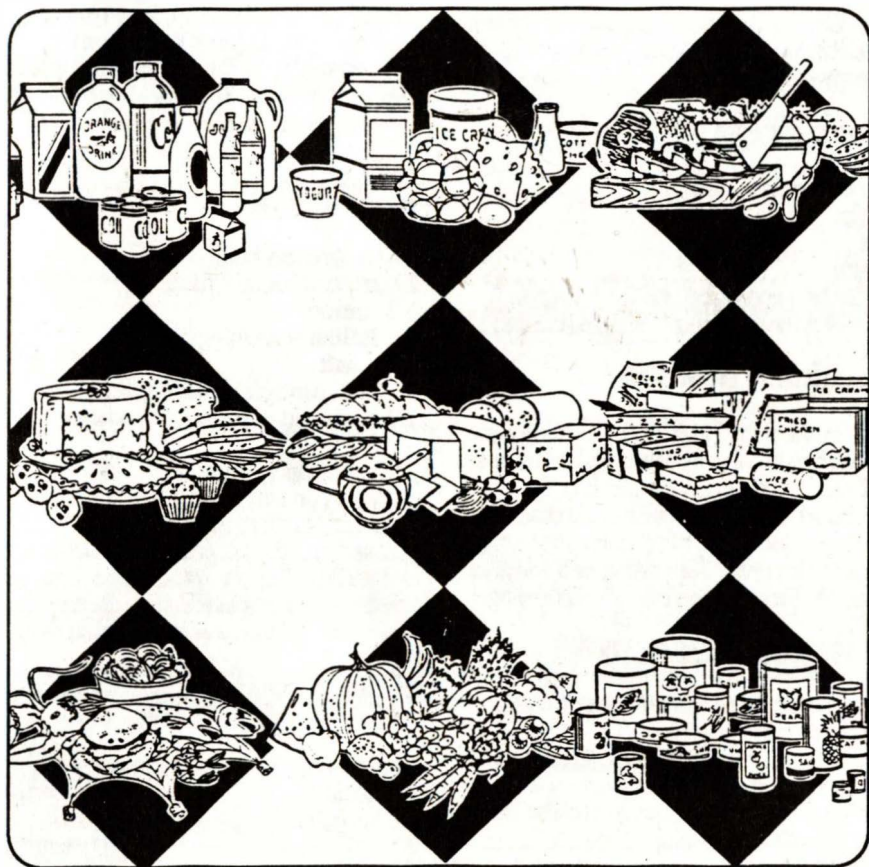


# East River's *Country Cookin'*

VOLUME XI



FROM OUR  
*Consumer's Cupboards*

**BEADLE ELECTRIC  
COOPERATIVE, INC.**  
Huron, SD 57350

**FROZEN DESSERT**

- 1 pt. orange sherbert
- 1 pt. lemon sherbert
- 1 pt. lime sherbert (or your choice of flavors)
- 1 12 oz. Cool Whip
- 2 doz. coconut macaroons, or vanilla wafers

Crush cookies and pat in the bottom of a 9x13" pan. (Reserve some crumbs for topping.)

In a bowl place the three sherberts and add Cool Whip. Mix gently (it will give you a marble affect.) Spread mixture on the crumbs in the pan and sprinkle the remaining crumbs on top. Freeze until ready to serve.

**PINEAPPLE BREAD PUDDING**

- 1/4 c. butter or margarine
- 1 c. sugar
- 2 eggs
- 2 T. milk
- 1 can (20 oz.) undrained crushed pineapple
- 4 slices white bread (remove crust and cut into 1" cubes)
- Whipped cream or Dream Whip

Melt butter in a 1 1/2 qt. microwave safe casserole; beat in sugar by hand. Push mixture to side of dish. Add eggs and milk; beat by hand. Blend the two mixtures together; add pineapple and mix. Fold in bread cubes. Microwave on high for about 15 minutes. Turn dish after 5 and after 10 minutes. Serve warm or cold with topping.

**SANDWICH BREAD SALAD**

- 1 loaf sandwich bread (cut off crusts & dice)
- 4 hard boiled eggs (cut-up)
- 1 bunch of green onions (stems & all cut-up)
- 1 c. finely chopped celery
- 1/3 c. margarine - melted (drizzle over the bread and refrigerate over night)
- 2 c. miracle whip
- 3 T. lemon juice
- 1/4 c. sugar
- 2 pkgs. imitation crab
- 1 can of small shrimp
- Salt and pepper

Mix all ingredients with the bread mixture and serve.

**BON HOMME-YANKTON  
ELECTRIC ASSOCIATION**  
Tabor, SD 57063

**APPLESAUCE NUT BREAD**  
**PAULINE FINCK**

- 1 c. sugar
- 1/3 c. cooking oil
- 3 T. milk
- 1 t. baking soda
- 1/2 t. each salt, cinnamon, & nutmeg
- 3/4 c. chopped pecans
- 1 c. applesauce
- 2 eggs
- 2 c. sifted flour

Combine sugar, applesauce, oil, eggs and milk. Sift together dry ingredients. Add to first mixture. Mix well. Stir in pecans. Pour in Bundt pan or large pan. Combine 1/4 c. brown sugar, 1/2 t. cinnamon and 1/4 c. chopped pecans. Sprinkle over batter before baking. Bake at 350° for one hour.

**PIZZA CUPS**  
**MARY JERKE**

- 3/4 lb. ground beef
- 1 6 oz. can tomato paste
- 1 T. onion
- 1 t. Italian seasoning
- 1/2 t. salt
- 1 10 oz. can refrigerator biscuits
- 1/2 c. shredded mozzarella cheese

Brown and drain beef. Stir in tomato paste, onion and seasonings. Cook over low heat stirring frequently. Place biscuits in greased muffin tin, pressing to cover bottom and sides. Spoon 1/4 c. meat into biscuit lined cups, and sprinkle with cheese. Bake at 400° for 12 minutes or until golden brown.

**REFRIGERATOR WHOLE WHEAT ROLLS**  
**GLENNA J. ANDERSEN**

- 2 cakes fresh or 2 pkg. granular yeast
- 1 t. sugar
- 2 c. milk, scalded
- 2 1/2 t. salt
- 2 beaten eggs
- 3 c. white flour
- 1/4 c. lukewarm water
- 1/2 c. sugar
- 3 T. shortening
- 4 c. whole wheat flour

Soften yeast and 1 t. sugar in water. Combine milk, 1/2 c. sugar, salt and shortening. Cool, add yeast and eggs, then add flour. Cover and put in refrigerator overnight. Take out in the morning, make into rolls, let raise. Bake at 400° for 15 to 20 minutes. (4 doz.)

**CHARLES MIX ELECTRIC  
ASSOCIATION, INC.**  
Lake Andes, SD 57356

**MINI CHEESECAKES**  
SALLY FLOREY

Vanilla wafers  
2 8 oz. pkgs. cream cheese  
1/2 c. sugar  
1 t. vanilla  
2 eggs

Line muffin tins with liners. Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar till well blended. Add eggs and mix well. Pour over wafers, filling cups 3/4 full. Bake 25 minutes at 350°. Top as desired with cherry pie filling, blueberry, etc.

**PIZZA ROLL**  
LOIS SLABA

1 loaf French bread  
1 lb. hamburger, browned  
1 jar Cheez Whiz  
1 8 oz. can tomato sauce  
mozzarella cheese  
herbs or seasoning as desired

Slice bread lengthwise, spread Cheez Whiz on bread. Spread tomato sauce on top of cheese. Sprinkle with browned hamburger. Top with herbs and mozzarella cheese. Wrap in foil and bake 20 minutes at 425°.

**24 HOUR MACARONI FRUIT SALAD**  
LOIS SLABA

1 large can crushed pineapple (drain & save juice)  
1/2 c. sugar  
2 eggs, well beaten  
1 T. flour  
dash salt  
1 can mandarin oranges  
1/2 pkg. ring macaroni (cooked, drained & rinsed according to pkg. directions)  
1 c. miniature marshmallows  
1 c. whipped cream

Combine pineapple juice with sugar, eggs, flour & salt. Cook in top of double boiler until thick, and cool. Mix fruit, marshmallows, and macaroni. Add whipped cream to thickened juice mixture, pour over fruit. Mix well and let stand for 24 hours.

**CLAY-UNION ELECTRIC  
CORPORATION**  
Vermillion, South Dakota 57069

**CHERRY MALLOW BARS**  
NANCY NELSON

*Crust:*  
1/2 c. brown sugar      1 1/2 c. flour  
1 stick oleo

*Filling:*  
2 envelopes unflavored gelatin  
1/2 c. cold water      2 c. sugar  
1/2 c. cherry juice      1/2 c. sliced cherries  
1/2 c. coconut      chopped nuts

Crumble 3 crust ingredients together like pie crust. Press into greased 9x13 pan and bake at 325° for 15 minutes. Let cool.

Dissolve gelatin in cold water and set aside. Boil sugar and cherry juice in medium pan until sugar is dissolved. Take off stove and add cold water gelatin mix.

Beat well with electric mixer until thick (about 10 minutes). Add 1/2 c. sliced cherries and stir. Pour over baked cooled crust. Sprinkle with coconut and nuts. Cool and cut. Makes 24 bars. Freeze well.

**FLORIDA-KEY LIME PIE**  
MRS. LOUIE FOSTVEDT

Mix well - 4 egg yolks.  
Add one 14 oz. can sweetened condensed milk.  
Add 4 oz. Key-West Lime Juice.  
Stir well until mixture is creamy.

Pour mixture into graham cracker or pastry crust. Bake 10 minutes at 350°.

Top with meringue made from whites of 4 eggs. Brown at 400°.

**OREO COOKIE SALAD**  
JOAN BLATCHFORD

*Beat till about thick . . .*

1 small box vanilla instant pudding  
2 c. milk

*Fold in . . .*

16 oz. Cool Whip

*Add . . .*

2 c. miniature marshmallows  
36 Oreo cookies (broken into 1/4's)

*Stir . . .*

Then refrigerate.

**CODINGTON-CLARK  
ELECTRIC COOPERATIVE, INC.  
Watertown, SD 57201**

**VEGETABLE CHEESE SOUP  
TAMMY POPHAM**

3 c. chopped potatoes      1 c. water  
1/2 c. celery slices      1/2 c. carrot slices  
1/4 c. chopped onion      dash of pepper  
1 chicken bouillon cube      1/2 t. salt  
1 1/2 c. milk      2 T. flour  
1/2 lb. Velveeta cheese (cubed)

In large saucepan combine potatoes, water, celery, carrots, onion, bouillon cube and seasonings. Mix well. Cook 15-20 minutes or until tender. Gradually add milk to flour mixture until well blended. Add milk mixture to vegetables. Cook until thickened. Add cheese. Stir until melted.

**BEST PEANUT BUTTER COOKIES  
KATHY YOUNG**

1 can sweetened condensed milk  
1 c. peanut butter (chunky or creamy)  
1 egg      1 t. vanilla  
2 c. Bisquick

Mix and chill 1 hour. Roll into balls. Sugar. Smash with fork. Bake at 350° for 6-8 minutes. Middle rack works best.

**HOT PUNCH  
CINDY MESSERSCHMIDT**

1 qt. apple juice      1 qt. cranberry juice  
1 qt. orange juice      1/2 c. sugar  
cloves, cinnamon and allspice to taste  
Heat in 20 cup coffee pot.

**WHITE HOUSE SOUR CREAM COFFEE CAKE  
NORMA EACHEN**

1 c. soft margarine      2 c. sugar  
2 eggs      2 c. flour  
1/4 t. salt      1 t. baking powder  
1 t. vanilla      1 c. sour cream  
Toppings:      3 T. brown sugar  
1 T. cinnamon      2/3 c. chopped nuts

Cream margarine and sugar; add eggs and beat well. Add flour, salt, baking powder and vanilla. Fold in sour cream. Mix well. Spread 1/2 of dough in greased 9x13 pan. Sprinkle with 1/2 of topping. Spread other half of dough and rest of topping. Bake 40-45 minutes at 350°. Dough is thick like cookie dough; sour cream will thicken (cont).

**DOUGLAS ELECTRIC  
COOPERATIVE, INC.  
Armour, SD 57313**

**VERY LEMON BARS  
BETTY METZGER**

1 pkg. lemon cake mix  
1 can lemon pie filling  
4 eggs

Combine dry cake mix and eggs in mixer bowl and beat. Add pie filling and mix until well blended. Pour into a 10x15 pan and bake at 350° for 30 minutes. When cool, frost with:

1 1/2 c. powdered sugar  
1 1/2 T. butter, melted  
1 1/2 T. boiling water  
1 T. lemon juice

Beat these ingredients until smooth and spread on bars. (If you like lemon pie you will like these bars.)

**FRUIT CAKE (very good)  
RUBY DEVRIES**

1 c. shortening  
1 c. sugar  
2 eggs  
1 c. hot apple sauce  
2 1/4 c. flour  
1 1/2 t. cinnamon  
1 t. cloves  
1/2 t. salt  
2 t. soda  
1 c. nuts (walnuts or pecans)  
1 pkg. dates  
1 jar each red & green maraschino cherries (drained)

Beat together shortening, sugar and eggs. Add hot apple sauce. Add dry ingredients, put nuts, cherries and dates into flour mixture to coat. Mix thoroughly. Line pan bottom with wax paper. Bake at 300° for 45 minutes. Reduce heat to 275° and bake for 1 1/2 hours more (yields 2 or 3 small)

**FEM ELECTRIC  
ASSOCIATION, INC.**  
Ipswich, SD 57451

**PUMPKIN BUNDT CAKE**  
**SUE HOYLE**

4 eggs	2 c. sugar
1 c. salad oil	2 c. flour
2 t. cinnamon	2 t. soda
2 c. pumpkin	1/2 c. nuts
1/4 t. nutmeg	1/4 - 1/2 t. cloves
1/2 t. ginger	

Beat together and put in tube pan. Microwave 70% power for 16 minutes. Let stand at least 10 minutes. Sprinkle with powdered sugar or drizzle with powdered sugar glaze. (Turn pan in baking. May need more than 18 minutes.)

**CHOCOLATE CHIP SOUR CREAM COOKIES**  
**ELMER ZULK**

2 1/2 c. flour	1/2 t. salt
1/2 t. baking powder	1 t. soda
1/2 c. butter	2 eggs
1 t. vanilla	1 1/2 c. brown sugar
1 c. sour cream	
1 12 oz. pkg. chocolate chips	

Cream butter and brown sugar, add eggs and beat well. Add vanilla. Add dry ingredients together. Add sour cream and beat well. Fold in chips. Drop by teaspoonful on greased cookie sheet. Bake at 350° for about 12 minutes. Cool and frost. Freeze well.

**BARBEQUE BEEF FOR BUNS**  
**LESIA RAPPE**

4 lb. pot roast	1 can tomato soup
1 bottle catsup	1 c. water
2 T. lemon juice	
2 T. Worcestershire sauce	
2 T. brown sugar	1/2 t. dry mustard
1/2 c. chopped celery	4 bay leaves
1 med. onion, chopped	salt and pepper

Cook meat long and slow until tender. Cool; remove fat and bone and shred meat. Skim fat from drippings and return to pan. Combine remaining ingredients and simmer 1/2 hour. Add to shredded beef and simmer 1 hour. Freezes nicely. Makes at least 20 sandwiches.

**HD ELECTRIC  
COOPERATIVE, INC.**  
Clear Lake, SD 57226

**CHEESY POTATO SOUP**  
**ROBIN KIRBY**

5 medium potatoes peeled and diced  
3 stalks celery, diced  
1 small onion diced fine  
1/2 stick butter or margarine  
1/2 large jar of Cheez Whiz  
4 or 5 c. milk

Combine milk and cheese in crock pot on low. Saute in butter: potato, celery and onion. Add sauted vegetables to milk. Add salt and pepper to taste. Cook until potatoes reach desired texture. Slightly cool before serving.

**HIDDEN VALLEY RANCH SPINACH DIP**  
**PATSY POPE**

1 pkg. Hidden Valley Ranch Milk Recipe Original Ranch Salad Dressing Mix  
2 c. (1 pint) sour cream  
1 10 oz. pkg. frozen chopped spinach, cooked and drained  
1/4 c. minced onion  
3/4 t. Basil  
1/2 t. Oregano

Combine ingredients until well blended. Chill for an hour. Serve with Triscuits or any kind of cracker.

**BITE SIZE BURRITOS**  
**PATSY POPE**

1 small can chopped black olives  
1 small can green Jalapeno peppers  
1 pkg. taco seasoning  
2 c. sour cream  
1 8 oz. pkg. cream cheese  
1 - 2 large pkgs. shredded cheddar cheese  
1 pkg. soft shell tacos  
1 jar taco sauce (for dipping only)

Combine cream cheese and sour cream. Add remaining ingredients except taco sauce. Spread mixture on soft shell tacos. Roll up and refrigerate for one hour. Using an electric knife, slice each shell into 1" to 1 1/2" sections (6-8 pieces per shell). When serving, dip pieces into taco sauce.

**INTERCOUNTY ELECTRIC  
ASSOCIATION, INC.**

**Mitchell, SD 57301**

**PINWHEELS**

**NANCY NOESS**

**Mix:**

1 3 oz. pkg. cream cheese

1/2 t. prepared mustard

1/2 t. parsley flakes

1 8 ct. pkg. refrigerator crescent dinner rolls

4 slices boiled ham (thin)

Separate crescent roll dough into 4 rectangles pressing perforations to seal. Spread with cream cheese mixture. Top with ham slice. Roll from narrow side as for jelly roll. Cut each roll into 8 slices. Place on baking sheet and bake 12 minutes at 375°.

**SOUR CREAM COFFEE CAKE**

**ROSEMARY LOCKEN**

1 stick oleo

2 c. flour

1 t. vanilla

1 t. baking powder

1 c. sour cream

1 c. sugar

2 eggs (beaten)

1 t. soda

1/2 t. salt

**Topping:**

3/4 c. brown sugar 1 T. margarine

3/4 c. brown sugar

Cream oleo, sugar, eggs and vanilla. Sift dry ingredients together and add alternately with cream to first mixture. Spread in greased 9x13 pan. Sprinkle with topping. Bake 35 or 40 minutes at 350°.

**NACHO CHEESE DIP**

**LONDA METZGER**

1 can Hormel chili, no beans

1 lb. Mexican Velveeta

1/2 lb. regular Velveeta

Soften in microwave and mix together. Use with your favorite chips.

**KINGSBURY ELECTRIC  
COOPERATIVE, INC.**

**DeSmet, SD 57231**

**SAUSAGE & ASPARAGUS SUPPER**

**KAREN PASTIAN**

1 lb. Polish, Italian, or pork sausage

1 lb. fresh asparagus

4 medium potatoes

1 medium onion, sliced

1 16 oz. can stewed tomatoes

1/2 c. seasoned croutons

Remove casings from sausage; cut into bite sized pieces. Saute until browned; drain fat. Clean and cut asparagus into pieces. Pare and slice potatoes 1/4 inch thick. Add asparagus, potatoes, onion and tomatoes to sausage. Cover and simmer until vegetables are tender, about 20 to 30 minutes. Do not stir during cooking time. Sprinkle croutons over vegetables; cover and heat 5 minutes more. Serves about 4.

**ROUND RAISIN BREAD**

**KAREN PASTIAN**

2 c. raisins

2 c. water

2 t. soda

2 eggs

1 c. nuts

1 1/2 c. sugar

dash of salt

1 1/2 t. vanilla

3 c. flour

Combine raisins, water and soda; bring to a boil. When mixture begins to foam, remove from heat and cool. Beat together eggs, sugar, salt and vanilla. Add raisin mixture alternately with flour. Fold in nuts. Pour into 5 well greased and floured 303 cans. Bake in moderate oven on 350° until done, about 1 hour.

**NO FAIL CHOCOLATE FROSTING**

**KAREN PASTIAN**

1 c. sugar

1/4 c. milk

Boil for 1 minute and remove from heat.

Add: 3/4 c. chocolate chips

vanilla

Stir until chips are melted and frosting is of spreading consistency. Will frost jelly roll size pan of bars.

1/2 c. butter

**LAKE REGION ELECTRIC  
ASSOCIATION, INC.**  
Webster, SD 57274

**KRINGLE**  
BARBARA TOMPKINS

1 c. sugar  
1/2 c. shortening (not oleo)  
2 egg yolks                    1/4 t. salt  
1 t. soda                      1 c. butter milk  
3 c. flour                      1 t. baking powder  
1 t. vanilla

Mix sugar, shortening, egg yolks and salt. Mix soda in small amount of buttermilk, add and beat with mixer until fluffy. Add rest of buttermilk. Add 1 c. flour and baking powder sifted together. Add the vanilla and 2 c. flour. Put in refrigerator for several hours. Roll out on floured board and make into a figure eight. Bake at 400° for 10 minutes or until lightly browned on bottom. Makes about 3 dozen.

**TATER TOT HOT DISH**

1 lb. ground beef  
1 onion, chopped  
1 can mixed vegetables  
1 can cream of chicken soup  
1 can milk  
1 pkg. Tater Tots

Brown beef and onion. Place in baking dish. Add remaining ingredients and top with frozen Tater Tots. Bake at 350° for one hour.

**ORANGE FLUFF SALAD**

1 3 oz. pkg. orange Jello  
1 3/4 oz. pkg. instant vanilla pudding  
2 c. cold water  
1 8 oz. container whipped topping  
1 11 oz. can mandarin oranges

Boil Jello, pudding and water for 5 minutes. Cool and add whipped topping and mandarin oranges (drained and cut up). Cool in refrigerator. Makes 6 to 8 servings.

**LINCOLN-UNION.  
ELECTRIC COMPANY**  
Alcester, SD 57001

**CORN CHOWDER**  
RUTH COWAN

4 c. peeled, diced potatoes  
1 lb. bacon or 2 c. diced ham  
1/4 c. margarine or bacon drippings  
1/2 c. chopped onion  
1 c. diced celery  
1/4 - 1/3 c. flour  
2 qts. milk  
2 16 oz. cans creamed corn  
1 c. frozen corn and/or peas (optional)

In a large pot, place potatoes in water to cover. Boil 5-8 minutes until tender. If using bacon, cut into bite size pieces and cook in frying pan. Drain and set aside. Return 1/4 c. drippings to pan (or use margarine) and saute celery and onions. Sprinkle flour over sauted vegetables and stir to coat them. Add 2 c. of the milk and stir making a white sauce. Pour into large pot with the potatoes and water. Add bacon or ham and remaining ingredients. Heat thoroughly over a medium setting. Season with salt and pepper to taste.

**ZUCCHINI PATTIES**  
LYLA WIEBESIEK

3 coarsely grated zucchini  
2 chopped green onions  
1 egg  
1/2 t. salt  
1/4 t. pepper  
1 slice bread, crumbled

Mix together all ingredients. Drop a spoonful onto a hot, oiled skillet and brown on both sides. Add 1 T. flour if needed to hold shape. Melt a slice of cheese on top if desired.

**TOFFEE**  
EVELYN BUSE

1 c. white sugar                    1/2 lb. butter  
3 T. water

Cook 10 minutes until brown, stirring all the time. Take from stove and add 1 t. vanilla. Spread with pieces of Hershey bars and cover with chopped nuts.

**LYON-LINCOLN ELECTRIC  
COOPERATIVE, INC.  
Tyler, MN 56178**

**FRESH APPLE SALAD  
ANDREA SERRYN**

8 c. chopped, tart red apples, unpeeled  
1 20 oz. can pineapple chunks, drained (re-  
serve the juice)  
2 c. seedless green grapes  
1 to 2 t. poppy seeds 1 1/2 c. toasted pecans

*Dressing:*

reserved pineapple juice  
1/4 c. butter 1/4 c. sugar  
1 T. lemon juice 2 T. corn starch  
2 T. water  
1 c. mayonnaise OR 1/2 c. reduced calorie  
mayonnaise and 1/2 c. plain yogurt

Make dressing first by combining the reserved pineapple juice, butter, sugar, and lemon juice in a small saucepan. Heat to boiling. Combine the corn starch and water to make a smooth paste; add to the hot mixture; cook until thick and smooth. CHILL COMPLETELY before stirring in mayonnaise or yogurt/mayonnaise mixture. Combine apples, pineapple chunks, grapes and poppy seeds in large glass bowl. Add chilled dressing; refrigerate until time to serve. Stir in pecans right before serving for maximum crunchiness. 16 servings. (Diabetic exchanges: One serving equals 1 1/2 fruits, 3 fats; also, 206 calories, 86 mg sodium, 12 mg cholesterol, 22 mg carbohydrates, 2 gm protein, 14 gm fat.)

**AMPLIFIED RICE KRISPIE BARS  
MARLYS CHRISTENSEN**

*Melt in microwave:* 1/4 c. margarine  
4 c. miniature marshmallows  
*Add:* 4 c. Rice Krispies. Pat in buttered  
9x13 pan.  
*Melt:* 14 oz. sweetened condensed milk  
14 oz. caramels 1/4 c. margarine  
Pour over Rice Krispies. Refrigerate 45  
minutes.  
*Melt:* 1/4 c. margarine  
4 c. miniature marshmallows  
*Add:* 4 c. Rice Krispies. Pat on caramel  
mixture.  
*Option:* Frosting  
*Melt in microwave:* 1 c. chocolate chips  
1 c. butterscotch chips

**McCOOK ELECTRIC  
COOPERATIVE, INC.  
Salem, SD 57058**

**TURKEY TETRAZZINI  
TERESA ROTERT**

1 12 oz. pkg. Reames home -style noodles  
1 can cream of mushroom soup  
1/2 c. milk  
1/2 c. water  
2 c. shredded cheddar cheese  
1 1/2 c. turkey (cooked and cubed)  
1 1/2 c. frozen peas and carrots (thawed)  
1/4 c. seasoned bread crumbs  
2 T. Parmesan cheese  
2 T. snipped parsley

Cook noodles, uncovered in boiling water for 20 minutes, stirring occasionally; drain. Combine soup, cheddar cheese, milk and water in a 3 quart saucepan; cook and stir until cheese melts and sauce is hot. Stir in noodles, turkey, peas and carrots. Spoon mixture into greased 11 3/4 x 7 1/2 inch baking dish. Combine bread crumbs, parmesan cheese and parsley. Sprinkle over top. Bake, uncovered, at 375° for 30 minutes. Makes 6 servings. *Can substitute chicken for turkey.*

**CREAM PUFF DESSERT  
CAROL PETERSON**

1 c. water  
1 stick butter  
1 c. flour  
4 eggs  
Bring water and butter to a boil. Remove from heat. Stir in the flour. Beat in the 4 eggs, one at a time. Put in greased jelly roll pan. Bake for 25 to 30 minutes at 400°.

1 8 oz. pkg. cream cheese, softened  
1 3 oz. pkg. chocolate instant pudding  
1 3 oz. pkg. vanilla instant pudding  
3 c. milk  
Mix together puddings and milk. Add cream cheese. Beat well. Pour over cooled cream puff crust. Frost with Cool Whip. Top with grated chocolate and nuts.  
You can substitute 2 pkgs. French vanilla pudding instead of the 1 chocolate and 1 vanilla. Frost with Cool Whip. Melt 1/4 cup oleo, 1/4 cup chocolate chips. Add 1 1/2 to 2 teaspoons milk and 1/2 cup powdered sugar. Drizzle over Cool Whip.



**NORTHERN ELECTRIC  
COOPERATIVE, INC.**  
Bath, SD 57427

**SUNSHINE CAKE**  
CONNIE ANDERSON

Bake 1 pkg. yellow cake mix as directed, then cool.

Mix in a medium size bowl:

- 1 pkg. instant vanilla or coconut pudding
- 1 8 oz. pkg. cream cheese (softened)
- 1 1/2 c. milk

Add to pudding mixture:

- 1 16 oz. can crushed pineapple (drained)
- 1 8 oz. container Cool Whip

Spread the above mixture over the cake. Cover and refrigerate.

**PUMPKIN CAKE DESSERT**  
SHARON ENGELHART

1st step

- 1 yellow cake mix (reserve 1 cup)
  - 1/2 c. margarine
  - 1 egg
- Mix together and press into a 9x13 pan.

2nd step

- 1 large can pumpkin pie mix (1 lb. 14 oz.)
  - 2 eggs
  - 2/3 c. milk
- Mix and pour over above mixture.

3rd step

- reserved cup of cake mix
- 1/4 c. sugar
- 1 t. cinnamon
- 1/4 c. margarine

Hand mix and sprinkle on top of dessert. Bake at 350° for 45-55 minutes. Cut into squares and top with whipped cream.

**BROWNIES**  
GLADYS ELSÉN

- 1 c. sugar
- 4 eggs
- 1 16 oz. can Hershey's Syrup
- nuts to liking
- 1/2 c. butter
- 1 c. flour

Mix and pour into a 10x15 pan. Bake at 350° for 30 minutes.

Frosting:

- 1 1/2 c. sugar
- 1/3 c. milk
- 1/3 c. butter

Boil together 30 seconds. Take from burner and add 1/2 c. chocolate chips. Stir till dissolved and frost brownies.

**OAHE ELECTRIC  
COOPERATIVE, INC.**  
Blunt, SD 57522

**BAKED CAVATELLI**  
PAM MOORE

- 2 1/2 c. Wagon Wheel or Corkscrew macaroni
- 12 oz. fresh Italian bulk sausage
- 3/4 c. chopped green onion
- 2 cloves garlic, minced
- 1 15 oz. can tomato sauce
- 1 14 oz. jar spaghetti sauce
- 1 c. shredded mozzarella cheese
- 1 t. Italian seasoning, crushed
- 1/4 t. pepper

Prepare pasta according to package directions, cook sausage till no pink remains, drain off fat leaving 1 T. Cook green onion and garlic in reserved fat until tender. In a 2 quart casserole combine cooked pasta, sausage, onion mixture, tomato sauce, spaghetti sauce, half of the mozzarella, Italian seasoning and pepper. Bake covered in a 375° oven for 25 minutes. Uncover, sprinkle remaining cheese and bake 5 to 10 minutes more. Serves 6.

**BUTTERY CINNAMON SKILLET APPLES**  
DORIS PING

- 1/3 c. butter
- 1/2 to 3/4 c. sugar
- 2 T. cornstarch
- 1 1/2 c. water
- 1/4 to 1/2 t. cinnamon
- 4 medium cooking apples, cored, unpeeled, cut in half

In a silverstone or teflon skillet, melt butter over medium heat. Stir in sugar and cornstarch, mix well. Add remaining ingredients. Cover, cook over medium heat spooning sauce over apples occasionally until apples are tender. Serve sauce over apples.

**REE ELECTRIC  
COOPERATIVE, INC.**  
Miller, SD 57362

**BEEF STIR FRY**  
PAT NABER

1 lb. round steak thinly sliced across grain  
1 c. carrots, sliced  
1 c. sliced mushrooms  
2 c. sliced broccoli  
1 medium onion  
1 small green pepper, sliced  
1 can water chestnuts, sliced

*Marinade Sauce:*

1 1/2 T. soy sauce  
1 T. brown sugar  
1/2 t. powdered garlic  
1/2 t. ginger

Marinate meat in sauce for at least one hour. Cut vegetables before starting to cook anything. Heat three tablespoons of oil in wok on high, brown meat. Push beef to one side and cook vegetables until tender crisp. Stir together with meat and heat through. Serve on a bed of rice. Will serve four. *You may use chicken or pork instead of beef.*

**CALIFORNIA CHEESE SOUP**  
KAY KLAGES

1 qt. water  
2 chicken bouillon cubes  
1 c. diced celery  
1/2 c. diced onion  
2 1/2 c. diced, peeled potatoes  
1 c. diced carrots  
1 16 oz. bag frozen California Blend vegetables  
2 cans cream of chicken soup  
1 lb. cheese, cut into cubes

Bring water to a boil in a large kettle. Add next 6 ingredients. Reduce heat and simmer, covered, until all vegetables are tender, about 30 minutes. Stir in soup and cheese, cook until soup is heated through and cheese is melted. 10 - 12 servings (3 qts.)

*(I used Velveeta cheese and cut the recipe in half for just the two of us.)*

**RENVILLE-SIBLEY  
COOPERATIVE POWER**  
Danube, MN 56230

**SOUR CREAM RAISIN BARS**  
FRANCES HAMMRE

1 1/2 c. raisins  
1 c. brown sugar  
1 3/4 c. flour  
1 c. margarine  
1 3/4 c. oatmeal  
1 t. soda

*Filling:*

2 c. sugar  
6 T. cornstarch  
2 c. cultured sour cream  
2 t. vanilla  
1/2 t. salt  
6 egg yolks, beaten

Boil raisins for 5 minutes in a little water; drain and set aside. Mix together margarine and brown sugar. Add oatmeal, flour and soda. Press 1/2 of this mixture in a 9x13 pan and bake in a 350° oven for 10 minutes or until light brown. For filling, combine sugar, salt, cornstarch, beaten egg yolks and sour cream in a saucepan and bring just to a boiling point. Stir constantly to prevent scorching. Add raisins and vanilla. Pour over baked crust and sprinkle remaining 1/2 of oatmeal mixture over filling. Bake at 350° for 30 minutes. Cool before cutting.

**RHUBARB SALAD**  
MRS. RAY BOYUM

2 c. rhubarb, finely cut  
1/2 c. sugar  
1/2 c. water  
1 c. boiling water  
1 3 oz. pkg. strawberry Jello  
1/2 c. crushed pineapple, drained  
2 c. finely chopped apples  
1/4 c. nuts, chopped

Combine rhubarb, sugar and 1/2 c. water in saucepan and cook, covered until soft. Cool. Dissolve Jello in 1 c. boiling water. Chill and add to rhubarb. Add pineapple, apples and nuts. Chill and serve.

**SIoux VALLEY ELECTRIC  
POWER COOPERATIVE**  
Colman, SD 57017

**APPLE BUTTER**  
JUNE LEE

*In a 3 1/2 qt. crockpot put:*

Apples (cored) to fill. If skins are left on, remove cinnamon sticks and process through food processor when cooked. Delicious apples are great!

- 1/2 - 1 c. sugar
- 3 sticks cinnamon
- 1 t. ground cloves
- 1 t. anise

Cover and cook low 6-8 hours (high 3-4 hours) or until apples are cooked. Stir once in a while.

Can freeze with cinnamon sticks.

**APPLE COFFEE CAKE**  
JUNE LEE

- 1/2 c. butter
- 1 c. sugar
- 2 eggs
- 1 c. sour cream
- 1 t. vanilla
- 2 c. flour
- 1 t. baking soda
- 1 t. soda - salt

*Crumb together and set aside:*

- 2/3 c. brown sugar
- 2 T. flour
- 1 t. cinnamon

1 can pie filling (cherry, apple, blueberry)

Cream butter, sugar, eggs and vanilla. Add dry ingredients. Put 3/4 of batter in 9x13 pan. Add pie filling on top. Cover with remaining batter; then crumb topping. Bake 40-45 minutes at 350°.

**EASY CARAMEL BARS**  
SHARLA HAUGEN

*Mix Crust: (reserve 1 cup for top)*

- 1 stick butter
- 1 c. oatmeal
- 1 c. flour

Pat in 9x13 pan and bake 15 minutes at 350°.

Mix 1 - 10 oz. jar caramel topping with 6 T. flour. Spread on hot crust. Sprinkle with remaining crust mixture. Bake another 10 minutes.

**SPINK ELECTRIC  
COOPERATIVE, INC.**  
Redfield, SD 57469

**BEEF STROGANOFF**  
JOLENE JUNGWIRTH

- 2 lbs. beef (round, rump or sirloin) cut into 1 inch strips
- 1/4 c. flour
- 1/4 c. butter or other shortening
- 1 4 oz. can mushrooms
- 2 medium onions, chopped
- 2 bouillon cubes dissolved in 1 1/2 c. water
- 1 t. salt
- 2 t. pepper
- 1/2 t. marjoram
- 1 t. dry mustard
- 1/2 c. catsup
- 1/2 c. sour cream
- 1 clove garlic finely chopped (optional)

Shake meat with flour in bag to coat. Melt butter in pan. Add meat and brown well. Add all the other ingredients except sour cream. Cover pan. Reduce heat, and simmer about 1 1/2 hours. Stir occasionally. Add more water if necessary. Just before serving, add the sour cream and heat 2 or 3 minutes longer until well blended. Serve hot over buttered noodles or hot cooked rice. Serves six to eight.

**SOUR CREAM CAKE WITH SELF TOPPING**  
JOLENE JUNGWIRTH

- 1/2 c. butter
- 1 c. brown sugar
- 1 c. white sugar
- 2 c. flour
- 1 t. cinnamon

Blend and put 1 cup of the above mixture aside to sprinkle on top of cake when finished.

*Add to balance:*

- 1 c. sour cream
- 2 eggs, well beaten
- 1 t. soda

Mix well. Sprinkle broken nut meats in bottom of 9x13 buttered pan. Pour batter over this and sprinkle the 1 cup of dry mixture over this. Bake at 350° for 35 to 40 minutes. *Note: If you don't have sour cream, use milk instead and sour with about 2 T. white vinegar.*

**TRAVERSE ELECTRIC  
COOPERATIVE, INC.**  
Wheaton, MN 56296

**POP IN THE OVEN STEW**  
**MARILYN TIMM**

2 lbs. beef stew meat  
5 stalks celery, cut up  
5 carrots, cut up  
1 large onion, cut up  
1 28 oz. can tomatoes  
1/2 c. tapioca  
3 t. salt (approximately)  
1/4 t. pepper  
1/2 t. oregano or basil

Combine in large casserole or crockpot. Cover and bake in 275° oven for 5 hours or low heat in crockpot. No browning of meat necessary.

**OVEN MEATBALLS**  
**SUE SPRENGELER**

2 lbs. hamburger            3 T. chopped onion  
3/4 t. pepper                1 1/2 t. salt  
3/4 c. oatmeal                1 c. milk

**Sauce:**

1 c. catsup                    1/2 c. water  
2 T. brown sugar            2 T. vinegar  
1 T. Worcestershire sauce

Mix together the meat mixture and make into balls. Place in small roasting pan or casserole. Mix together the sauce ingredients and pour over meatballs. Cover and bake at 350° for one hour.

**TACO HOT DISH**  
**SUE SPRENGELER**

Grease cake pan and press one 8 ct. pkg. crescent rolls on the bottom. Mix together 1 lb. hamburger fried with onions, 1 pkg. taco seasoning and one 8 oz. can of tomato sauce. Put on top of rolls; add 1 pkg. crushed Doritos (save some for topping), 10 oz. sour cream, black olives and shredded cheddar cheese. Top with remaining Doritos; bake at 350° for 30 minutes.

**TRI-COUNTY ELECTRIC  
ASSOCIATION INC.**  
Plankinton, SD 57368

**BREAKFAST PIZZA**  
**KAYLEEN WEICH**

1/2 tube crescent rolls  
1 lb. pork sausage  
1 c. thawed hashbrowns  
6 scrambled eggs  
1 c. shredded cheddar cheese  
1 T. diced green pepper

Press rolls in bottom of 8x8 pan. Add browned meat, layer of cheese, hashbrowns and peppers. Pour eggs on top. Bake at 350° for 25-30 minutes. Sprinkle with more cheese. Bake another 5 minutes. Let sit awhile, then cut into 4 servings.

**MOM'S POTATO SALAD**  
**JOANNE EDDY**

5 lbs. cooked & diced red potatoes  
1 lg. onion chopped  
1 doz. hard boiled eggs  
salt & pepper to taste  
1 pint Miracle Whip  
2 T. prepared mustard  
1/3 c. sugar

Mix Miracle Whip, mustard and sugar together, refrigerate. Add onion, salt and pepper to potatoes while still warm. Add chopped eggs and stir in dressing. Let set overnight.

**BAKED PORK CHOPS**  
**DEB HOFF**

4 pork chops                1 T. catsup  
1 T. butter                 1 t. Worcestershire Sauce  
1 T. flour                    Water  
1 t. salt

Melt the butter. Add flour, salt, catsup, and Worcestershire sauce. Mix and spread on top of pork chops that are placed in a pan with about 1/8" to 1/4" water. Bake 1 1/2 to 2 hours at 325°. When water is gone, the chops should be done and brown. Double recipe for more pork chops or if you like more topping.

**TURNER-HUTCHINSON  
ELECTRIC COOPERATIVE, INC.  
Marion, SD 57043**

**BREAD STIX  
SHIRLEY REGEHR**

1 pkg. hot dog buns (quartered)  
1/2 c. mayonaise      1/2 c. parmesan cheese  
1/2 c. melted butter      1 T. Italian Seasoning  
1 t. garlic powder

Mix mayo, butter, cheese and seasonings together and spread on outside. Place on cookie sheet and bake 250 degrees for 2 hours.

**CONFETTI SALAD  
SHIRLEY REGEHR**

1 head cauliflower  
1 can green beans, drained  
1 can yellow beans, drained  
1 can pitted ripe olives (halved)  
1 jar green stuffed olives (halved)  
1 stalk celery (sliced)  
1 sliced green pepper  
1 sliced small onion  
1 small bunch carrots (thinly sliced)  
1 can mushrooms (drained)  
1 carton cherry tomatoes (halved)  
1 bottle creamy onion dressing  
1 bottle Italian dressing  
(instead of 2 bottles of dressing, Hidden Valley can be mixed and used)

Mix all ingredients together and chill.

**SPAGHETTI SAUCE  
SHIRLEY REGEHR**

1 15 oz. can tomato sauce (I use Hunt's)  
1 6 oz. can tomato paste  
1 small white onion (chopped)  
2 cloves garlic (or 3 T. minced garlic)  
2 T. olive oil      2 T. Wesson oil  
1 t. basil      2 bay leaves  
2 T. sugar      1 1/2 lb. ground beef or chuck  
salt and pepper to taste

Put olive and Wesson oil in large frying pan on medium heat, brown onion, add beef and brown. Put tomato sauce in large pot, add garlic, basil, bay leaves, salt and pepper. Add beef mixture to pot. Put tomato past in frying pan (the one you used for the beef and onion), add 3 cans water, using the empty tomato past can. Let this mixture come to a boil each time between cans of water. Add this to the beef mixture in the large pot and cook on low for 2 to 4 hours.

**UNION COUNTY ELECTRIC  
COOPERATIVE, INC.  
Elk Point, SD 57025**

**CHERRY NUT BARS  
PAULETTE VANDERHAM**

2 c. flour      2 c. quick-cooking oats  
1 1/2 c. sugar      1/2 c. chopped pecans  
1/2 t. soda      1 1/4 c. butter (melted)  
1 21 oz. can cherry pie filling  
1 c. miniature marshmallows

Preheat oven to 350°. Combine flour, oats, sugar, pecans, soda and butter. Mix at low speed until crumbly. Reserve 1 1/2 cups mixture for topping. Press remaining crumb mixture evenly into 9x13 pan. Bake near center of 350° oven for 12 to 15 minutes or until lightly browned at edges. Gently spoon pie filling evenly over partially baked crust. Sprinkle with marshmallows and then reserved crumb mixture. Return to oven for 25 to 35 minutes or until lightly browned. Cool and cut into bars.

**CHOCOLATE CHIP DELUXE COOKIES  
SHERRY FICKBOHM**

2 sticks oleo      1 c. salad oil  
1 c. brown sugar      1 c. white sugar  
3 1/2 c. flour      1 t. salt  
1 t. soda      1 t. cream of tartar  
1 egg      2 t. vanilla  
1 t. coconut flavoring      1/2 t. butter flavoring  
1 c. oatmeal      1 c. coconut  
1 c. Rice Krispies  
1 12 oz. pkg. chocolate chips

Mix in order, drop by tablespoonsful, press lightly with fork. Bake 10-12 minutes at 350°. Makes about 6 dozen.

**LIME ICE CREAM DESSERT  
LAVONNE KLEMME**

*Crust:*  
4 T. Sugar      2 c. Ritz crackers  
7 T. oleo

Combine and press into 9x13 pan. Reserve some to sprinkle on top of dessert.

*Filling:*

1 qt. vanilla ice cream      1 qt. lime sherbert  
Soften enough to mix together, put on crust.

*Topping:*

6 T. oleo      1 c. sugar  
3 beaten eggs      4 T. lemon juice

Cook till thick, cool and pour over ice cream mixture. Sprinkle a few crumbs on top. Freezes well.

**WHETSTONE VALLEY  
ELECTRIC COOPERATIVE, INC.**  
Milbank, SD 57252

**STRAWBERRY PIE**  
GAIL BARLUND

1 c. sugar  
1 sm. pkg. strawberry Jello  
3 T. cornstarch  
1 c. 7-Up  
1 1/2 pts. fresh strawberries

Mix sugar with cornstarch, add 7-Up and cook until thick. Stir in Jello, cool in ice water (until a little lukewarm). Arrange halved strawberries cut side up in baked shell. Pour glaze over top. Refrigerate. Serve with whipped topping or whipped cream.

**CHILI**  
MICHELLE WEBER

1 1/2 lbs. hamburger  
1/2 c. chopped onion  
1 T. chili powder  
3/4 c. Kraft Barbeque sauce  
1 t. salt  
1 28 oz. can tomatoes  
1 16 oz. can kidney beans

Brown meat and drain. Add onion and seasonings. Cook until onion is tender. Stir in remaining ingredients. Bring to a boil. Simmer 20 minutes stirring occasionally.

**CAULIFLOWER-BROCCOLI SALAD**  
ELAINE LUBBESMEYER

Fry up a package of bacon, cool, then crumble up. Add:

1 head cauliflower bunch of broccoli  
2 c. mozzarella cheese  
(Other vegetables can be used)

*Dressing:*

2 c. mayonnaise 1/4 c. sugar  
2 T. vinegar

**EAST RIVER ELECTRIC  
POWER COOPERATIVE**  
Madison, SD 57042

**BEER NUTS**  
LAURIE ROWLAND

2 - 12 oz. pkg. raw peanuts 1 1/2 c. sugar  
3/4 c. water 1 t. salt

Put peanuts, sugar and water in saucepan. Boil over medium heat until water is gone and peanuts look dry. Spread on cookie sheet. Sprinkle with salt. Bake for 30 minutes at 300 degrees.

**TOLL HOUSE KOOKIE BRITTLE**  
LAURIE ROWLAND

1 c. margarine 1 1/2 t. vanilla  
1 t. salt 1 c. sugar  
2 c. flour 1-6 oz. pkg. choc. chips  
1 c. medium chopped walnuts

In bowl, combine margarine, vanilla and salt. Blend well. Gradually beat in sugar. Blend in flour. Add chocolate chips and walnuts. Mix well. Press into ungreased 15x10x1 pan. Bake at 350° for 15-20 minutes, or until golden brown in color. Cool, then break into pieces. Makes about 2 pounds.

**CORN-CRISPED CHICKEN**  
LAURIE ROWLAND

1 fryer chicken, cut in serving pieces  
1 c. corn flake crumbs  
1 t. salt  
1/2 c. evaporated milk  
1/8 t. pepper

Combine crumbs and salt and pepper. Dip chicken pieces in milk; then roll in crumbs. Line shallow baking pan with foil. Place chicken skin-side up, in pan. Bake in 350° oven for 1 hour or until tender. Serves 4-5. (This recipe also works with the skin removed.)

## COMMON FOOD EQUIVALENTS

Food	Amount	Approximate Measure
Butter or other shortening	1 pound	2 cups
<b>Cheese</b>		
Cheddar or American	4 ounces	1 cup shredded
Cottage	1 pound	2 cups
Cream	3 ounce package	6 tablespoons
	8 ounce package	1 cup (16 tablespoons)
<b>Chocolate</b>		
Chips	6 ounce package	1 cup
Unsweetened	8 ounce package	8 squares (1 ounce each)
<b>Coconut</b>		
Shredded or Flaked	4 ounce can	about 1 1/3 cups
<b>Coffee, ground</b>	1 pound	80 tablespoons
<b>Cream</b>		
Whipping	1/2 pint	1 cup (2 cups whipped)
Sour	8 ounces	1 cup
<b>Flour</b>		
All-purpose	1 pound	about 3 1/2 cups
Cake	1 pound	about 4 cups
<b>Lemon</b>		
Juice	1 medium	2 to 3 tablespoons
peel, grated	1 medium	1 1/2 to 3 teaspoons
<b>Marshmallows</b>	1 large about 11 large or 110 miniature	10 miniature  1 cup
<b>Nuts</b>		
Almonds	1 pound in the shell 1 pound shelled	1 to 1 3/4 cups nutmeats 3 1/2 cups
Pecans	1 pound in the shell 1 pound shelled	2 1/4 cups nutmeats 4 cups
Peanuts	1 pound in the shell 1 pound shelled	2 1/4 cups nutmeats 3 cups
Walnuts	1 pound in the shell 1 pound shelled	1 2/3 cups nutmeats 4 cups
<b>Orange</b>		
Juice	1 medium	1/3 to 1/2 cup
Peel, grated	1 medium	1 to 2 tablespoons
<b>Sugar</b>		
Brown	1 pound	2 1/4 cups (firmly packed)
Confectioner's	1 pound	about 4 cups
Granulated	1 pound	2 cups

### EMERGENCY SUBSTITUTIONS

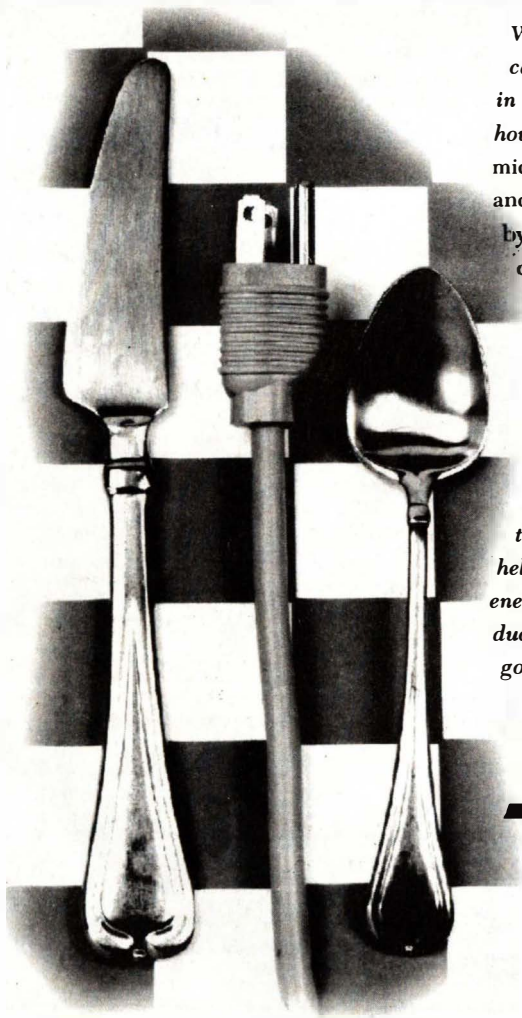
An emergency is the only excuse for using a substitute ingredient - recipe results will vary. Following are some stand-ins for staples.

FOR	USE
1 1/2 t. cornstarch	1 T. flour
1 whole egg	2 egg yolks plus 1 T. water (in cookies) or 2 egg yolks (in custards and similar mixtures)
1 cup fresh whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted nonfat dry milk plus 2 T. butter
1 ounce unsweetened chocolate	3 T. cocoa plus 1 T. fat
1 cup honey	1 1/4 c. sugar plus 1/4 c. liquid

### EQUIVALENT MEASURES

3 teaspoons = 1 tablespoon  
 16 tablespoons = 1 cup  
 2 cups = 1 pint  
 4 cups = 1 quart  
 2 pints = 1 quart  
 4 quarts (liquid) = 1 gallon  
 5 1/3 tablespoons = 1/3 cup

# THE ELECTRIC RECIPE FOR USING LESS ENERGY:



*Wise energy choices in the home can make for significant gains in energy efficiency. Here's how: **Cook a meatloaf** in a microwave instead of a gas oven, and you've improved efficiency by 90%. **Mow your lawn** with a cordless electric mower instead of a gas mower, and boost energy efficiency by 65%. **Heat your home** with a heat pump instead of a gas furnace, and efficiency rises 35%.*

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