Keep mixture cold until ready to fry.

HEAVENLY BUBBLE BATH SOAP
(from Gooseberry Patch)

1/2 c. unscented hair shampoo
1/2 c. water

3 1/2 tsp. baby oil
1/2 tsp. vanilla essential oil

Combine all ingredients in an airtight container; secure lid and shake well. (When giving a container of this as a gift, attach a card with these instructions: Add 2 squirts to warm bath water. There’s enough for about 8 heavenly bubble baths!)

HORSERADISH SAUCE

2 T. horseradish
1 c. sour cream

Fold horseradish into sour cream. This is excellent with ham.
HOT PEPPER JELLY

Phyllis Kuehn

3/4 c. jalapeño or Serrano peppers, chopped
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
1 1/2 c. white vinegar
6 1/2 c. sugar
1 pkg. Sure Jell
1 T. red pepper, crushed

Place all three types peppers and vinegar in food processor. Finely chop peppers using metal blade – quick on and off turns. Mix pepper mixture and sugar in large pan. Bring to full rolling boil over high heat and boil 1 minute, stirring constantly. Remove from heat. Skim off foam with a metal spoon. Ladle quickly into hot sterilized jars. Cover with lids. Invert jars for 5 minutes, then turn upright. After 1 hour check seals. Makes six 8-ounce jars. Delicious with cream cheese on crackers.

KNOX BLOCKS

Wanda Weese

4 pkgs. gelatin
1 (3-oz.) pkg. any flavor Jello
4 c. boiling water

Mix dry ingredients in 9 x 13 pan (or other suitable dish). Add boiling water. Stir to dissolve. Refrigerate. Cut and serve.

KRUMKAKE

(Wafer Cones)

Sigrid Osbeck

3 eggs, well beaten
1/2 c. sugar
1/2 c. melted butter
1/4 tsp. salt
1/2 tsp. almond extract
1/2 tsp. lemon extract
1/2 c. flour

Add flour to ingredients. Heat Krumkake iron. Pour a teaspoon of batter on hot iron. Bake about 1 minute, turn over. When light brown remove from iron and quickly roll onto a cone-shaped form. Cool and store.

The haves and the have-nots can often be traced to the dids and did-nots.

Unknown
LEFSE

Becky Converse

Day Before:

10 c. potatoes (5 pounds)

Peel and boil potatoes (white Idahos work best). Rice or mash thoroughly. Chill overnight or at least 8 hours.

Day Two:

½ c. butter, room temperature 1 c. sugar
½ c. evaporated milk (thoroughly chilled) 2 tsp. salt
3 c. flour

Add first 4 ingredients to chilled potatoes. Add flour 1 cup at a time. Roll into 2" balls and chill thoroughly (overnight or at least 8 hours). Take out 3 or 4 balls from refrigerator at a time. (Keep rest chilling.) Roll out balls on well floured board to form 10" to 12" circle. Bake on ungreased lefse griddle. Bake each side about 1 minute or until bubbles turn light brown. Dust flour off griddle between each lefse. Remove lefse from griddle and cool between layers of towels. When cool, wrap in plastic wrap or place in ziploc bags, double wrap if freezing. Freezes well.

MICROWAVE CARAMEL CORN

Wanda Weese

3½ qt. popped corn ½ tsp. salt
1 c. brown sugar or white sugar 1½ tsp. cinnamon flavoring (optional)
½ c. margarine ¼ c. white corn syrup
½ tsp. baking soda

Mix ingredients except baking soda. Bring to boil. About 2 minutes. Stir. Cook 30 seconds longer. Take out and add soda. Stir briskly. Pour over popcorn in brown paper sack. Mix well. Put in microwave for 1½ minutes. Take out and shake bag. Return to microwave 1½ minutes more. Be careful when opening sack as it is very hot and steamy when opened. Pour out of bag to cool. Throw away bag (no mess to clean up)!

MOCK SOUR CREAM

Jeanette Pedersen

1 c. cottage cheese, low fat 1 T. lemon juice
2 T. skim milk

Combine all ingredients in container of an electric blender; cover and process until smooth and creamy. Transfer mixture to a serving container; cover and refrigerate until thoroughly chilled. May be used as a sour cream substitute to top baked potatoes, tostadas, etc.
NEVER FAIL CARAMEL CORN
(Microwave Recipe)

Sue Goebel

1 c. brown sugar
1/4 c. light or dark Karo syrup
1/2 tsp. salt

1/2 c. butter or margarine
1/2 tsp. soda
10 c. popped corn

Combine brown sugar, syrup, salt and butter in 2 quart microwave-safe pan. Bring to boil on high, boil for 2 minutes. Remove from microwave and stir in soda. Put popped corn in a brown paper sack, pour syrup over popped corn and shake. Cook in sack in microwave on high for 1 1/2 minutes. Remove, shake, and cook another 1 1/2 minutes. Pour onto cookie sheet and cool.

PIZZA SAUCE

Marlys Christensen

10 c. peeled tomatoes
2 c. chopped onions
1 1/2 cloves garlic
1 1/2 T. oil
1/2 c. chopped parsley

2 tsp. oregano
1 1/2 T. sugar
1 1/2 T. salt
1 bay leaf

I don’t peel the tomatoes, but run them through the Foley food mill after cooking or else cook all of it together for an hour and then put it through the food processor after it has cooled some. I thicken it with cornstarch, put into jars and process for 10 minutes. (It takes four batches to fill my canner for cooking.)

SODA CRACKER CRUST

Ferne Liebsch

1 c. crushed saltines

1/4 c. melted butter or margarine

Mix in pie tin and line. Harden in refrigerator or freezer. Great for onion pie or other vegetable custards.

SPICED PECANS

Phyllis Kuehn

1 egg white, slightly beaten
1 tsp. water
2 1/2 c. pecans

3/4 c. sugar
1 T. pumpkin pie spice
3/4 tsp. salt

Combine egg white and water. Add nuts. Toss to coat. Combine sugar, pumpkin pie spice and salt. Add to nuts; toss till all are well coated. Place in single layer on greased baking sheet. Bake at 300° for 20 to 25 minutes. Cool nuts on waxed paper. Break up large clusters.
TERIYAKI

Wanda Weese

\[ \frac{1}{2} \text{ c. water} \]
\[ \frac{1}{2} \text{ c. soy sauce} \]
\[ 1\frac{1}{2} \text{ T. brown sugar} \]
\[ 1\frac{1}{2} \text{ tsp. ginger} \]

(Dad usually doubles this recipe for marinating.)

THOUSAND ISLAND DRESSING

Ferne Liebsch

\[ 1 \text{ qt. Miracle Whip} \]
\[ 1 \text{ bottle Heinz Chili Sauce} \]
\[ \frac{1}{2} \text{ c. sweet pickle relish, drained} \]
\[ 1 \text{ (3-oz.) bottle stuffed olives, chopped} \]

Mix all ingredients in blender. Makes 1½ quarts and is delicious with shrimp or fish sticks as well as lettuce.

TOMATO OR SPAGHETTI SAUCE

Marlys Christensen

\[ 8 \text{ c. tomatoes, cut up (20 large)} \]
\[ 2 \text{ lg. onions, cut up} \]
\[ 4 \text{ lg. carrots, cut up} \]
\[ \frac{1}{2} \text{ c. chopped or dried parsley} \]
\[ 3 \text{ T. sugar} \]

\[ 2 \text{ T. salt} \]
\[ \frac{3}{4} \text{ tsp. pepper} \]
\[ 3 \text{ cloves garlic} \]
\[ 2 \text{ lg. green peppers, cut up} \]

Put all in large kettle. Start slow. Boil slowly until it thickens - about 2 hours. Cool awhile. Put 2 cups at a time in blender on purée. Blend 1 minute. You can pour it into freezer containers or pour into jars and process in hot water bath for 45 minutes.

When you flee temptation, be sure you don’t leave a forwarding address.

Unknown
ZUCCHINI PICKLES

Phyllis Kuehn

1st Day

lg. zucchini (10 - 14" in length) 2 c. hydrated lime
2 gal. water

Peel zucchini and cut out center of each. Cut into lengths 2 or 3 inches long. Soak 1 gallon of zucchini spears in a solution of 2 gallons water with 2 cups hydrated lime for 24 hours.

2nd Day

9 c. sugar 1 tsp. mustard seed
1 1/2 qt. white vinegar 3 tsp. pickling salt
1 T. pickling spice 1 tsp. whole cloves

Drain zucchini. Wash 5 or 6 times in cold water. Then let stand 3 hours in ice water (keep in ice all the time). Drain. Mix together sugar and white vinegar and pour over zucchini. Tie spices in cheesecloth and add to liquid.

3rd Day:

Use porcelain or stainless steel pan. Bring to boil for 30 minutes. Do not overcook. Put in jars and seal.

Recipe Favorites
Recipe Favorites
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## SOUPS & SALADS

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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.

5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

7. To keep cauliflower white while cooking, add a little milk to the water.

8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.

10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

14. Use greased muffin tins as molds when baking stuffed green peppers.

15. A few drops of lemon juice in the water will whiten boiled potatoes.

16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

17. Do not use metal bowls when mixing salads. Use wood, glass or china.

18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

19. Do not use soda to keep vegetables green. It destroys Vitamin C.

20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.
Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, 1/4 teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

**Basil**  
Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

**Bay Leaves**  
Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

**Caraway**  
Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

**Chives**  
Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

**Cilantro**  
Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

**Curry Powder**  
Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

**Dill**  
Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

**Fennel**  
Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

**Ginger**  
A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.
**Herbs & Spices**

**Marjoram**  May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

**Mint**  Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.

**Oregano**  Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

**Paprika**  A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

**Parsley**  Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

**Rosemary**  Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

**Saffron**  Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.

**Sage**  Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

**Tarragon**  Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

**Thyme**  Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.
Baking Breads

Hints for Baking Breads
1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents
1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour
biscuits to 1 cup flour use 1 1/4 tsp. baking powder
cake with oil to 1 cup flour use 1 tsp. baking powder
muffins to 1 cup flour use 1 1/2 tsp. baking powder
popovers to 1 cup flour use 1 1/4 tsp. baking powder
waffles to 1 cup flour use 1 1/4 tsp. baking powder

Proportions of Liquid to Flour
drop batter to 1 cup liquid use 2 to 2 1/2 cups flour
pour batter to 1 cup liquid use 1 cup flour
soft dough to 1 cup liquid use 3 to 3 1/2 cups flour
stiff dough to 1 cup liquid use 4 cups flour

Time and Temperature Chart

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<td>12 - 15</td>
<td>400° - 450°</td>
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<tr>
<td>cornbread</td>
<td>25 - 30</td>
<td>400° - 425°</td>
</tr>
<tr>
<td>gingerbread</td>
<td>40 - 50</td>
<td>350° - 370°</td>
</tr>
<tr>
<td>loaf</td>
<td>50 - 60</td>
<td>350° - 400°</td>
</tr>
<tr>
<td>nut bread</td>
<td>50 - 75</td>
<td>350°</td>
</tr>
<tr>
<td>popovers</td>
<td>30 - 40</td>
<td>425° - 450°</td>
</tr>
<tr>
<td>rolls</td>
<td>20 - 30</td>
<td>400° - 450°</td>
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Perfect Cookies
Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies
1. Pie crust will be better and easier to make if all the ingredients are cool.

2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.

3. Folding the top crust over the lower crust before crimping will keep juices in the pie.

4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes
1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.

2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.

4. Do not frost cakes until thoroughly cool.

5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

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<tr>
<td>butter cake, loaf</td>
<td>40-60 min.</td>
<td>360° - 400°</td>
</tr>
<tr>
<td>cake, angel</td>
<td>50-60 min.</td>
<td>300° - 360°</td>
</tr>
<tr>
<td>cake, fruit</td>
<td>3-4 hrs.</td>
<td>275° - 325°</td>
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<tr>
<td>cake, sponge</td>
<td>40-60 min.</td>
<td>300° - 350°</td>
</tr>
<tr>
<td>cookies, molasses</td>
<td>18-20 min.</td>
<td>350° - 375°</td>
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<td>cookies, thin</td>
<td>10-12 min.</td>
<td>380° - 390°</td>
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<td>cream puffs</td>
<td>45-60 min.</td>
<td>300° - 350°</td>
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<td>meringue</td>
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<td>250° - 300°</td>
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<td>pie crust</td>
<td>20-40 min.</td>
<td>400° - 500°</td>
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<td>boiled</td>
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<td>steamed</td>
<td>45-60 min.</td>
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<tr>
<td>asparagus tips</td>
<td>boiled</td>
<td>10-15 min.</td>
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<tr>
<td>beans, lima</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.60 min.</td>
</tr>
<tr>
<td>beans, string</td>
<td>boiled</td>
<td>15-35 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.60 min.</td>
</tr>
<tr>
<td>beets, old</td>
<td>boiled or steamed</td>
<td>1-2 hours</td>
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<tr>
<td>beets, young with skin</td>
<td>boiled</td>
<td>.30 min.</td>
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<tr>
<td></td>
<td>steamed</td>
<td>.60 min.</td>
</tr>
<tr>
<td>broccoli, flowerets</td>
<td>boiled</td>
<td>.5-10 min.</td>
</tr>
<tr>
<td>broccoli, stems</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>brussels sprouts</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>cabbage, chopped</td>
<td>boiled</td>
<td>10-20 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.25 min.</td>
</tr>
<tr>
<td>carrots, cut across</td>
<td>boiled</td>
<td>.8-10 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.40 min.</td>
</tr>
<tr>
<td>cauliflower, flowerets</td>
<td>boiled</td>
<td>.8-10 min.</td>
</tr>
<tr>
<td>cauliflower, stem down</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>corn, green, tender</td>
<td>boiled</td>
<td>.5-10 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.15 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>.20 min.</td>
</tr>
<tr>
<td>corn on the cob</td>
<td>boiled</td>
<td>.8-10 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.15 min.</td>
</tr>
<tr>
<td>eggplant, whole</td>
<td>boiled</td>
<td>.30 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.40 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>.45 min.</td>
</tr>
<tr>
<td>parsnips</td>
<td>boiled</td>
<td>25-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.60 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>60-75 min.</td>
</tr>
<tr>
<td>peas, green</td>
<td>boiled or steamed</td>
<td>.5-15 min.</td>
</tr>
<tr>
<td>potatoes</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.60 min.</td>
</tr>
<tr>
<td>pumpkin or squash</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>.45 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>.60 min.</td>
</tr>
<tr>
<td>tomatoes</td>
<td>boiled</td>
<td>.5-15 min.</td>
</tr>
<tr>
<td>turnips</td>
<td>boiled</td>
<td>25-40 min.</td>
</tr>
</tbody>
</table>

## Drying Time Table

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Sugar or Honey</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>apricots</td>
<td>.1/4 c. for each cup of fruit</td>
<td>about 40 min.</td>
</tr>
<tr>
<td>figs</td>
<td>.1 T. for each cup of fruit</td>
<td>about 30 min.</td>
</tr>
<tr>
<td>peaches</td>
<td>.1/4 c. for each cup of fruit</td>
<td>about 45 min.</td>
</tr>
<tr>
<td>prunes</td>
<td>.2 T. for each cup of fruit</td>
<td>about 45 min.</td>
</tr>
</tbody>
</table>
Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.
Napkin Folding

General Tips:
Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield
Easy fold. Elegant with monogram in corner.

Instructions:
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette
Elegant on plate.

Instructions:
1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.
Napkin Folding

Candle
Easy to do; can be decorated.

Instructions:
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan
Pretty in napkin ring or on plate.

Instructions:
1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.

Lily
Effective and pretty on table.

Instructions:
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.
**Measurements & Substitutions**

**Measurements**
- a pinch .................................................. ¼ teaspoon or less
- 3 teaspoons ........................................... 1 tablespoon
- 4 tablespoons ........................................... ¼ cup
- 8 tablespoons ........................................... ½ cup
- 12 tablespoons ......................................... ¾ cup
- 16 tablespoons ........................................... 1 cup
- 2 cups ........................................................ 1 pint
- 4 cups ........................................................ 1 quart
- 4 quarts ..................................................... 1 gallon
- 8 quarts ..................................................... 1 peck
- 4 pecks ...................................................... 1 bushel
- 16 ounces .................................................. 1 pound
- 32 ounces ................................................... 1 quart
- 1 ounce liquid ............................................. 2 tablespoons
- 8 ounces liquid .......................................... 1 cup

*Use standard measuring spoons and cups. All measurements are level.*

**Substitutions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Substitute</th>
</tr>
</thead>
<tbody>
<tr>
<td>baking powder</td>
<td>1 teaspoon</td>
<td>¼ tsp. baking soda plus ½ tsp. cream of tartar</td>
</tr>
<tr>
<td>catsup or chili sauce</td>
<td>1 cup</td>
<td>1 c. tomato sauce plus ½ c. sugar and 2 T. vinegar (for use in cooking)</td>
</tr>
<tr>
<td>chocolate</td>
<td>1 square (1 oz.)</td>
<td>3 or 4 T. cocoa plus 1 T. butter</td>
</tr>
<tr>
<td>cornstarch</td>
<td>1 tablespoon</td>
<td>2 T. flour or 2 tsp. quick-cooking tapioca</td>
</tr>
<tr>
<td>cracker crumbs</td>
<td>¾ cup</td>
<td>1 c. bread crumbs</td>
</tr>
<tr>
<td>dates</td>
<td>1 lb.</td>
<td>1½ c. dates, pitted and cut</td>
</tr>
<tr>
<td>dry mustard</td>
<td>1 teaspoon</td>
<td>1 T. prepared mustard</td>
</tr>
<tr>
<td>flour, self-rising</td>
<td>1 cup</td>
<td>1 c. all-purpose flour, ½ tsp. salt, and 1 tsp. baking powder</td>
</tr>
<tr>
<td>herbs, fresh</td>
<td>1 tablespoon</td>
<td>1 tsp. dried herbs</td>
</tr>
<tr>
<td>milk, sour</td>
<td>1 cup</td>
<td>1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)</td>
</tr>
<tr>
<td>whole</td>
<td>1 cup</td>
<td>½ c. evaporated milk plus ½ c. water</td>
</tr>
<tr>
<td>min. marshmallows</td>
<td>10</td>
<td>1 lg. marshmallow</td>
</tr>
<tr>
<td>onion, fresh</td>
<td>1 small</td>
<td>1 T. instant minced onion, rehydrated</td>
</tr>
<tr>
<td>sugar, brown</td>
<td>½ cup</td>
<td>2 T. molasses in ½ c. granulated sugar</td>
</tr>
<tr>
<td>powdered</td>
<td>1 cup</td>
<td>1 c. granulated sugar plus 1 tsp. cornstarch</td>
</tr>
<tr>
<td>tomato juice</td>
<td>1 cup</td>
<td>½ c. tomato sauce plus ½ c. water</td>
</tr>
</tbody>
</table>

*When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.*
<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple</td>
<td>.1 medium</td>
<td>.1 cup</td>
</tr>
<tr>
<td>banana, mashed</td>
<td>.1 medium</td>
<td>.1/3 cup</td>
</tr>
<tr>
<td>bread</td>
<td>1 1/2 slices</td>
<td>.1 cup soft crumbs</td>
</tr>
<tr>
<td>bread</td>
<td>1 slice</td>
<td>1/4 cup fine, dry crumbs</td>
</tr>
<tr>
<td>butter</td>
<td>1 stick or 1/4 pound</td>
<td>.1/2 cup</td>
</tr>
<tr>
<td>cheese, American, cubed</td>
<td>1 pound</td>
<td>.2 2/3 cups</td>
</tr>
<tr>
<td>American, grated</td>
<td>1 pound</td>
<td>.5 cups</td>
</tr>
<tr>
<td>cream cheese</td>
<td>3-ounce package</td>
<td>.1/6 2/3 tablespoons</td>
</tr>
<tr>
<td>chocolate, bitter</td>
<td>1 square</td>
<td>.1 ounce</td>
</tr>
<tr>
<td>cocoa</td>
<td>1 pound</td>
<td>.4 cups</td>
</tr>
<tr>
<td>coconut</td>
<td>1 1/2 pound package</td>
<td>.2 2/3 cups</td>
</tr>
<tr>
<td>coffee, ground</td>
<td>1 pound</td>
<td>.5 cups</td>
</tr>
<tr>
<td>cornmeal</td>
<td>1 pound</td>
<td>.3 cups</td>
</tr>
<tr>
<td>cornstarch</td>
<td>1 pound</td>
<td>.3 cups</td>
</tr>
<tr>
<td>crackers, graham</td>
<td>14 squares</td>
<td>.1 cup fine crumbs</td>
</tr>
<tr>
<td>saltine</td>
<td>28 crackers</td>
<td>.1 cup fine crumbs</td>
</tr>
<tr>
<td>egg</td>
<td>4-5 whole</td>
<td>.1 cup</td>
</tr>
<tr>
<td>whites</td>
<td>8-10</td>
<td>.1 cup</td>
</tr>
<tr>
<td>yolks</td>
<td>10-12</td>
<td>.1 cup</td>
</tr>
<tr>
<td>evaporated milk</td>
<td>1 cup</td>
<td>.3 cups whipped</td>
</tr>
<tr>
<td>flour, cake, sifted</td>
<td>1 pound</td>
<td>.4 1/2 cups</td>
</tr>
<tr>
<td>rye</td>
<td>1 pound</td>
<td>.5 cups</td>
</tr>
<tr>
<td>white, sifted</td>
<td>1 pound</td>
<td>.4 cups</td>
</tr>
<tr>
<td>white, unsifted</td>
<td>1 pound</td>
<td>.3 3/4 cups</td>
</tr>
<tr>
<td>gelatin, flavored</td>
<td>3 1/4 ounces</td>
<td>.1/2 cup</td>
</tr>
<tr>
<td>unflavored</td>
<td>1/4 ounce</td>
<td>.1 tablespoon</td>
</tr>
<tr>
<td>lemon</td>
<td>1 medium</td>
<td>.3 tablespoon juice</td>
</tr>
<tr>
<td>marshmallows</td>
<td>16</td>
<td>.1/4 pound</td>
</tr>
<tr>
<td>noodles, cooked</td>
<td>8-ounce package</td>
<td>.7 cups</td>
</tr>
<tr>
<td>uncooked</td>
<td>4 ounces (1 1/2 cups)</td>
<td>.2-3 cups cooked</td>
</tr>
<tr>
<td>macaroni, cooked</td>
<td>8-ounce package</td>
<td>.6 cups</td>
</tr>
<tr>
<td>macaroni, uncooked</td>
<td>4 ounces (1 1/4 cups)</td>
<td>.2 1/4 cups cooked</td>
</tr>
<tr>
<td>spaghetti, uncooked</td>
<td>7 ounces</td>
<td>.4 cups cooked</td>
</tr>
<tr>
<td>nuts, chopped</td>
<td>1/4 pound</td>
<td>.1 cup</td>
</tr>
<tr>
<td>almonds</td>
<td>1 pound</td>
<td>.3 1/2 cups</td>
</tr>
<tr>
<td>walnuts, broken</td>
<td>1 pound</td>
<td>.3 cups</td>
</tr>
<tr>
<td>walnuts, unshelled</td>
<td>1 pound</td>
<td>.1 1/2 to 1 3/4 cups</td>
</tr>
<tr>
<td>onion</td>
<td>1 medium</td>
<td>.1/2 cup</td>
</tr>
<tr>
<td>orange</td>
<td>3-4 medium</td>
<td>.1 cup juice</td>
</tr>
<tr>
<td>raisins</td>
<td>1 pound</td>
<td>.3 1/2 cups</td>
</tr>
<tr>
<td>rice, brown</td>
<td>1 cup</td>
<td>.4 cups cooked</td>
</tr>
<tr>
<td>converted</td>
<td>1 cup</td>
<td>.3 1/2 cups cooked</td>
</tr>
<tr>
<td>regular</td>
<td>1 cup</td>
<td>.3 cups cooked</td>
</tr>
<tr>
<td>wild</td>
<td>1 cup</td>
<td>.4 cups cooked</td>
</tr>
<tr>
<td>sugar, brown</td>
<td>1 pound</td>
<td>.2 1/2 cups</td>
</tr>
<tr>
<td>powdered</td>
<td>1 pound</td>
<td>.3 1/2 cups</td>
</tr>
<tr>
<td>white</td>
<td>1 pound</td>
<td>.2 cups</td>
</tr>
<tr>
<td>vanilla wafers</td>
<td>22</td>
<td>.1 cup fine crumbs</td>
</tr>
<tr>
<td>zwieback, crumbled</td>
<td>4</td>
<td>.1 cups</td>
</tr>
</tbody>
</table>
# Food Quantities

## For Large Servings

### Beverages:

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>1/2 pound</td>
<td>1 pound</td>
<td>2 pounds</td>
</tr>
<tr>
<td></td>
<td>and 1 1/2</td>
<td>and 3</td>
<td>and 6</td>
</tr>
<tr>
<td>Gallons water</td>
<td>gallons</td>
<td>gallons</td>
<td>gallons</td>
</tr>
<tr>
<td>Lemonade</td>
<td>10-15 lemons</td>
<td>20-30 lemons</td>
<td>40-60 lemons</td>
</tr>
<tr>
<td></td>
<td>1 1/2</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Gallons water</td>
<td>gallons</td>
<td>gallons</td>
<td>gallons</td>
</tr>
<tr>
<td>Tea</td>
<td>1/2 pound</td>
<td>1/2 pound</td>
<td>1/2 pound</td>
</tr>
<tr>
<td></td>
<td>and 3</td>
<td>and 3</td>
<td>and 3</td>
</tr>
<tr>
<td>Gallons water</td>
<td>gallons</td>
<td>gallons</td>
<td>gallons</td>
</tr>
</tbody>
</table>

### Deserts:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Layered cake</td>
<td>1 12&quot; cake</td>
<td>3 10&quot; cake</td>
<td>6 10&quot; cake</td>
</tr>
<tr>
<td>Sheet cake</td>
<td>1 10&quot; x 12&quot;</td>
<td>1 12&quot; x 20&quot;</td>
<td>2 12&quot; x 20&quot;</td>
</tr>
<tr>
<td>Watermelon</td>
<td>37 1/2</td>
<td>75</td>
<td>150</td>
</tr>
<tr>
<td>Whipping cream</td>
<td>3/4 pint</td>
<td>1 1/2 to 2  pints</td>
<td>3-4 pints</td>
</tr>
</tbody>
</table>

### Ice cream:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brick</td>
<td>3 1/4</td>
<td>6 1/2</td>
<td>13</td>
</tr>
<tr>
<td>Bulk</td>
<td>2 1/4</td>
<td>4 1/2</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>and 1 1/4</td>
<td>and 2 1/2</td>
<td></td>
</tr>
<tr>
<td>Gallons</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Meat, Poultry or Fish:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>13</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>Fish, fillets or steak</td>
<td>7 1/2</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Hamburger</td>
<td>9</td>
<td>18</td>
<td>35</td>
</tr>
<tr>
<td>Turkey or chicken</td>
<td>13</td>
<td>25 to 35</td>
<td>50 to 75</td>
</tr>
<tr>
<td>Wieners (beef)</td>
<td>6 1/2</td>
<td>13</td>
<td>25</td>
</tr>
</tbody>
</table>

### Salads, Casseroles:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked beans</td>
<td>3/4 gallon</td>
<td>1 1/4</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Jello salad</td>
<td>3/4 gallon</td>
<td>1 1/4</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Potato salad</td>
<td>4 1/4</td>
<td>2 1/4</td>
<td>4 1/2</td>
</tr>
<tr>
<td>Scalloped potatoes</td>
<td>4 1/2</td>
<td>9</td>
<td>18</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1 1/4</td>
<td>2 1/2</td>
<td>5</td>
</tr>
</tbody>
</table>

### Sandwiches:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>50 slices</td>
<td>100 slices</td>
<td>200 slices</td>
</tr>
<tr>
<td></td>
<td>3 1-pound</td>
<td>6 1-pound</td>
<td>12 1-pound</td>
</tr>
<tr>
<td></td>
<td>loaves</td>
<td>loaves</td>
<td>loaves</td>
</tr>
<tr>
<td>Butter</td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1 1/2</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Mixed Filling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat, eggs, fish</td>
<td>1 1/2</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Jam, Jelly</td>
<td>1 quart</td>
<td>2 quarts</td>
<td>4 quarts</td>
</tr>
</tbody>
</table>
Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.

3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!

6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.

12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.

13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.

15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.

16. Heat left-over custard and use it as frosting for a cake.

17. Melt marshmallow creme. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.

19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.

20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
### Beverages
- apple juice, 6 oz. ................................................. 90
- coffee (black) ...................................................... 0
- cola type, 12 oz. .................................................. 115
- cranberry juice, 6 oz. ......................................... 115
- ginger ale, 12 oz. .................................................. 115
- grape juice, (prepared from frozen concentrate), 6 oz. .......... 142
- lemonade, (prepared from frozen concentrate), 6 oz. .......... 85
- milk, protein fortified, 1 c. ..................................... 105
- skim, 1 c. ............................................................. 90
- whole, 1 c. .......................................................... 160
- orange juice, 6 oz. .................................................. 85
- pineapple juice, unsweetened, 6 oz. .............................. 95
- root beer, 12 oz. .................................................... 150
- tonic (quinine water) 12 oz. ................................... 132

### Crackers
- graham, 1 cracker .................................................. 15-30
- rye crisp, 1 cracker ............................................... 35
- saltine, 1 cracker .................................................... 17-20
- wheat thins, 1 cracker ............................................. 9

### Dairy Products
- butter or margarine, 1 T. ......................................... 100
- cheese, American, 1 oz. ......................................... 100
- camembert, 1 oz. ................................................... 85
- cheddar, 1 oz. ......................................................... 115
- cottage cheese, 1 oz. .............................................. 30
- mozzarella, 1 oz. ................................................... 90
- parmesan, 1 oz. ....................................................... 130
- ricotta, 1 oz. ........................................................ 50
- roquefort, 1 oz. ....................................................... 105
- Swiss, 1 oz. .......................................................... 105
- cream, light, 1 T. .................................................... 30
- heavy, 1 T. .......................................................... 55
- sour, 1 T. ............................................................. 45
- hot chocolate, with milk, 1 c. ................................. 277
- milk chocolate, 1 oz. .............................................. 145-155
- yogurt made w/ whole milk, 1 c. ......................... 150-165
- made w/ skimmed milk, 1 c. ................................... 125

### Breads
- cornbread, 1 sm. square ........................................ 130
- dumplings, 1 med. ................................................ 70
- French toast, 1 slice .............................................. 135
- melba toast, 1 slice .............................................. 25
- muffins, blueberry, 1 muffin .................................. 110
- bran, 1 muffin ...................................................... 106
- corn, 1 muffin ...................................................... 125
- English, 1 muffin ................................................... 280
- pancakes, 1 (4-in.) ............................................... 60
- pumpernickel, 1 slice ............................................. 75
- rye, 1 slice .......................................................... 60
- waffle, 1 ............................................................... 216
- white, 1 slice ........................................................ 60-70
- whole wheat, 1 slice ............................................. 55-65

### Cereals
- cornflakes, 1 c. ..................................................... 105
- cream of wheat, 1 c. .............................................. 120
- oatmeal, 1 c. ........................................................ 148
- rice flakes, 1 c. ...................................................... 105
- shredded wheat, 1 biscuit ..................................... 100
- sugar krisps, 3/4 c. ................................................ 110

### Eggs
- fried, 1 lg. ............................................................ 100
- poached or boiled, 1 lg. ......................................... 75-80
- scrambled or in omelet, 1 lg. ............................... 110-130

### Fish and Seafood
- bass, 4 oz. ......................................................... 105
- salmon, broiled or baked, 3 oz. .......................... 155
- sardines, canned in oil, 3 oz. ............................ 170
- trout, fried, 3 1/2 oz. ............................................. 220
- tuna, in oil, 3 oz. ................................................ 170
- in water, 3 oz. ..................................................... 110
## Calorie Counter

### Fruits

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple, 1 med.</td>
<td>80-100</td>
</tr>
<tr>
<td>applesauce, sweetened, 1/2 c.</td>
<td>90-115</td>
</tr>
<tr>
<td>unsweetened, 1/2 c.</td>
<td>50</td>
</tr>
<tr>
<td>banana, 1 med.</td>
<td>85</td>
</tr>
<tr>
<td>blueberries, 1/2 c.</td>
<td>45</td>
</tr>
<tr>
<td>cantaloupe, 1/2 c.</td>
<td>24</td>
</tr>
<tr>
<td>cherries (pitted), raw, 1/2 c.</td>
<td>40</td>
</tr>
<tr>
<td>grapefruit, 1/2 med.</td>
<td>55</td>
</tr>
<tr>
<td>grapes, 1/2 c.</td>
<td>35-55</td>
</tr>
<tr>
<td>honeydew, 1/2 c.</td>
<td>55</td>
</tr>
<tr>
<td>mango, 1 med.</td>
<td>90</td>
</tr>
<tr>
<td>orange, 1 med.</td>
<td>65-75</td>
</tr>
<tr>
<td>peach, 1 med.</td>
<td>35</td>
</tr>
<tr>
<td>pear, 1 med.</td>
<td>60-100</td>
</tr>
<tr>
<td>pineapple, fresh, 1/2 c.</td>
<td>40</td>
</tr>
<tr>
<td>canned in syrup, 1/2 c.</td>
<td>95</td>
</tr>
<tr>
<td>plum, 1 med.</td>
<td>30</td>
</tr>
<tr>
<td>strawberries, fresh, 1/2 c.</td>
<td>30</td>
</tr>
<tr>
<td>frozen and sweetened, 1/2 c.</td>
<td>120-140</td>
</tr>
<tr>
<td>tangerine, 1 lg.</td>
<td>39</td>
</tr>
<tr>
<td>watermelon, 1/2 c.</td>
<td>42</td>
</tr>
</tbody>
</table>

### Meat and Poultry

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>beef, ground (lean), 3 oz.</td>
<td>185</td>
</tr>
<tr>
<td>roast, 3 oz.</td>
<td>185</td>
</tr>
<tr>
<td>chicken, broiled, 3 oz.</td>
<td>115</td>
</tr>
<tr>
<td>lamb chop (lean), 3 oz.</td>
<td>175-200</td>
</tr>
<tr>
<td>steak, sirloin, 3 oz.</td>
<td>175</td>
</tr>
<tr>
<td>tenderloin, 3 oz.</td>
<td>174</td>
</tr>
<tr>
<td>top round, 3 oz.</td>
<td>162</td>
</tr>
<tr>
<td>turkey, dark meat, 3 oz.</td>
<td>175</td>
</tr>
<tr>
<td>white meat, 3 oz.</td>
<td>150</td>
</tr>
<tr>
<td>veal, cutlet, 3 oz.</td>
<td>156</td>
</tr>
<tr>
<td>roast, 3 oz.</td>
<td>76</td>
</tr>
</tbody>
</table>

### Nuts

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>almonds, 2 T.</td>
<td>105</td>
</tr>
<tr>
<td>cashews, 2 T.</td>
<td>100</td>
</tr>
<tr>
<td>peanuts, 2 T.</td>
<td>105</td>
</tr>
<tr>
<td>peanut butter, 1 T.</td>
<td>95</td>
</tr>
<tr>
<td>pecans, 2 T.</td>
<td>95</td>
</tr>
<tr>
<td>pistachios, 2 T.</td>
<td>92</td>
</tr>
<tr>
<td>walnuts, 2 T.</td>
<td>80</td>
</tr>
</tbody>
</table>

### Pasta

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>macaroni or spaghetti, cooked, 3/4 c.</td>
<td>115</td>
</tr>
</tbody>
</table>

### Salad Dressings

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>blue cheese, 1 T.</td>
<td>70</td>
</tr>
<tr>
<td>French, 1 T.</td>
<td>65</td>
</tr>
<tr>
<td>Italian, 1 T.</td>
<td>80</td>
</tr>
<tr>
<td>mayonnaise, 1 T.</td>
<td>100</td>
</tr>
<tr>
<td>olive oil, 1 T.</td>
<td>124</td>
</tr>
<tr>
<td>Russian, 1 T.</td>
<td>70</td>
</tr>
<tr>
<td>salad oil, 1 T.</td>
<td>120</td>
</tr>
</tbody>
</table>

### Soups

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>bean, 1 c.</td>
<td>130-180</td>
</tr>
<tr>
<td>beef noodle, 1 c.</td>
<td>70</td>
</tr>
<tr>
<td>bouillon and consomme, 1 c.</td>
<td>30</td>
</tr>
<tr>
<td>chicken noodle, 1 c.</td>
<td>65</td>
</tr>
<tr>
<td>chicken with rice, 1 c.</td>
<td>50</td>
</tr>
<tr>
<td>minestrone, 1 c.</td>
<td>80-150</td>
</tr>
<tr>
<td>split pea, 1 c.</td>
<td>145-170</td>
</tr>
<tr>
<td>tomato with milk, 1 c.</td>
<td>145-170</td>
</tr>
<tr>
<td>vegetable, 1 c.</td>
<td>80-100</td>
</tr>
</tbody>
</table>

### Vegetables

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>asparagus, 1 c.</td>
<td>35</td>
</tr>
<tr>
<td>broccoli, cooked, 1/2 c.</td>
<td>25</td>
</tr>
<tr>
<td>cabbage, cooked, 1/2 c.</td>
<td>15-20</td>
</tr>
<tr>
<td>carrots, cooked, 1/2 c.</td>
<td>25-30</td>
</tr>
<tr>
<td>cauliflower, 1/2 c.</td>
<td>10-15</td>
</tr>
<tr>
<td>corn (kernels), 1/2 c.</td>
<td>70</td>
</tr>
<tr>
<td>green beans, 1 c.</td>
<td>30</td>
</tr>
<tr>
<td>lettuce, shredded, 1/2 c.</td>
<td>5</td>
</tr>
<tr>
<td>mushrooms, canned, 1/2 c.</td>
<td>20</td>
</tr>
<tr>
<td>onions, cooked, 1/2 c.</td>
<td>30</td>
</tr>
<tr>
<td>peas, cooked, 1/2 c.</td>
<td>60</td>
</tr>
<tr>
<td>potato, baked, 1 med.</td>
<td>90</td>
</tr>
<tr>
<td>chips, 8-10</td>
<td>100</td>
</tr>
<tr>
<td>mashed, w/milk &amp; butter, 1 c.</td>
<td>200-300</td>
</tr>
<tr>
<td>spinach, 1 c.</td>
<td>40</td>
</tr>
<tr>
<td>tomato, raw, 1 med.</td>
<td>25</td>
</tr>
<tr>
<td>cooked, 1/2 c.</td>
<td>30</td>
</tr>
</tbody>
</table>
Cooking Terms

**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d’oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid in order to tenderize or to add flavor.

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook gently in hot liquid kept just below the boiling point.

**Purée:** To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to stop the cooking process quickly.

**Sauté:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.
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