The Kitchen is the heart of the home

East River's

Country Cookin'

Volume XV

From our Consumer's Cupboards
**Bon Homme-Yankton Electric**  
*Tabor, SD*

**Filled Raisin Cookies**  
*Violet Thum, Scotland*

- ½ c. shortening
- 1 c. sugar
- 2 eggs
- 2 T. thick cream
- ½ t. salt

Combine ingredients and press a tablespoonful onto cookie sheet. Place tsp. of filling into cookie. Bake 11-12 min. at 350°.

**Filling:**
- 2 c. raisins
- ½ to ¾ c. sugar
- 3 T. flour
- 1 t. nutmeg

Cover with water, cook until thick.

**German Chocolate Apple Cake**  
*Loretta Kortan, Tabor*

Beat 3 eggs, blend in 1 can apple pie filling. Blend this into 1 box German chocolate cake mix and bake as directed.

**Chocolate Chip Bars**  
*Marilyn Hejna, Utica*

- ½ c. margarine
- ½ c. brown sugar
- 1 c. flour

Mix until crumbly. Pat into 9x13 pan. Bake 350° for 10 minutes. Cover with 2 beaten eggs, 2 T. flour, 1 c. brown sugar, ½ t. baking powder, 1 t. vanilla, 1 ½ c. coconut, 1 c. nuts, 1 c. chocolate chips. Mix and spread over crust. Bake 20 min. – 325°.

**Carrot Pennies**  
*Dorothy Dvoracek*

- 4 ½ c. carrots
- green pepper, optional
- 1 can tomato soup
- onion, to suit your taste
- 1 c. sugar
- 1 T. prepared mustard
- 1 t. Worcestershire sauce


**Charles Mix Electric**  
*Lake Andes, SD*

**Fluffy Mint Dessert**  
*Sally Florey*

- 40 chocolate cream-filled cookies, (Oreo's) crushed
- ½ c. margarine, melted
- 2 cartons (12 oz. each) Cool Whip, thawed
- 2 c. miniature marshmallows
- 1 pkg (5 ½ oz.) small pastel mints

Reserve ¼ c. crushed cookies for garnish. Combine the remaining cookies with butter; press into an ungreased 13x9" pan. Fold together Cool Whip, marshmallows and mints; spread over crust. Garnish with reserved cookies. Refrigerate until firm.

**Cole Slaw Salad**  
*Lois Slaba*

- 1pkg. coleslaw mix
- ¼ c. chopped onion
- ¼ c. slivered almonds
- ¼ c. sunflower seeds
- ¼ c. oil
- 3 T. vinegar
- ¼ c. sugar
- 1 pkg chicken flavor Ramen noodles
- seasoning to taste

Mix all ingredients except noodles together. Just before serving, break noodles and mix in. Season to taste.

**Oven Omelet**  
*Sally Florey*

- 8 eggs, beaten
- ½ t. salt
- 2 c. cooked crumbled sausage
- 2 c. shredded Cheddar cheese
- 2 c. milk
- ¼ c. onion, chopped
- 1 c. crushed saltine crackers
- ¼ c. chopped green pepper

Combine all ingredients in a large bowl; pour into a greased shallow 3-quart or 13x9" baking dish. Bake uncovered at 350 for 45 minutes or until a knife inserted comes out clean. Let stand 5 minutes before serving. Can be prepared in advance and refrigerated overnight. Remove from fridge 30 minutes before baking.
Chicken Tortilla Bake
* Dixie M. Busch, Mission Hill *

Combine the first six ingredients and set aside. Layer half of the tortillas on the bottom of a greased 9x13 pan, cutting to fit pan, if desired. Top with half of the first mixture and half of the cheese. Repeat layers. Bake uncovered at 350°F about 30 minutes. 6-8 servings.

Cranberry Cake
* Gwen Duermier, Volin *

Cream: 2 T butter, 1 c. sugar, 1 t. vanilla. Sift together — alternating with milk: 2 c. sifted flour, 3 t. baking powder, ½ t. salt, 1 c. milk.
Fold in 1 c. raw whole cranberries. Pour into greased & floured 8x9 pan. Bake 400°F - 35 mins.

Cheesy Spaghetti Bake
* Shelly Bendert, Gayville *

½ lb. hamburger 1 ¾ c. spaghetti sauce
8 oz. spaghetti 2 c. mozzarella cheese

Brown ½ lb. hamburger. Add spaghetti sauce to hamburger. Cook on low 5 minutes. Add 8-oz. cooked spaghetti to hamburger mixture. Add 1 c. mozzarella cheese. Spoon these ingredients into 8” baking dish. Top with 1 c. mozzarella cheese. Bake at 375°F for 15-20 minutes. Let stand 5 minutes before serving.

Did you know? After chopping onions, rubbing your hands gently with salt will remove the smell of onions from your hands.

Spraying the inside of pans with non-stick cooking spray prevents water from boiling over when cooking.
**Dakota Energy Cooperative**

**Huron, SD**

**Veggie Cheese Chowder**

2 c. water  2 c. diced raw potatoes  
½ c. diced carrots  ½ c. diced celery  
¼ c. diced onion  1 t. salt  
¼ t. pepper  

Cook in large kettle for 10-12 minutes. Make white sauce & add to veggies, stir carefully. Heat thoroughly & serve.

**White Sauce:**  
Melt ¼ c. butter in pan. Add ¼ c. flour, stirring until smooth, cooking one minute. Slowly add 2 c. milk, stirring and cooking until thick. Add 1 c. diced lean ham and 2 c. cubed Velveeta cheese. Stir until cheese is melted, then add to veggies. Serves 6.

**Country Breakfast**

12 oz. spicy or mild pork sausage  
¾ c. onion (chopped fine)  
4 c. frozen hashbrowns (thawed)  
1 ½ c. shredded Co-Jack cheese  
3 eggs (beaten)  
½ t. pepper/salt  
1 c. milk  
Salsa dip  

Cook sausage & onions, drain. In a 9x13” baking dish, layer potatoes, ½ of cheese, sausage mix & remaining cheese. Combine eggs, milk, salt & pepper and pour over above. Bake 350° for 50-55 mins. Let set 10 mins. Then serve. Pass salsa to spread on top.

**Morning Coffee Cake**

1 c. sugar  1 c. oil  
4 eggs  2 c. flour  
1 t. baking powder  ½ t. salt  
1 can pie filling (any kind)  

Mix sugar & oil. Beat eggs well & add to sugar mixture. Stir in flour, baking powder & salt. Mix together & put ½ the mixture in greased 9x13” pan. (Mixture will be thick) Put whole can pie filling over first half of mixture in pan and put rest of mixture over pie filling. Sprinkle with sugar & cinnamon. Bake 350° - 35 mins. Drizzle with powdered sugar frosting.

**Douglas Electric**

**Armour, SD**

**Snack Mix Squares**

*Nicole Ziebart*

2 ½ c. halved pretzel sticks  2 c. corn chex  
1 ½ c. M&Ms  ½ c. butter or margarine  
1/3 c. creamy peanut butter  
5 c. miniature marshmallows  

In large bowl combine pretzels, cereal & M&Ms. In large saucepan over low heat, melt butter & peanut butter. Add marshmallows; cook & stir until marshmallows are melted & mixture is smooth. Pour over pretzel mixture; stir to coat. Press in greased 13x9x2” baking pan. Cool until firm. Cut into squares.

**Ice Cream Pizza**

*Shana Bialas*

Mix together: 1 ¾ c. oreo crumbs, ½ c. sugar, 6 T. margarine (melted)  
Line pizza pan with foil – pat in crust. Freeze for 10 minutes. Add ¾” high cookies and cream ice cream – top with skor chips, mini M&Ms, Hershey syrup or whatever you like.

**Colorful Vegetable Salad**

*Sheila Sanders*

6 c. broccoli (cut in bit size pieces)  
6 c. cauliflower (cut in bit size pieces)  
2 c. cherry tomatoes (cut in half)  
1 large red onion  
1 can (6 oz) pitted ripe olives – sliced  
1 envelope ranch salad dressing  
2/3 c. vegetable oil  ¼ c. vinegar  

Combine dressing, oil & vinegar – mix well. Add to vegetables. Refrigerate for 3 hrs. before eating.

Tip: When making chocolate cake, use cold coffee instead of water for a rich mocha flavor.
Chocolate Cake / Fudge Frosting

Sue Hoyle

2 c. sugar
2 eggs
2/3 c. shortening
1 t. vanilla
1 c. milk
2 ½ c. flour
½ c. cocoa
1 t. soda (heaped)
1 t. salt
1 c. boiling water

Measure sugar, eggs, shortening & vanilla in large mixing bowl and mix until creamed. Measure flour, cocoa, soda and salt into sifter. Sift flour mixture together into small bowl and set aside. Alternately add milk and sifted flour mixture to creamed sugar mixture while mixing. Add boiling water & mix well. Bake 350 in greased 9x13 pan 45-55 minutes. Remove from oven and cool on wire rack.

Frosting:
Combine 1 c. sugar, ¼ c. milk, & ¼ c. margarine in medium saucepan. Bring to boil 30 seconds. Remove from burner & add 1 t. vanilla, ½ c. chocolate chips, 5 large marshmallows. Beat until smooth & thick and frost cake immediately.

Vegetable Stuffing Casserole

Rhonda Tuscherer

1 box Stove Top stuffing
1 bag California Blend vegetables
1 can cream of chicken soup
½ lb. Velveeta


Potato Cheese Soup

Jane Evenson

6-8 potatoes (peeled & cubed)
1-2 stalks celery, diced
1 onion chopped
2-3 carrots, sliced
1 (8 oz). pkg cream cheese softened
2 c. or more milk
¼ c. margarine softened
1 can (10 ¾ oz.) cream of chicken or 1 can (14 oz) chicken broth
salt & pepper to taste
4 strips bacon (fried & crumbled)

Place vegetables in a kettle, cover with water and cook until tender. Combine cream cheese, butter and soup or broth in a mixing bowl. Stir well. Drain all or part of the water from vegetables—depends on how thick of soup you like. Add cream cheese mixture to vegetables. Add milk, salt, pepper & bacon. Reheat on low temp. Serves 10-12.

Heavenly Angel Pie

Donna Jean Schwartz

1 ½ c. granulated sugar
4 egg whites
4 egg yolks
⅛ t. cream of tartar
⅛ t. salt
⅓ pt. heavy cream
⅛ c. grated lemon rind
strawberries

While oven heats to 275°, sift 1 c. sugar with 1/4 t. cream of tartar. Separate 4 eggs & beat whites til stiff, not dry peaks. Slowly add sugar, beating until meringue is very stiff, glossy peaks, spread it over bottom and up sides of well-greased 9" pie plate just to rim. Make bottom ¼" thick. Sprinkle rim with 2 T. coconut. Bake 275 – 1 hour (should be light brown & crisp). Cool. Beat 4 egg yolks slightly in double boiler top & stir in ⅔ c. sugar, 3 T. lemon juice, 1 T. grated lemon rind, 1/8 t. salt. Cook over boiling water until thick (about 3 mins.) When mixture is cool, whip 1 c. cream, fold into custard. Pour into meringue shell making sure you fill small pockets as you go. Smooth top. Refrigerate 24 hours. Garnish with 1 c. whipped cream & strawberries.

Our Favorite Sauce

Justin Larson

3 T. mayonnaise
1/2 t. mustard
2 t. catsup
few drops of Tabasco sauce

Mix together. Leftover sauce keeps well in refrigerator.
Hot Dish for a Large Group  (serves 20-25)  
Gloria Kothe

Cook 1 pkg medium egg noodles – drain.
Add: 1 can mushroom soup, ½ c. grated cheese, 1 can cream of celery soup, ½ c. milk, 1 t. grated onion, 3 c. diced boiled chicken.
Make a white sauce with chicken broth, add pimentos or stuffed olives for color.
Bake 45 mins. at 325°. You can crush some potato chips and sprinkle on top.

Orange Delight  
Colette VanHecke

Mix Ritz crackers, butter, sugar. Save ¾ c. for topping and put rest in 9x13 pan. Beat sweetened condensed milk and frozen orange juice. Add and fold in container whipped topping and drained mandarin oranges. Spread this on crust, sprinkle with reserved crumbs. Let set 24 hours in refrigerator before serving.

Philadelphia Cream Cheese Cake  
Margo Edwards, Forestburg

Crust: 1 ¼ c. fine graham cracker crumbs, ¼ c. sugar, & 6 T. butter or margarine, melted. Combine crumbs, butter & sugar and press firmly into a 8” square pan or 9” pie plate. Chill.
Filling: 4 packages (3 oz) cream cheese, softened, 2 c. cold milk, 2 T. sugar, 1 t. vanilla, & 1 package (small) instant vanilla pudding. Beat cream cheese until very soft, blend in ½ c. milk, add remaining milk, sugar, pudding and vanilla. Beat well. Pour over crust. Chill until very firm. Serve with cherry pie filling and whipped topping. Serves 6-8.

Swedish Kringler  
Arlene Schoenfelder

Bottom layer: 1 stick butter, 1 c. flour, 1 T cold water
Make like pie crust. Divide in half & make 2 (3’ wide) strips on large cookie sheet. Don’t pat or press this mixture down - leave it crumbly.
Top layer: 1 stick butter, 1 c. cold water
Bring to boil, take off burner immediately. Add 1 c. flour & stir well. Add 3 eggs, 1 at a time, beating well after each. Add 1 t. vanilla. Spoon out on top of first mixture. Press with hands (wet hands with cold water). Bake at 350° - 55 minutes. Cool & frost.
Frosting:
2 T. butter, 1 ½ c. powdered sugar, half & half to right consistency, 1 t. vanilla.

Corn Beef Hotdish  
Roxy Jensen

3 ½ c. noodles, cooked
1 can corn beef, chopped
1 can cream of mushroom soup
1 can asparagus
1 jar pimento
½ lb. Velveeta cheese

White sauce:
3 T. butter, 3 T. flour, 3 cups milk


Spaghetti Carbonara  
Roxy Jensen

1 lb. Italian sausage
½ lb. diced bacon
4 T. butter
½ c. chopped parsley
4 eggs well beaten & ¾ c. Half and Half
½ c. grated Parmesan cheese
fresh ground black pepper
onion
garlic cloves

Brown sausage & bacon with 2 T. butter. Add pepper, onion and garlic as desired. Cook spaghetti ..When done, toss all in large bowl – spaghetti, meats, eggs ½ & ½ mixture, parmesan, parsley and 2 T butter.
**Orange Julius**  
*Trudy Smith*

- 1 c. milk
- ¼ c. sugar
- 6 oz. frozen orange juice
- 1 t. vanilla
- 9 ice cubes
- 1 c. water

Blend all ingredients in blender and serve.

**Oven Beef Stew**  
*Joyce Kwasniewski*

- 2 lbs. beef stew meat
- 6 med. carrots, diced
- 2 c. tomato juice
- 3 T. quick cooking tapioca
- 1 c. water
- ½ t. salt
- 1 t. sugar
- 1 med. onion, chopped
- 2 t. sugar
- 1 t. black pepper

Preheat oven to 350°. Coat 9x13" baking dish with nonstick cooking spray. In baking dish, combine beef, potatoes, carrots, onions; mix well. In large bowl, combine remaining ingredients; mix well. Pour over beef & vegetables. Cover tightly with aluminum foil, bake 2-2¼ hours or until beef & vegetables are tender.

**Banana Split Dessert**  
*Mavis Teslow*

- 1 stick margarine
- 2 c. graham cracker crumbs
- 2 eggs, well beaten
- 2 c. powdered sugar
- 2 sticks margarine
- 3 c. sliced bananas
- 1 large can crushed pineapple, drained
- 9 oz. container whipped topping
- 1 c. milk
- 1/2 c. butter or margarine
- 1 c. cream of mushroom soup
- 1 c. cream of chicken soup
- 1 t. vanilla

Remove the unpopped hulls before putting in roaster. Mix popped corn in a large roaster. Combine sugar, margarine, and syrup in 1 ¼ quart saucepan. Bring to boil, stir constantly 10-15 minutes or until mix turns a light caramel color. Remove from heat and stir in vanilla. Pour over popcorn mix. Spread to dry. Break apart, store in tight container.
**Bacardi Rum Cake**  
*Audrey Hammer*

1 c. chopped pecans or walnuts  
1 – 18 ½ oz. yellow cake mix *  
1 – 3¾ oz. pkg. Jell-o Vanilla instant pudding  
4 eggs  
½ c. cold water  
½ c. oil  
½ c. Bacardi rum (80 proof)

*If using cake mix with pudding already in the mix, omit instant pudding, use only 3 eggs and 1/3 c. oil.*


Glaze: ¼ lb. butter, ¼ c. water, 1 c. sugar, ½ c. Bacardi dark rum  
Spoon glaze over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. Remove to serving plate.

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**Excellent Fluffy Egg Bake**  
*Jenny Snyders*

3 eggs, beaten  
½ c. Bisquick  
3 T. melted butter  
1 ½ c. milk  
salt & pepper to taste (optional)  
2 t. or more chopped onion  
1 c. shredded cheddar cheese  
1 c. chopped ham

Mix together in order given, pour into greased square Pyrex dish. Bake approximately 35 minutes at 350°. Can double recipe for 9x13 pan.

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**Crème De Menthe Cake**  
*Karen Knudson*

1) Per box instructions prepare white cake mix with pudding in the mix, stir in 6 T. creme de menthe ice cream syrup and 1-2 drops green food coloring. Bake according to instructions on the cake mix. Cool.  
2) Spread 1 jar Hot Fudge Sauce over cooled cake.  

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**Popcorn Cake**  
*Beverly Schwing*

½ c. salad oil  
½ c. butter or margarine  
1 lb. marshmallows  
4 qts. Popcorn  
1 c. dry roast peanuts  
1 # gumdrops

Melt oil & margarine with marshmallows. Mix popped corn with peanuts & gumbrops. Pour marshmallow mixture over popcorn mixture & mix until well coated. Grease a tube pan & press mixture in firmly. Chill until set. Kids & most adults will love it!

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**Pepped Up Potato Salad**  
*Audrey Hammer*

1 ½ t. mustard seed  
1 t. celery seed  
3 T. vinegar  
Soak mustard seed & celery seed in vinegar several hours or overnight.  
¾ t. salt,  
½ c. finely chopped green onions & tops– combine with soaked seeds. Pour over: 5 c. diced cooked potatoes  
Then add: ¾ c. mayonnaise, 2 hard cooked eggs. Chill. Excellent with grilled steak.

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**Taffy Apple Salad**  
*Camille Thompson*

1 (1 lb.) can chunk pineapple (drain & save juice)  
½ c. sugar  
1 ½ t. white vinegar  
1 T. flour  
1 egg, well beaten  
3 apples, diced  
4 c. mini marshmallows  
1 ½ c. dry roasted peanuts 1-8oz. Cool whip

Cook pineapple juice, sugar, flour, vinegar & egg until thick. Remove from heat & let cool. Fold in Cool Whip. Pour over pineapple, diced apples, marshmallows, and 1 c. peanuts. Refrigerate overnight and add ½ c. peanuts before serving.

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Tip: A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.
Hamburger Rolls
Doris Conraads

1 lb. or more hamburger  1/3 c. evap. milk
1 c. commercial stuffing, prepared
1 can cream of mushroom soup
2 T. worcester sauce
1 T. catsup  salt & pepper to taste

Mix milk & meat & divide in 5 parts. Roll out into patties on wax paper to about 6" circles. Place 1/5 of stuffing in center of each patty & roll up. Place rolls in casserole & cover with mixture of soup, catsup, Worcestershire sauce, salt & pepper. Bake uncovered 350° - 45 mins.

Porcupines
Milissa Gross

1 1/2 t. salt  1/2 c. chopped onion
1/4 t. pepper  1 lb. hamburger
2 c. canned tomatoes  1/2 c. rice

Mix together hamburger, salt, pepper, onion, and rice. Form into balls about the size of a quarter. Brown in frying pan with a little oil. Drain fat; add tomatoes, cover, and simmer 45 minutes.

Easy Smoke Pheasant
Chris Larson

1 T. Tenderquick  1 T. Liquid Smoke
Desired amount of boneless pheasant

In microwavable dish, put enough water to cover pheasant. Add Tenderquick & liquid smoke to water. After mixing water, liquid smoke & Tenderquick, add pheasant. Make sure pheasant is completely covered with mixture. Cover dish. Microwave on high for approximately 30 mins. Let cool until liquid can be drained.

Enchiladas - American Style
Leona Wright

1 lb. ground beef  oil for frying tortillas
1/2 c. quick oatmeal
2 (10 oz.) cans enchilada sauce
1/4 t. salt  1 large onion, chopped
1/8 t. garlic powder
1 pint creamed cottage cheese
dash of pepper  1 dozen tortillas
1 c. grated Jack or mild cheddar cheese

Brown the ground beef. Add the oats, salt, garlic powder & pepper & stir well. Fry the tortillas in hot oil just to soften. Dip each tortilla in enchilada sauce, place a T. of chopped onion, ground beef mixture & cottage cheese in each tortilla. Roll up the tortilla and place in a baking dish. Spoon remaining enchilada sauce over the enchiladas and sprinkle with grated cheese. Bake 350° - 30 mins.

Hamburger Casserole
Mavis Walton

1 lb. browned hamburger  3 medium potatoes
1 can pork & beans  1 small chopped onion
grated cheddar cheese  bacon bits

Take a baking dish & spray with cooking spray. Layer ingredients in this order: pork & beans, browned hamburger, onion, potatoes. Dot with butter or margarine. Cover & bake 40 min. at 350°. Add cheese and top with bacon bits and bake 15 min. longer.

Favorite Coffee Cake
Therese Kruger

Cake:  1 1/2 c. flour, 1 egg, 3/4 c. sugar, 2 1/2 t. baking powder, 1/4 t. salt, 3/4 c. shortening, 3/4 c. milk

Topping:  1/3 c. brown sugar (packed), 1/4 c. flour, 1/2 t. cinnamon, 3T firm butter.

Pheasant Casserole
Pam Binnebose

24 oz. pheasants (cube thighs & breast ¾ cubes)
1 c. mayo (1/2 c. less tangy)
1 c. chopped celery
½ c. chopped onion 1 small jar pimento
1 can cream of mushroom soup
1-6 oz. can mushrooms 2 T. flour
1 t. seasoned salt

Mix above ingredients. Use 9x13 pan (ungreased). Bake at 375° for about 45 min. Serve with rice or mashed potatoes.

Scramptious Chicken and Noodles
Sharla Haugen

Cook: ½ bag wide egg noodles
Sauté the following in 2 T. butter until soft:
½ c. chopped green pepper
¼ c. minced onion
Add: 1 c. sour cream
1/3 c. milk
1 can cream of chicken soup
2 c. cooked cubed chicken breast
Mix above with noodles; put in casserole and bake at 350° for 35 minutes. (Can put crushed crackers on top)

Warmer-Upper Beef Stew
Martin McGrane

2-3 lbs. lean beef, cut in 1" chunks
6 large potatoes, peeled and cut into chunks
6 large carrots, peeled and cut into 1" sections
1 large onion, peeled and quartered
1 clove garlic or ½ t. garlic powder
3 T. Worcestershire sauce
1 T. sugar
1 t. each of salt, allspice and ground cloves

Melt vegetable shortening to thinly cover the bottom of a heavy pot or kettle. Coat beef chunks in flour mixed with salt & pepper and add to shortening. Cook over med. high heat stirring frequently until meat is evenly browned. Add 2-3 c. hot water and cook covered over low heat for approximately 90 minutes (until meat is tender). After meat is done, add remaining ingredients and cook until vegetables are tender – approx. 1 hour over low heat. Stir occasionally and add more water if required.
Crunchy Pickle & Ham Appetizers
Marilyn Timm

1 pkg (12 oz) Oscar Mayer Smoked Cooked Ham
1 jar (24 oz) Claussen Kosher Dill Spears, drained
1 tub (8 oz) Philadelphia soft cream cheese

Pat ham and pickle spears dry with paper towel. Spread 13 ham slices each with 1 T. cream cheese. Top each with 1 pickle spear; roll up. Refrigerate 1 hour or overnight. Cut each pickle roll into 4-6 pieces to serve. Makes 62-78.

Chow Mein Hotdish
Don O'Leary

1 lb. hamburger 1-6 oz. pkg chow mein noodles
1 can cr. of chicken soup 1 small onion, chopped
1 can cr. of mushroom soup 1 c. celery, chopped
1 can chicken with rice soup 1 T. soy sauce

Brown hamburger, onion, celery. Drain & put in casserole & add soups. Small amount of water can be added if not moist enough. Add soy sauce.

Parmesan Breadsticks
Einer Satter

1 can (11 oz.) refrigerated soft breadsticks
3 T. butter or margarine, melted
¾ c. (3 oz) Kraft 100% grated Parmesan cheese

Separate dough; cut each piece in half to make 16 breadsticks. Dip in butter; coat with cheese. Twist dough couple of times & put on ungreased cookie sheet. Bake 350°, 14-18 mins. or until golden brown.

Pineapple Angelfood Cake
Sue Wilts

1 one-step angel food cake mix
1 20-oz can crushed pineapple with the juice

**Broccoli Cheese Casserole**  
*Martha Gesick*

½ c. quick cooking rice, measure & cook according to package directions
1 – 10 oz. pkg. Frozen chopped broccoli – cooked
½ c. Cheese Whiz ½ stick butter or margarine

Combine cooked broccoli, Cheese Whiz and butter. Mix until cheese & butter are melted. Add cooked rice. Mix. Bake 30-35 min. at 350 in uncovered casserole.

**Chicken Delight**  
*Shirley Regehr, Marion, SD*

1 pkg. onion soup mix
1 (8 oz) bottle Russian dressing
1 jar (8 oz) apricot preserves

(Mix above three ingredients together).
8-10 chicken breasts (deboned) 8-10 pieces
Dip chicken in bowl of dip – lots of it. Put in casserole single layer (9x13). Cover and bake at 350 for 40-50 mins. Serve with rice. (Can freeze sauce if too much.)

**Lemon Angel Whip**  
*Shirley Regehr*

1 c. orange juice 1 c. pineapple juice
1 c. sugar 1 small package lemon gelatin
2 c. whipped cream or topping
1 small angel food cake

Heat juices until boiling. Add sugar and gelatin and stir until dissolved. Let set until slightly thickened. Add whipped cream or topping. Mix well. Cube angel food cake in 9x13 pan. Pour gelatin mixture over the cake pieces. Refrigerate.

**Barbecued Pheasant**  
*Lucile Stirling*

Cut pheasant in pieces. Salt & pepper the pieces, and dip in beaten egg and then dip in fine bread crumbs. Fry in butter to delicate brown. Cover with the following sauce that has been cooked 3 minutes.
1 can tomatoes 1 T. vinegar
1 T. brown sugar 1 t. allspice
1 t. thyme chopped onions
chopped celery
Put pheasant & sauce in pan, cover tightly & simmer for one hour.

**Dessert**  
*Carol Jorgensen*

1 (20 oz) can pie filling
1 (20 oz) can crushed pineapple (undrained)
1 pkg. yellow cake mix
2 sticks butter, melted 1 c. flaked coconut
1 c. chopped nuts

Grease the pan; spread pie filling on the bottom. Put pineapple on top. Sprinkle cake mix on top of pineapple. Cover with melted butter. Top with coconut and nutmeats. Bake one hour at 350°.

**Chocolate Éclair Cake**  
*Lavonne Klemme, Akron, Iowa*

Lightly butter 9x13 cake pan. Layer whole graham crackers in bottom of pan. Mix 2 packages vanilla instant pudding with 3 c. milk. Fold in 1 large container of Cool Whip. Put half of this mixture over the graham crackers. Lay a second layer of whole graham crackers over the pudding. Then put the last half of pudding mixture over the graham crackers. Finish with one more layer of graham crackers. Pour chocolate sauce over top.

**Ice Cream Dessert**  
*Carol Jorgensen*

1 qt. Orange sherbert 1 qt. Vanilla ice cream
2 c. Ritz crackers 4 T. sugar
8 T. melted butter

**Topping:** 1 c. sugar, 6 T. butter, 4 T. real lemon, 3 eggs beaten. Cook these ingredients and let cool. Soften sherbert and ice cream and mix. Mix cracker crumbs, sugar, and butter. Put in 9 x 13 pan. Save ½ c. out for the topping. Add sherbert and ice cream mixture on top of cracker crumbs. Add the topping and ½ c. crumbs on top. Put in freezer to freeze.
**Chicken Ala Mexico**

**Angie Ackerman**

Boil 4 whole chicken breasts until tender. Cool and break into large pieces. In a 9x13 pan, layer Dorito Chips (smashed), top with chicken, 1 can green diced chilies, ¼ lb. Monterey jack cheese. Mix and spread on top of above ingredients: 2 cans cream of chicken soup, ½ coarsely chopped onion, ½ t. oregano, ½ t. sage, ½ t. garlic salt, ¼ t. chili powder. Top with ½ lb. grated cheddar cheese & paprika. Bake at 375° for 45 minutes.

**Cheesy Hashbrown Potatoes**

**Angie Ackerman**

1 pkg. frozen shredded hashbrowns  
1 can cream of chicken soup  
1 c. sour cream  
2 T. grated onion  
½ t. salt  
2 c. grated cheddar cheese

Mix above ingredients and spread into 9x13" greased pan. Cover with tin foil and bake for 1 hour @ 350. Uncover and bake for additional 15 minutes.

**Meatballs**

**Vi Warn**

3 lbs. hamburger  
1 egg  
1¼ c. crushed graham crackers  
onion powder  
pepper

Mix and form into balls. Put on a cookie sheet and bake @ 350 for 30 minutes.

**Spaghetti Pizza**

**Sandi Leighton**

1 lb. thin spaghetti  
2 eggs  
½ lb. ground beef  
½ - 1 c. thin sliced pepperoni  
2 c. mozzarella cheese

Prepare spaghetti - drain. Place in greased jelly roll or cake pan. Mix the milk & eggs together. Toss with spaghetti. Pour Ragu sauce over spaghetti mixture. Crumble uncooked ground beef on top of Ragu. Top with pepperoni and mozzarella cheese. Bake at 350° for 30 minutes.

**Snicker Bar Pie**

**Pam Ishmael**

5 snicker bars, cut up in small pieces  
1 - 8oz cream cheese  
1 c. milk  
2 eggs  
1½ c. confectioners sugar  
½ c. peanut butter, chunky  
2 - Graham cracker crusts

Whip cream cheese and confection sugar together. Add everything else and combine well. Pour into graham cracker crusts, refrigerate and let sit over night.
<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Approximate Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or other shortening</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar or American</td>
<td>4 ounces</td>
<td>1 cup shredded</td>
</tr>
<tr>
<td>Cottage</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cream</td>
<td>3 ounce package</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td></td>
<td>8 ounce package</td>
<td>1 cup (16 tablespoons)</td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chips</td>
<td>6 ounce package</td>
<td>1 cup</td>
</tr>
<tr>
<td>Unsweetened</td>
<td>8 ounce package</td>
<td>8 squares (1 ounce each)</td>
</tr>
<tr>
<td>Coconut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shredded or Flaked</td>
<td>4 ounce can</td>
<td>about 1 1/3 cups</td>
</tr>
<tr>
<td>Coffee, ground</td>
<td>1 pound</td>
<td>80 tablespoons</td>
</tr>
<tr>
<td>Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whipping</td>
<td>1/2 pint</td>
<td>1 cup (2 cups whipped)</td>
</tr>
<tr>
<td>Sour</td>
<td>8 ounces</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-purpose</td>
<td>1 pound</td>
<td>about 3 1/2 cups</td>
</tr>
<tr>
<td>Cake</td>
<td>1 pound</td>
<td>about 4 cups</td>
</tr>
<tr>
<td>Lemon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>1 medium</td>
<td>2 to 3 tablespoons</td>
</tr>
<tr>
<td>peel, grated</td>
<td>1 medium</td>
<td>1 1/2 to 3 teaspoons</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>1 large</td>
<td>10 miniature</td>
</tr>
<tr>
<td></td>
<td>about 11 large or 110 miniature</td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>1 pound in the shell</td>
<td>1 to 1 3/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>3 1/2 cups</td>
</tr>
<tr>
<td>Pecans</td>
<td>1 pound in the shell</td>
<td>2 1/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>4 cups</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 pound in the shell</td>
<td>2 1/4 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>3 cups</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 pound in the shell</td>
<td>1 2/3 cups nutmeats</td>
</tr>
<tr>
<td></td>
<td>1 pound shelled</td>
<td>4 cups</td>
</tr>
<tr>
<td>Orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>1 medium</td>
<td>1/3 to 1/2 cup</td>
</tr>
<tr>
<td>Peel, grated</td>
<td>1 medium</td>
<td>1 to 2 tablespoons</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown</td>
<td>1 pound</td>
<td>2 1/4 cups (firmly packed)</td>
</tr>
<tr>
<td>Confectioner's</td>
<td>1 pound</td>
<td>about 4 cups</td>
</tr>
<tr>
<td>Granulated</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COMMON FOOD EQUIVALENTS**

**EMERGENCY SUBSTITUTIONS**

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

<table>
<thead>
<tr>
<th>FOR STARTING INGREDIENT</th>
<th>IN PLACE OF</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 t. cornstarch</td>
<td>1 T. flour</td>
<td></td>
</tr>
<tr>
<td>1 whole egg</td>
<td>2 egg yolks plus 1 T. water (in cookies) or 2 egg yolks (in custards and similar mixtures)</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh whole milk</td>
<td>1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted nonfat dry milk plus 2 T. butter</td>
<td></td>
</tr>
<tr>
<td>1 ounce unsweetened chocolate</td>
<td>3 T. cocoa plus 1 T. fat</td>
<td></td>
</tr>
<tr>
<td>1 cup honey</td>
<td>1 1/4 c. sugar plus 1/4 c. liquid</td>
<td></td>
</tr>
</tbody>
</table>

**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
8 ounces = 1 cup
The big and small of it

A Touchstone Energy cooperative is:

Big enough to be innovative and develop new programs for wise, efficient use of electricity and to provide useful services beyond electricity, and...

Small enough to be responsible and accountable to its members and involved in strengthening the communities it serves.

Touchstone Energy
The power of human connections